

Bega High News

2 September 2015



Phone: 6492 9000

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Fax: 6492 3996

Web Address: www.bega-h.schools.nsw.edu.au/

Mission Statement

Bega High School is committed to providing excellence in education, which prepares all students to contribute responsibly to a changing world by preparing students to be:

Skilled lifelong learners

Balanced in their life

**Skilled problem solvers and decision makers
in relation to all aspects of their lives**

Responsible and compassionate citizens

Self-confident

Valued group participants

The school will analyse results as part of our ongoing evaluation and planning processes, using them to inform our teaching and learning programs. It was, however, pleasing to see evidence of growth in many of our students, and some outstanding performances across the five tests completed in May this year. Of particular mention are: Jordan Airey, Samantha Allan, Stephanie Burke, Oliver Clarke, Angus Cameron, Serena Claringbold, Jasper Green, Benjamin Keys, Luke Meyers, Divyatma Saraswati, Joshua Sass, and Akira Yee in Year 7.

Year 9 students who achieved consistently across the tests were: Samantha Barnes, Georgia Burgess, Cailem Campbell, Abbie-Gale Carriage, Dermot Cooper, Renee Cooper, Isaac Davey, Carrie Evans, Alice Gerrard, Elizabeth Gowing, Liam Jolley, Lily Leckie-Fisher, Riley Murdoch, Rebekah Platts, Jack Robbers, Aaron Smith, Bradley Stephens, Indigo Walker, and Rachel Young.

Principal's Report

The last few weeks have been a blur for many of our Year 12 students and their teachers (and their parents!), but they will emerge stronger and a little less burdened because part of their HSC requirements have now been completed. They have successfully displayed, performed, submitted or packaged the practical aspects of Drama, Society and Culture, Extension 2 English, Textiles and Design, Industrial Technology, Music, and Visual Arts. In addition, the school will host markers appointed by the Board of Studies to view and assess some of the practical examples of student learning in Industrial Technology, Drama, Music and Visual Arts. On the other side, Mick Potter has been travelling to various schools in NSW as a BoSTES itinerant marker in ... so he has had some invaluable experience that will benefit students into the future.

The planning, preparation, creativity and sleepless nights that go into the production of these projects are testament to and evidence of the self-motivation, self-discipline, problem solving skills, participation at all levels and resilience that we value in our young people, albeit sometimes encouraged through nagging, cajoling and the unwavering support of adults around them. Congratulations to all the students for the sustained effort and the high quality results they have displayed in this process. The class teachers are also proud of the effort and results: Sharon Champagne, Society and Culture Personal Interest Projects; Julie Colwell, Music performances and submitted pieces; Mark Friend, Drama performances; Jane Dwyer, Extension 2 English projects; Greg Hain, Industrial Technology; Ann Smith, Textiles and Design.

National Assessment of Literacy and Numeracy (NAPLAN) results have been released to school and families. To quote from the Board of Studies Teaching Educational Standards NSW (BoSTES), *the results provide information about student achievement that can be used to inform teaching and learning programs. NAPLAN tests provide point-in-time information regarding student progress in literacy and numeracy and are intended to complement the wide range of formal and informal assessments that are already conducted in schools. NAPLAN test results are not intended to be used in isolation from other school-based assessment programs.*

Another source of information for the school and community that informs our processes and practices is the data and information that comes from the Tell Them From Me Surveys for students in Years 7, 8, 9, 10 and 11. By having parents, students and staff to complete the survey we aim to help improve student learning outcomes and measure factors that affect achievement. The focus of questions is on student wellbeing, engagement and effective teaching practices. The survey information is confidential and participation is voluntary. More information can be found at:

<http://surveys.cese.nsw.gov.au/information-for-parents>. The parent survey is available at

https://nsw.tellthemfromme.com/j_acegi_security_check?j_username=parent16838&j_password=Beg8165

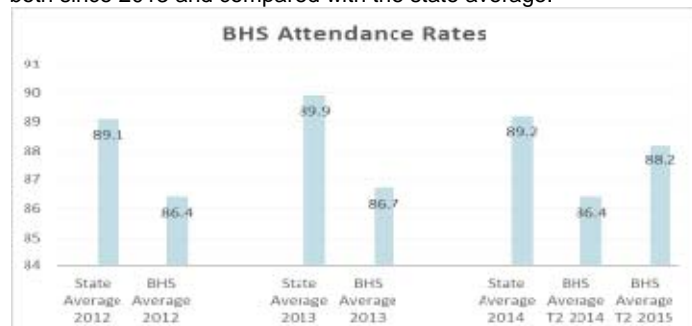
Premier's Teacher Scholarships are a prestigious and highly competitive award through which NSW teachers can spend five weeks exploring a field of teaching expertise and visit some of the world's most highly acclaimed schools and centres for teaching and learning.



In 2015, from a total of 325 applicants, 19 teachers were awarded scholarships. We are very pleased and proud to congratulate Sharon Champagne of the schools HSIE faculty on the being one of those successful 19 teachers. Sharon is looking forward to travelling to Indonesia to support her teaching of Modern History. Sharon will explore the country's history in relation to the Independence Movement and learn more about Sukarno who was the leader of the Indonesian Independence movement and he became Indonesia's first president (1949–66).

Congratulations to Sharon on the wonderful opportunity afforded to her (and ultimately her students) in her achievement of the Premier's History Teachers' Association Teacher Scholarship for 2016.

A learner's level of engagement in class activities and learning opportunities at school, and the amount of success achieved, are strongly related to the actual time spent at school and in lessons. Included in the school's strategic plan are processes and measures designed to improve the average daily attendance. You can see in the graph below there has been improvement in the average attendance rate, both since 2013 and compared with the state average.



In addition to roll marking, phone and SMS notifications, referrals for learning support, the school is also acknowledging students whose attendance is regularly at an exemplary level. For example, in Terms 1 and 2 this year, 10% of Year 7 students had 100% attendance and more than 50% of year 7 had an attendance rate of 90%. We look forward to reporting improved attendance rates for other year groups so that all students can make the most of all the experiences included in the curriculum and in extra-curricular activities.

Last word: Determination overcomes "laziness and forgetfulness". Be determined to achieve the things you deserve for a full happy life.

Mrs Linda Thurston
Relieving Principal

Bega Valley Medical Practice
Teen Clinic
Your Clinic, You Decide

DROPP IN AND CHAT TO ONE OF OUR NURSES

Confidential and free of charge
Tuesdays & Thursdays 2pm - 5pm

61 Carp Street, Bega
Phone: 6492 3333
www.bvmp.com.au

Coming Events

Thursday, 3 September:

- State Athletics Carnival (2 days)

Friday, 4 September

- EcoRanger Program for 7G

Monday, 7 September:

- Year 11 Exams begin

Thursday, 10 September:

- HSC Music Practical Exam in school hall
- SCLC Writer's Camp (2 days)

Friday, 11 September:

- Zone Surfing
- HSC Mathematics Lectures in Moruya
- EcoRanger Program for 7M

Tuesday, 15 September:

- Last day of Year 11 Exams

Thursday, 17 September:

- Year 12 Presentation Ceremony in school hall – 9:30 am for a 10 am start
- Year 10 & 11 Montague Island overnight Excursion

Friday, 18 September:

- **LAST DAY TERM 4**
- Year 7 Montague Island Excursion

Term 4

Monday, 5 October:

- **LABOUR DAY PUBLIC HOLIDAY**

Tuesday, 6 October:

- **Students return to school**

Bega High School Uniform Shop

20%off Sale

Thursday, 10th September
&

Thursday, 17th September

Sale Day Opening Hours

8:30 am – 4:00 pm

All items in the shop, including jumpers

Shop Stock only
No exchanges
No refunds
No rain checks
No laybys

For enquiries phone:
0417 028 864

Girls Squash Report

On Thursday the 30th July, four young ladies and one fine, not as young lady set out on yet another squash adventure. The day began when the fog was thick and temperature low. The kilometres ticked by. After skirting the Nation's Capital, we passed thousands of sheep in verdant green pastures. Our favourite sheep had a black face, we called it Jott. We went through many country towns, and stopped at Boorowa for lunch which seemed to have a bit of an Irish theme going on. After lunch, we drove through even more country towns, and saw even more sheep in more green pastures. We were pleased to finally arrive in Dubbo, after 630 kilometres, and get out of the car. After sitting in the car for roughly 8 hours, we decided that a walk was in order.

The hour and a half walk was very eventful. We created some unique walks that caught the eye of people in Dubbo. Our walk led us to a shopping centre where we bought nourishing food for the trip. Our shopping provided us with weights, for our strength and conditioning exercises during the walk back.

The trip led to many discoveries about one another:

- Millie's poor card playing skills
- Nikki's forgetfulness
- Gabbie's blonde moments
- Chloe's less serious side
- Bronwyn's bipolar memory

We caught a minibus to our dinner venue and on arrival Gabbie decided to gently close the mini bus sliding door, with her finger ending up jammed! (With the application of elevation and ice, Gabbie managed to still play squash). We hit the restaurant at peak eating time and the wait was filled with guessing competitions (what time will dinner be ready?) as well as drawing quite creatively on the paper table cloth with crayons. Gabby won the guessing competition and Nikki was the artist amongst us.

Following dinner, the cards came out and some serious playing began. It was an hilarious evening, too quickly it was over and lights were out.

On Friday morning we had to drive another 90 km to Dunedoo where we met with Tenterfield High School for the big match. Millie led the warm up outside and at 9 am play commenced.

Tenterfield were just too strong for our team this year with Nikki (captain) being the only one to win her match. Everyone played well and fought hard, however, it was the end of the competition as we were knocked out. Nikki won 3-0, Chloe managed to win one game 3-1, and Millie and Gabbie both lost 0-3. It was disappointing but still a great experience.

And then we had to drive 700 km back home! Needless to say the car trip (both ways) was loads of fun, singing, games and Well, you know what they say....what happens on the car trip- stays on the car trip.

Congratulations to all the girls on a super effort in Squash this year.

This article was jointly written by Nikki, Chloe, Millie, Gabbie and Mrs Morris



University of Wollongong Summer Master Class January 2016 University Preparation Program 2016

YEAR 11 students at Bega High School have a great opportunity to join the University of Wollongong's Bega campus' free In2Uni programs.

The two programs are the **Summer Master Class** intensive program in **January 2016**, allowing students to get a head start on the HSC and uni and the very popular **University Preparation Program (UPP)** which provides students with free HSC tutoring and support with university applications during **Terms 2 & 3 of Year 12**.

Applications close Friday 4th September 2015. Information and the online application can be found at www.uow.edu.au/in2uni-myway or call Sam at the UOW Bega campus on **6494 7035**.

Film Making Workshop at Merimbula Wharf

On Tuesday 11th August, 19 keen and enthusiastic Photo/Video students from Bega High School attended a film making workshop at Merimbula wharf.

The workshop was hosted by CDAT/Mindbenders and organised by Paul Brunton. Brent Occleshaw from the film company "Gooseboy Productions" kindly gave up his valuable time to instruct the students in the many facets of film production. Brent is a Film Maker, Photographer and Director and covered topics such as: Sound Recording, Film Making, Lighting and Script Writing. He also showed the students the correct way to hold and care for professional equipment that he allowed them to test out.

Bega High School was the only school that attended and all students represented our school in an outstanding manner. Jazmyn Carter a Year 11 Photo/Video student gave a beautiful thank you speech at the end of the workshop that expressed how much they all appreciated the experience.

Judith de Vere
Photo/Video teacher



Emily Smith



Tessa Witcombe

Term 4 Sport Choices 2015

Bega High School provides an active and varied program for sport. Please discuss the following option with your child. Sports choices will be made early next week. If you have any questions, do not hesitate to contact the school on 6492 9000

Sport	Venue	Cost
Basketball	School	Nil
Badminton	Canteen	Nil
Beach Sports	Tathra	\$5.00
Bootcamp	Velocity	\$5.00
Cricket	Athletics fields	Nil
Fishing	Tathra	\$5.00
Futsal	Stadium	\$3.00
Golf - Bega	Bega Golf Club	\$7.00
Lawn Bowls	Club Bega	\$2.00
MADD Rehearsals	School	Nil
OzTag	Bega Rec.	Nil
Power Walking	Bega	Nil
Softball	School	Nil
Squash	Bega Golf Club	\$5.00
*Surfing	Tathra	\$5.00
**Surf Survival > Year 9	Tathra	\$10.00
Swimming	Bega	\$2.00
Tennis	Bega	\$2.00
Touch Football	Primary School	Nil
Volleyball 1, 2 & 3	Gym	Nil
Yoga	School	Nil

*It is a pre-requisite of Surfing that students complete their "Surf Survival" certificate. ** Surf Survival is the pre-requisite for Surfing. It is conducted for students in Year 9 and up with a view that they will choose Surfing for sport in the future.

Mrs B Morgan
Sports Organiser PDHPE

Bega High School Absentee Hotline: 6492 9010

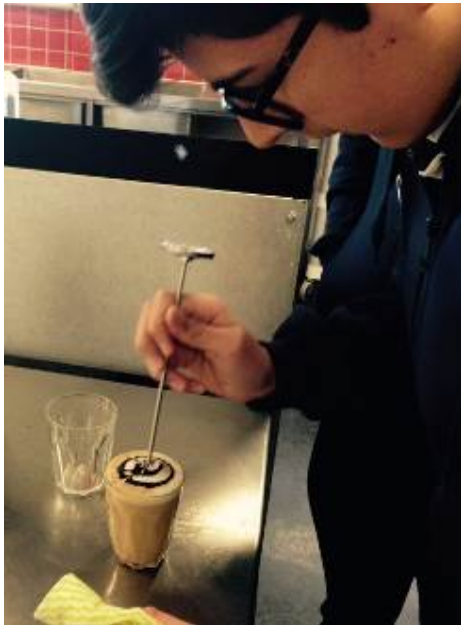
If your child is going to be absent from school, please telephone with the following information:

Student Name
Roll Class
Date of Absence
Reason for Absence
Your Name

All other enquiries: 6492 9000

Year 11 Hospitality

Year 11 Hospitality students have been involved in a variety of activities. Some students have completed work placement, participated in a catering function, worked on their food preparation skills as well as working on producing quality coffees and non-alcoholic beverages



Year 10 Food Technology Novelty Cakes





40 Hour Famine

Last weekend 24 students (Team Bega High School) gave up food, furniture or electronics (some giving up more than one!) to raise awareness of global hunger and money to aid those in need.

Team Bega High School raised just under \$4000 – a mammoth effort. Congratulations and thanks to these generous and kind students for putting in such an amazing effort.

**Participating students were: Esther Black, Liz Grose, Ci-Ann Argent, Eliza Terrey, Indigo Conroy, Indigo Walker, Alice Gerrard, Lily Leckie-Fisher, Saoirse Perry-Britton, Mirri Dalziel, Maya Trewin, Maya Macpherson-Finn, Brydie Condran, Matilda McCarthy, Molly Harrington, Jessica Jorja, Simpson, Rebekah Platts, Grace Moore, Sam and Liam Jolley, Sierra Sharman, Kimberly Robertson, Sara Lucas and Tabetha McCoy Jorja Moore, Georgia Pearce.*

Ms Ann Smith
Coordinator



Pictured left to right: Saoirse Perry-Britton, Indigo Walker, Matilda McCarthy, Liz Grose



School Spectacular Music Ensembles Applications

Applications are now open for the 2015 School Spectacular Music Ensembles – Symphony Orchestra and Stage Band. Please see the website for details:

<https://www.artsunit.nsw.edu.au/2015-schools-spectacular-instrumental-music-ensembles-application-form>

Applications close Monday 21 September 2015.

For more information please contact Lindsay Pringle at Lindsay.pringle1@det.nsw.edu.au or phone 8512 1188



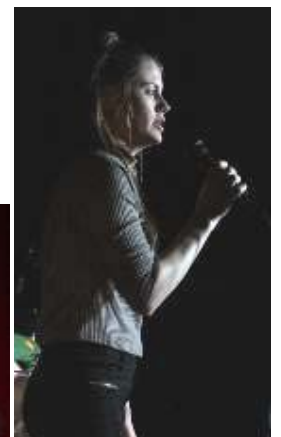
SECONDHAND BEGA HIGH SCHOOL UNIFORMS

Any unwanted uniforms in reasonable condition would be greatly appreciated

All sizes needed

Donated items can be left at the school office

Year 12 Music Night, Wednesday, 19 August





Year 12 HSC Enrichment Workshops

English on Thursday, 1 October &

Maths on Friday, 2 October

**Lumen Christi Catholic College,
388 Pambula Beach Road, Pambula**

The workshops are FREE, however, you must register to attend as number are limited and for catering purposes.

'Writer's Workshop' (Suitable for Standard and Advanced students) – Thursday, October 1

Focusing on the Area of Study: Discovery – Reading paper, Creative Writing, Extended Response Writing. This workshop will aim to: develop your writing skills, improve clarity of expression, analyse and answer examination type questions.

'Making Maths Work' (Suitable for General and Advanced students) – Friday, October 2

This workshop will consolidate knowledge of: exam tips and techniques, study skills, revision covering multiple topics.

All students will receive comprehensive printed notes from each workshop.

To Register or for more information please contact:

Email: Russell.Jennings@acu.edu.au

Please provide your name, workshop name(s) you wish to attend, school you attend and phone contact.

Ph: 0477 768 428 – text your details as above or
Ph: 6495 8849

Behaviour Code for Students

NSW public schools are committed to providing safe, supportive and responsive learning environments for everyone. We teach and model the behaviours we value in our students.

In NSW public schools students are expected to:

- Respect other students, their teachers and school staff and community members
- Follow school and class rules and follow the directions of their teachers
- Strive for the highest standards in learning
- Respect all members of the school community and show courtesy to all students, teachers and community members
- Resolve conflict respectfully, calmly and fairly
- Comply with the school's uniform policy or dress code
- Attend school every day (unless legally excused)
- Respect all property
- Not be violent or bring weapons, illegal drugs, alcohol or tobacco into our schools
- Not bully, harass, intimidate or discriminate against anyone in our schools

Schools take strong action in response to behaviour that is detrimental to self or others or to the achievement of high quality teaching and learning.

Behaviour Code for Students: Actions

Respect

- Treat one another with dignity
- Speak and behave courteously
- Cooperate with others
- Develop positive and respectful relationships and think about the effect on relationships before acting
- Value the interests, ability and culture of others
- Dress appropriately by complying with the school uniform or dress code
- Take care with property

Safety

- Model and follow departmental, school and/or class codes of behaviour and conduct
- Negotiate and resolve conflict with empathy
- Take personal responsibility for behaviour and actions
- Care for self and others
- Avoid dangerous behaviour and encourage others to avoid dangerous behaviour

Engagement

- Attend school every day (unless legally excused)
- Arrive at school and class on time
- Be prepared for every lesson
- Actively participate in learning
- Aspire and strive to achieve the highest standards of learning

Leaving the School Grounds

Students are not permitted to leave the school grounds at any time unless they have been issued with a **PASS** signed by one of the Deputy Principals or a Head Teacher.

Students must be in full school uniform to receive a pass. Parent consent must be given via letter or phone contact.

Temporary lunch passes - for that day only

No temporary lunch passes will be issued unless a note written by parents is presented by the student to the Head Teacher on duty before school.

Such a note is for special circumstances only – doctor/dentist appointment (time and place to be given), special errand for out of town people. The note should indicate which business will be visited.

Students must be in full uniform when leaving the school premises.

A record of these lunch passes will be kept including the reason for the pass and the time expected of return. All students must return to school before the end of lunchtime.

Parents will be contacted where there is concern about the reason for leaving school or frequency of these passes.

The pass must be shown to any staff member, shopkeeper or police on request, along with the student's identity card.

The school needs to know where, when and why students need to be "out of our care" when passes are issued. A lunch pass effectively places students in the care of their parents.

Other pass outs

Students obtain the passes at the beginning of the day and sign out and in as appropriate at the front office.

The daily attendance sheet indicates these pass outs.

Students should remember to get these passes before 9.00 am from room 6.

Community Noticeboard

ADVERTISING

Material relating to students will be advertised at the Principal's discretion and does not necessarily reflect the views of this school. No cost to non-profit making organisations.

South Coast Music Camp

ENROL NOW so you don't miss out on this year's music camp. All orchestral instrument players of all ages and abilities (including beginners) are welcome to come along for a week of great music, excellent tuition, yummy food and plenty of fun.

Date: Monday 21 Sept - Friday 25 Sept (1st week of NSW school holidays) the camp is not residential - each day goes from 8.30am to 4.00pm.

Venue: Mumbulla School in Bega.

Please visit this website-

<https://sites.google.com/a/begachamberorchestra.org/bega-chamber-orchestra/music-camp/scmcenrolment> and follow the instructions to enrol. You can contact Rosie Yee via email if you have any questions or problems enrolling rosieyee77@gmail.com

There's So Much To Gain From A WEP Student Exchange!

A WEP student exchange allows students to exchange their school, culture, family and possibly language for a selected time period in another country. It is far more rewarding than simply being a tourist, as students live like locals and acquire knowledge not available to the general traveller. It is a once-in-a-lifetime opportunity to travel and study at an overseas school with the support of a volunteer host family.

Applications are closing soon, so jump on our website for current deadlines: www.wep.org.au.

When you go overseas on a WEP student exchange program, your family, back at home, has no obligation to host an exchange student in return. However, hosting an exchange student allows families to gain insight into another culture and way of living, without leaving the comfort of their own home. The personal rewards and friendships that come from hosting an international exchange student often endure for generations.

For more information and to request an information pack, head to our website: www.wep.org.au

DANCE WORKSHOP

With Professional Choreographer, Adjudicator and Teacher
Aleeta Northey

Credits: So You Think You Can Dance, The TV Week Logie Awards, NRL Grand Finals. A Regular judge at The Sydney Elsteddod and Dancelife Unite

Date: Sunday 6 September 2015

Venue: St Patrick's Primary School Hall
Gipps Street Bega

TIME/ AGE GROUPS/ PRICE:

4-7 YRS (9.00am - 10.00am) - \$17.00

8-12 YRS (10.00am - 12.00) - \$27.00

13 + (12.00 - 2.30pm) - \$32.00

Adults (2.30 - 4.00pm) - \$22.00



HAVE FUN LEARNING AND EXPERIENCE THE BEST YOU CAN BE IN DANCE

JAZZ, FUNK, LYRICAL, MUSICAL THEATRE

For all Inquiries/Registrations please contact:
Aleeta: M - 0406 899 669 E - thedancespace@hotmail.com

As Spring truly sprung early and has developed into a Sprinter, why not make use of the good rainfall, we had and make your garden edible.

If you want to feed your family now, plant Herbs.

If you want to feed your children, plant Fruit trees.

If you want to feed your grandchildren, plant Nut trees.

You even improve your health by growing organically without chemical sprays and artificial fertilizers.

You can stop erosion and reduce water usage by mulching.

If you don't have a garden, herbs and even fruit trees grow in pots as well.

The benefit will come by enjoying the life you are nurturing, of course when harvesting, when SAVING MONEY for produce and it reduces our carbon footprint by improving our air, being real action against climate change to keep our Australia, as we like it.

Dörte Planert

South Coast Hub Co-ordinator for 1Millionwomen.com.au against Climate Change



WANTED A4 PEACE POSTERS

Children and young people choose non-violence

Posters should

Raise awareness that all violence is unacceptable

Educate the community members about the need to eliminate domestic violence and acts of violence towards women and children in our community

Support a safer community

Deliver to the Women's Resource Centre by 20/11/15 by 4pm

Posters will be on display at BVSC Library 25/11-10/12/15

BEST POSTER will receive a gift voucher

Youth Week 2016 in NSW Design Competition

Do you love art and design?

Do you want to have your creative design seen across NSW?

Do you want to win \$1,000?

We are looking for aspiring young designers to help create the look for the Youth Week 2016 in NSW website, posters and other promotional materials.

Youth Week is the NSW Government's major youth participation initiative. In 2015, the NSW Government supported Local Councils across NSW to run more than 890 Youth Week activities and events.

Bega Valley Athletics Club Come and Try Afternoon

The 2015/16 Little Athletics season, which runs from October to March, is about to commence. Little Athletics is all about family, fun and fitness. Athletes develop basic running, jumping and throwing skills by participating in highly active training sessions and are eligible to compete in Little Athletics ACT carnivals.

Children who are 7 – 17 years of age are welcome to join the Bega Valley Athletics Club.

A parent must come with their child/children to all training afternoons and help run events for the athletes. The athletics sessions involve age groups from U7 - U17 participating in many running, jumping and throwing events. This requires significantly more adult support than other sports. The club will be running Orientation to Little Athletics sessions to familiarise parents with the events.

If it is cancelled due to wet weather, children are welcome to come to the first training afternoon on Thursday October 8, from 5.00 - 6.30 pm.

Come and Try Afternoon**Date: Thursday September 17****Time: 5.00 – 6.00 pm****Venue: Bega Athletics Field, Bega St.**
(behind Bega Valley Public School)

Please visit our website or email for more information.

Website - www.bvlac.org

Email - begavalleyathleticsclub@gmail.com

**SWIMMING IS A SKILL FOR LIFE!!
IT IS ALSO THE BEST SPORT TO ENJOY THROUGHOUT
THE AUSSIE SUMMER**

- Swimming club is a fun way to enhance your skills in the water, improving swimming technique and fitness
- Swimming Club coaches are Austswim accredited
- You don't need to be an Olympian, as long as you can swim a lap
- Swimming club actively encourages setting positive goals and training with your coach to meet them
- Swimming club provides a setting for friendly competition with the strongest emphasis being on improving your own personal best
- Swimming club means spending your summer staying fit in the pool instead of sweating it out at the oval or stadium
- It can be as competitive as YOU want
- Swimming club is for families

COME AND JOIN THE FUN

Bega Amateur Swimming Club information and registration day at the Bega Memorial Swimming Pool on Saturday 19th September from 2:00-3:00 pm.

Meet our coaches and committee to see if Swimming Club is for you.

Club nights are every Monday from 5.30pm



naisda dance college
NATIONAL AUSTRALIAN ISLANDER STRAIT DANCING ASSOCIATION

DREAM DANCER CAREER

APPLICATIONS CLOSING 9 OCTOBER 2015

NAISDA Dance College is looking for the next generation of Aboriginal and Torres Strait Islander dancers. If you think you are a deadly dancer this could be the career for you!

- // Australia's premier Aboriginal and Torres Strait Islander Dance College
- // Nationally accredited course
- // Full time study
- // Abstudy will assist with Audition travel and accommodation costs for eligible participants.

Visit www.naisda.com.au to download the NAISDA Audition Pack or phone **1800 117 116**.

If you have any further questions about NAISDA Dance College, please refer to the NAISDA Developing Artist Handbook (available on our website) prior to contacting NAISDA.

AUDITIONS COMMENCE 30 NOVEMBER - 4 DECEMBER 2015
APPLICATIONS CLOSING 9 OCTOBER 2015

REF CODE: 5439

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
sportandrecreation.nsw.gov.au/kidscamps
fb.com/nswsportandrecreation 13 13 02

NSW Office of Sport & Recreation



**Aboriginal
Employment
Strategy Ltd™**

School Based Traineeship 2016 Intake Now Open

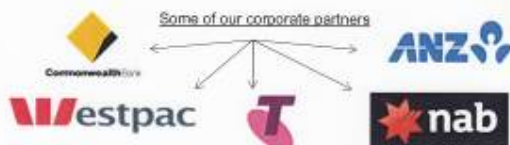
APPLY ONLINE NOW at www.aes.org.au or see **Mr Rose or Mr Diprose** or contact

Jasmine Groves on **0409 892 512**

Since 2003, we have operated a successful School Based Program. It allows Indigenous high school students opportunities to complete a traineeship or apprenticeship while also attaining their Higher School Certificate.

As a trainee you will:

- Kick start your career
- Complete a nationally recognised qualification
- Have a traineeship in your industry of choice
 - Obtain on-the-job training
 - Earn a national training wage
- Receive one-on-one mentoring and support



Indigenous Traineeships

The AES recognises that the best start to a career is one that provides structured accredited learning alongside supportive paid work placement experience. The AES has these programs available:

Full Time & Part Time Traineeships

Our traineeships offer the opportunity to build skills, experience and confidence whilst undertaking accredited training. The duration of the full-time traineeship/apprenticeship program is from 3 months up to 3 years.

School-Based Traineeships

School-Based Traineeships/Apprenticeships give students practical work experience and skills while still at school.

Contact Mr Diprose or Mr Rose at Bega High School or Jasmine Groves: Ph: 985 22700 Mobile: 0490 892 512 or email: Jasmine.groves@aes.org.au



Bega High School
Class of '65

FIFTY YEAR REUNION

**Saturday 3rd October
2015, 6:00pm**

Tathra SLSC, Tathra Beach


Buffet Dinner,
full bar available
*\$65 per head,
partners welcome.*

COME & SHARE SOME MEMORIES


To attend please transfer your
payment by August 1st using your
surname as a reference.
Name: A.L. Meaker 50 year reunion
Account Number: 200729335
BSB: 641-800

Contact

Elizabeth: 0417 677 341, or
Tony: 0428 605 577



Defence Civilian Undergraduate Sponsorship



Are you planning to commence University Study in 2016?
Then you could be eligible to study at one of Australia's most respected universities, with the best student-to-teacher ratios in the country, and have all your university fees fully funded by the Department of Defence.

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Degrees available for 2016 are: Engineering (Mechanical, Electrical, Aeronautical and Civil), Business, Arts or Science

HOW DO I APPLY?
To apply online, and to find out more about the DCUS, please visit www.defence.gov.au/dmo/Careers/StudentsandGraduates/UndergraduateSponsorship/

Applications for the 2016 DCUS will open between 1–31 September 2015.

CONTACT US
e: graduate.ceag@defence.gov.au | p: (02) 6127 2135

Defending Australia and its National Interests
www.defence.gov.au



CSU INDIGENOUS ACCESS PROGRAM

MAKE TRACKS AND GET STARTED ON YOUR PATHWAY TODAY...



Charles Sturt University is offering an Indigenous Access Program. This program offers a supported pathway into university, while assessing skills and suitability for academic life. The Indigenous Access program will provide a personalised pathway for you to make tracks to a great career!

What is the Indigenous Access Program?

Intensive 3 day program for Indigenous participants to

Build confidence in preparing for university; access literacy and numeracy skills, gain career guidance and support, create personalised Pathway plan for your academic future, access course advice.

Successful completion of the Indigenous Access Program will provide entry into a range of Bachelor courses. All participants will receive follow-up and ongoing support from the Indigenous Student Liaison Officers to ensure successful transitions to university.

Who can participate?

Recent School Leavers

For students who completed their HSC in 2014 or 2015, Port Macquarie held Tuesday, 17 – Thursday 19 November 2015.

Mature aged participants are able to attend the Bathurst Program held Tuesday, 24 – Thursday, 25 November 2015.

Travel and accommodation will be provided and there are no associated costs for eligible participants in NSW.

Places filling fast – submit applications today! Complete the application form (either online or paper form) if you wish to attend either the Port Macquarie or Bathurst events.

Applications close Friday, 9 October 2015

For more information contact
Rebecca King, Bathurst, ph: 6338 4523 or
Nina Cass, Port Macquarie, ph: 6582 9362

Email: isc@csu.edu.au

Website: www.csu.edu.au/iap



ADOLESCENT SCOLIOSIS SPINAL CURVATURE



The National Self-Detection Program

*Information for schoolgirls in years 7 and 9
and their parents*

A health promotion program recommended by the Spine Society of Australia. The program is endorsed by the Paediatrics and Child Health Division of the Royal Australasian College of Physicians.

Fold

WHAT IS SCOLIOSIS?

Scoliosis is a lateral or sideways curve of the spine. The spine also rotates on its long axis as it curves. It usually develops during early adolescence (age 10-13 years) when growth is most rapid.

WHAT IS THE CAUSE OF SCOLIOSIS?

The cause is unknown, but 80-90% of cases occur in otherwise healthy adolescents. This is called idiopathic (cause unknown) scoliosis.

We know that scoliosis is NOT contagious and NOT caused by bad posture, a soft mattress, carrying a heavy school bag or junk food.

WHY IS EARLY DETECTION IMPORTANT?

While very small curves are common and of no significance, about 2% of girls have a curve which warrants medical observation during the growth period. Three girls per 1,000 will require treatment during the growth phase. If treatment is required, the earlier it is undertaken, the better the long-term result. This is the basis for screening since in the early stages scoliosis produces no symptoms. The way to detect scoliosis is to look for it!

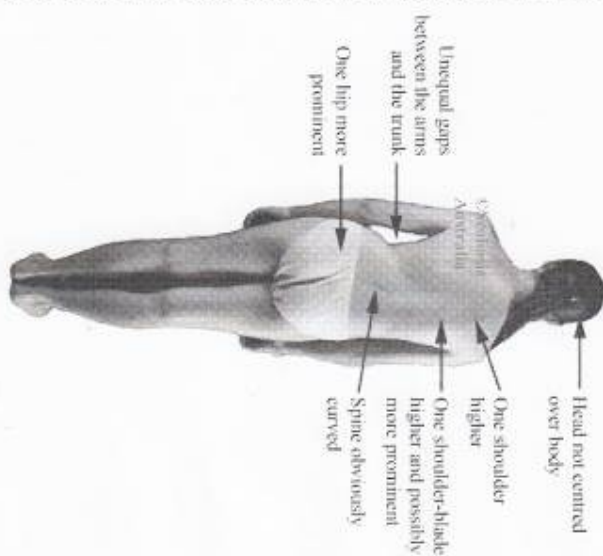
WHY THIS BROCHURE HAS BEEN PRODUCED

This brochure is designed to make parents of schoolgirls aware of the outward signs of scoliosis. From time to time all government and non-government schools in Australia will be asked to download this brochure from www.scoliosis-australia.org and to distribute it to girls in Years 7 and 9 (11 and 13 years of age in most states and territories).

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If after reading this brochure you or your parents think you may have this condition, please consult your family doctor.

WHAT ARE THE OUTWARD SIGNS OF SCOLIOSIS?



HOW SCOLIOSIS IS DETECTED

Apart from the outward signs with a teenager standing as illustrated, the reliable **Forward Bend Test** is used in the diagnosis of scoliosis. This simple visual examination requires the teenager to stand with the feet together and parallel and bending forward as far as she can go with the hands, palms facing each other, pointed between the two big toes. In scoliosis, one side of the upper chest (thoracic) region or the lower back (lumbar) region will be more than 1cm higher than the other. The prominence is most often on the right side in the thoracic region. If the difference between the two sides is less than 1cm, it is highly unlikely that a significant curvature is present and the difference is simply due to asymmetrical growth of the two sides of the body. This is called torso asymmetry and is of no significance.



The Forward Bend Test

WHAT ABOUT BROTHERS AND SISTERS?

Scoliosis tends to run in families. When a curve is detected in one member of the family, other children should also be examined by the family doctor. If there is a history of a blood relative, especially a female cousin, having been treated for scoliosis by brace wearing or surgery, then this strengthens the case for spinal examination as a regular health check between 10 and 13 years of age.

Scoliosis which requires treatment is far less common in boys than in girls. The ratio of boys to girls requiring treatment is about 1 to 10.

IS TREATMENT SUCCESSFUL?

Yes, modern methods produce excellent results when a curve is detected early. In most cases an inconspicuous spinal brace is worn. Surgery is needed in only one out of three cases which require treatment.

There is no scientific evidence that physical therapy (exercise programs) and spinal manipulation (chiropractic adjustments) will either correct a scoliosis or halt its progression.

WHAT WILL HAPPEN IF SCOLIOSIS IS NOT TREATED?

The curve may increase unnoticed during the growing years. Moderate and severe curves may also increase in adult life. Some curves may increase with pregnancy. Severe pain, physical deformity and wear and tear arthritis may occur during middle life. Early detection is important for a healthy future.

HOW DO YOU DETECT SCOLIOSIS?

Simply look for it!
It only takes 30 seconds



Visit our website

www.scoliosis-australia.org

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The National Self-Detection
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