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Jane Dennett

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Next P&C Meeting

The next P&C meeting will be held on:

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

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

P&C Grounds Working Bee

Sunday
8 November
Commencing at 8.15am

From the Principal

This week is a significant one in any secondary school, as we farewell the leaders of the student body, our Year 12 students.

Many of you probably feel that thirteen years of schooling has passed very quickly, particularly those of you who are parents of our seniors. And while 2003 seems very recent to me, the world was very different when you marched into kinder, proud of your uniform and trying to remember not to eat everything at “little lunch”. You couldn’t buy an iPad or an iPhone – indeed, *Time* magazine’s invention of the year was the iTunes store. Facebook and Twitter were three years away, Instagram wouldn’t appear until you were in Year 7, and no-one had heard of One Direction.

You enter a world that holds a great deal of promise, and the certainty that change is a constant. Hopefully you have developed as a lifelong learner, as your success will depend upon that capacity to inquire, to think creatively, and to solve problems.

The whole school community wishes you the very best for the Higher School Certificate and beyond. You have conducted yourselves with dignity and with respect for others, and we are all very proud of you. One area in which you have given back to our community is through your gift to the school, a refurbished senior study room. The effort you put into collecting money, planning, purchasing and assembling is appreciated, particularly by the Year 11 students who will reap the rewards.

Some other members of Killara High School are also leaving us.

Mr Richard Williams has taught English at Killara for six years. During this time he has made a significant contribution to the success and wellbeing of many students, through his expert teaching of English and as a caring and committed Year Adviser to the current Year 10 cohort. Additionally, Mr Williams has served as Head Teacher English in a relieving capacity with distinction. Although we are sad to see him go, we are delighted that his talents have been recognised through merit selection to the position of Head Teacher English at Pennant Hills High School.

Mr Dale Jones, Science teacher, ends his career in teaching on Friday. Mr Jones is retiring from the Department of Education following many years of dedicated service to the young people of NSW. Appointed to Killara High School in 1999, Mr Jones has demonstrated his commitment to students as a Year Adviser, and as a teacher of junior Science and Physics. We wish Mr Jones a long, healthy and happy retirement.

Mrs Kate Gilbert, School Administrative Officer, has gained a promotion through merit to the position of School Administrative Manager at Gordon East Public School. While we are sorry to lose Mrs Gilbert, at least she is keeping it within the “KSP family”. Mrs Gilbert has been an invaluable member of the school’s finance team, helping us implement the LMBR system and the attendant new financial management systems. She has also efficiently chaired our Work Health Safety team, and will be very much missed by the school community.

Mr Guy Hudson has taught PDHPE in a temporary capacity at Killara since 2010. He and his family are relocating to the mid north coast, so he is leaving us this week. Mr Hudson is a skilled teacher and has been able to help students achieve their personal and academic goals. He has also been an expert coach to the school’s rugby teams, and has been instrumental in building success in this area. With Mr Le Rougetel, Mr Hudson inaugurated the “School of Origin” match with St Ives, an enormously popular event.

Ms Sharan Sohal joined the HSIE Green faculty in 2013 on a temporary basis. She has brought flexibility, professionalism and energy to the teaching of a range of subjects during her time at Killara. Most recently, she has supported Year 12 students of Society and Culture. Ms Sohal is taking up a position at Turrumurra High School, one of our North Shore 5 partners, and we wish her well.

I wish all members of the school community a safe and happy vacation.

Jane Dennett
Principal

Calendar

SEPTEMBER 2015

17	Year 12 Assembly and Picnic Year 12 Ekuba Dinner 6.30pm
18	Last day of Term 3

OCTOBER 2015

6	Students return for first day of Term 4
7	Student Leadership Induction Ceremony – 8.40am Student Leadership Conference 10.30am – 2.30pm
12	HSC Exams Start (4 weeks)
21	CB2 GEPS Performance 10.30am – 12.30pm P&C Meeting
26	Year 7 Geography Blue Mountains Excursion
27	Year 7 Geography Blue Mountains Excursion Strings/Orchestra LEPS Workshop & Performance 11.30am

NOVEMBER 2015

5	Drama Ensemble Evening 6.30pm
6	HSC Exams Finish Drama Ensemble Primary School Production 11.00am – 12.00pm
7	DEAS Gold Qualifying Expedition (4 days)
9	Year 9 Events that changed the world Excursion
11	Remembrance Assembly 11.00am Annual PAE Concert & Celebration 6.30pm – 9.00pm
12	Student Leaders Induction Ceremony Year 12 Formal 6.30pm
13	Year 9 Geography Excursion
16	Year 10 Service Learning & Work Experience – 2 weeks Year 7 Swim & Survive Program (4 days)

**TERM 4
commences**

Tuesday 6 October

**Summer Uniform is to
be worn**

Year 8 GATE Virtual Excursion

Space Centre Houston – NASA museum

On Thursday 3 September the Year 8 Gifted and Talented Education (GATE) class participated in a virtual excursion with the Space Centre in Houston. Students spent a very enjoyable hour learning about how astronauts live in space, the day-to-day experiences of eating, drinking and exercising, as well as the challenges of sleeping in a minimal-gravity environment. The presentation offered the chance to see model living quarters of a spaceship and the opportunity to participate in an activity that mimicked the effects of minimal-gravity. Our presenter Steve also answered several questions from the class, including how long it takes to acclimatise to Earth's gravity after being in space and how long astronauts sleep each day.



According to Year 8, some of the most interesting information that came from the excursion was:

"I really liked the idea of squeezing water out of the bottle and it was just a bubble!" – Lauren and Maddy

"I learnt that you can't have chips in space...I think I would die."
"The idea of living in space sounded really hard and the lifestyle looked interesting because they had a different way of eating and managing hygiene." – Cassie

"The water they use is recycled from their urine and it comes in special containers with a funnel-closure." – Thirza

It was a really fun way to spend a morning and provided valuable insight into the experiences of astronauts. The pictures show volunteers from our class being instructed by Steve in the minimal-gravity experiment.



**Melinda Reid
GATE Coordinator**

Visit our Official Facebook Page

Please like us on Facebook and get up-to-date information about Killara High School. There are other Killara High School facebook pages, however, the official Facebook page to visit is:

<https://www.facebook.com/killarahighschool.edu.au>

Grade Rugby Report

The Killara High School rugby boys maintained their three year winning streak by defeating Galston in the grand final this year. We were unbeaten all season and had several wins where we won by 25+ points. The younger boys stepped up in many games to help us clinch victories with good performances throughout the season, from Robby Hansen, Myles Elston, Harry Cannell, Jayden Burgess, Michael Singin and Jack Donohoe. The older boys took charge from the start of the season with Jake Hind leading the forwards and Tom Wilks leading the backs. The squad had an abundance of pace, power and experience with players like Ben Mackay, Tom He, Golf Smithvej and Josh Marsh.

The whole season was leading up to the big Grand Final. We were playing against Galston, a very strong team.

We had a shaky start, going one try down within the first three minutes. We slowly started to progress throughout the first half but went into half time down 15-10. With a strong half-time talk, we came out firing in the second half and took control to win 40-20 with tries from Tyler Baltussen, Tom Wilks, Jayden Burgess, Jake Hind, and Robby Hansen.

Open Boys Rugby – Waratah Cup

On 30 July the Killara High School 1st XV Rugby Union team went to Redfield College in Dural where we competed in two tough rugby games in the Waratah Cup competition. The boys had been training for months for this day. The 7:30am training sessions were not the boys' favourite thing to do but the hard work payed off in our results when we beat Narara Valley High School in a physical and aggressive game of rugby, 15 – 0.

Our next match would be our biggest test yet. We faced against well-drilled, Redfield College. Redfield were a strong team and very well structured but the boys put in a great effort; not one of Redfield's tries went through the middle of our defence. The Killara boys were too strong. We ended up losing in a tight match 20 – 7. The result didn't matter because the boys played hard. It showed the great passion the boys have for our school and the strong mateship they have formed with each other, which is something really great that Killara offers us. Redfield College have subsequently moved through to the state finals in the coming weeks.

Playing for Killara High in rugby has been some of the best experiences that I've had at this school. The school spirit that rugby brings is something that you can't describe, bringing us all together in mateship. Now that I'm leaving this school I look back and see that we have had a pretty good run, winning three premierships in a row. Girls' rugby has also kick

As captain of the grade team this year, I would like to thank all the players and coaching staff for all time and effort they have put in to the training sessions, and also their hard work and dedication during the matches. To the junior boys coming through, let's make it 4 years in a row next year.



Jake Hind
Senior Grade Rugby Captain

started with a closely-fought match. All these great things make me proud to be a part of this revolution and I hope the younger boys and girls continue the spirit and the dedication to Killara High School rugby.

On behalf of Killara rugby a big thanks to all those coaches, Mr Hudson, Mr Le Rougetel, Mr Simpson, Mr Francis and others who gave up their own time over the years to coach us and take us to games. A little message for the new generation of young rugby players: Good luck, enjoy it, and get to 7:30am training, because the only limitations you have are the ones that you put on yourself. To keep Killara successful in rugby, you need to show dedication, because success only comes to those who want it the most!

Sam Reimer
Open Boys 1st XV Rugby Captain



CHS Athletics Carnival

On the 3 - 5 September, sixteen Killara High School students represented the Sydney North team at the CHS Athletics Carnival. Our students demonstrated outstanding athleticism, as they competed with the top athletes in New South Wales. Brianna Gibson placed Second in Javelin (16 years), and Ethan Burgess placed Second in High Jump (13 years). Ben Mackay demonstrated exceptional skill, placing First in the 100m, 400m, 400m Hurdles and the 4x400m, as well as Second in the 200m (17 years).

This is an outstanding achievement, for which we are all very proud. This event brings Killara's successful athletics season to a close. Thanks must go to all students and parents who attended each event. We look forward to next year with anticipation.



Christina Shapiro
PDHPE Teacher

Year 9 at the Youth Review Forum

Three Year 9 students represented our school at a recent Youth Review Forum at Roseville College, held on Monday 31 August 2015. They were Henry Bolt, Smruti Mandadi and James Fantham. The students discussed the six books that were nominated in the 2015 Children's Book Council of Australia in the category for Book of the Year for Older Readers. They were:

- The Protected** by Claire Zorn
- Intruder** by Christine Bongers
- Are You Seeing me?** by Darren Groth
- The Adventures of Cinnamon Girl** by Melissa Keil
- Nona & Me** by Clare Atkins
- The Minnow** by Diane Sweeney

The panel discussion was chaired by Paul MacDonald from The Children's Bookshop at Beecroft. Other schools that were represented were Roseville College, Shore and Ravenswood.

Our students certainly enjoyed this novel experience of talking about books in a mature and entertaining way.



Karen Jones
Teacher-Librarian

Performing Arts Calendar

Term 4, 2015			
Week	Term 4		
2	Wed 21 Oct	CB2	GEPS Performance 10.30am – 12.30pm
4	Tues 27 Oct	Strings/Orchestra	LEPS Workshop and Performance 11.30pm
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

Interschool Chess Competition

Three Killara High School chess teams have completed the metropolitan secondary schools competition that ran during the second term. Around 90 schools entered 300 teams and the competition was split into groups of teams in the same area that play each other.

At the junior level (Years 7 and 8) we had two teams:

- Junior A team: Tim Fikh (Year 7), Yash Agrawal (Year 8), Eric Chen (Year 8) and Reza Sedighi (Year 8); Tim won all of his games and the team came second in their division; they are shown right-to-left in the photo.



- Junior B team: Dion Aryana, Saarthak Sinha, Carolyn Niknafs and Ji Min Shin – all in Year 7; Dion scored well; they are shown right-to-left in the photo with Carolyn absent.



At the intermediate level (Years 9 and 10) we had one team:

- Benjamin Seeto, Michael Boreham, Matthew Tee, Vincent Ngai and Johnny Benstead (reserve) - all in Year 10; Benjamin scored well, and the team finished fourth in their division. The photo below shows Benjamin, Michael, Johnny and Matthew.



Thanks to all of the players and the parents who drove them.

Kym Haines
Chess Coordinator

Summer Uniform is here

The Uniform Shop will be open on the first two days of Term 4, so that you can purchase your summer uniforms. Opening dates and hours:

**Tuesday 6 October 2015 and
Wednesday 7 October 2015**

8.00am to 12.00pm

The price list can be viewed on the school website at:

<http://www.killara-h.schools.nsw.edu.au/our-school/uniform-shop>

MindMatters

Many thanks to the school community for your participation in the recent MindMatters Family Survey. We had 202 families complete the survey and the feedback provided will be the focus of the school's professional learning in Week 2 next term. We appreciate that like all surveys, there are limitations, and your comments about not enough space to write your thoughts down was noted. Please feel free to email me directly at carla.marchesin@det.nsw.edu.au with your comments.

The students have also completed their surveys (over 1300) and next term, we will be engaged in examining this data, together with data gathered from the Family and Staff surveys.

We will share the survey data with our families and students during the term and ensure it is available to you through the school's website and face book

page. I will also present the surveys to the P&C during the term, which you are welcome to attend.

As we work through the data in Term 4, we will share our ideas, seek your feedback and develop goals and strategies to achieve improved wellbeing and resilience amongst our students.

I have included an article for your reading entitled, "Mental health and wellbeing in adolescence: an overview" which comes from the Australian Parenting website.

Each issue of our newsletter from now on will have a specific article or some information directly related to adolescent development and wellbeing for your information. Please let me know of an area you would like to see highlighted in a future newsletter.

Carla Marchesin
Deputy Principal

Mental health and wellbeing in adolescence: an overview

Mental health is an essential part of wellbeing, and there's a lot you can do to promote mental health for your child. It also helps to know what to do if you think your child has a mental health problem.

What is mental health?

Mental health is a way of describing social and emotional wellbeing. Good mental health is central to your child's healthy development. It is associated with:

- feeling happy and positive about yourself and enjoying life
- healthy relationships with family and friends
- participation in physical activity and eating a healthy diet
- the ability to relax and to get a good night's sleep
- community participation and belonging.

We need good mental health to build strong relationships, adapt to change and deal with life's challenges.

It's thought that adolescence is an especially risky period for mental health problems. On top of environment and genes, teenagers go through many changes and challenges in a short period of time. This all happens while teenage brains are still maturing.

Promoting good mental health in adolescence

Studies show a **strong link between the quality of parent-teenager relationships and young people's mental health**. Healthy family relationships might reduce the chances of your child experiencing mental health problems.

Your support can have a direct and positive impact on your child's mental health. Here are some ideas to promote your child's mental health and wellbeing:

- Show love, affection and care for your child.
- Show that you're interested in what is happening in your child's life. Praise his good points and achievements, and value his ideas.
- Enjoy spending time together one-on-one with your child, and also as a family.
- Be there for your child. Encourage your child to talk about feelings with you. It's important for your child to feel she doesn't have to go through things on her own, and that you can work together to find solutions to problems.
- Deal with problems as they arise, rather than letting them build up.
- Talk to family members, friends, other parents or teachers if you have any concerns. If you feel you need more help, speak to your GP or another health professional.

Physical health is related to mental health. To help your child stay emotionally and physically healthy, encourage your child to do the following:

- Keep active – physical fitness will help your child stay healthy, have more energy, feel confident, manage stress and sleep well.
- Develop and maintain healthy eating habits.
- Get lots of regular sleep. Quality sleep will help your child to manage a busy life, stress and responsibilities. For more information, you can read our article on sleep for children: 12-15 years.
- Avoid drugs and alcohol.

Alcohol and drugs

As children go through adolescence, they might experiment with alcohol and drugs. These are a major risk factors for the development of mental health problems in some young people. These substances can also make existing problems worse. You should encourage your child to avoid drugs, and be careful not to provide opportunities for him to drink alcohol.

Alcohol and drug use might also alert you to a possible mental health problem for your child. If you know your child is using drugs or alcohol and you're worried, talk with your child. Also consider speaking to a health professional or counsellor.



did you know



Every year in Australia, about 15% of young people aged 12-17 years experience a mental health problem.

In 2004-05, 10% of children aged 10-14 years were reported to have some form of mental or behavioural problem.

A mental health problem can be more serious for young people who are still developing than for people later in life.

Signs your child might need help

It's normal for children and teenagers to sometimes have low moods, poor motivation and trouble with sleeping. It's not always the sign of a mental health problem. But if you do notice any of the following signs and they persist for more than a few weeks, it's important to talk with your child. The next step is to get professional help.

For children younger than 11 years, warning signs might include:

- seeming sad or unhappy much of the time
- a drop in school performance
- ongoing worries or fears
- problems fitting in at school or getting along with other children
- aggressive or consistently disobedient behaviour, or repeated temper tantrums
- sleep problems, including nightmares.

For children 11 years and older, watch out for your child:

- seeming down, feeling things are hopeless, being tearful or lacking motivation
- having trouble coping with everyday activities
- showing sudden changes in behaviour, often for no obvious reason
- having trouble eating or sleeping
- dropping school performance, or suddenly refusing to go to school
- avoiding friends or social contact
- making comments about physical pain (for example, headache, tummy ache or backache)
- being aggressive or antisocial – for example, missing school or stealing
- being very anxious about weight or physical appearance, weight loss, or failing to gain weight as she grows.

If your child tells you he is having persistent thoughts about hurting himself or that he wants to die, seek urgent professional help. **Lifeline (13 11 14)** provides a 24-hour phone counselling service. You can also call 000 or go straight to a hospital emergency department.

Talking with your child about mental health

If you're concerned about your child's mental health, **start by talking to your child**. This might feel uncomfortable – you might even be waiting for the problem to go away. But talking to your child about how she's feeling shows her she's not alone and that you care. Also, your child will need your help to access professional support.

Here are some ideas to encourage your child to talk to you about how he's feeling:

- Say that even adults have problems they can't sort out on their own. Point out that it's easier to get help when you have someone else's support.
- Acknowledge that opening up about personal thoughts and feelings can be scary.
- Tell your child that talking about a problem can often help put things into perspective and make feelings clearer. Someone with more or different experience – like an adult – might be able to suggest options your child hasn't considered.
- Suggest some other people your child could talk to if she doesn't want to talk to you – for example, aunts or uncles, close family friends, a trusted sports coach or religious leader, or your GP. You could also suggest a confidential telephone counselling service for young people such as **Kids Helpline (1800 55 1800)** or visiting [Kids Helpline](#).
- Let your child know that talking with a GP is confidential. The GP can't tell anyone else, unless the GP is worried about your child's or someone else's safety.
- Emphasise that your child isn't alone. You'll be there whenever he's ready to talk.

If you raise your concerns with your child, she might refuse any help or deny there's anything wrong. Many young people won't seek help themselves. So **you might need to say that you're worried about her and you'll be trying to get professional advice**. It's a good idea to encourage your child to come with you. If she won't, you might need to go on your own.

If you're not sure what to do, a GP or school counsellor is a good place to start.

Poor mental health is no one's fault, and no one is to blame.

Getting help for your child

Mental health problems are unlikely to get better on their own, so you need to get professional help as soon as possible. Poor mental health or unmanaged mental health problems can affect your child's quality of life, physical health, schoolwork, relationships and development – social, physical, educational and vocational.

There are **many professional support options**, including:

- your GP
- school counsellors
- psychologists and counsellors
- your local community health centre
- local mental health services.

You might also find support at:

- our [mental health links and resources page](#)
- the [youthbeyondblue get help page](#)
- **Parentline (1800 30 1300)** or the [Parentline web counselling page](#).

If you're unsure where to go, your GP will be able to guide you to the most appropriate services for your family.

Mental disorders

If your child's mental health problems are interfering significantly with his life, a qualified professional might diagnose a mental disorder.

You can **read more about how to recognise adolescent mental health problems and disorders** and seek help in the following articles:

- [Depression in adolescence](#)
- [Anxiety in adolescence](#)
- [Anxiety disorders in adolescence.](#)

Helping your child with a diagnosed mental disorder

Once you've sought professional medical help for your child, many things can show your child you are there for her.

Your child's mental health management strategy will depend on his specific needs. But in general, the most important thing you can do is **show through your words and actions that you accept and love your child, whatever he's feeling***:

- Listen when your child is ready to talk. Listen without offering opinions or solutions straight away. Be available, but don't push her to talk if she's not ready.
- Let your child know that it's OK to feel whatever he's feeling. Even if you don't understand why something is upsetting him, acknowledge that his feelings are real and valid.
- Encourage your child to talk to someone that she trusts. If it helps, set up times and places for your child to talk to this person, and transport your child to the meetings if necessary.
- Praise your child for his achievements, however small.
- Reduce family conflict as much as possible.
- Speak with your child's health professional about support options in your local area.
- Recognise when you need help. You can fully support your child only if you're healthy and supported yourself.

* Adapted from Australian Government, Department of Health and Ageing (2004), *Supporting parents and families: the mental health and wellbeing of children and young people*.

More to explore

Staying connected: you and your teenager
Social and emotional changes in adolescence
Supporting your teenager's growing independence
Your child's changing body
Understanding puberty
Services and support: an overview

Web links

Australian Government Department of Health – Supporting parents and families: the mental health and wellbeing of children and young people
Australian Government Department of Health – Tips for parents: kids 5-11
Australian Government Department of Health – Tips for parents: adolescents
Orygen Youth Health
headspace – Parents and Carers
Reach Out – Mental health difficulties
Kids Helpline – Mental Health: Update 2006 (PDF doc size: 689kb)

NS5 Culinary Cook-off Competition

On 23 June 2015 twenty-two students from Killara High's Stage 5 began the Inaugural NS5 Culinary Cook-off Competition. We were briefed beforehand, in which it had been outlined that we were to cook and present two dishes, a main meal and a dessert, to three judges. My partner, Emesha Reeves, and I were feeling our fair share of nerves, as this was the first time either of us had been put under the pressure of cooking in a contest and, to be honest, we were terrified.

As part of the competition each pair of Stage 5 contestants were allocated a Year 11 hospitality student to act as their mentor, giving them advice and ideas. The competition was a mystery box, meaning we were only given the ingredients we had to use on the day.

On the competition day, we arrived at the kitchen and we were given our mystery box. Inside there were around twenty ingredients, all of which we had to use in our dishes. We were given around three and a half hours to plan, prepare, cook and serve our plates of food. Once our time was up, we served our dishes to the judges and waited in nervous anticipation for their verdict.

In a very close competition, Emesha and I were amazed to gain First Place and Alina Xie and Pei-ying Tsai were runners-up. Therefore, all four of us continued to the next round.

Which brings me to Friday 28 August, only a few weeks ago. This was the date of the finale round of the competition. In this round we were competing against all of the winners from the North Shore 5 (Ku-ring-gai Creative Arts, St Ives, Chatswood, Turramurra and Killara High Schools) and the pressure was intense. If

we were nervous before the last round, it was nothing compared to what we felt this time. We again faced the mystery box challenge, but this time there was only one mentor between two groups. Neither of us knew what to expect from the other teams as we had no idea what they had made before, but we knew that they were going to be tough competition.

All the dishes looked amazing and the techniques that the teams used were incredible. After the three and a half hours finished all the teams went into the classrooms for the tastings. This time there were three guest judges, the head of hospitality for the central coast Department of Education, the head chef at *Spoon and Fork* and the head chef from Knox Grammar.

Emesha and I just wanted to enjoy the competition and we weren't expecting to do fantastically. Needless to say we were beyond shocked when the judges read our names out as the winners.

We both enjoyed the competition lots and we were challenged to use our problem solving skills under pressure and time constraints. I would encourage people in Stage 5 next year to try it as you may surprise yourself with what you can do, we definitely did.

Thank you to all the Food Technology teachers for their encouragement and especially to Ms Mackenzie who organised the competition. It was a very valuable experience.

Catherine Charles
Year 9



From the Library

New fiction:

Ellis, Deborah. ***The cat at the Wall*** [F ELL]
In Israel's West bank, a cat sneaks into a small Palestinian house that has just been commandeered by two Israeli soldiers. The house seems empty, until the cat realises that a little boy is hiding beneath the floorboards. Should she help him? After all, she's just a cat. Or is she?

Wood, Fiona. ***Cloudwish*** [F WOO]
One wish, with a side of trouble.

Hawke, Rosanne. ***The truth about Peacock Blue*** [F HAW]
A powerful story about one girl's fight for justice in Pakistan. When her brother dies, Aster suddenly becomes the hope of the family. Instead of arranging an early marriage to a boy from her village in Pakistan, her parents send her to high school in her brother's place. But Aster's new classmates are far from welcoming...

Bauer, Jan. ***The salty river*** [F BAU]
Graphic novel. After a difficult separation in his native Germany, Jan Bauer sets off for the Australian desert in search of himself. His 450 kilometre journey takes him into the scorching hot centre of Australia. There he meets a fellow wanderer, the young French woman, Morgane. The two grow closer as step by step

they traverse the tough and beautiful Larapinta Trail's dry and salty riverbeds.

Non-Fiction Library Resources:

Burton, David. ***How to be Happy*** [616.8527 BUR]
David Burton's memoir of his teens and early twenties. It's a funny, brave story of his search for a true and meaningful life, and the confusion, friendships and desperation he experienced along the way.

Herriot, James. ***All creatures great and small*** [636.089 HER]
Fresh out of Glasgow Veterinary College, to the young James Herriot 1930s Yorkshire seems to offer an idyllic pocket of rural life in a rapidly changing world. This is a heart-warming story of determination, love and companionship from one of Britain's best-loved authors.

Kazerooni, Abbas. ***The boy with two lives*** [325 KAZ]
When ten-year-old Abbas arrives in England to start a new life – having fled conscription into the Iranian army and survived almost three months alone in Istanbul, Turkey, waiting for a visa – little does he know that his troubles have only just begun...

Karen Jones and Francie Campbell
Teacher-Librarians

Careers Corner

AIE Info Evening - Thursday 17 September
AIE's Information Evenings are a fantastic way to find out how to launch a career in the games, 3D animation and film FX industries. During the evening, teachers will be running session on each of the course areas including information on the content that is covered, as well as showing examples of student work and talking about graduate destinations.
<http://www.aie.edu.au/infoevening>

ACU responds to the changing entry requirements for teacher education in NSW
ACU is committed to providing opportunities for students to achieve their dreams and has responded by providing high quality accessible courses. Students can enter most degrees with or without 3 Band 5s. The new degree

structures meet the academic requirements of entry to initial teacher education degrees and have been approved by BOSTES. For more information go to
<http://www.acu.edu.au/600508>

SEPTEMBER AND SUMMER SHORT COURSES: FIILM, TV AND RADIO
AFTRS Open's has courses in Film, TV & Radio for teenagers and young adults. September Courses include HSC Video and Filmmaking Intensive. SUMMER SCHOOL courses, for students 18+, include THE THREE WEEK FILM SCHOOL plus THE THREE WEEK RADIO SCHOOL starting in late November & exciting new THE SIX WEEK FILM SCHOOL starting in January. Details at the website:

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

Sydney Design School Interior Decoration Master Class - September School Holidays

Join us for our Interior Decoration Master class and find out what it's like to work as a Decorator. 29 September and 1 October. Register

<http://sydneydesignschool.com.au/masterclass/> or contact is on 9437 1902 for more information

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

Whitehouse Institute of Design Registrations

For the 2 day Spring Workshop in Portfolio Development are now open. The workshop will be held on 12 & 13 November at the Sydney campus at 2 Short Street, Surry Hills.

For bookings phone 1300551433 or email: enquiry@whitehouse-design.edu.au

Day in the Life of a Beauty Therapist Workshop w/Australian National College of Beauty

This workshop will provide you with a taste of what it would be like to work in the exciting field of Beauty Therapy. You will get a chance to learn about make-up artistry, aromatherapy, manicure, massage, and the retail skills needed to help you follow your dream career in Beauty Therapy. Saturday 26 September, 9:30am - 12:30pm. Tickets \$20

<http://www.ancb.edu.au/events>

Day in the Life of a Natural Therapist with Australasian College of Natural Therapies

This workshop will provide you with a taste of what it's like to work in the growing field of natural medicine, including Naturopathy, Nutrition and Western Herbal Medicine. During the workshop you will get a chance to learn natural stress relief remedies, practical nutritional tips and some naturopathic skills. Saturday 26 September, Pyrmont. \$20.00.

<http://www.acnt.edu.au/about-us/events>

Day in the Life of a Massage Therapist with Australasian College of Natural Therapies

This is a must attend workshop for any would-be Massage Therapist. During the workshop you will get a chance to learn different massage mediums, some muscle identification skills and a scope of the massage therapies industry. Saturday 26 September. Pyrmont Campus. \$20.00.

<http://www.acnt.edu.au/about-us/events/sydney-day-in-the-life-of-a-massage-therapist>

Day in the Life of a Designer with Billy Blue and CATC Colleges

Find out what goes on at our colleges, see what communication, graphic, digital media, interior, and branded fashion designers and photographers really do. You spend a day working on a design brief, producing artwork – both by hand and digitally – and take it to the production stage, delivered by our friendly industry experienced lecturers! Saturday 26 September. Ultimo Campus. \$20.00

<http://bit.ly/1CRXaCW>

Day in the Life Business with APM College of Business

Are you are thinking about a career in Marketing, Event Management, Public Relations or Business Management? This is the perfect opportunity to get a hands-on taste of the industries and have all of your questions answered by experts with onsite visits to iconic business such as LinkedIn and Google. Thursday 24 September. The Rocks Campus. \$25.00 (lunch included).

<http://www.apm.edu.au/events>

UNSW Art & Design Portfolio Workshops

Join a free portfolio entry workshop in the school holidays to learn about how to prepare and develop your portfolio. Meet our assessment staff who will provide you with personal feedback, guide you through how to produce the best possible portfolio and offer step-by-step advice about how to submit.

<https://www.artdesign.unsw.edu.au/whats-on/events/2015-portfolio-entry-workshops>

Raffles College of Design & Commerce - Open Day 19 September 2015

Check out Raffles' brand new Parramatta campus that opened this year! Participate in portfolio workshops in our creative studios,

chat with our program directors about your chosen course and discuss applications, enrolments and scholarships with our recruitment team. RSVP is essential to: contact@raffles.edu.au or (02) 9633 3800.

You're invited to Australian Careers Business College Open Days on September 22, 23 & 25

Students can discover how to graduate in one year with a Nationally Recognised Qualification, a pathway to University and hands on work experience. Hear from graduates, current students, employer partners and our trainers. Liverpool - Tuesday, 22 September. Parramatta- Wednesday, 23 September and Wollongong - Friday, 25 September. For more info call 1300COLLEGE or visit <http://www.acbc.nsw.edu.au/>

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

AMPA SCHOLARSHIP SHOWDOWN 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 October 26.

\$2,000 Insearch Scholarship

ACIC is partnering with Insearch to offer 5 scholarships worth \$2000 each to eligible students. If you have students looking to study at Insearch in semester 1, 2016, contact us on 92863799 or info@acic.com.au. ACIC specialises in education consulting for over 27 years. We provide FREE study options and career advice to both local and international students.

Undergraduate Allied Health Scholarships Now Open

SARRAH are pleased to announce that the Undergraduate (Entry-Level) Scholarships

(Allied Health) are now open for 2016. Scholarships administered by SARRAH are funded by the Australian Government Department of Health. Go to our website for more information and too apply.

www.sarrah.org.au

Sydney City School of Law

Located in Australia's 'Silicon Valley' (Australia Technology Park), SYDNEY CITY SCHOOL OF LAW is accepting direct applications for 2016 March intake. Fully accredited, Flexible entry, Scholarships, Fee Help, Small classes, Internships, Outstanding Professors, Student-centered innovative programs focusing on International, commercial, technology and skills for 21st Century.

<http://www.top.edu.au/school-of-law>

Au Pair in America Information Night

Come along to our LIVE: Online Info session on Wednesday, September 23, 2015 8:00pm - 9:00pm EST. and hear more about working as a live-in nanny in the USA. Our Au Pair in America specialists will be live and on hand to give you all of the information you need and answer any questions you have about this awesome programme. Register here: <https://www.anymeeting.com/AccountManager/R>

Location employment opportunity: We are urgently seeking console operators for our busy store at St Ives. Ideal candidate will be a high school or early university student with lots of enthusiasm and passion to join the retail industry. Prefer past experience in the retail industry. Please send your resume ASAP for consideration (multiple positions available, including Full Time, Part Time and Casuals). Please include your Name, Address, Driving Licence/Car, Age, Visa Status, Job Type preference (Full Time/Part Time/Casuals). Full training will be provided to the right candidate. Please send your resume to anita.kumarus@gmail.com

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

**Sophie Allen and Jasmine Crewe
Careers Advisers**



PERMISSION FORM TO ATTEND THE ISCF GROUP AT

Killara High School (called TAG)

which meets on

Friday lunch time in D5

Scripture Union NSW is an organisation recognised by the Department of Education in their Religious Education Implementation Procedures as a coordinator of Christian Voluntary Lunchtime groups in NSW public schools. These groups, known as ISCF groups in secondary schools and SUPA clubs in primary schools, exist to give Christian students the opportunity to grow in their understanding of Christianity, and to allow other students who may be interested in knowing more about Christianity the chance to explore their questions in an informal setting.

Scripture Union NSW takes seriously the need for you as parents to be fully informed concerning the activities of these groups before granting permission for your child to attend.

WHO CAN ATTEND AN ISCF LUNCHTIME GROUP?

- Any high school student can attend an ISCF lunchtime group with parental permission
- Participation in the group is entirely voluntary which means that students are free to stay or leave if they wish

WHAT HAPPENS DURING GROUP MEETINGS?

- Christian teachings from the Bible are presented in a clear and age-appropriate manner *
- Students are provided with a safe forum for reflection, questions and discussion regarding this Christian worldview
- The beliefs and viewpoints of all students are respected

WHO RUNS THE GROUP?

- The school Principal gives permission for the group to operate
- Groups operate under the care and guidance of leaders who have applied to and been approved by Scripture Union NSW
- Leaders must comply with all relevant child protection policies and protocols

* A copy of Scripture Union's Aims, Beliefs and Working Principles is available upon request. Please contact Scripture Union NSW at schools@sunsw.org.au.



By completing and signing this form I am giving permission for my child to attend the Scripture Union ISCF group at their school.

Student's Name: _____

School: _____

School year: _____

Parent's/Guardian's name: _____

Parent's/Guardian's signature: _____

Date: _____

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EMOTIONALLY INTELLIGENT PARENTING



5 SESSION PARENTING COURSE FOR PARENTS OF TEENS

Would you like to learn how to:

- Communicate effectively with your teenager?
- Understand your teenager?
- Help your teenager with emotional intelligence and managing emotions?
- Prevent some teenager behaviour problems?
- Teach your teenager to deal with conflict?

VENUE: headspace Brookvale
Level 2 Brookvale House, 1A Cross Street, Brookvale
DATES: Thursdays 15th October – 12th November (5 sessions)
TIME: 6.30pm – 9.00pm
COST: \$110pp

REFRESHMENTS PROVIDED

PLEASE PHONE 9887 5830 TO BOOK YOUR PLACE IN THIS COURSE

The 5 session course will be facilitated by a qualified Parent Educator from
Child and Adolescent Parenting, Northern Sydney Local Health District




BARE CREEK TRAIL RUN

Sunday 1st November 2015

www.barecreektrailrun.com

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

Register Here, NOW!

www.barecreektrailrun.com

Online entries open until 26th

October



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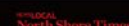
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PLAYHOUSE CREATURES

WRITTEN BY APRIL DE ANGELIS
DIRECTED BY PATSY TEMPLETON

7 OCT TO 31 OCT 2015

By arrangement with ORIGIN™ Theatrical on behalf of Samuel French Ltd

2015 PLAYHOUSE CREATURES

By April de Angelis
Directed by Patsy Templeton

Backstage at the King's Theatre we enter the world of Nell Gwyn and her fellow actresses as they are first allowed to perform on stage. After years of Puritan rule, London society clamours to see women playing roles previously the domain of beardless youths. Follow the mixed fortunes of these women who struggle out of the gutter towards the stars.

A powerful human drama with great heart.

7 October - 31 October Bookings open 9 Sept

Wed 8pm	Thurs 8pm	Fri 8pm	Sat 4pm	Sat 8pm
7 Oct		9 Oct	10 Oct	10 Oct
N/A	N/A	16 Oct	17 Oct	17 Oct
21 Oct	22 Oct	23 Oct	24 Oct	24 Oct
	N/A	30 Oct	31 Oct	31 Oct



PYMBLE PLAYERS INC

Tickets \$25/\$22 plus booking fee of \$1.40 per ticket

Tickets online at www.pymbleplayers.com.au or phone (02) 9144 1523

Cnr Bromley Ave & Mona Vale Rd, Pymble www.pymbleplayers.com.au

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SL & JL Players Urgently Required!
(DOB 1999—2003)

Please contact us as soon as possible if you would like to spend 2 hours each Saturday morning playing a fun game with a great group of kids!

Enquiries: 0411 957 862

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*** Boys & Girls!**

Games Commence **12 September 2015**
Saturday Mornings
2 hour games

E: registrar.dragons@gmail.com W: www.dragons.baseball.com.au

Northern Beaches ADHD Support Group

A problem shared is a problem halved

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

SPEAKER EVENING:
AMANDA PARSONS - KIDS OT
"ADHD - Sensory Processing and Social Skills"

Amanda Parsons established Kids OT in 2003 having working in Sensory Integration clinics in Australia and the UK. The Kids OT team has extensive knowledge and experience working with children with various disorders including learning difficulties, Autism Spectrum Disorder, Asperger's Syndrome, Attention Deficit Disorders, Information Processing Difficulties, Visual Perceptual Disorders, Sensory Processing Disorder, Developmental Delay, Neurological Disorders, Physical Disabilities, Emotional & Behavioural Disorders, as well as specific difficulties with handwriting and fine motor tasks, low muscle tone, poor motor planning and coordination, memory weakness and many others.

Kids OT have a strong focus on family-centred practice and work closely with the family and child to develop individualised intervention programs.

Monday 21st September, 2015 @ 7.00-9.00pm
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

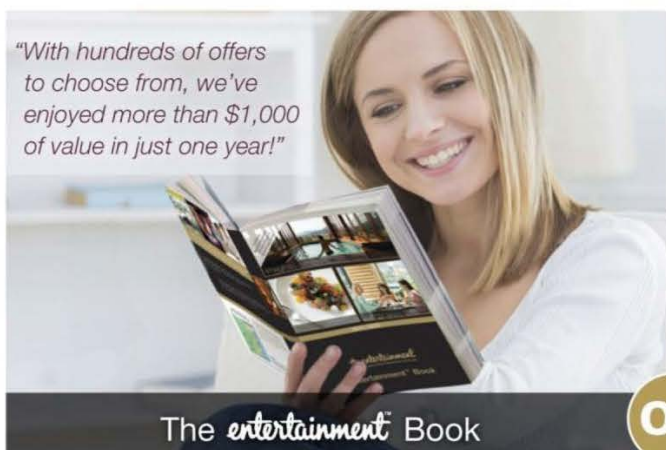
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Website: www.northernbeachesadhdsupportgroup.com.au
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www.adhdguide.com.au

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