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

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.

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, Callem 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.

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 school’s HSIE faculty on 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 that 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

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

---

**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

<table>
<thead>
<tr>
<th>Sport</th>
<th>Venue</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball</td>
<td>School</td>
<td>Nil</td>
</tr>
<tr>
<td>Badminton</td>
<td>Canteen</td>
<td>Nil</td>
</tr>
<tr>
<td>Beach Sports</td>
<td>Tathra</td>
<td>$5.00</td>
</tr>
<tr>
<td>Bootcamp</td>
<td>Velocity</td>
<td>$5.00</td>
</tr>
<tr>
<td>Cricket</td>
<td>Athletics fields</td>
<td>Nil</td>
</tr>
<tr>
<td>Fishing</td>
<td>Tathra</td>
<td>$5.00</td>
</tr>
<tr>
<td>Futsal</td>
<td>Stadium</td>
<td>$3.00</td>
</tr>
<tr>
<td>Golf - Bega</td>
<td>Bega Golf Club</td>
<td>$7.00</td>
</tr>
<tr>
<td>Lawn Bowls</td>
<td>Club Bega</td>
<td>$2.00</td>
</tr>
<tr>
<td>MADD Rehearsals</td>
<td>School</td>
<td>Nil</td>
</tr>
<tr>
<td>OzTag</td>
<td>Bega Rec.</td>
<td>Nil</td>
</tr>
<tr>
<td>Power Walking</td>
<td>Bega</td>
<td>Nil</td>
</tr>
<tr>
<td>Softball</td>
<td>School</td>
<td>Nil</td>
</tr>
<tr>
<td>Squash</td>
<td>Bega Golf Club</td>
<td>$5.00</td>
</tr>
<tr>
<td>“Surfing”</td>
<td>Tathra</td>
<td>$5.00</td>
</tr>
<tr>
<td><strong>Surf Survival &gt; Year 9</strong></td>
<td>Tathra</td>
<td>$10.00</td>
</tr>
<tr>
<td>Swimming</td>
<td>Bega</td>
<td>$2.00</td>
</tr>
<tr>
<td>Tennis</td>
<td>Bega</td>
<td>$2.00</td>
</tr>
<tr>
<td>Touch Football</td>
<td>Primary School</td>
<td>Nil</td>
</tr>
<tr>
<td>Volleyball 1, 2 &amp; 3</td>
<td>Gym</td>
<td>Nil</td>
</tr>
<tr>
<td>Yoga</td>
<td>School</td>
<td>Nil</td>
</tr>
</tbody>
</table>

*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

---

**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

[Images of various novelty cakes and students]
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:


Applications close Monday 21 September 2015.
For more information please contact Lindsay Pringle at Lindsay.pringle1@det.nsw.edu.au or phone 8512 1188

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

WANTED!
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.

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.**

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
Community Noticeboard

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

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 displayed 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.

DANCE WORKSHOP

With Professional Choreographer, Adjudicator and Teacher Alleta Northey

Credits: So You Think You Can Dance, The TV Week Logie Awards, NRL Grand Finals. A Regular Judge at The Sydney Eisteddfod and Dancefite 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+ (12.09 - 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:
Alleta: M - 0406 899 660 E - thedancespace@hotmail.com
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
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@ase.org.au
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.

There are no uniforms required. The Defence Civilian Undergraduate Sponsorships (DCUS) is for civilian students studying alongside Australian Defence Force Academy (ADFA) cadets through the University of New South Wales Canberra at ADFA.

What’s in it for you? – Full tuition costs of a three or four year degree, a generous text book and equipment allowance each year; the chance for exciting paid work placement in Defence in your second and third years of study, an opportunity to apply for a Defence Graduate program on completion of your degree, exposure to a unique and diverse organisation with great career opportunities.

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

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.

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
WHAT ARE THE OUTWARD SIGNS OF SCOLIOSIS?

Family doctor tells you they have the condition. Please consult your
ill other medical professional of your own parents think.

脊柱侧弯

WHAT IS THE CAUSE OF SCOLIOSIS?

16-17 years age group is more prone.

The spine has enough to continue.
Scoliosis is located around the spine.

ADOLESCENT SCOLIOSIS

SPINAL CURVATURE

Program

Information for schools in Years 7 and 9

Physician

Division of the Royal Children's Hospital of
The spine society of Australia. The position is

INCREASED

A Health Promotion Program recommended by

WHY IS EARLY DETECTION IMPORTANT?

WHAT ARE THE OUTWARD SIGNS OF SCOLIOSIS?

Schools.

15. Why is the Brochure has been

way to decline schools is to look for it.

The early signs of scoliosis are:

The cause is scoliosis. The cause is scoliosis.

WHAT IS SCOLIOSIS?
Scoliosis is not.

There is no scientific evidence that the physical therapy

necessary in any one or all of these cases, which

includes postural methods, posture correction

and spinal manipulation.

Treatment is not straightforward.

In most cases:

- Modifying postures
- Advice on lifting
- Advice on sleeping
- Exercises such as stretching and

What about brothers and sisters?


The Forward Bend Test

1. Stand up straight. Hold your hands out in front of you, fingers pointing upwards.

2. Bend forward at the waist, as if you were reaching for a book on the floor. Keep your knees straight. Your arms should be extended, your hands flat on the floor in front of you.

3. You can go 90 degrees, even greater if you are comfortable. Bend all the way down to your toes if you can.

4. Now, return to the starting position. The same test can be performed on the other side.

As illustrated, the article’s Forward Bend Test is used to assess the severity of scoliosis.

5. Turn your head to the right and look at your right shoulder. Then, turn your head to the left and look at your left shoulder. Do you see a difference? If so, there may be curvature in your spine.