



BIRRONG BULLETIN

The Newsletter of Birrong Girls High School

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Issue No. 5

July 2012

RELIEVING PRINCIPAL'S REPORT

Dear Parents

School Development Day

On the first day of this term all of the teaching staff participated in a very successful professional learning day which focused on addressing the needs of twenty-first century learners through technology.

Teacher experts in programs and applications such as Captivate, Excel, Photoshop, One Note, Glogster, Wiki Spaces and interactive worksheets presented a series of workshops to staff to support their understanding of technology applications in the classroom. In addition, staff developed skills in using Moodle as a platform for e-learning and will use this knowledge to post resources and assessment tasks which students can access from home.

Feedback from teachers indicated that they appreciated the opportunity to deepen their understanding of technology applications and that the information provided will inform their teaching practice.

Subject Selection for HSC 2014

Year 10 are currently making important decisions regarding subjects and courses for Year 11 2013. The girls have been assisted in this task through the information provided by the very successful Subject Market presented by Head Teachers on Wednesday 18 July. This market complemented information delivered in careers lessons as well as an informative presentation given by Ms Denise Wright, our Board of Studies Liaison Officer, on Thursday 19 July. Students will draw on this information to make appropriate decisions about subjects for Year 11 and 12, pathways into further education and TAFE or the workforce.



Ms Andrews with Year 10 students at the Subject Market

Self Esteem and Social Networking Sites

A recent survey of 1100 adolescent girls conducted by Flinders University revealed that on average participants spent nearly three and a half hours a day using Facebook, chat sites and watching TV, well above the national recommendation of two hours. The study found that these girls generally experienced lower self esteem than girls who reported spending more time on homework. Girls spending more time on homework with less screen time had a stronger sense of identity, more positive body image and reduced feelings of depression.

It is important that girls maintain a healthy balance between the competing demands of their lives and give adequate time to homework, sport and special interests. Access to social networking should be limited and monitored carefully.

Congratulations to:

- All the talented dancers and their enthusiastic supporters who made the **PDHPE dance display on Thursday 28 June** a tremendous success. Again this year, great talent, dedication and enthusiasm from students and their PDHPE teachers made this a very spectacular show.
- The prefect body who supported parents in completing the electronic Quality of School Life survey and the SRC who provided refreshments for parents at the Parent-Teacher meeting.

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- Najwa Halwani and Christina Le who are the worthy recipients of the Auburn Library Service Research Excellence Award.
- Anke-Thy Nguyen and Prinita Thevarajah who have been selected to attend the Young Women's Leadership Seminar at Parliament House on 31 August.
- Samiha Elkheir and Yasmin El Sayed who are our most recent recipients of the Student of the Month award. Both students have distinguished themselves in their valuable service to the school and in guiding and mentoring younger students.
- Alexandra Turvey who has proved an excellent ambassador for our school through her thoughtful consideration of people in the community.

Thank you to:

- The many parents who took the opportunity to discuss their daughter's Semester 1 reports with the teachers at the **Parent-Teacher meeting** on Tuesday 26 June. The feedback received from the Quality of School Life survey completed by parents on the evening was very positive and showed that: our parents feel very welcomed in the school; value the information teachers provide about their daughter's progress; support the school's high expectations and emphasis on supporting students in reaching their potential; and, consider that the school is always looking for ways to improve what it does.

Coming Events

All parents are warmly invited to a **P&C meeting** to be held on Wednesday 1 August at 5pm in the school common room. This meeting will feature a brief presentation outlining HSC requirements for 2014 for those parents who were unable to attend the subject selection meeting on Thursday 19 July.

I invite you to contact the school to make an appointment with me (Tel: 9644 5057) if you have any issues that you wish to discuss about your daughter's education. I hope you enjoy reading about the achievements and activities of the school in the following pages.

Kind regards.

Margaret Fletcher
Relieving Principal



**BIRRONG GIRLS HIGH SCHOOL
 PARENTS & CITIZENS ASSOCIATION**

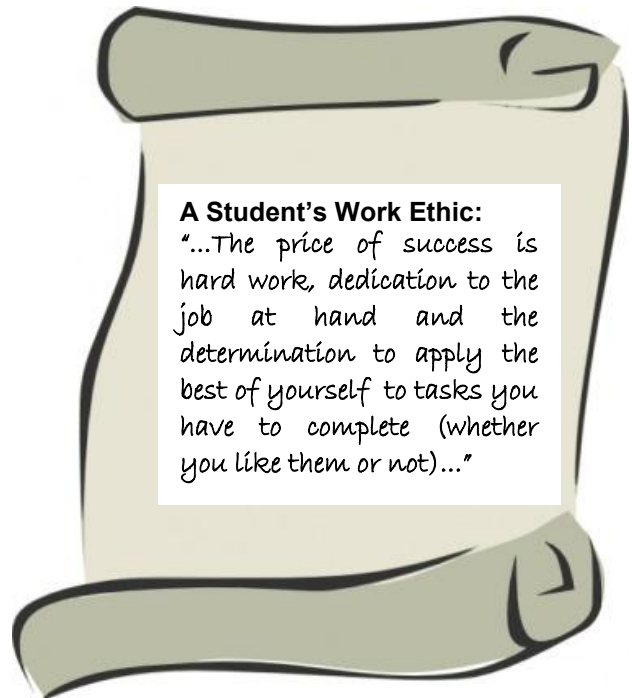
**Parents are invited to attend the
 P & C MEETING
 on Wednesday, 1 August 2012
 in the Common Room at 5pm**

REPORT FROM THE DEPUTY PRINCIPALS

What counts?

What decisions that we make each day will count towards making Semester 2 successful?

The answer is:



A Student's Work Ethic:

"...The price of success is hard work, dedication to the job at hand and the determination to apply the best of yourself to tasks you have to complete (whether you like them or not)..."

Though no one can go back and make a brand new start for this year, any student can start **NOW** and work towards making a brand new ending for 2012! It is time for students to set new goals, participate in whole school projects and to use their diaries and home study timetables to ensure that school work, assignments and study are completed to the very best of their ability during Terms 3 and 4. Semester 2 is also the perfect time to begin attending the homework centre to get extra help and tips from the teachers who stay back after school to provide free tutoring.

The end of Term 2 was certainly a busy time for staff and students. Once again the end of this term took on a special tone and rhythm as hundreds of students rehearsed for the PDHPE dance display which occurred on Thursday 28 June. Teamwork, choreographing new routines, creativity and many students practising in the playground were common sights as the school echoed with the sounds of dance music for the 10 weeks preceding the outstanding dance spectacular. Most pleasing was the fact that the school values of Personal Excellence, Responsibility and Cooperation were exemplified time and again as students strove to present their best.

NAIDOC Week occurred during the school holidays, so a special assembly was held before the end of Term 2 to recognise the important contributions which Aborigines have made and continue to make to our view of the world. Our indigenous students shared the stage to present speeches related to the history of the Tent Embassy in Canberra. With the help of Ms Tegova, the students presented clear and moving recounts of the actions of Australia's Aboriginal citizens to gain political and legal responses to their concerns. The assembly concluded with an outstanding performance by **The Indigenous Sisters** who demonstrated the intricate traditional dances of their ancestors.



The Prefects with The Indigenous Sisters

During the first week of Term 3 all our Year 10 students attended a Subject Selection Market organised by Ms Austin and Mrs George. Students heard from Head Teachers about all the subjects they might consider studying to complete their Higher School Certificate in 2014. They also heard from representatives from the University of Sydney, TAFE and from speakers informing them about the availability of apprenticeships and traineeships. Students also listened to a representative from the Board of Studies who was able to answer all their questions about the various possible combinations of subjects, ATAR scores and Board of Studies rules related to assessment tasks and meeting the outcomes of Stage 6 courses.

Next week students and staff will be celebrating Education Week with a number of activities. **Drop Everything And Read**, which occurs during Roll Call each day, will become **Drop Everything And Write** on Monday 30 July, as students commit their thoughts about life, school, the universe and the phenomenon of time to paper. Responses will be published in the STELLAR magazine during National Literacy and Numeracy Week in Week 7 of Term 3. Also during this term, the History and LOTE department will be running a number of student activities across the school to gather meaningful data from all our students which will be collated and presented during National Literacy and Numeracy Week.

Finally, the countdown for Year 12 preparations for their HSC Trials has begun. Students have only a few weeks to complete study notes, master skills and commit all the information they have learnt this year to memory, with Year 12 Trial Examinations beginning in Week 5 of this term. We would like to remind them that *NOW* is the time to see their teachers for advice, seek extra help in the homework centre, and make certain that they have a routine of study and revision which will allow them to do their best in their exams and in the completion of their final assessment tasks.

Ad Astra.

Ms Crossan and Mrs George
Deputy Principal and Relieving Deputy Principal

WELFARE MATTERS



Important Information about Measles

There have been some confirmed cases of measles in the South Western Sydney area. The NSW Ministry of Health advises that measles is a serious illness that mainly affects unvaccinated children, teenagers, young adults, and babies too young to be vaccinated. Measles is highly infectious and can easily spread through the air.

Immunisation is effective in preventing the disease. In Australia, children and adults born during or after 1966 should be vaccinated with 2 doses of vaccine if not already immune. Immunising older siblings and non-immune adults will help prevent the spread of infection to infants who are too young to be vaccinated and who are at risk of severe disease.

People with measles are usually infectious from just before the symptoms begin until four days after the rash appears. The time from exposure to a person with measles becoming sick is usually about 10 days. The rash usually appears around 14 days after exposure.

A person with measles feels unwell, has a cough, runny nose or sore eyes and a fever followed by a rash.

A person with measles should remain at home until four days after the rash appears to reduce the possibility of spreading it to other people.

If you suspect measles, phone your doctor, clinic or hospital. It is important to phone before your consultation so that the ill person may be appropriately isolated on arrival.

If your child has the measles please inform the school immediately.

Further information about measles can be found on Page 11 and on the NSW Ministry of Health website at:

<http://www.health.nsw.gov.au/factsheets/infectious/measles.html>

Vaccinations

The next visit of the NSW Adolescent Vaccination Program is on Wednesday 8 August for Year 7 and Year 10 students. The following vaccinations will be provided:

- Year 7 vaccine offered: Varicella (Chickenpox)
- Year 10 vaccine offered: Diphtheria, Tetanus and Pertussis

No student will be vaccinated without the signed original consent form provided by Area Health Services. Year 7 students received the consent forms in Term 1 which have already been returned to school. Year 10 students will be issued a consent form this week which needs to be completed and returned to Mrs Salvagio no later than Wednesday 1 August.

Student of the Month Awards



Congratulations to Samiha Elkheir of Year 12 who has been awarded the Student of the Month award for May 2012. She has demonstrated initiative in leadership roles and dedication to the school community. As an SRC

member, she has undertaken leadership roles and attended the Bankstown Youth Summit where she co-produced an anti-racism video. Samiha has been actively involved in school teams such as Amnesty International, the Environmental Team and the Film and Photography group. She has volunteered her time to support and guide younger peers as a mentor in the school's Angels in Training Program. Samiha also represented the school in the cross country achieving fourth place at the Zone carnival and eleventh place at the Regional Cross Country carnival.

Congratulations to Yasmin El Sayed of Year 12 who has been awarded the Student of the Month award for June 2012. She has demonstrated a strong commitment to the school community through her proactive involvement in various school teams. She has been involved in the Film and Photography group, and as an SRC member she has participated in raising funds for charities, undertaken leadership roles and attended the Bankstown Youth Summit where she co-produced an anti-racism video. Yasmin has volunteered her time to support and guide younger



peers as a mentor in the school's Angels in Training Program. She has represented the school in sporting teams such as the Open Touch Football and the Oz Tag teams. She has also been a dedicated dancer in the Bring It On program and a member of the school's Dance Troupe.

Western Sydney Refugee Youth Awards 2012

Congratulations to Sabera Noori of Year 10 who received the Western Sydney Refugee Youth Award for outstanding achievement. She is an exceptionally dedicated and mature young woman who is determined to succeed educationally to improve her life and the lives of her family members. She is a refugee from Afghanistan who arrived in Australia in 2009.



Cathy Salvagio
Head Teacher Welfare

ZONTA SYDNEY WEST CITIZENSHIP AWARDS



Congratulations to Isabella Pham, recipient of the Zonta Sydney West Citizenship Award

INTRODUCING THE NEW TEACHERS

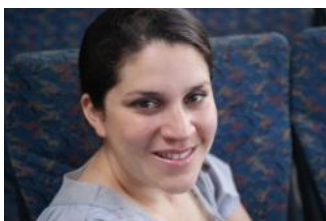
Suzan Bahnam Mathematics

I am very pleased to join Birrong Girls High School. I have a Bachelor of Mathematical Science, majoring in Maths and Statistics, from the University of Western Sydney, and DipEd from the Australian Catholic University which I completed last year. I am very passionate about working with children and very interested in teaching Maths because every student should be able to solve everyday mathematical problems.



I am here at Birrong Girls High School to help and encourage students to progress their numeracy skills. The most important thing for the girls to know is that if you believe that you can achieve something, you will achieve your goal one day by trying your best.

Ximena Mora
Technology and Applied Studies (TAS)



My name is Ximena Mora and I am new to the teaching profession. I commenced casual teaching last year during Term 4 at Birrong Girls High School in TAS. My areas of specialisation are Food Technology and Science. Prior to teaching I worked in industry as a Food Technologist for six years. I realised my desire to teach after completing a Masters in Teaching Secondary Education. I am delighted to be part of the teaching and learning experiences of the next generation of young people. I am enjoying sharing my knowledge and teaching the girls new skills for their future.

I would like to thank all the staff that have supported and assisted me in adjusting to this new school environment and look forward to working with each one of you.

Melinda Wright
Technology and Applied Studies (TAS)



My name is Melinda Wright and I am a Technology trained teacher. I completed a Bachelor of Education in Secondary Home Economics in 1993 and have worked ever since in schools in Sydney and London, England. I particularly enjoy teaching Food Technology, and am aiming to get reaccredited to teach Hospitality in the near future. My recent experience of having children has also prepared me well to teach Exploring Early Childhood.

I am pleased to rejoin the TAS faculty at Birrong Girls High. I am very lucky to have worked here on and off since 1994. My latest break has been one of the longest away so I am looking forward to the opportunity of getting to know the new generation of students coming through, as well as some of the new staff.

INFORMATION FOR PARENTS

ATTENDANCE PROCEDURES
AT BIRRONG GIRLS HIGH SCHOOL

ATTENDANCE

- At Birrong Girls High School students are expected to attend school every day unless there is genuine illness or reason for absence.
- If your daughter is absent from school you will need to contact the school via phone or reply text to explain her absence.
- Your reply text should include your daughter's full name, roll class and a brief reason for the absence.
- There will be no need for a written note once you reply to the text or contact the school via phone.
- Unexplained absences will appear on your daughter's report at the end of the semester.

EARLY LEAVERS

- If your daughter needs to leave school early for reasons such as dentist appointments she is to bring a note from you.
- The note should contain her name, the time she needs to leave school and the reason for leaving. This note should also provide a contact number and parent signature.
- The note must be given to the Relieving Head Teacher Administration by 8:20am on the day your daughter needs to leave early. Your daughter will then receive an official Department of Education exit pass.

LATECOMERS

- At Birrong Girls classes begin at 8:30am.
- Girls who arrive after this time are to go to the late room where their time of arrival is recorded. Girls will receive a blue late note for parents to complete. Once the blue late note is completed it is to be given to the Relieving Head Teacher Administration.
- All late students must see the Relieving Head Teacher Administration at recess on the day of the late arrival. Detentions and letters to parents will be issued with persistent lateness.
- If your daughter knows she will be late she is encouraged to bring a note to explain why.

TRUANCY

- There is an expectation at Birrong Girls High School that students take responsibility for their learning. This includes attending all scheduled classes.
- Teachers mark their class roll each lesson. If your daughter is absent from class but not on an excursion or the daily absentee sheet, her absence is reported to the Relieving Head Teacher Administration.
- Letters are sent home and phone calls are made to inform parents that their child has been absent.
- All truancy issues will be documented on your daughter's school records and displayed on your daughter's school report.

Ms Shinas
Relieving Head Teacher Administration

PDHPE DANCE DISPLAY 2012

On the last Thursday of Term 2 the annual dance display saw our girls dance up a storm! The excitement in the lead up to the Year 7 & 8 showcase and the final performances was evident from Week 3 when the choreography was in its infancy. The girls demonstrated outstanding choreography skills along with team work and a strong understanding of the elements of composition throughout the 8 week process. The wonderful and very dedicated choreographers amongst the PDHPE staff also shone throughout the term. The Year 7 & 8 performances boogied the day and night away to the themes of Musicals (Year 7) and Disco (Year 8). The Year 9, 10, 11 and 12 performances were choreographed and designed by the students and the performances ranged from Hip Hop to Contemporary and Modern with a vast array of ideas, styles, story lines and costumes. Several of our junior groups excelled this year, gaining a place in both the afternoon and evening displays. All groups did their school proud, achieving a high standard of composition and performance. The afternoon showcase presented the judges with a challenge to differentiate between the creative, clever and very entertaining performances.



PDHPE Dance Display 2012



The prizes were awarded to:

FIRST PLACE:

Act 18 "Little Red and The Big Bad Wolf"
Tynan Milligan, Gadir Sabih, Julie Nguyen,
Lily Lei, Kim Vo and Kathy Nguyen from Year 10

SECOND PLACE – Highly Commendable:

Act 11 "Roman"
Olivia Pahulu, Jeanette Kepu, Joslin Setu,
Cindy Zhou, Aiga Moe and Samantha Williams
from Year 10

ENCOURAGEMENT AWARD:

Act 2 "Doe a Deer"
7G (Ms Waltho's class)

I would like to congratulate all PDHPE students who performed in the dance display and the PDHPE teaching staff who worked extremely hard during the rehearsals, assessment and final afternoon and evening performances. The girls produced a high standard of application to their learning of Movement Skill and Performance.

I would like to personally thank the PDHPE team (Ms Shinas, Ms Boyle, Ms Goodwin, Mr Thomas, Ms Waltho, Ms Moore and Miss Sirris), the sound crew, administrative staff and Ms Crossan, Mrs George and Ms Fletcher for their support throughout the PDHPE Dance Display.

Thank you.

Chris Lord
Head Teacher PDHPE

“BRING IT ON”

For the third year running Birrong Girls High School has a team competing in Bring It On – Secondary Schools Hip Hop Dance Competition. This competition offers a wide variety of opportunities for students in mentoring and leadership as well as experiences with dance and stage performances. The team consists of 34 girls ranging from Year 9 to Year 12 who are required to create and rehearse a 5 minute dance piece. This piece is to be totally student developed and to facilitate and direct this our three leaders, Parehuia Marshall, Maata Halaliku and Taiana Pahulu have also been attending leadership training sessions on a Saturday at Parramatta.

This year, as part of the competition, the students were also required to complete a community service project where they conduct an activity that empowers and connects with the young people in their local area. For their project the team went to Regents Park Primary School where they taught a series of dance workshops to Year 6 students. The girls represented the school well and it was rewarding to see students move out of their comfort zones in order to assist others.

One hurdle to be overcome was financial support, particularly for the bus transport as the competition is held at Baulkham Hills. We were fortunate to receive financial assistance from Bankstown Sports Club in the form of a community grant which is covering the entire bus cost to and from the competition.

Overall, the team has worked very hard to get themselves organised for the competition, practising three times a week as well as organising their own rehearsals in the school holidays. On Saturday 28 July the team will compete in Heat 1 of the competition and if successful will repeat the process for the Grand Final to be held in October. We wish the girls all the best of luck in the competition.

Further information and tickets are available from www.bringitondance.com.

Ms Goodwin
Dance Coordinator



ICT WORKSHOP

On Monday 25 June several students from across Years 9 – 11 were lucky enough to be a part of the Sydney University Computer Programming Workshop. The workshop was an after school activity that was run by two ICT students from the university. One of the presenters was Christina Camilleri, a former student from Birrong Girls.

Between 3pm and 4pm we gained insight and experienced the weird and wonderful world of computer programming using Python. We experienced what goes on behind the scenes of everything that can be done on a computer if you communicate in computer terms and language. We learnt the games that we play on a computer are actually made up of a various bunch of codes such as: `#include<curl/curl.h>#include<sys/types.h>#include<sys/stat.h>`. At first, we found it very hard to understand and quite confusing. The university ICT mentors were very helpful and explained programming in an easy and interesting way.

By the end of the session we were talking to our computers using codes and having so much fun. If you missed out, you can always find out more information by visiting the University of Sydney website.

By: **Leila Alameddine, Najwa Halwani and Elafra Mursi (Year 11)**



The workshop was both informative and fun!



ENVIRONMENTAL LEADERSHIP FORUM

On Tuesday 26 June, Ms Stachiw took Emily Webb, Bessie Barbour and Isabella Johnston Araujo of Year 9 to the Environmental Leadership Forum at Taronga Zoo. A number of fun and exciting activities built up skills that would come in handy in the future; some of these activities took us out of our comfort zone.



The girls at the Environmental Leadership Forum

We also had the opportunity to listen to some inspirational young people who have done some amazing things. We met many new people who came from schools from all around to attend the forum, and had the chance to see the animals and attractions the zoo had in place. We came away with some amazing memories and met new friends through a once in a lifetime opportunity.

By: Emily Webb (Year 9)

THE CHESS CLUB

Chess has been going strong in the library through the autumn and winter months. We have some experienced players along with plenty of learners. Chess is on every Tuesday at lunch. All are welcome to attend.

COMING SOON: Speed Chess Competition.

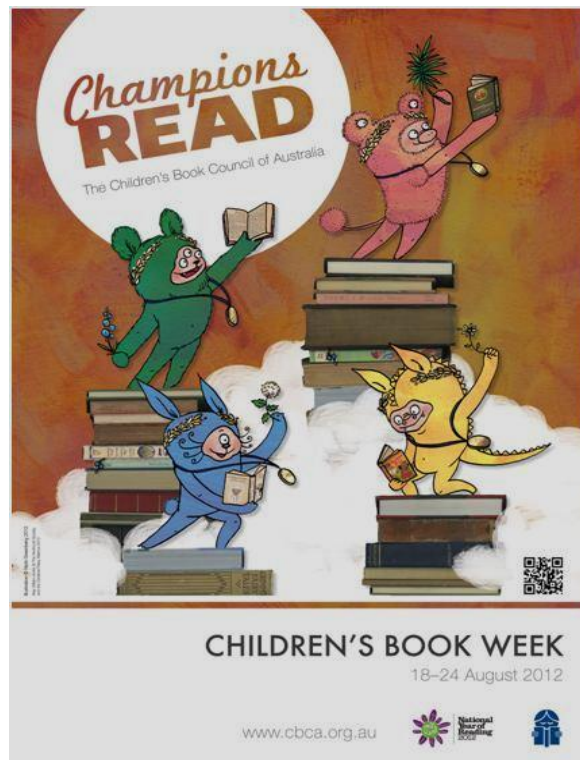
Ms Conway

English Teacher



The Chess Club

LIBRARY NEWS



Book Week is fast approaching and with it the CBCA Book of the Year Awards. See <http://nsw.cbca.org.au/pages/book-week.html> This year the theme is "Champions Read". In the year of the Olympics there is an image of a champion - a young, fit athlete. This being the National Year of Reading <http://www.love2read.org.au/> there are other champions we want to celebrate. These are the young readers in Birrong Girls High School. These champions might not stand on a podium, singing the national anthem and watching the Australian flag raised in their honour, but they are champions nevertheless. We hold a big competition for Book Week and there are many prizes. Students can enter a number of categories: 1) Written Book Review. 2) An original Fairy Tale. 3) Poster advertising a popular book. 4) Short Manga/Graphic Novel sequence. 5. Puppet OR model of a favourite book character. We have wonderful prizes for all categories and we encourage students to get an entry form from the library.

Lastly, this term the Premier's Reading Challenge (<https://products.schools.nsw.edu.au/prc/home.html>) draws to a close on 31 August. It is a magnificent achievement to be able to complete the Premier's Reading Challenge and we really want to help all Year 7, 8 and 9 students to finish. Be a champion, take the challenge, and read, read, read.

Mr Davidson

Teacher Librarian

FROM THE CAREERS ROOM

Year 12: UAC

UAC applications open on 8 August at the website www.uac.edu.au. UAC will send each student a 4 digit PIN to use with your online application. This is different from your Board of Studies PIN so keep it safe and confidential.

If you intend going to university next year check out page 15 of the 2013 UAC guide which lists all the Open Days. You would not buy a pair of jeans without trying them on; spend some time checking out which institution best fits you for the next three to five years!

My University Website

Search thousands of Australian courses in order to compare factors such as: the cost, admission requirements and graduate outcomes. The website provides an extensive range of statistical information on both universities and other higher education providers.

Go to <http://www.myuniversity.gov.au/>

TAFE

If you intend going to TAFE check out the TAFE NSW website for the new online enrolment process.

TAFE now also offers degrees so give yourself options by applying to TAFE as well as Uni. Download a TAFE NSW Higher Education application form from the TAFE NSW Higher Education website at: higher.ed.tafensw.edu.au.

Year 10 Work Experience Block 2

Your second block is 19 November – 23 November. Please make the most of this opportunity to try out a potential career as this is the last such opportunity you have before gaining your HSC. Please hand in your completed pink forms ASAP.

Year 10 – 12 Tax File Number (TFN)

Each student should have a TFN. Please see me to apply if you do not have a TFN. This number stays with you for life and should never be revealed to anyone except your employer.

That's all for now.

Ms Austin
Careers Adviser

BIRRONG GIRLS HIGH SCHOOL CALENDAR

For your diary / noticeboard

July

Monday, 30th and
Tuesday, 31st

▪ Year 11 Hospitality
Work Placements

Tuesday, 31st

▪ ICAS Test – English

August

Wednesday, 1st to
Friday 10th

▪ Year 11 Hospitality
Work Placements

Wednesday, 1st

▪ P&C Meeting, Common
Room, 5pm

Thursday, 2nd

▪ Maths Competition

Wednesday, 8th

▪ Year 7&10 Vaccinations

Monday, 13th to
Friday, 24th

▪ Year 12 Trial Exams

Monday, 27th August to
Friday, 7th September

▪ Year 11 Exams

Education Week 2012

30 July – 3 August

Public Schools NSW: Creating the Future

Children's Book Week 2012

18-24 August

National Literacy and Numeracy Week 2012

27 August – 2 September

PARENT TIPS

Let's get physical

Getting outside or just a short while every day is healthy in many ways. In just 10-20 minutes you can receive your daily dose of vitamin D, important for bones, muscles and overall health. Vitamin D is not readily available from food, so good old fashioned sunlight for a few minutes a day (outside peak UV times of course) is the best way to get it. Heading outside also ensures you and your kids get some physical exercise and a break from TV and computer screens. For more ideas to get physical go to: www.activekids.org.au/

New pay rates

New minimum wage rates were introduced by Fair Work Australia on 1 July 2012. If your child works part-time or after school you can check the new rates of pay and the appropriate award for their industry using the pay tools on the Fair Work website. Go to: <http://www.fairwork.gov.au/pay/finding-the-right-pay/pages/default.aspx>

Safe Driving

Is your teen learning how to drive? YouthSafe, an organisation dedicated to preventing serious injury in young people aged 15 to 25 years, has developed resources for parents on how they can help their children become safer drivers. To download the fact sheet and for further information go to: <http://www.youthsafe.org/publications-resources/resources-for-parents/42-publications-a-resources/resource-parents.html>

Young Endeavour

Young Endeavour is a not for profit organisation that provides young Australians aged 16-23 with a unique, challenging and inspirational experience at sea aboard the national sail training ship Young Endeavour. Applications are now being taken for voyages in the first half of 2013. For more information go to: <http://www.youngendeavour.gov.au/site/>

CAMPBELLTOWN ARTS CENTRE NEWS

Visit Campbelltown Arts Centre from July to September for a range of activities including NIDA drama classes, ceramics, sculpture, printing, assemblage, yoga and more!

For information about what's on at the Arts Centre this term, please visit the website at www.campbelltownartscentre.com.au, phone the Box Office on (02) 4645 4294 or email artscentre@campbelltown.nsw.gov.au



TAFE NSW SWSi
South Western Sydney Institute

Attention Parents!

Do you want to learn new skills and increase your confidence?

Outreach at **Lidcombe College** is offering fee exempt TAFE courses for parents and adults:

- Computing (Keyboarding, Word Processing, Internet, Email)
- Office Skills including Resume Writing
- Soft Furnishing (Curtain Making)
- Upholstery
- Furniture Finishing (French Polishing)

Day and evening classes | Women only classes

For Information Session dates contact the Outreach Coordinator on 9643 4703

www.SWSi.tafensw.edu.au

Factsheet

Measles

Measles is a serious disease that is easily spread through the air. Immunisation is effective in preventing the disease. All children and adults born during or after 1966 should be vaccinated with 2 doses of MMR vaccine if not already immune.

Last updated: 18 June 2008

What is measles?

Measles is a viral disease that may have serious complications. In the past, measles infection was very common in childhood. Measles is now rare in NSW because of immunisation.

What are the symptoms?

- The first symptoms are fever, tiredness, cough, runny nose, sore red eyes and feeling unwell. A few days later a rash appears. The rash starts on the face, spreads down to the body and lasts for 4-7 days.
- Up to a third of people with measles have complications. These include ear infections, diarrhoea and pneumonia, and may require hospitalisation. About one in every 1000 people with measles develops encephalitis (swelling of the brain).

How is it spread?

- Measles is usually spread when a person breathes in the measles virus that has been coughed or sneezed into the air by an infectious person. Measles is one of the most easily spread of all human infections. Just being in the same room as someone with measles can result in infection.
- People with measles are usually infectious from just before the symptoms begin until four days after the rash appears. The time from exposure to becoming sick is usually about 10 days. The rash usually appears around 14 days after exposure.

Who is at risk?

Measles was common before 1966, so most people born before then are immune.

People at risk of measles include:

- people born during or since 1966 who have never had measles and who have not had two doses of Measles-Mumps-Rubella (MMR) vaccine from the age of 12 months.
- people with a weak immune system (e.g., people who are receiving chemotherapy or radiotherapy for cancer or people who take high-dose steroid medications) even if they have been fully immunised or have had past measles infection.
- people who are not immune and who travel overseas.

How is it prevented?

- The best protection against measles is immunisation with two doses of MMR vaccine. This vaccine provides protection against infection with measles, as well as against mumps and rubella.
- MMR vaccine should be given to children at age 12 months and a second dose is given at 4 years of age.
- Anyone born during or after 1966 and who has never had measles infection or MMR vaccination should make sure that they have had two doses of MMR vaccine at least four weeks apart.
- It is safe to have the vaccine more than twice, so people who are unsure should be vaccinated.
- People with measles should stay at home until they are no longer infectious (i.e. until 4 days after the rash starts).
- For people who are not immune and have come into contact with a person with measles, infection can sometimes still be prevented with MMR vaccine if given within 3 days of exposure or with immunoglobulin within 7 days of exposure.

How is it diagnosed?

- Measles is suspected when a person feels unwell, has a cough, runny nose or sore eyes and a fever followed by a rash.
- Whenever measles is suspected, a blood test and samples from the nose, throat and urine should be collected to confirm the diagnosis. Confirmation of the diagnosis is important as it allows prompt public health follow-up of other people who are at risk of measles.

How is it treated?

- People with measles infection are normally advised to rest, drink plenty of fluids, and take paracetamol to treat the fever. There is no specific treatment.
- While a person is infectious with measles it is important that he or she remains at home to reduce the possibility of spreading it to other people.

What is the public health response?

Doctors, hospitals and laboratories schools and childcare centres must notify cases of measles to the local public health unit. Public health unit staff will interview the doctor and patient (or carers) to find out how the infection occurred, identify other people at risk of infection, implement control measures (such as immunisation and restrictions on attending school or work) and provide other advice.

Fore more information

- The fact sheet, "Measles: Information for Contacts" has more specific information /resources/publichealth/infectious/diseases/measles/measles_info_for_contacts.pdf

| Further information - Public Health Units in NSW | | | | | |
|--|------------|--------------|---------------------------|----------------|--------------|
| For more information please contact your doctor, local public health unit or community health centre - look under NSW Government at the front of the White Pages | | | | | |
| Metropolitan Areas | Location | Number | Rural Areas | Location | Number |
| Northern Sydney/Central Coast | Hornsby | 02 9477 9400 | Greater Southern | Goulburn | 02 4824 1837 |
| | Gosford | 02 4349 4845 | | Albury | 02 6080 8900 |
| South Eastern Sydney/Illawarra | Randwick | 02 9382 8333 | Greater Western | Broken Hill | 08 8080 1499 |
| | Wollongong | 02 4221 6700 | | Dubbo | 02 6841 5569 |
| Sydney South West | Camperdown | 02 9515 9420 | | Bathurst | 02 6339 5601 |
| Sydney West | Penrith | 02 4734 2022 | Hunter/New England | Newcastle | 02 4924 6477 |
| | Parramatta | 02 9840 3603 | | Tamworth | 02 6764 8000 |
| Justice Health Service | Matraville | 02 9311 2707 | North Coast | Port Macquarie | 02 6588 2750 |
| | | | | Lismore | 02 6620 7585 |

SCHOOL ZONE: Parents – please observe road safety when dropping off and picking up your children.

1

Stopping in a Bus Zone is illegal



Fines in a School Zone
From
\$265 +
2 demerit points



Bankstown City Council
Road Safety Initiative

2

Stopping on or near a Pedestrian Crossing is illegal



Fines in a School Zone
From
\$353 +
2 demerit points



Bankstown City Council
Road Safety Initiative

3

Double Parking is illegal



Fines in a School Zone
From
\$265 +
2 demerit points



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