From the Principal

This week has demonstrated the unique environment of Killara High School.

On Monday we conducted a tour of the school for a couple of our local primary schools. About eighty people attended, and were addressed by two of our students, Lily Giles and Adam Lewis. They were terrific, and spoke about a range of things, but the clear impression taken away by all of us was the many opportunities that our school provides. Walking around the school yesterday, this was reinforced very strongly. We passed classes in subjects from Multimedia to Chinese to Drama, and the walls carried posters advertising, amongst others, the work of the Social Justice Committee in raising awareness of lesser-known causes, the upcoming musical, the SRC’s Battle of Pride Day, and special-interest clubs including drawing, textiles and chess. We saw teachers catching up with the Year 12 students they mentor, seniors making productive use of study periods, and parents supporting us all in the canteen, while our administrative staff worked hard to prepare for the evening’s Student Progress Review Meeting. A hundred or so students were offsite, competing at the Zone Cross Country carnival and in debating. But most importantly, everywhere we saw happy students engaged in the process of learning, guided by teachers who are committed to the task and who enjoy what they do. On Tuesday morning I watched as more than 500 students prepared to commence the NAPLAN tests. The process was seamless, due to the expert organisation of Stage Head Teachers, Ms Phelan and Mrs Williamson and the staff assisting, but also because our students know how to conduct themselves appropriately.

I was asked on Monday whether our school is “too big”. This isn’t the first time this question has arisen. The point that is often missed is that students generate staff. A large school has the staffing capacity to run virtually every course that exists, and often on many timetable lines, meaning that students can study subjects that reflect their interests. A large school means more staff to offer the enormous range of curriculum enrichment opportunities, and to operate programs such as Home Group and Year 12 mentoring, which are so important to wellbeing. And a large school means that students are able to find friends and connect with others, which is crucial to their academic success and personal happiness.

Another wonderful aspect of our school was illustrated at this week’s Student Progress Review Meetings. Our large hall was packed for most of the evening, with families seeking the advice teachers had to offer. Such events are a powerful reminder of one of the reasons for the success of Killara High students: the strong involvement and interest of parents in their children’s education. We are indeed lucky to work with young people in such an environment.

I congratulate Year 9 students on their very successful camp in Week 2. Despite some rain, it certainly looked like a good time was being had when I visited on Thursday. Thank you to everyone who made this event possible.

Finally, don’t forget to bring a donation to school to support the World’s Greatest Shave day this Friday. Mr Rees and Mr LeRougetel are going under the clippers for this great cause, so come along to show your support.

Jane Dennett
Principal
HANDS ON TECHNOLOGY

TAS Professional Learning Weekend

On the weekend of 2 and 3 May, Killara High School hosted the statewide professional learning for Technological and Applied Studies known as “Hands on Technology”. With help from the Institute Industrial Arts Technology Education (IIATE), this is the professional association for teachers of: Industrial Arts, Engineering, Design and Technology and Technology (Mandatory) in New South Wales, I was able to organise a Professional Learning weekend for teachers covering the following subject areas:

2. Design Technology/Engineering: CAD and 3D Printing
3. Technology Mandatory/Metal Work/Design Technology: Jewellery Design
4. Multimedia: Creating motion graphics and visual effects
5. Timber Design: Skateboard Construction

IIATE supports teachers of Technology Education by providing professional development opportunities for teachers in both rural and metropolitan locations which, in turn, creates a network of communication that allows for resource sharing and collegial discussion state wide.

The purpose of the weekend is to provide teachers with the necessary ‘hands on’ skills to deliver the practical content relating directly to the teaching of Industrial Arts and Technology based subjects. Teachers are exposed to innovative approaches to teaching in the delivery of the courses to accommodate and reflect the youth of today’s learning styles and preferences.

The weekend saw over 60 TAS teachers partake in professional learning, with teachers travelling from as far away as Port Stephens, Lake Macquarie, Lightning Ridge, Kanahooka, Crookwell, Leeton, Tweed Heads, Woolongong, Forbes and Orange.

Also, pre-service teachers from Southern Cross University and Australian Catholic University attended the weekend.

This event would not have been the success it was without the help and support of Mr Murray Arnison, Mr Keiran Babich, Mrs Melinda Buxton and Mr Brendon Francis. I would like to make special mention of Mr Ross Kirbyshire who came to the school at very short notice on Saturday morning to solve technical problems, enabling a successful weekend of computer-based courses.

As a result of this professional learning, Killara TAS staff, are confident the changes made in our key learning areas are a movement forward in technology learning.
The courses available for teachers were:

**Adobe After Effects CS6 & CC**  
Presenter: Owen Telfer, Killara High School

In this course, teachers were introduced to Adobe After Effects CS6 and Adobe After Effects CC and the world of animation, effects, and compositing. After Effects is primarily used for creating motion graphics and visual effects. It allows users to animate, alter and composite media in 2D and 3D space. After Effects allows you to create stunning industry standard broadcast quality motion graphics and visual effects. After Effects is a digital motion graphics, visual effects and compositing application developed and used in the post-production process of filmmaking and television production. After Effects is successfully taught in Stage 5 and 6 Industrial Technology Multimedia at Killara High School.

![Green Screen Exercise using Adobe After Effects](image)

**Green Screen Exercise using Adobe After Effects**

**Combining Cinema 4D and After Effects to place the South Park Crew in G Block**

**Art metal work Stage 4 and 5**  
Presenters: Kobi Perdria, St Ignatius College, Riverview and Astrid Perdria, Retired (St Ives High School)

This course was for teachers who have never done silver jewellery before and looking to introduce it as a Stage 4 option in Technology (Mandatory). Teachers learnt how to make a plain silver ring, a twisted ring and a pendant in sterling silver. Mr Murray Arnison and Mr Keiran Babich (both from Killara High School) participated in this course.

![Sample 3D print projects from Mr Telfer](image)

**Graphics in the 21st Century – Creo and 3D printing**  
Presenters: Peter Thompson, IIATE and Ruth Thompson, IIATE President, Bossley Park High School

Creo 2.0 Academic is the standard in 3D product design, featuring industry-leading productivity tools. Integrated, parametric, 3D CAD/CAM solutions allow you to design faster than ever, while maximising innovation and quality to create exceptional products including its use in 3D printing. At Killara, the 3D Printer is used in both Design Technology and Multimedia.
**Introduction to AutoCAD**

Presenter: Amanda Walsh, The Forest High School

This training course demonstrated the basics of using AutoCAD to create and print 2D architectural drawings. During the course teachers worked through a task suitable for Stage 5 Preliminary Design and Technology, focusing on architectural design and drafting. Mrs Melinda Buxton (Killara High School) participated in this course and will incorporate her learning into Years 9 - 12 Design Technology.

**Skateboard Construction**

Presenter: Martin Naughton, Murwillumbah High School

In this course teachers learnt how to use a vacuum bag to make a skateboard and how to create and apply a marquetry design to the board. At the completion of the course teachers were able to take away their own skateboard deck complete with their own exotic marquetry veneer pattern on it. Mr Brendon Francis (Killara High) participated in this course and is considering its inclusion in Stage 5 Industrial Technology Timber.

**Congratulations**

Well done to Katya Buryak of Year 10 who was awarded the Silver Medal for being the overall runner up at the NSW State Champion in Level 9 Rhythmic Gymnastics. Katya won a Gold Medal in Ribbon, Silver in Rope and Bronze in Hoop and Clubs.

Katya has been selected as a member of the 2015 NSW Rhythmic Gymnastics State Team that will compete at the upcoming Australian Gymnastics Championships in Melbourne. The Australian Gymnastics Championships present the highest level of national competition in Rhythmic Gymnastics, where representation is only achieved through a great deal of dedication from the athlete.

Katya is to be congratulated for this amazing achievement and we wish her all the best at the National Championships.

Adam Bruckshaw
Head Teacher PDHPE (Relieving)
An email and excursion reminder

Killara High School makes use of email to ensure that communication is as effective as possible. Sometimes we receive information from families indicating that this system has not worked for them. Please ensure that you check your spam or junk email folders regularly, in case school emails are being placed in them. Look for emails from our School Administrative Manager:

julie.hughes3@det.nsw.edu.au

Please note that all excursion information and consent forms are emailed at the same time as hard copy is issued to students, and that a reminder is sent just before the closing date for payment. In order to meet administrative deadlines, payment and consent forms for all excursions and incursions are due no later than FIVE school days before the event. While we appreciate that this may not always be convenient, we must process all payments through a shared services centre, under the new financial system that will ultimately be introduced to all schools. Killara High School no longer has a cheque account, which means all paperwork must be prepared and dispatched prior to any payments being made to the providers.

Thank you for your support in this regard.

Performing Arts Calendar

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<tr>
<th>Week</th>
<th>Term 2</th>
<th>Term 2, 2015</th>
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<tbody>
<tr>
<td>4</td>
<td>Sat 16 May</td>
<td>TBA</td>
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<td></td>
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<td>FINALS North Shore Schools Spectacular/Chatswood High School - 4.00pm-8.00pm</td>
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<td>5</td>
<td>Mon 18 May</td>
<td>Vocal Ensemble</td>
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<td>In Concert rehearsal and performance – 9.00am-9.00pm</td>
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<td>5</td>
<td>Wed 20 May</td>
<td>Strings</td>
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<td>Ku-ring-gai Primary Schools rehearsal and concert 4.00pm – 7.00pm</td>
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<td>Tues 26 May</td>
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<td>LEPS Workshop and Performance 12.30pm</td>
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<td>Wed 27 May</td>
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<td>Killara Public School Workshop and Performance 9.00am</td>
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<td>6</td>
<td>Wed 27 May</td>
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<td>Thurs 28 May</td>
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<td>6</td>
<td>Sun 31 May</td>
<td>Strings</td>
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<td>Sydney Eisteddfod est. 2.00pm Chatswood Concourse</td>
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<td>Sydney Eisteddfod est. 1.30pm Chatswood Concourse</td>
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<td>Tues 2 June</td>
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<td>Sydney Eisteddfod est. 6.30pm Chatswood Concourse</td>
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<td>Fri 5 June</td>
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<td>Tues 9 June</td>
<td>Vocal Ensembles</td>
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<td>Sydney Eisteddfod est. 9.30am Chatswood Concourse</td>
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<td>Musical</td>
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Killara High School 5 A great school close to home
PRODUCTION OF Disney’s
HIGH SCHOOL MUSICAL
ON STAGE
KERRABEE THEATRE, 7:00pm
4 JUNE & 5 JUNE
11 JUNE & 12 JUNE
Tickets:
http://www.trybooking.com/130066
Adult $20  Child $15  Family $60
Ticket price includes GST
$0.30 charge applies to trybooking purchases
Drama HSC Showcase

Come along for an entertaining evening and support Killara’s finest Drama students. This is a FREE event and no tickets are required.

Parents are welcome to view the Drama Projects before the performance starts at 6.30pm. They will be displayed in the Kerrabee Hall Foyer.

Wednesday 24 June
6:30pm to 8.30pm
Kerrabee Theatre

Some performances may contain mature themes and those under 15 should be accompanied by an adult.
Lindfield Rotary and Prefects Barbecue

As a part of Killara High School's partnership with the Lindfield Rotary Club, the Prefect body took part in a fundraising barbecue at Bunnings Warehouse on the 4 April. While the weather was doing its best to rain on the barbecues parade, the cooking and serving crew persevered, resulting in a day full of barbecuing, smiles and positive attitudes as the funds rose to over $1000 by closing time. The funds will be divided equally between the victims of the devastating Vanuatu Cyclone and various charitable organisations based in Vietnam and Cambodia, and will be donated by Year 11 students on their excursion in September this year.

The barbecue echoed how pleased the 2015 Prefect Body is to be co-operating with an organisation that deals directly with the community. The partnership allows us as a school to collaborate on fundraising opportunities that make a big difference in the long term to those who lack the opportunity offered to students and staff at Killara High School.

Ryan Fitzpatrick
Prefect

From the Library

New non-fiction:

CROUCHING tiger, hidden dragon: a portrait of the Ang Lee film
Including the complete screenplay.

A handbook based on the ABC local radio’s domestic guru Shannon Lush recommendations on domestic wisdom, tips and techniques. Shannon presents a brilliant room-by-room problem solver to the stains, smells and scratches that are sent to try us all.

Issues in Society – some new titles in this series:
- Animal rights and welfare
- Crime and violence
- Young drivers and road safety
- Youth unemployment

New fiction:

Dharmapala, Su. Saree
Nila wasn’t born beautiful and is destined to go through life unnoticed – until she becomes a saree maker. As she works, Nila weaves into the silk a pattern of love, hope and devotion, which will prove to be invaluable to more lives than her own. From the lush beauty of Sri Lanka, ravaged by civil war, to the mystical places in India where the gods still dwell and its eventual resting place in Australia, this is the story of a precious saree and the lives it changes forever. A story of beauty, oppression and freedom…and an enduring love that can never be broken.

Edwards, Eve. Dusk
The Somme. Forward Medical Station, 1 July, 1916. Helen Sandford has learnt never to expect too much from – life until she meets the aristocratic artist Sebastian and surprises even herself by falling in love. All too soon they are separated by the First World War. He enlists as an officer, while she nurses the soldiers in the trenches. But their biggest battle is yet to come, because Helen’s troubled past is filled with secrets….The first part of an epic wartime romance.

Fowler, Karen Joy. We are all completely beside ourselves
As a child, Rosemary never stopped talking, so why, now she’s a young woman at college, doesn’t she talk very much at all? She used to have a sister, Fern, the same age as her, and an older brother Lowell. She loved both fiercely but they have vanished from her life, for reasons she can’t face, and no one could guess. She may be quiet in person but on paper she’s still as exuberant as she was in childhood. So here is Rosemary’s story; utterly captivating, it’s funny, clever and swirls with ideas that will come back to bite you.
Herborn, Daniel. *You’re the kind of girl I write songs about*
Tim’s a young singer-song-writer with a guitar case full of songs and dreams of finding an audience to embrace his tunes. Mandy’s obsessed with music and a compulsive dreamer. She’s longing for something more fulfilling than daytime TV and cups of tea with best friend Alice, something like the excitement and passion of rock n roll. When their eyes meet at a gig, sparks fly across a room and hope burns in their hearts. But in a city of millions and a scene overrun with wannabes, can they ever get it together? Will Mandy’s nerves doom their romance before it even starts? And where does the darkness in Tim’s songs come from? This is a story of Sydney’s Inner West, of first love, crush bands and mix tapes; of the thrill of the night and what happens when the music stops.

Lowry, Lois. *Gathering blue*
Orphaned and physically flawed in a civilisation that shuns and discards the weak, Kira faces a frighteningly uncertain future. When she is summoned by the Council of Guardians, Kira prepares to fight for her life, but the Council has unexpected plans for her. Now Kira faces new responsibilities. On her quest for truth, she discovers things that will change her life forever. The sequel to *The Giver*.

Mo Yan. *Frog*
Before the Cultural Revolution, narrator Tadpole’s feisty Aunty Gugu is revered as an obstetrician in her home township in rural China. Renowned for her sure hands and uncanny ability to calm anxious mothers, Gugu speeds around town on her bicycle to usher thousands of babies into life. When famine lifts and the population booms, Gugu becomes the unlikely yet passionate enforcer of China’s new family-planning policy. In her dramatic fall from deity to demon, she becomes the living incarnation of a reviled social policy violently at odds with deep-rooted cultural values. As China moves towards the millennium, a new breed of entrepreneur emerges with a perverse interpretation of the decades-old law. Tadpole finds himself caught up in the one-child policy and its unpredictable repercussions on the human price of capital….An extraordinary and riveting mix of the real and the absurd, the comic and the tragic. It presents a searing portrait of China’s recent history, in Mo Yan’s unique and luminous prose. Winner of the Nobel Prize.

Patrignani, Leonardo. *Multiversum*
Alex and Jenny are sixteen. He lives in Milan; she in Melbourne. For the past four years, they have glimpsed each other at random moments, while they are both unconscious – a telepathic communication that occurs without warning. During one of these episodes, they manage to arrange a meeting. But on the day, though they are standing in the same place at the same time, each of them cannot see the other. This leads them to a startling discovery: they live in different dimensions. In Jenny’s world, Alex is someone else. And in Alex’s world Jenny died at the age of six. As they try to find each other, the Multiverse threatens to implode and disappear, but Jenny and Alex must meet – the future of the Earth depends on it.

Karen Jones and Francie Campbell
Teacher-Librarians

**Careers Corner**

**YEAR 10 Work Experience**

These are the dates for Year 10 Work Experience this year:

- **Week 1:** 16 – 20 November 2015
  - Student surnames (A – Liang)

- **Week 2:** 23 – 27 November 2015
  - Student surnames (LIN – Z)

You are asked to finalise your preferred placement as soon as you can, as places fill fast from other schools as well as our large cohort of Year 10 students. All completed forms are to be submitted to the Careers Office. Please make a copy for you, your parent and your employer. This web page of the Department of Education Vocational Education Directorate will allow you to download the correct *Work Experience Forms*:


You may need to use this web page to send forms electronically to an employer. This page also allows you to print a hard copy of the Work Experience forms. Please note that you need to choose the *Work EXPERIENCE forms* and not
use the ‘Work Placement’ forms. Work Placement is a mandatory part of HSC Vocational Courses studied in Year 11 and 12.

The Certificate of Currency is also available for you to see and download if the Employer needs a copy for their records. The Department has Insurance cover for the placement for those participating in Work Experience.

All completed forms are to be copied and the original form, that is signed and completed by Employer, Student and Parent, MUST be delivered to the CAREERS OFFICE at KILLARA HIGH SCHOOL.

**Work Experience Offers**

**Work Experience with Fire and Rescue NSW**  
Years 10 to 12 at the State Training College, Alexandria.  
Develop employment related skills and knowledge of this industry.  
See Careers Advisers in Careers Office  

**CSIRO Work Experience**  
CSIRO offers high school science students (years 10-12) the chance to gain first-hand experience of core research in a scientific environment. Students will gain an insight into the CSIRO and the science industry whilst gaining relevant work experience.  

**IMPORTANT TVET INFORMATION for TVET Students**

- 16 June, HSC Compulsory Trial exams Meadowbank TAFE. Year 12 240 hour Framework courses, including School Based Apprentices currently in Year 12.

**INVITATIONS**

**Medical Research**  
We are very pleased to invite you to the 2015 Australia Society for Medical Research (ASMR) High School Career Day that will be held at the Garvan Institute of Medical Research on Thursday, 4 June.  
T: +61 2 9514 8381  
F: +61 2 9514 8206  
E: Yilin.Mao@uts.edu.au

**Professional Cadetships Australia 2016 Cadetship Programs**

- Engineering and Technology Cadetship applications close: Friday 12 June.

PCA offers Cadetships in Business, Engineering and Technology for Year 12 students who will be attending University in 2016. Participants for the programs will be chosen based on their academic effort and achievement, transferable skills, evidence of leadership potential, team involvement, work experience and personal motivation.  

**UTS Bachelor of Accounting Information Evening**  
Tuesday 19 May, 6.30pm – 7.30pm, UTS City Broadway  
Prospective students, parents and teachers are invited to visit UTS and meet students, staff and sponsors of the Bachelor of Accounting. All students in the course receive a tax free scholarship worth over $46,500.  

**UNSW: Actuarial Studies Workshop**  
Friday 15 May, 9.30am – 11.30am, Finity Offices, Level 7.  
UNSW Business School and FINITY, an Actuarial consultancy, will be available to speak to Year 11 and 12 students about the pathways available to become an actuary, what an actuary really does, and answer any questions attendees may have.  
[www.whatson.unsw.edu.au/egateway/students.events_search](http://www.whatson.unsw.edu.au/egateway/students.events_search)

**UNSW: Year 10 Subject Selection and Information Evening**  
Thursday 14 May and Thursday 21 May, 6.30pm – 7.30pm, John Niland Scientia Building  
Tuesday 26 May, 6.30pm – 7.30pm, Wenona School Gym, Wenona, 255 Miller Street, North Sydney. The information evening will cover how Year 11 and 12 subject selection may affect bonus point eligibility, the difference between assumed knowledge and perquisites, and how the university admission and scholarships’ application process works.  
[www.whatson.unsw.edu.au/egateway/students.events_search](http://www.whatson.unsw.edu.au/egateway/students.events_search)
**GAP YEAR**

**Australian Defence Force Gap Year**
Applications Open 2 March
Visit:

**HSC Enrichment**
**Study Philosophy at University as part of your HSC**
Year 11s can apply now for our 2015 Logos Program. Are you interested in Philosophy and Ethics? Want to get ahead and experience University life? Come and do the Logos program at The University of Notre Dame and get two HSC units out of the way during the school holidays. For more information contact on 02 8204 4175, email sydney.philosophytheology@nd.edu.au or visit www.nd.edu.au/logosforschools

**HSC Preparation Courses**
University of Sydney offers throughout the year for a range of subjects, including Biology, Mathematics, Economics, Physics, and more. The University also offers a free downloadable guide on how to cope with the HSC.
http://cce.sydney.edu.au/courses/HSC

**University of Sydney HSC Preparation Courses**
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http://cce.sydney.edu.au/courses/HSC

**Charles Sturt University - New CSU with TAFE Program**
Students are able to complete a Degree pathway which includes with TAFE awards, an I.T. Cisco Systems industry certificate and a Bachelor degree.
Albury and Wagga Wagga campuses.

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**Year 12**

**Scholarships**

**2015 Engineering & Technology Cadetships (ETCAD) Program**
The ETCAD Program, Engineering Cadets study mechanical engineering, electrical engineering or naval architecture. Alternatively, they may select a flexible entry engineering degree. Technology Cadets will be able to select from computer science, information technology or information systems. This technology Cadetship is a pathway to a career in technology and business.
Applications open 28 April and close 12 June 2015. An applicant’s online applications form and school assessment are due by this date.
www.etcad.com.au

**University News**

**Engineering High School Information Day**
Wednesday 20 May. A Free activity packed day at UNSW campus that will give Year 12 students the chance to explore three different types of engineering, see the campus and talk to academics and current engineering students.
Visit www.unsw.to/hsid2015

Please see the careers office once you have registered.

**Invitations**

**Meet the Business Leader** event (formerly named ‘Cadetship Evening’), held on Wednesday 20 May, 5.00pm – 8.00pm Crystal Palace, Luna Park Sydney, 1 Olympic Drive, Milsons Point. Year 12 and parents are also welcome. Smart casual or school uniform.
Register:
www.charteredaccountantsanz.com/mtblnsw

**The HSC and CAREERS EXPO 2015**
28, 29, 30 and 31 May. 10.00am – 3.00pm. Royal Hall of Industries Moore Park.
www.hscandcareers.com

**Western Sydney CAREERS EXPO 2015**
18, 19, 20 and 21 June. 10.00am – 3.00pm. Halls 5 and 6, Sydney Showground, Sydney Olympic Park.
www.westernsydneycareersexpo.com.au
JOBS

MIGAS Apprentices and Trainees

PRIVATE COLLEGES, OPEN DAYS, INFORMATION and OPPORTUNITIES

Whitehouse Institute of Design
School Workshops Year 7 to 12 assist students develop visualisation skills in Fashion Design, Interior Design & Creative Direction Styling. Choose from: Styling & paper dress construction, Illustration, Rendering, Perspective & Illustration, Styling & flat lay photo shoot, HSC Textiles, Working from 2D to 3D - model making. enquiry@whitehouse-design.edu.au

AIE Industry Experience Day
Sydney 10 July and 30 September. Hear about local and international game development, 3D animation and visual effects industries, job pathways portfolio planning, practical workshops using 3D animation and game development tools. www.aie.edu.au/ied

Actors College of Theatre and Television: Open Day
Saturday 23 May, 41 Holt Street, Surry Hills
Join a drop-in acting workshop, learn how to prepare for an audition, see actors in a set production environment, and speak to current students, recruitment advisers and lecturers. Contact: +61 2 9213 4500 or info@actt.edu.au www.actt.edu.au

Basair Aviation College: Career Information Seminar
- Tuesday 26 May, 7.00pm – 8.30pm, Bankstown Airport, 628/23-25 Airport Avenue, Bankstown

Basair Aviation College is the largest flying school in Australia. Learn about the courses they have to offer by attending a career information seminar. www.basair.com.au/

International Film School Sydney Open Day
Saturday 23 May, 41 Holt Street, Surry Hills
Get a taste of what it’s like to study screen and media with an access all areas pass to the film school’s studios. http://ifss.edu.au/whats-happening/open-days-events

Latitude Volunteering Online Information Sessions
Latitude runs a series of interactive online sessions that provide information about the volunteering abroad options available. Latitude staff will run through the program and will leave time for any questions.
- Volunteering in the Pacific & Africa (Fiji, Vanuatu, Malawi): Monday 18 May, 7.00pm
- Latitude Introduction: Thursday 28 May, 7pm

For further information on any of the above please contact the careers office.
July Holidays - Study without stress workshop for HSC students

The Centre for Emotional Health has partnered with the organisers of **HSC in the Holidays** to offer HSC students a 2-hour workshop, held at Macquarie University campus, to learn tips and tools to:

- Change the way they view school and exam stress
- Deal with work avoidance and unrealistic expectations
- Tackle exam anxiety

Workshops will be held on Monday 6 July or Tuesday 7 July from 10.00am to 12.00pm.

For more information and to register go to:


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**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:** Chatswood Community Health Centre
57 Hercules St, Chatswood

**DATES:** Wednesdays 13 May - 10 June (5 sessions)

**TIME:** 7.00pm - 9.30pm

**COST:** $155 (concession $140)

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 Psychiatry, Northern Sydney Local Health District

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**Northern Beaches ADH Support Group**

**A problem shared is a problem halved**

The Northern Beaches ADHD Support Group is a members only peer support group offering support, information, guidelines and resources to parents of children or teenagers with ADHD and their families. The group is run by parents of children with ADHD and is led by a qualified clinician.

**SPREAD EVENING:** DR LEILA MASON

"An Integrative Approach to ADHD: Nutrition & Lifestyle changes to improve children’s learning & behavior"

Dr Leila Mason is an integrative practitioner who works alongside families with a non-medicated and non-pharmacological approach to help her patient achieve optimal health.

Dr Mason specialises in a holistic approach to children’s health problems, including allergies, asthma, food and sensitivities, autism spectrum and childhood ADHD.

Dr Mason’s goal is to help families achieve their goals in children’s health.

In this talk Dr Mason will give an overview of childhood and lifestyle changes that may help children with ADHD improve their health, behaviour & learning. In particular, she will discuss an optimal diet for children, nutritional supplements that may help children’s learning, behaviour & attention, ways to reduce stress and additional therapies that may help improve focus, attention & learning.

Monday 18th May 2015 @ 7.00pm
The Pittwater RSL, Main Hall Room, 82 Mona Vale Road, Mona Vale

Newsletters and other information available at:
http://www.northernbeachesadhsupportgroup.com

Facebook: https://www.facebook.com/NorthernBeachesADHSupportGroup

For more information please call 0432 875 132

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