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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

Curriculum enrichment is an integral part of life at Killara High School. This past week, three events in particular are worthy of the front page.

On Tuesday our Year 10 Debating team, consisting of Elissa Zhang, Jack Rumbelow, Matt Lee and Olivia Charles competed against Normanhurst Boys' High School, taking the affirmative in the topic of raising the legal drinking age. Our team were victorious, mounting an excellent case based on reasoned and carefully constructed argument.

This means a very quick turnaround, with the team competing against North Sydney Boys High School in the Regional Finals today. They are to be congratulated on this achievement, especially as the adjudication was conducted via a video conference, which provided them with a new experience. Thank you to Ms Anne Carroll, Debating Coach.



Last Friday saw the inaugural North Shore 5 Cook Off, a *Masterchef* style competition which brought students from Killara, Chatswood, Ku-ring-gai, St Ives and Turramurra High Schools together to battle it out with a mystery box of ingredients. Each school entered two teams, and one of the Killara teams, consisting of Year 9 students Catherine Charles and Emesha Reeves, took out the title with two wonderful dishes that impressed the judges greatly. Thanks must go to Ms Tracy Mackenzie, Head Teacher TAS, for the organisation of this event, and the support of staff from all five schools.



Friday also saw the students travelling to Cambodia and Vietnam in the next vacation run a carwash to raise funds for the organisations they support: Anjali House, Skateistan, and Free the Bears. We thank them for their commitment to these causes, and their teacher patron, Mr David Browne.



**Jane Dennett**  
**Principal**

# Calendar

## SEPTEMBER 2015

3	CHS Athletics Carnival (4 days) U15 CHS KO Girls Basketball
4	DEAS Silver Qualifying Expedition (3 days)
7	Year 9 & 10 History Incursion Year 7 Vaccinations
8	Year 7 Taronga Zoo Excursion
11	Year 9 & 10 Hebrew Continuers Excursion Yr9 – 12 Industrial Technology Engineering Excursion U16 Girls, Yr7 & 8 Boys Rugby Matches at St Ives High School
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
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)
11	Remembrance Assembly 11.00am Annual PAE Concert & Celebration 6.30pm – 9.00pm
12	Student Leadership 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)
18	P&C Meeting

## Gifted and Talented - Lindfield East Public Year 3 Visit

On Monday 17 August, a group of eager Year 3 Mathematicians from Lindfield East Public School visited Killara High School for a morning of maths fun.

A quote from the children's book "A Wrinkle in Time" by Madeleine L'Engle, started the activities and led them to think about what sort of creatures could live in one and two dimensional worlds and how they would be different to the three dimensional creatures that inhabit our own world. After this, small groups of students, together with their Year 10 helper, took on the challenge of finding all eight ways that four cubes could be arranged to make 3D shapes. For the first time this year, a group succeeded in finding them all.



During a break for morning tea, some videos showed how our minds can be tricked by 3D and 2D optical illusions. Following this, each student used the Sieve of Eratosthenes to find the 25 prime numbers between 1 and 100. They learnt that the hunt for prime numbers still goes on today using massive computers and that newly discovered primes have millions of digits and are very rare. After this, it was time to pack up and head back to school.

Many thanks to the parents, carers, teachers and Year 10 students who helped make this morning possible. It has been a delight to host these activities throughout the year and I hope that the students had a much fun as I did as their teacher for the morning.

**Christine McClean**  
Mathematics Teacher

## Intensive Creative Writing Workshop

Students from Killara Public School and Lindfield Public School attended Killara High School for an intensive creative writing workshop with Ms Loveday Recny on Monday 17 August.



During the session, students learnt the essential elements of all good stories and then applied them to their own stories. All students came up with fun and innovative ideas for their stories and excitedly shared these ideas with the group. Students then incorporated these elements to start writing their own narratives demonstrating their high levels of creativity and motivation to be good writers.

Their mime performances of well-known fairy tales were outstanding. A fun and engaging session was had by all.

**Ann Dixon**  
Killara Schools Partnership Coordinator

## Killara Schools Partnership visit for Year 4 students

On Wednesday 26 August, Killara High School hosted 30 primary school students in Year 4 that are a part of our Killara Schools



Partnership (KSP) Program. The students took part in the live reconstruction/simulation of a village that has been devastated by an Earthquake. They had to work across the various primary schools and ensure that they made wise choices.

Some of the areas of reconstruction included, homes, hospitals, schools and farming land.



They built their mini village out of cardboard boxes, heavy duty tape and cable ties. The students learnt many new skills and were also able to create their own mini newspaper articles on the day. The students enjoyed the session and made many new friends.



Thank you to Mrs Daniella Costa, HSIE Green teacher, for facilitating this event.

**Ann Dixon**

**Killara Schools Partnership Coordinator**

## Lindfield East Public School STEM Fair

Last week Lindfield East Public School held a STEM (Science, Engineering, Mathematics and Technology) Fair.

Students from Kindergarten to Year 6 were invited to submit projects to the fair. There was an enormous range of projects submitted and the high standard of these made the judging extremely difficult. I was excited to be involved and astonished to see the outstanding work of these students: collections of natural objects, computer programs written, projects built, observations of natural phenomena carefully recorded and experiments carried out at home. Wow!

Our primary schools provide wonderful opportunities to their students.

Thanks go to Lindfield East Public School for inviting me to judge these great projects.



**Ann Dixon**

**Killara Schools Partnership Coordinator**

## Year 7 Gala Day

On Wednesday 19 August as part of the Year 7 Gala Day, I (Noah Conyer), along with 19 other students participated in Oz Tag which was held in Galston.

There were 3 teams, Killara High 1 and Killara High 2 for the boys and Killara High for the girls. All the teams had great enthusiasm on the field. Killara 1 came second, Killara 2 came third and the Killara girls also came third.

During the day all of the teams worked together and everyone played amazingly. I would like to

thank Mr Hudson and the coaches for their time, taking us to Galston and helping us the whole day.

I think everyone would agree that the day was a great experience and was fun for everyone, no matter how good or bad they are at sport. I would again like to congratulate everyone on a fantastic day.

**Noah Conyer**  
**Year 7 Student**



## Ski Trip

On August 10 - 12, 62 PASS (Physical Activity and Sports Studies) students in Years 9 and 10 attended the biannual ski camp held at Thredbo ski fields. The camp corresponded with the current unit studied in PASS, which addresses safety considerations in sport.



There were many highlights from the trip, including the favourable skiing conditions. It even snowed on the second day of skiing. This was very exciting for those who had never seen snow before! All of the runs were open, which was fantastic for beginner and advanced skiers

and snowboarders alike. It was inspiring to witness the rapid skill development of the beginner skiers/snowboarders. Furthermore, it was excellent to see the advanced students' fearless (but sensible) attitude to the 'black runs' attempted.



Many thanks must go to the students who attended the camp. They brought credit to themselves, as well as the Killara community. In addition, it is important to thank the PDHPE faculty for their tireless organisation to ensure that the camp ran smoothly and safely.

**Christina Shapiro**  
**Teacher PDHPE**



# Korobro

**One Show Only!**

**An Evening of Dance**

**Tuesday 8  
September  
2015**

**7.30pm**

**Kerrabee Theatre**



**Tickets:**

**Family (2 adults & 2 children) - \$20**

**Adults - \$10; Students/Concession - \$5**

**Tickets on sale from Tuesday 1 September  
from Mrs Lam in the House during Recess B and  
lunchtime**

## Year 11

It has been a successful term for Year 11, as they finish up their preliminary course and have just sat their final Year 11 examinations. We are extremely proud of the Year 11 students. They displayed a mature approach to their studies and should be commended for all they have achieved this year. In Year 11 we have been focussing on working as a team to support each other through their final years of schooling and the students have excelled in this.

Following the Year 11 BBQ earlier this term, where all of the students demonstrated their appreciation and support of each other, they have continued to build positive relationships and grow together. As we look to the future for Year 11, we will be reflecting on their preliminary year, and setting goals to ensure their success in their final school year. We are identifying areas to focus on and ensure students are building on their strengths to achieve their best in 2016.



In the coming weeks you can expect to start hearing more about the senior jersey for the students for 2016 and look forward to reading their yearly reports. We are also excited about welcoming another staff member on board the Year Adviser team, Mrs Daniella Costa, who will be a very welcomed addition to the Welfare team. We wish Year 11 all the best as they finish their preliminary year and look to starting their final twelve months of high school.

Please enjoy some pictures from Year 11 and the message below about supporting our students through their final years, with some tips and advice on managing students and their stress.

**Mrs Melinda Buxton and Mr Dane Le Rougetel**  
**Year 11 Advisers**

## ReachOut's top tips for beating stress

Everyone experiences stress at some point, but there are heaps of simple ways to minimise its impact on your life. Right now is a great time of the year to work on stress management skills and be ready for when the stress-deluge comes (exams).

Stress can be mild or intense, and it can make people feel frustrated, anxious and even hostile. Ever been grumpy because of stress? There you go. Stress can get in the way of sleep, cause headaches and change your appetite. It can also reduce your ability to concentrate and make it harder to remember course content.

ReachOut has lots of fact sheets and practical tools for beating stress. Here are a few:

- All work and no play? Bad idea. Make time every week to completely forget about study and do something you enjoy, like playing sport, hanging out with friends or watching TV. Taking regular breaks and 'me-time' to clear your head will also help you study more productively: [au.reachout.com/taking regular me-time](http://au.reachout.com/taking-regular-me-time).
- Feel like you're not achieving what you're capable of? Sit down and set goals at the

beginning of each term. Define your goal, set sub-goals and make a plan of action. Then you'll know what you're aiming for and it'll be easier to stay focused: [au.reachout.com/how-to-set-goals](http://au.reachout.com/how-to-set-goals).

- When you're feeling stressed, it helps to have a proven strategy lined up to help you deal with it. It could be something like reducing the number of commitments you have, telling a close friend you're stressed and talking through it, or even using positive self-talk strategies: [au.reachout.com/building-better-coping-skills](http://au.reachout.com/building-better-coping-skills)
- Sometimes it might feel like stress is unbeatable, but it's definitely manageable. For more info on keeping it in control, check out these fact sheets on ReachOut.com:
- Tips on managing stress: [au.reachout.com/managing-stress](http://au.reachout.com/managing-stress)
- Helping someone with stress: [au.reachout.com/helping-someone-with-stress](http://au.reachout.com/helping-someone-with-stress)
- Ways to relax: [au.reachout.com/ways-to-relax](http://au.reachout.com/ways-to-relax)
- Tips for problem solving: [au.reachout.com/all-about-problem-solving](http://au.reachout.com/all-about-problem-solving)
- Information on anxiety: [au.reachout.com/how-to-manage-anxiety](http://au.reachout.com/how-to-manage-anxiety)

## Brain Food

### 5 tips for feeding your teens during exams

A summary taken from an article by Meg McClintock in the August/September issue of Exploring Teens, a free publication

1. Talk early - don't wait until teens are in the middle of exam stress. Try to make time in advance to ask your teen what they would find helpful from you regarding food during the exams. Try to encourage a good breakfast and allow them to make suggestions for the shopping list to help you provide healthy snacks and meals they will enjoy.
2. Make healthy eating easy; when teens are mid exams many will want quick and easy but also appealing meals and snacks. Having nutritious dips and prepared vegetables plus crackers can work well; yoghurt and nuts are also a good option.
3. Wherever possible choose quality, low glycaemic index (GI) foods. Our brains run on glucose so we need carbohydrate to

optimise concentration and focus. To avoid swings of energy and fatigue, teenagers need quality minimally processed and nourishing carbohydrate foods, such as wholegrain breads, legumes, corn, sweet potato and fruits.

4. Encourage breakfast to avoid distraction and lack of concentration during exams. If nerves make eating difficult try a smoothie with berries, yoghurt and milk.
5. Take care with caffeine - a low to moderate caffeine intake is safe for healthy teens, so a morning cup of tea or coffee before an exam or study session is not something to worry about. However caffeine from mid-afternoon can impinge upon sleep and be wary of energy drinks which contain caffeine plus a huge amount of sugar that can lead to energy swings and then a slump.

**Jane Rountree**  
Welfare Head Teacher

## NSW Combined High Schools (CHS) 2015 Athletics Championships

The New South Wales Combined High Schools (CHS) 2015 Athletics Championships are being held this Thursday, Friday and Saturday at Sydney Olympic Park Athletics Centre. Killara High School has a total of 15 students competing for the Sydney North Secondary Schools Association.

The students are:

Oliver Akayan	Richard Cao
Ethan Burgess	Jack Chomskey
Jayden Burgess	Ethan Chong

Brianna Gibson	Tamara Kowcz Rosinke
Adnan Hameed	Martin Leerberg
Taro Iikura	Benjamin Mackay
Thomas Jobling	Joshua Marsh
Raymond Khattar	

Congratulations to these students on their outstanding achievement in qualifying for this event. We wish them the best of luck.

**Christina Shapiro**  
PDHPE Teacher

## 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

# MindMatters Parent Survey Reminder

A **FINAL** reminder that the **MindMatters** Parent survey closes this Monday 7 September, and we are very keen to have as many parents and carers complete the survey as possible. Ms Julie Hughes, our SAM, has sent a survey link to all parents via email and this link will take you to the **MindMatters** survey site.

As recent editions of the school's newsletter have outlined, Killara High School is a **MindMatters** school and this year we have worked with staff to better understand what wellbeing means, the things that support positive wellbeing and the risk factors that impact of wellbeing. We have also focused as a staff on how to strengthen our own wellbeing and that of our students.

This term 111 staff completed the Staff **MindMatters** survey, and in our professional learning in Week 9 this term we will unpack the data from staff survey and the parent survey.

To date, Years 7, 9, 12 and 10 students (some 890 students) have completed the **MindMatters** student survey, with Years 8 and 11 completing their surveys in Weeks 8 and 9 this term respectively.

We are looking forward to sharing this data with the school community and together building on our existing programs that build and support resilience and wellbeing, while importantly creating new evidence based programs and initiatives that respond to the needs as identified by students, staff and parents. This vital work will start in Term 4.

You will find below the article that has appeared in previous newsletters telling you a little more about **MindMatters**.

## **MindMatters**

Killara High School is undertaking a mental health initiative for all sectors of the KHS community. This federally based initiative is known as **MindMatters** and has been used in schools since 2003. This is an extension of **KidsMatters**, the primary schools framework, and is endorsed by organisations such as 'Beyond Blue' and by the Australian Principals' Institute.

The mental health of students affects all aspects of the school community – from student engagement and academic achievement, to social adjustment and staff wellbeing. Schools that promote a positive environment perform better, attract and retain more students and build a strong reputation in the community. The mental health of all students is a key foundation for school success.

## **WHAT IS MINDMATTERS?**

**MindMatters** is a 'framework' that provides structure, guidance and support while enabling schools to build their own mental health strategy to suit their unique circumstances. This has been embedded within our school strategic directions and as such will be a program rolled out over a period of years. All content will be informed by strong evidence in the area of school mental health and wellbeing and this includes use of survey tools and other school data. The use of **MindMatters** resources has mental health benefits for the entire school community – including students, families and school staff.

## **HOW DOES IT WORK?**

**MindMatters** is based on the principle that the best mental health strategy is one that prevents issues from arising in the first place. For this reason **MindMatters** helps schools promote positive mental health through the whole school community, and aims to prevent mental health difficulties in students by taking steps to improve relationships and resilience. **MindMatters** provides staff with practical advice and guidance so that they can support students who may be struggling with mental health difficulties in a timely and appropriate way. Promotion, prevention and early intervention are central tenets of the **MindMatters** approach.

To guide the creation of the program for Killara High School, all stakeholders will be invited to contribute via surveys. This includes students, staff and families. Staff will be surveyed during week 1 of Term 3. Families will be invited by email to complete an online survey later in Term 3.

Students will be asked to complete the **MindMatters** survey during Home Group sessions in Term 3. The survey schedule for the completion of these surveys appears below.

## **TERM 3 2015**

Week 2 Year 7  
Week 3 Year 9  
Week 4 Year 12  
Week 5 Year 10  
Week 8 Year 8  
Week 9 Year 11

**If you do not wish your child to participate in this survey, please email Deputy Principal Carla Marchesin at [carla.marchesin@det.nsw.edu.au](mailto:carla.marchesin@det.nsw.edu.au)**

**Should you wish to find out more about **MindMatters**, please follow the link found on our school's website in the section, [Caring for Students](#) or use the following link: [MindMatters: what-is-the-evidence?](#)**

**Carla Marchesin  
Deputy Principal**



## From the Library

### New Non-Fiction Library Resources:

#### Rowling, J.K. *Very Good Lives* [158.1 ROW]

The fringe benefits of failure and the importance of imagination.

#### Morgan, Sally. *Sister Heart* [A821.3 MOR]

Taken far from everyone and everything she knows and loves, Annie must make a new life in a strange world. A sister-friend brings fresh hope, but can it last?

#### Abdi Aden and Robert Hillman. *Shining* [967.73092 ADE]

A young refugee's incredible journey from heartbreak to home. 'All forces raged against me will have to contend with my determination to stay alive, keep breathing, love and be loved.'

#### Paterson, Banjo. Illustrated by Mark Wilson. *We're all Australians now* [A821.2 PAT]

In 1915, Australia's much-loved bush poet wrote as an open letter to the troops, a poem he titled 'We're all Australians now'. In this beautifully illustrated picture book, award-winning illustrator Mark Wilson evokes the spirit of Paterson's words in memory of those who fought in World War One.

#### Hudson, Suzanne. *Painting now* [759.07 HUD]

Painting is a continually expanding and evolving form of creative expression. The radical changes in the medium that took place in the 1960s and 70s – the period that saw the shift from a modernist to postmodernist visual language – have led to painting's continued energy and diversity.

#### Hung, Wu. *Contemporary Chinese Art* [709.51 WU]

From its underground genesis during the Cultural Revolution, contemporary Chinese art has become a dynamic and hugely influential force in a globalized world where the distinctions between Eastern and Western civilization are rapidly collapsing.

#### Jackson, Tom. *Philosophy* [100 JAC]

An illustrated history of thought. The thoughts and deeds of great thinkers always make great stories, and here we have one hundred all together. Each story relates a ponderable, a weighty problem that became a discovery that changed the way we see the world.

#### McKenzie, Janet. *Contemporary Australian drawing #1* [741.994 MCK].

Through Metasenta, RMIT University has hosted the first of a sequence of international conferences on drawing and in 2010 an exhibition, 'Contemporary Australian Drawing 1', with the work of 35 artists, was shown in RMIT Gallery.

#### Terence O'Niell, Josh Williams. *3D Printing* [621.988 ONE]

Have you ever wanted to control how the things you use look, feel, and function? 3D printers use designs made on computers to make three-dimensional objects right before your eyes.

#### Page, Geoff (editor). *The fashion book* [391.009 BLA]

The complete low-down on fashion in one awesome little book, packed with insider secrets, fabulous vintage styles, and inspirational ways to get the look.

### New Fiction:

#### Bishop, Stephanie. *The other side of the world*

The only thing harder than losing home is trying to find it again. Charlotte is struggling with motherhood, with the changes marriage and parenthood bring, with losing the time and energy to paint. Her husband wants things to be as they were and can't face the thought of another English winter.

#### Chai, Arlene. *The last time I saw mother*

Caridad's mother never writes. So when a letter arrives for her in Sydney from Manila, Caridad doesn't even recognize her mother's writing. There is more distance than just miles between the two women. And that is why Caridad is called home. Her mother needs to talk. And to reveal a secret that has been weighing heavily on her for years.

#### Chima, Cinda Williams. *The Dragon Heir*

The covenant that was meant to keep the wizard wars at bay has been stolen, and Trinity must prepare for attack. It's everyone for himself in this thrilling conclusion to the Heir trilogy.

#### Chima, Cinda Williams. *The Warrior Heir*

Before he knew about the Roses, sixteen-year-old Jack lived an unremarkable life in the small Ohio town of Trinity. Only the medicine he has to take daily and the thick scar above his heart set him apart from the other schoolers. Then one day Jack skips his medicine...

#### Hoban, Russell. *Masterworks*

Riddley Walker – orphaned, outcast and alone – journeys through a post-apocalyptic England, telling his tale in language which reflects the decayed world around him.

#### Ritchie, Brendan. *Carousel*

Trapped in a giant shopping centre. Everything they need but a way out. 'What do you think is out there, Nox? Zombies? A nuclear holocaust? You've heard the noises. We have to go out there,' said Taylor. I stared hard at the floor and wondered why the idea of a door opening freaked me out so much.

Nadia Wheatley & Armin Greder. **Flight**

Picture book. As the fugitives set off in search of a new home, an ancient story becomes a fable for our times.

Rebecca Young and Matt Ottley. **Teacup**

Picture book. Once there was a boy who had to leave home... and find another.

Zadoff, Allen. **I am the traitor**

Book 3. 'The Program' has sent Boy Nobody on countless missions, instructed to kill whichever target he was given. But now, after going rouge, he

is on his own mission to rescue his friend Howard, who was captured by 'The Program'.

Zink, Michelle. **Prophecy of the sisters**

Twin sisters Lia and Alice Milthorpe have just become orphans. They have also become enemies. As they discover their role in a prophecy that has turned generations of sisters against each other, the girls find themselves uncovering a lifetime of secrets. Secrets that could destroy everything.

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

## Careers Corner

Welcome to this fortnight's Careers Corner, with lots of exciting information and events happening this month.

### **AFTRS Open Day**

Visit Australia's number 1 film school and talk to BA (Screen) teachers and current students. Talk to AFTRS education staff and teachers and study options for 2016. Saturday 5 September, 9.00am - 5.00pm, Building 130 Entertainment Quarter, Moore Park

<http://www.aftrs.edu.au/events/aftrs-open-days>

### **ACPE Open Day**

Learn about the qualifications available at ACPE and what's required to succeed in the industry. Saturday 5 September, 10.00am – 2.00pm, ACPE Campus, 8 Figtree Drive Sydney Olympic Park, ONLINE RSVP ESSENTIAL

<http://www.acpe.edu.au/about-us/events/open-day>

### **ACU Open Day**

Explore the campus on a guided tour, attend a session on your future course, talk to the experts and more. Saturday 5 September, 8:30am - 2:30pm at North Sydney Campus 40 Edward Street North Sydney. Saturday 12 September Strathfield Campus 25A Barker Road Strathfield NSW 2135

<http://www.acu.edu.au/>

### **University of Pennsylvania: An Introduction to Penn**

Tuesday 8 September, 6.00pm – 7.30pm, SCECGS Redlands, the Arnold Library, Redlands Junior School, 272 Military Road

<https://key.admissions.upenn.edu/register/Australia>

### **UNSW Open Day (Main Campus)**

Saturday 5 September 9.00am - 4:00pm Kensington Campus, High Street, Kensington. At UNSW, you're offered a world-class education giving you everything you need to catapult your career forward. Attend Open Day and see it all for yourself. Have your questions answered, find information to help you choose the best degree for

you and experience first-hand what it's like to be a student at UNSW.

### **UNSW: Art & Design Open Day**

Saturday 5 September, Paddington Campus, CNR Oxford St & Greens Road, Paddington

As part of UNSW's open day, the Paddington campus will also be open to showcase their range of facilities. Those who attend will be able to participate in a portfolio entry workshop, and speak to staff and students about course options.

<https://www.artdesign.unsw.edu.au/whats-on/events/open-day-2015-paddington-campus>

### **A Practical Guide to University Preferences**

If you're preparing to submit your university preferences, it's likely you'll have a few questions about choosing a course and institution. This article explores some of the questions that are probably on your mind.

<http://www.hobsonscoursefinder.com.au/Latest-news/Getting-into-university/A-practical-guide-to-university-preferences>

### **My Future Scholarships**

The My Future website lists a large number of scholarships available to students who will be studying at university in 2016. To view their scholarships, visit:

<http://myfuture.edu.au/tools-and-resources/study-or-training-options/scholarshipsearch>

### **CIT: Studio 15 Registrations**

Wednesday 9 September, locations vary depending on the workshop.

Visit CIT's Technology and Design annual open house to meet their professional staff, use CIT's first class industry standard facilities, and find out what it's like to be a CIT student for a day.

[http://cit.edu.au/art\\_design/studio\\_15\\_registrations](http://cit.edu.au/art_design/studio_15_registrations)

### **WorldSkills Australia Competition**

Apprentices and trainees in a variety of areas are eligible to compete in the WorldSkills Australia Regional competitions. Success in these competitions allows you to compete in National and

then International competitions. Register to compete in the regional competition for your trade or skill for a chance to compete internationally in 2017.

<http://www.worldskills.org.au/get-involved/interested-in-competing/>

### **Sydney Design School: Information Session**

Friday 18 September, 1.00pm, Level 2, 40 Oxley Street, St Leonards

Hear a presentation from Director, Amanda Grace, to get a clear idea of what it's like to study at the school as well as information on some of the career opportunities available upon graduation.

<http://sydneydesignschool.com.au/info-sessions/>

### **Melbourne Institute of Technology Sydney: Open Week**

Monday 7 September – Friday 11 September, 9.00am – 5.00pm, 154-158 Sussex Street, Sydney.

View the School of Business and IT's facilities, talk to lecturers and students, find out about University pathway options, and learn about the benefits of MIT's smaller classes.

<http://www.mit.edu.au/about-mit/news-and-events/news/mit-sydney-open-week#>

### **Australian Business College Open Day**

Parramatta: Wednesday 23 September, Level 1, 85 George Street

Meet students, graduates, trainers and more.

<http://acbc.nsw.edu.au/2015-campus-open-day.html>

### **Coco Republic Field Notes**

This blog, run by design professionals at Coco Republic, helps catalogue interior design styles from across Australia and around the globe. Students undertaking visual art courses or who are interested in pursuing interior design can find inspiration, the latest design trends, and a source of ideas from Australia and abroad.

<http://designfieldnotes.com/>

### **National Institute of Dramatic Art: Holiday Courses**

Monday 21 September – Friday 2 October, Kensington

The National Institute of Dramatic Arts (NIDA) will be holding a number of holiday courses for students in years 7 – 12. Attendees can participate in a range of courses covering acting, audition preparation, and dancing.

<https://www.open.nida.edu.au/courses/Demographic/Young+People>

### **Sydney Aviators Open Day**

Sunday 20 September, 8.30am – 11.00am, Bankstown Airport

Half hour trial flights will be available at a cost of \$120 and short presentations on how to obtain a Private Pilot License will be held throughout the day.

Contact: (02) 9793 8900

<http://www.sydneyaviators.com.au/Event.aspx?pid=121>

### **New Angliss International Hotel School**

From semester 1 2016, the William Angliss International Hotel School will run from both the Melbourne and Sydney campuses. The hotel school will offer a diploma of hospitality delivered over 12 months, featuring an internship with a major hotel, an international study tour, and access to specialist master classes. After completing the diploma, students will have guaranteed entry into the second year of William Angliss Degree Programs.

<http://www.anglisshotelschool.edu.au/>

### **Flight Centre Travel Academy Information Session**

Wednesday 9 September, Level 13, 33 Berry Street, North Sydney

Wednesday 23 September, Level 13, 33 Berry Street, North Sydney

Flight Centre Travel Academy allows students to participate in real-world training in a blended online and offline mode.

<http://travel.fctravelacademy.com/information-sessions>

### **The University of Sydney: HSC Preparation Workshops**

The University of Sydney, Camperdown  
Throughout September The University of Sydney will be holding a number of exam preparation courses for Year 12 students. Courses are usually three hours in length, with costs of each course ranging from \$120 - \$158.

<https://cce.sydney.edu.au/courses/education/HSC>

### **Become a Psychologist Pathway**

The Australian Psychological Society has outlined the pathway to become a registered Psychologist.

In short it takes a minimum of six years in education and training broken into undergraduate study, postgraduate study, internship and a registrar program.

<http://www.psychology.org.au/studentHQ/studying/study-pathways/>

### **Careers in Sport**

This website is for anyone interested in a career in sport and fitness. There is information about recommended qualifications and pathways, along with a list of available positions and courses.

<http://www.sportspeople.com.au/>

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

**Sophie Allen and Jasmine Crewe**  
**Careers Advisers**





## SPRING HOLIDAY CAMPS DON'T MISS OUT

New friendships    Fun  
 Great value    Safe

Our popular Spring Kids' and Family Holiday Camps are filling fast. Find out what's on including our popular Cooking 4 Kids, Adventurer, Kids' Club and Duke of Edinburgh camps plus lots more. Led by qualified instructors, you can rest easy knowing your kids are in safe hands. Our Kids' Camps are suitable for kids aged 7 and over and range from 1 to 5 days.



Residential Kids' Camps include:

- 24 hour supervision
- Instructor led activities
- Accommodation
- Meals
- Supervised transport

Family Camps include:

- Instructor led activities
- Meals
- Accommodation
- Use of all facilities i.e. BBQ area, pool, tennis courts etc.


[sportandrecreation.nsw.gov.au/familycamps](http://sportandrecreation.nsw.gov.au/familycamps)  
[sportandrecreation.nsw.gov.au/kidscamps](http://sportandrecreation.nsw.gov.au/kidscamps)  
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## FOSTER CARE WEEK 2015 is almost here... September 13 - 19<sup>th</sup>



Children need foster care when their parents cannot give them the kind of environment and care they need. It is common for children coming into care to have experienced a lot of emotional upheaval, loss and rejection. Basically they need what all children need: love, patience, security and acceptance ... Only more so!

They may need a safe place to stay for a few days, a number of weeks or longer, depending on the situation in their family. Fostering a child can be challenging ... But it can also be very rewarding.

Community Services needs carers for children of all ages, from new-born babies upwards, but especially for children aged 8+, and for sibling groups. Carers can be single, or have a partner, with or without children, and of any cultural background.

All carers receive training, support and financial assistance.

If you think you might be able to make a difference in a child's life and would like to find out more, phone 8303 7644 to talk to one of our staff or email:

[CAPSMetroCentral@facs.nsw.gov.au](mailto:CAPSMetroCentral@facs.nsw.gov.au)

**OR Come along to an Information Night**

**WHERE:** North Narrabeen Baptist Church, Wakehurst Parkway, North Narrabeen  
**WHEN:** Thursday 8<sup>th</sup> October 2015 at 7.30pm

Please phone **8303 7644** to register or email: [CAPSMetroCentral@facs.nsw.gov.au](mailto:CAPSMetroCentral@facs.nsw.gov.au)

## TUNING IN TO TEENS

### 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 15<sup>th</sup> October - 12<sup>th</sup> 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**





HSC VISUAL ARTS HOLIDAY ENRICHMENT WORKSHOPS



**FIND YOUR INNER ARTIST**

**ART EXPRESSIVE BOOSTER**

Develop fascinating ideas for your HSC Body of Work with artist Stephen Hall.

Come to a two-day totally hands-on workshop to brainstorm ideas and push your creativity into the next level.

Stephen will concentrate on mixed media drawing and painting and provide real insights into how to accelerate your art-making practice. Bring your visual diary, source materials (including examples of artists you like) and concepts.

Stephen will demonstrate a wide range of expressive skills and techniques, as well as discuss a range of working methods. Get ready to be inspired.


**ABOUT THE ARTIST**

Stephen Hall is a Sydney artist who works across a range of media forms, from drawing to painting and sculpture. He holds a Master of Fine Art (Research) UNSW and teaches Visual Arts at Meadowbank Campus and Nepean College.

Stephen has had a number of solo exhibitions in Sydney, has been included in the Dobell Prize for Drawing at the Art Gallery of NSW, the Kedumba Drawing Prize, the Blake Prize and Sculpture by the Sea. Stephen has been awarded a studio residency in Paris and has work in the collection of the Art Gallery of NSW plus numerous private collections.

**DETAILS**

Date: 22 and 23 September (during school holidays)  
 Time: 9:30am – 3:30pm  
 Location: Meadowbank Campus  
 See Street, Meadowbank  
 Cost: \$160  
 Contact: Tony McDonald  
 Head Teacher, Visual Arts and Ceramics  
 Phone: 9942 3696  
 Email: [tonymcdonald@afensw.edu.au](mailto:tonymcdonald@afensw.edu.au)



Part of TAFE!

131 674 / [nsi.edu.au](http://nsi.edu.au)

100 HSC Visual Arts 2011 / 100022 Visual Arts 2011


THE KURING GAI POLICE AND COMMUNITY SAFETY COMMITTEE  
 IN PARTNERSHIP WITH  
 KU-RING-GAI COUNCIL  
 Communicating and Caring

**"PARENT SURVIVAL STRATEGIES FOR TEACHING YOUNG DRIVERS"**

FREE In-Depth Seminar for PARENTS/SUPERVISING DRIVERS together with YOUNG DRIVERS

**MONDAY – 21 SEPTEMBER 2015**  
**6.00PM for 6.30PM – 8.30PM**

AT  
 KU-RING-GAI COUNCIL CHAMBERS, LEVEL 3,  
 818 PACIFIC HIGHWAY, GORDON – ACCESS VIA REAR ENTRANCE  
 LIGHT REFRESHMENTS AVAILABLE



**MAKE DECISIONS EARLY AND COPE WITH THE CHAOS!**

**Presenter: Jeff McDougall – Trent Driving School**  
 President, Australian Driver Trainers Assoc NSW Ltd  
 Member National Executive Committee of the Australasian College of Road Safety  
 Member of Ku-ring-gai Police & Community Safety Committee, Former MD Trent Driving School

will discuss the  
**Vital Aspects of WHAT YOU NEED TO KNOW when teaching a young driver:**

- o A Comprehensive and Organised Approach to the Driving Task
- o The Five Crash Risks for Young Drivers : Preparation for the Driving Test
- o Keeping the Log Book Honest : Teaching Practical Skills Safely
- o The Components of Driving : Strategies for Safe Driving
- o Effective Partnerships : Making it a Positive Experience

Vital information about the current driving test and Log Book!

**Presenter: Snr Cons Lynda Hart – School Liaison Officer Ku-ring-gai LAC**  
 Will Share her "Passion for Keeping People Safe"

**BOOK EARLY – SEATS LIMITED: Phone Carroll on 0405 558 660 or email [carroll.howe@gmail.com](mailto:carroll.howe@gmail.com)**


**For parents and people who work with young people:**

**BUILDING RESILIENCE IN YOUNG PEOPLE.**

This course supports the MINDSTRENGTH program and is designed to help parents and carers. This course includes 5 short interactive and engaging modules that will help you understand what resilience is and the role you can play building resilience in the young people you care for.

To access the course please go to:  
[www.BLACKDOGLMS.com](http://www.BLACKDOGLMS.com)

For more information go to:  
[www.HEADSTRONG.org.au](http://www.HEADSTRONG.org.au)



**ENGAGING ADOLESCENTS™**

A three-session program for parents and carers of teenagers

**Wednesday 4<sup>th</sup>, 11<sup>th</sup> and 18<sup>th</sup> November**  
**6.30pm – 9.00pm**  
**Naremburn Family Centre**  
**40 Merrenburn Avenue, Naremburn**

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

*"An end to the arguing and yelling"*  
*"Simple, sane and effective"*

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

[naremburnfamilycentre@dbb.org.au](mailto:naremburnfamilycentre@dbb.org.au)  
**8425 8700**  
**\$60 per person**  
 Course cost includes workbook, fridge magnet and supper.

**Learn:**

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

**Who's running it?**

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

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

**CatholicCare**  
 Diocese of Broken Bay

This course is being run by Parents'hop™ licensed practitioners.  
[www.parentsshop.com.au](http://www.parentsshop.com.au)

**NORTH SIDE COLLECTIVE** **AGAINST THE GRAIN**

**When:** Sat 12 September 5:00 – 9:30pm  
**Who:** Killara, Chatswood, Ku-ring-gai, Turramurra, Willoughby Girls High Schools  
**Where:** Killara High School Kerrabee Centre  
 Entry via Gate 2  
 Koala Ave, East Killara  
**Cost:** \$10 (dinner included)  
**Contact:** Mr Matt Mulready (02) 9498 3722

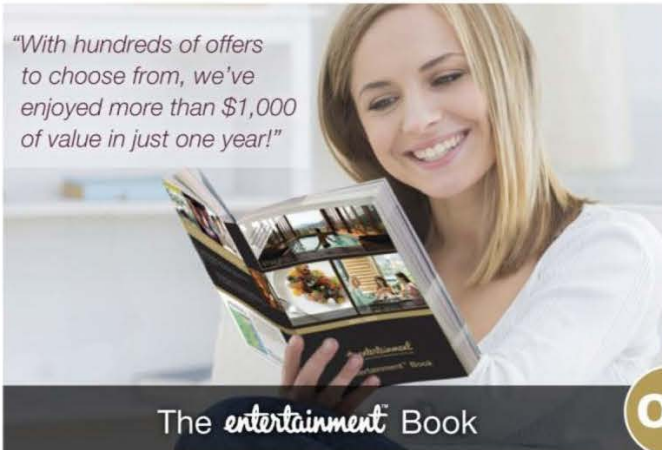
**STUDENT CHRISTIAN GROUPS ON SYDNEY'S NORTH SIDE MEETING AS ONE TO SEEK AND REFLECT JESUS.**

**DON'T MISS OUT ON A GREAT NIGHT INCLUDING CARNIVAL GAMES, BIBLE TALKS, DINNER & LOLLY SHOP.**

 Scripture Union  
[www.sunsw.org.au](http://www.sunsw.org.au)

North Side Collective is an Inter-School Christian Fellowship event for Killara, Chatswood, Ku-ring-gai, Turramurra, and Willoughby Girls High Schools coordinated by Scripture Union NSW and not the schools themselves. No pass outs.

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<b>CASUAL DINING</b>	<b>480+ OFFERS!</b>	<b>Braza</b> \$40 value	<b>CRINITI'S</b> \$45 value	<b>MU MU GRILL</b> \$45 value	<b>fix st james</b> \$40 value	<b>VIA ALTA</b> \$35 value	<b>SUSHI HUB</b> \$50 value	<b>chefs gallery</b> \$25 value
<b>TAKEAWAY AND ATTRACTIONS</b>	<b>215+ OFFERS!</b>	<b>McDonald's</b> 2 for 1	<b>MAD MEX</b> \$20 value	<b>oporito</b> 2 for 1	<b>Yogurtland</b> 2 for 1	<b>EVENT</b> 25% off	<b>TARONGA ZOO</b> For the Wild 25% off	<b>AMF</b> 2 for 1
<b>RETAIL AND TRAVEL</b>	<b>1,600+ OFFERS!</b>	<b>CROWN TOWERS MELBOURNE</b>	<b>DAVID JONES</b>	<b>HYATT</b>	<b>Emirates</b>	<b>Dreamworld</b>	<b>CALTEX</b> <b>Woolworths</b>	<b>Virgin australia</b>

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## Killara High School

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