Principal: Jane Dennett

Deputy Principals: Alison Gambino
Carla Marchesin
Megan Clarke (Relieving)

School Captains: Kieran Pain
Lily Giles

Address: Koola Avenue
Killara NSW 2071

Telephone: 9498 3722
Fax: 9498 2202

General Email: killara-h.school@det.nsw.edu.au
Newsletter Email: newsletter@khs.nsw.edu.au
Website: www.killara-h.schools.nsw.edu.au

From the Principal

High School Musical triumph

Congratulations to the cast and crew of High School Musical. Killara’s production of this popular musical was fantastic, showing what a professional play can be produced when talent, enthusiasm and months of hard work come together. The evening was exceptionally entertaining, but what I found to be most inspiring was the obvious camaraderie the team enjoyed, and the pride they took in a job well done. It was clear that the students have been involved in something special, which will provide lasting memories and friendships.

On behalf of the school community I would like to wish Year 12 the very best of luck as they approach their Trial HSC examinations. These examinations provide a chance to live the HSC experience in advance, and learn from it. Year 12, use the vacation wisely to prepare, but this does not mean that you should study every waking moment – life is about balance. It also doesn’t mean that you should avoid all preparation for the event, of course. Most people find it easier to stick to a routine when it comes to exam preparation, but a degree of flexibility is necessary too. The school is behind you, and wishing you well.

Two weeks ago I attended the Secondary Principals’ Council Annual Conference, where we were encouraged to think about future directions in curriculum. It is without a doubt an exciting and a challenging time to be an educator. Technology is enabling a collaborative, freelance economy, and learning in this era needs to be richly social, and intensely personal in the words of Steve Wheeler, the British academic and learning technologist. Knowledge in 2015 is more about creativity than facts, and we need to ask the “un-Google-able” questions to grow our students’ critical thinking ability. At the heart of this is differentiation. Curriculum needs to follow the learner, not the other way around. At our combined North Shore 5 School Development Day next term, students from all five schools (Killara, Chatswood, Ku-ring-gai, St Ives and Turramurra High Schools) will take part in a panel session attended by all teaching staff to discuss how they learn. The acknowledgement of student voice must be the starting point for any genuine examination of curriculum development, and we look forward to continuing this discussion throughout the year.

I hope all students, staff and families have a safe, relaxing and enjoyable winter break. I look forward to welcoming all students back to school on Tuesday 14 July.

Jane Dennett
Principal

Next P&C Meeting

The next P&C meeting will be held on:

Wednesday
15 July 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.

Stay in touch

Don’t forget – Killara High School now has a Facebook page.

Go to the ‘Social Media Profile’ section of our website, and click on an item. You do not need your own Facebook account to access our page.
Calendar

**JUNE 2015**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
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<tbody>
<tr>
<td>25</td>
<td>Year 12 Chemistry Excursion&lt;br&gt;HSC Showcase&lt;br&gt;6.30pm – 9.30pm</td>
</tr>
<tr>
<td>26</td>
<td>Last Day of Term 2</td>
</tr>
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**JULY 2015**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>13</td>
<td>School Development Day</td>
</tr>
<tr>
<td>14</td>
<td>Students return for first day of Term 3</td>
</tr>
<tr>
<td>15</td>
<td>P&amp;C Meeting – 7.00pm</td>
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<tr>
<td>17</td>
<td>CHS Country Carnival&lt;br&gt;Year 9 Events Excursion War Memorial</td>
</tr>
<tr>
<td>20</td>
<td>Sydney North Athletics Carnival (2 days)</td>
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**AUGUST 2015**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>4</td>
<td>Year 7 Orchestra/Strings Incursion</td>
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<tr>
<td>5</td>
<td>Year 7 Gala Day</td>
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<tr>
<td>7</td>
<td>Sports Council Mufti Day&lt;br&gt;Opening Night – Art Exhibition&lt;br&gt;Year 12 Music Night&lt;br&gt;7.00pm – 9.00pm</td>
</tr>
<tr>
<td>8</td>
<td>DEAS Bronze Qualifying Expedition (2 Days)</td>
</tr>
<tr>
<td>10</td>
<td>Open Day 12.00pm – 5.00pm&lt;br&gt;Year 12 Music Night&lt;br&gt;7.00pm – 9.00pm</td>
</tr>
<tr>
<td>12</td>
<td>Year 7 &amp; 8 Drama Ensemble Excursion</td>
</tr>
<tr>
<td>18</td>
<td>Year 12 NS5 Careers Expo&lt;br&gt;CB1 LEPS Workshop and Performance</td>
</tr>
<tr>
<td>19</td>
<td>P&amp;C Meeting</td>
</tr>
<tr>
<td>26</td>
<td>All PAE Ensembles Farewell to Year 12 Concert 7.00pm</td>
</tr>
<tr>
<td>27</td>
<td>Year 7 Vaccination and Year 11 Catch Up</td>
</tr>
<tr>
<td>28</td>
<td>Year 10 Geography Excursion&lt;br&gt;NS5 Culinary Cook-off</td>
</tr>
<tr>
<td>31</td>
<td>Year 12 Modern History Excursion&lt;br&gt;Year 7 Archibald Prize Excursion&lt;br&gt;School Tour 9.00am – 10.30am</td>
</tr>
</tbody>
</table>

**SEPTEMBER 2015**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Year 7 Archibald Prize Excursion</td>
</tr>
<tr>
<td>2</td>
<td>Year 8 Gala Day</td>
</tr>
<tr>
<td>3</td>
<td>CHS Athletics Carnival (4 days)</td>
</tr>
<tr>
<td>4</td>
<td>DEAS Silver Qualifying Expedition (3 days)</td>
</tr>
<tr>
<td>7</td>
<td>Year 9 &amp; 10 History Incursion</td>
</tr>
<tr>
<td>17</td>
<td>Year 12 Picnic &amp; Ekuba</td>
</tr>
</tbody>
</table>

**Attention Year 12 - Ekuba is here!**

Killara High School’s Farewell Dinner for Year 12 Students and Parents is open now for bookings

‘Ekuba’ means ‘farewell’ or ‘goodbye’ in the ancient Aboriginal language of Kutthung. The annual Ekuba dinner, held since 1992 in the Kerrabee Hall, is now a long-held tradition at Killara High School and a much anticipated event for Year 12 students and their families.

This year, it will be held on Thursday 17 September 2015 when Killara High will officially say ‘Ekuba’ to our 2015 Year 12 class before the final rigours of study and exams.

All Year 12 students and their parents/caregivers are invited to a delicious, professionally catered sit-down dinner which will be part of a memorable evening of celebrations, presentations and reflections from staff, parents and students.

See below for details. Early bird bookings attract a saving, so reserve your seats now.

---

**EKUBA**

YEAR 12 KILLARA HIGH FAREWELL DINNER 2015
THURSDAY 17 SEPTEMBER 2015
6.30pm (for 7.00pm start)
KERRABEE HALL, KILLARA HIGH SCHOOL

Please note:
Tickets will be available to order as follows: Student Only, Student with 1 guest and Student with 2 guests

When you make your booking you will be asked to provide the name of 3 students and families you would like to be seated with. This information is used to assist us with the seating plan.

Ticket limit: 3 tickets per student

UNTIL 8 AUGUST 2015
EARLY BIRD SPECIAL PRICE: $74 per person
TICKETS AFTER 8 AUGUST 2015: $78 per person

Bookings close: 8 SEPTEMBER 2015

TO BOOK GO TO: [www.trybooking.com/141586](http://www.trybooking.com/141586)

All dietary requirements will be catered for. The dinner will be seafood, pork and nut free but please forward to the organisers any additional dietary requirements.

If you have any queries or wish to inform the organisers of dietary requirements, please email: deborah.mobberley@gmail.com or scollays@optusnet.com.au

We apologise for any inconvenience, but we are unable to provide refunds.
High School Musical Thanks

Congratulations and thank you to the cast and crew of *High School Musical.*

**Directors**
- Sunnie Kim  
  Teacher
- Alicia O’Donnell  
  Teacher

**Producer**
- Gillian O’Connor  
  Teacher

**Choreographer**
- Chloe Williams  
  Teacher

**Cast**
- Oliver Akayan  
  Year 8
- Leah Berry  
  Year 8
- Renee Butler  
  Year 10
- Anna Chandler  
  Year 8
- Georgia Christie  
  Year 11
- Jack Donohue  
  Year 10
- Myles Elston  
  Year 10
- Nicole Fenton  
  Year 11
- Charlotte Griffin  
  Year 10
- Jessica Hay  
  Year 11
- Sarah Helman  
  Year 8
- Amy Levinson  
  Year 8
- Rachel Lowenstein  
  Year 10
- Zandy Macgregor  
  Year 10
- Mikey Nastov  
  Year 8
- Greta Paget  
  Year 11
- Emma Ramsey  
  Year 9
- Jess Ramsey  
  Year 11
- Emesha Reeves  
  Year 9
- Stephen Scollay  
  Year 11
- Josie Segal  
  Year 11
- Andrea Velechovsky  
  Year 10
- Melissa Xu  
  Year 11
- Elissa Zhang  
  Year 10
- Robert Zhang  
  Year 10

**Backstage**
- Lauren McKinnon  
  Teacher
- Catherine Elias  
  Year 10
- Julia Gapon  
  Year 12
- Edwin Hong  
  Year 10
- Taylor Hosken  
  Year 9
- Alice Hu  
  Year 9
- Nick Layson  
  Year 9
- Ada Lily Tindale  
  Year 9
- Pei-Ying Tsai  
  Year 9

**Make Up, Hair and Costume**
- Sunnie Kim  
  Teacher
- Kelly May  
  Teacher
- Taj Bennett  
  Year 9
- Ruby Bray  
  Year 10
- Ashleigh Cho  
  Year 8
- Athelia Hodges  
  Year 9
- Manon Lake  
  Year 8
- Melanie McDacy  
  Year 8
- Sarah McKinnon  
  Year 11
- Isobel Middleton  
  Year 10
- Hannah Nouri  
  Year 9
- Sinead Pavlovski  
  Year 10
- Jillian Rafferty  
  Year 10
- Eleanor Riley  
  Year 8
- Bec Simpson  
  Year 10
- Zoe Stapley  
  Year 11
- Mika Wessels  
  Year 10

**Band**
- Darren Jones  
  Teacher
- Matthew Mulready  
  Teacher
- Benjamin Fan  
  Year 11
- Liao Qu  
  Year 11
- Matthew Lee  
  Year 10
- Reuben Tunks  
  Year 10
- John Benstead  
  Year 11
- Ji-Hae Jang  
  Year 11
- Louis Wright  
  Year 11

**Light and Sound**
- David Sommerich  
  Year 11
- Sunnie Kim  
  Teacher
- Hannah Nouri  
  Year 9
- Liao Qu  
  Year 11
- Matthew Lee  
  Year 10
- Reuben Tunks  
  Year 10
- John Benstead  
  Year 11
- Ji-Hae Jang  
  Year 11
- Louis Wright  
  Year 11

**Prop & Set Design**
- Georgina Andrews  
  Teacher
- Brendon Francis  
  Teacher
- Daniel Birdsall  
  Year 10
- Lauren Bleach  
  Year 10
- Hugh Croucher  
  Year 10
- Hannah Ebina  
  Year 8
- Alice Hu  
  Year 9
- Akane Ishida  
  Year 10
- Sasha Kalra  
  Year 10
- Charlotte Kell  
  Year 7
- Vivienne Kung  
  Year 10
- Chelsea Kwon  
  Year 10
- Ashleigh Macoun  
  Year 10
- Jinx McRae  
  Year 7
- Hannah Nouri  
  Year 9
- Rupert Osborn  
  Year 8
- Riya Sinha  
  Year 10
- Ada Lily Tindale  
  Year 9
- Pei-Ying Tsai  
  Year 9
- Ami Watanabe  
  Year 10
- Charley Wells  
  Year 10
- Xinglu Yeoh  
  Year 10
- Jocelyn Yu  
  Year 10

**Assistant Musical Directors**
- Stephanie Chandler  
  Year 12
- Lily Giles  
  Year 12
- Jordan Hare  
  Year 12
- Celine Tunnicliffe  
  Year 12
- Josie Mura  
  Year 12

**Choreographers**
- Julia Anderson-Gingold  
  Year 8
- Meg Blackburn  
  Year 11
- Nicola Heilig  
  Year 8
- Hannah Mackay  
  Year 8
- Lauren O'Loughlin  
  Year 8
- Talitha Vermeulen  
  Year 11

**Assistant**
- Fionna Hrcka  
  Teacher
- Anneliese Bergman  
  Year 10
- Joe Blackburn  
  Year 8
- Hewett Brown  
  Year 8
- Lucia Cox  
  Year 8
- Alexis Edinburg  
  Year 11
- Michelle Markov  
  Year 10
- Fran McLoughlin  
  Year 10
- Tori Zipinsky  
  Year 10

**Film**
- Hannah Nouri  
  Year 9
- Riya Sinha  
  Year 10
- Ada Lily Tindale  
  Year 9
- Pei-Ying Tsai  
  Year 9
- Ami Watanabe  
  Year 10
- Charley Wells  
  Year 10
- Xinglu Yeoh  
  Year 10
- Jocelyn Yu  
  Year 10

Killara High School
High School Musical 2015

Killara High School 4 A great school close to home
FREE TUTORING PROGRAM in the school library

Killara High School is continuing to offer a free tutoring program for students of Year 11 and 12. The program runs on a Tuesday afternoon from 3.15pm to 4.15pm in the school library. Students need to sign up NOW for Term 3 by registering on the clipboard located on the front desk of the library. It is the responsibility of the students to set the agenda for the session by coming with a clear sense of what they want assistance with; for example, exam preparation, how to approach an assessment task, essay writing or understanding a particular topic. Tutors will not give any additional work. Students need to bring relevant notes, textbooks and assessment notifications to the session. Tutoring is available for a number of subjects including Economics, Business Studies, Maths (General, Mathematics 2 unit, Extension 1 and 2), Biology and English (Standard, Advanced and Extension). Although it is a free service students are still required to commit to the program for the term in recognition of the fact that the tutors are making themselves available for this time. For more information please contact Mrs Bethany Waugh in HSIE Blue.

Bethany Waugh
HSIE Blue Teacher

A Parent’s Guide to Instagram

Although Instagram’s blocked in schools, it’s widely accepted that if a student has their own smartphone, they are probably on Instagram. With the camera on their phone, students can be snapping photos and instantly uploading them to their Instagram feed. But what are the risks? Who can see their photos? How can kids stay safe when using Instagram?

Headspace, the National Youth Mental Health Foundation has produced a great parent’s guide to Instagram. For information, please go to the following website:  
http://tinyurl.com/igramguide

Performing Arts Calendar

<table>
<thead>
<tr>
<th>Week</th>
<th>Term 3</th>
<th>Term 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>Tues 4 Aug</td>
<td>Orchestra/Strings</td>
</tr>
<tr>
<td>4</td>
<td>Fri 7 Aug</td>
<td>Year 12 Music</td>
</tr>
<tr>
<td>5</td>
<td>Mon 10 Aug</td>
<td>CB2</td>
</tr>
<tr>
<td>5</td>
<td>Mon 10 Aug</td>
<td>Year 12 Music</td>
</tr>
<tr>
<td>6</td>
<td>Tues 18 Aug</td>
<td>CB1</td>
</tr>
<tr>
<td>7</td>
<td>Wed 26 Aug</td>
<td>All Ensembles</td>
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<tr>
<td>2</td>
<td>Wed 14 Oct</td>
<td>CB2</td>
</tr>
<tr>
<td>4</td>
<td>Tues 27 Oct</td>
<td>Strings/Orchestra</td>
</tr>
<tr>
<td>6</td>
<td>Thurs 12 Nov</td>
<td>All Ensembles</td>
</tr>
<tr>
<td>8</td>
<td>Wed 25 – Sat 28 Nov</td>
<td>SS Choir</td>
</tr>
</tbody>
</table>

Thank you

Thank you to the Wilson family for their generous donation of a Conductor’s Stand and Percussion trap table.

Rory Wilson was a Year 12 student last year and an excellent percussionist.

Thank you also to the Samuels family for their generous donation of a drum kit and electric drums.

Jacki Berry
PAE Teacher

Killara High School 5  
A great school close to home
Mind Matters

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 2000. 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

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

NON – FICTION:
Blackburn, Simon. What do we really know? The big questions of philosophy
Can machines think? What is the meaning of life? What do we really know? These are some of the most fundamental and frequently asked questions in philosophy. Simon Blackburn draws on his own distinguished work, as well as that of history’s great thinkers, to provide a thought-provoking and accessible introduction to this eternally fascinating subject.

Brooks, Felicity. Usborne: Growing up for girls
Body changes, mood swings, exercise, healthy eating, self-confidence, periods, bullying, social networking, stress, hormones, relationships,
brain changes, feelings, friends, break-ups, fashion, safety, spots, exams... HELP! The essential guide to help you through your teens.

Favreau, Marc (editor). *A people's history of World War II: The world's most destructive conflict, as told by the people who lived through it*

The most destructive war in human history, World War II continues to haunt us with its stories of suffering, sacrifice, and unparalleled heroism. The wartime experience has also generated a rich trove of historical material, writings, and first-person recollections, which are essential to any appreciation of this most pivotal of historical events.

French, Paul. *North Korea: State of paranoia*

North Korea continues to make headlines, arousing curiosity and fear in equal measure. The world’s most secretive nuclear power, it still has Gulag-style prison camps, allows no access to the Internet and bans its people from talking to foreigners without official approval.

Herriot, James. *All things bright and beautiful*

The second volume of memoirs from the author who inspired the BBC series. Now settled into the sleepy Yorkshire village of Darrowby, and married to Helen, the farmer’s daughter, James Herriot thinks he’s finally got himself sorted. But life as a vet in the 1930s was never going to be easy. And then, with Britain on the verge of a war, James faces a decision that could separate him from Darrowby – and Helen – for ever…


The fundamentals of grammar as visual information. Pictures are remembered better than words.

**FICTION:**

Daly, Stuart. *Brotherhood of thieves: The final battle*

Can one boy’s actions change the course of a war? Andalon is at war and Caspan and his friends are in the thick of it. A chance encounter with a fleeing soldier could change everything, provided Caspan acts fast. Could Caspan’s new friend help bring to peace to Andalon? All will be revealed in the final battle.

Feist, Raymond E. *A darkness at Sethanon*

The triumphant finale to the Riftwar Saga. The battle may be over, but the war is coming… The Kingdom forces may have won the first conflict but the enemy has a strong grip on Midkemia and invasion now seems inevitable…

Jones, Diana Wynne (completed by Jones, Ursula). *The islands of Chaldea*

How are you supposed to turn into a wise woman if your powers just won’t show up? Aileen is convinced she’ll never be as magical as her Aunt Beck. But then her aunt is set a mission to go to the enemy island of Logra. Aileen and her aunt set off on a fantastic journey, recruiting an outlandish crew on the way. Aileen discovers that perhaps it is her, above all, who is being drawn to Logra for a very special purpose…

Kinsella, Sophie. *Finding Audrey*

Audrey can’t leave the house. She can’t even take her dark glasses off inside the house. Then her brother’s friend Linus stumbles his way into her life. Suddenly, finding her way back into the real world seems achievable.

Mayo, Simon. *Itch craft*

Itchingham Lofte knows one elemental truth: don’t trust anyone. He stopped a brand new radioactive element from falling into the hands of criminals and terrorists. Now he’s a target. Itch must track down a deadly enemy bent on vengeance - before it’s too late.

Michell, Hannah. *The defections*

Mia is an outsider. Half-English, half-Korean, a translator at the British Embassy; she treads a boundary between her roots and her fascination with the English – especially her boss, Thomas: a married diplomat. Hyun-min is a defector from North Korea, taken in by Mia’s family. But he has a secret. One that could shatter Mia’s family, her life, and the fragile borders around them all.

Patterson, James and Chatterton, Martin. *Middle school: Rafe’s Aussie misadventure*

“For about a nanosecond, my life was looking A-OK. That was until my chance-of-a-lifetime trip to Aussieland went south. Further south than even I, Rafe ‘The Great Dreamer’ could ever have imagined!”

Karen Jones and Francie Campbell
Teacher-Librarians
Killara High School 8 A great school close to home
**Parenting Programs**

**Child & Adolescent Parenting**

**WHAT'S ON IN TERM 3 - COURSES/WORKSHOPS FOR PARENTS/CAREGIVERS**

**Tuning in to Teens Course**
- Skills to communicate with your teenagers so that you understand each other better and are able to build good relationships.
- Understanding teenagers' today & communication skills.
- Emotional intelligence skills.
- How to prevent behaviour problems & conflict resolution.
  
  *Chatswood 5 x 2 hrs: 26/7 - 23/9, 7:15pm – 9:30pm*  

**Dealing with Teens Backchat Workshop**
- Learn how to nurture a respectful & positive relationship with your teenager.
- Understand what it is like being a teenager today.
- Learn how to talk to them clearly & give them honest feedback.
  
  *Chatswood 2 x 3 hrs: 25/7, 7:15pm – 9:30pm*  

**WORKSHOPS OR REQUEST FOR PARENTS/CAREGIVERS OF TERMS - 9887 5830**
- Tuning in to Teens Backchat  
- Transition to High School  
- Triple P Seminar Series (Teens)  
- Other Workshops on Request (2-3 hours)

**Enquiries: Child & Adolescent Parenting 9887 5830**

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**Single with Children**

**ARE YOU A SINGLE PARENT?**

Each week Single with Children provides fun and exciting social activities for single parents and their children. (Many activities are subsidised or free)

It’s a great way to meet and get to know people in your area.

To find out more and get a FREE copy of our social calendar

Call 1300 300 496

or check out our web site:

www.singlewithchildren.com.au

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**Northern Beaches ADHD Support Group**

A problem shared is a problem halved.

The Northern Beaches ADHD Support Group is a volunteers, non-profit group offering support for parents of children or teenagers with ADHD via regular meetings. The group aims to provide a support and information environment to discuss and learn more about ADHD in order to better help parents and their children.

**SPEAKER EVENING: KARL LANDERS**

**“Advancements in Treatments For ADHD”**

Karl Landers set up Kingwood Compounding, one of Australia’s leading compounding chemists, in 2002 with Sydney pharmacist, George Stencel, to address the shortfall of appropriate personalised medical treatments and provide their patients with access to ineffective treatments. Karl specialises in biomedical treatments for adults and children, with a special interest in the autism spectrum of disorders.

Karl will give a brief overview of current conventional treatments for ADHD and go on to discuss the clinical importance of the application of biochemistry in other more advanced personalised treatments that are currently available.

**Monday 20th July, 2015 @ 7:00-9:00pm**

The Pittwater RSL, Main Hall Room, 2F Mona Vale Road, Mona Vale

**http://northernbeachesadhdgroup.com.au**

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**Roseville Chase Rotary Fun Run**

Sunday 26th July 2015

Register & Info @ www.rosevillechaseroaytaryfunrun.org.au

10km Fun Run  
Starts 8.00am

5km Fun Run & Walk  
Starts 8.15am

**City to Surf Warm Up**

Castle Cove Park  
Holly St, Castle Cove

**REGISTER ONLINE**

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

<table>
<thead>
<tr>
<th>Category</th>
<th>Offer</th>
<th>Value</th>
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</thead>
<tbody>
<tr>
<td>Contemporary Dining</td>
<td>Otto, Catalina, Black, Balla,</td>
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<td>The Bathers’ Pavilion, Red Lamp</td>
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<tr>
<td>Casual Dining</td>
<td>Braza, Criniti’s, Miu Miu,  fixe</td>
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<td></td>
<td>St James, Via Alta, Sushi Hub,</td>
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<td>Chefs Gallery</td>
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<td>Special Events</td>
<td>McDonald’s, Oporto, Yogurtland</td>
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<td></td>
<td>Event, Tronka Zoo, AMF</td>
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<td>Retail, Apparel, Travel</td>
<td>Crown, David Jones, Hyatt,  Emirates,</td>
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<td>Maran, City Target, Sydney City,</td>
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