



BIRRONG BULLETIN

The Newsletter of Birrong Girls High School

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PRINCIPAL'S REPORT

Dear Parents,

As Term 3 draws to a close, there is much to be proud of and grateful for in our Birrong Girls High School community. With each day that passes, I am overcome by the incredible dedication of our staff, who stop at nothing to deliver excellence in education to our students.

In response, I am also overcome by the equally inspiring tenacity of many of our students. Each one of them has a story and a set of circumstances that is full of warmth, love, potential and challenge. Each one of our successful girls, no matter what sets them apart, share some key and common ingredients that are the not so secret reason for their success.

Almost a month ago, there was great excitement one afternoon as Mrs George, Ms Andrews, Ms Parmaxidis, Ms Lazarevski and I made our way to Town Hall for a special awards ceremony. The annual Public Education Foundation Awards are highly competitive and prestigious. The awards are named after and presented by the Minister and Secretary of Education. While we have an impressive history of being acknowledged every few years in this award ceremony, 2019 was the year of the trifecta, where we were the recipients of three awards. Our school was awarded the Secretary's Award for Whole School Achievement. Mrs George was recognised for her expertise and impact as an educational leader with the Secretary's Award for Outstanding Service and our School Captain was also recognised as one of the few students across the state for her contributions and service.

There are only 24 hours in every day. And yet, we can do so much and very little, depending on our commitment, planning, enthusiasm and intentions. Intention is very important. Students who are successful at school and who promise to be successful in their future lives are individuals who hold high levels of respect for the opportunities made available to them and are always looking for the chance to participate and contribute to improve the lives of others. Last Friday, at Government House, Sarah Al Helfy was the recipient of ANOTHER award for her community service. This award is so highly competitive and she was standing alongside students who had

fundraised hundreds of thousands of dollars and petitioned to pursue equity for the disadvantaged. There were very few public schools represented. Sarah was recognised last Friday because she earned her place there and for this we celebrate and congratulate her. Long after she has walked the corridors of Birrong Girls High School for the last time, Sarah will still be productive and serve the wider community because this is the quality of person that she is. She has been an outstanding school captain. Ethical and hard working. Kind and caring. Genuine and honest. She has worked alongside Fereshta Jamshidi, Vice Captain as well as the rest of the Prefect body (Farah Alameddine, Hala Alameddine, Skye Casacchia, Amor Elsaid, Joanna Hutabarat, Asal Khalaf, Cindy Lam, Lara Matar, Jasmine Maxwell and Andrea Ung) to lead the school.

CLASS OF 2019

In reading over the final reports of the graduating class of 2019, there are some amazing stories of application and success. Some of our students in Year 12 have worked very hard. They have worked in partnership with their teachers to achieve goals they set for themselves long ago. They have appreciated the sacrifices and struggles of their parents and invested time and effort into their studies because they prioritised what matters most - their education.

Inside this issue:	Page/s
<i>Principal's Report</i>	1-2
<i>Report from the Deputy Principals</i>	2-3
<i>Welfare Report</i>	3-4
<i>CAPA Report</i>	4-5
<i>Careers News</i>	5-6
<i>Field Day 2019</i>	6
<i>Library News</i>	6-7
<i>Spelling Bee Report</i>	7
<i>Uniform Update</i>	7
<i>From the English Desk</i>	7-12
<i>Meningococcal Awareness</i>	13
<i>Living Well Photography Competition 2019</i>	14
<i>Youth Invasion 2019 – Sea Life Sydney Aquarium</i>	15
<i>School Opal Card – Tap on and tap off every time</i>	16

Education is the foundation of power and strength - not only for the individual, but for the family-past, present and future. We wish every student in the Class of 2019 the very best in the upcoming exams but most importantly, in their future lives. We hope that you will draw ongoing guidance and strength from the lessons and values you were taught at your time here. We look forward to watching your careers and successes unfold as you continue to reach for the stars.

The flurry of learning and activity has been exciting as Term 3 wraps up almost as quickly as it commenced. Sometimes it really does feel like everything is travelling at the speed of light!

Over the past fortnight, for example, we have had some exciting initiatives relating to R U OK? Day where students participated in karaoke sessions, incredible bake sales and uplifting activities. The Birrong Girls High School Spelling Bee was another annual activity that was a great success and full of positivity and fun for the students who participated. As I sit in my office and write this report, a very exciting Reptile incursion is underway in our hall and our girls are very excited about the snakes they are about to see and learn about. Last Friday, the karaoke session run in the hall was during the lunch break that gave rest to our visiting Shakespearean actors who had just performed for some of our students and were about to go back in for more! With every day that passes, school life here at Birrong Girls is rich and exciting and full of promise. Just like life, it is all about what you make it.

Traffic and safety on Cooper Road

We are becoming increasingly concerned about the dangerous driving, stopping and parking that is occurring on Cooper Road, particularly directly outside our school gates on the pedestrian crossing and even on the roundabout. We ask parents not to allow their children to exit their cars when they are not stopped legally. Stopping your car to pick up or deposit a student on the pedestrian crossing, while you are held up around the roundabout or even while you are stopped, double parked to the kerb is not acceptable. It is quite likely that in the coming months parking rangers will visit the school at random times to book dangerous drivers. The school community's primary concerns is the safety of our students. We do not want any student to be hurt as a result of impatience and disrespect for basic road rules. Please encourage everyone to follow them.

Unsanctioned and inappropriate use of technology and devices

Parents and students are advised that early in Term 4, guidelines will be introduced to outline when and how technology such as laptops are to be used on the school premises. These guidelines will ensure that both safety and equity is secured for all students. Above all, the new guidelines will

be motivated by securing what is best for the wellbeing and education of our students.

Safe use of technology and social media activity

The nature of the adolescence experience has had a massive impact on family life, parenting, school life and education. Consequently, I find myself having conversations with parents about the use of technology and social media on a daily basis. I ask parents to be very aware of what is happening in the public and private spaces of technology and social media. We are increasingly concerned about the nature of student activity and what they are being exposed to. We ask parents to understand that the earlier and longer children are exposed to this level of activity and content, the more difficult it is to manage their behaviour, wellbeing and education. Once seen, many things cannot be unseen and the damage cannot be undone. Many parents are sensitive about these discussions, insisting that they are aware of what their children are doing online and who they are talking to. This may be the case for some, but for most, it is not.

Happy Holidays

To all our families, we wish you a safe and restful holiday break. We encourage all Year 12 students to make the most of their study time in preparation for their final exams. We encourage all Year 11 students to finalise all their work and prepare their mindset for the final year of their secondary schooling that commences upon the return of Term 4.

Zena Dabaja
Principal

REPORT FROM THE DEPUTY PRINCIPALS

The online 'Tell Them From Me – Partners in Learning Parent' survey will be open for all parents to complete between Monday 2 September to Friday 27 September 2019. The survey asks parents and carers questions about different factors that are known to impact on student wellbeing and engagement. The survey results will help our school understand parents' and carers' perspectives on their child's experience at school. These include: communication between parents/carers and staff, activities and practices at home and parent/carer views on the school's support of learning and behaviour. This valuable feedback will help our school make practical improvements. The survey is to be completed online at home, on a public computer or you can come into the school between 2pm and 3:30pm, Monday 2 September to Friday 27 September and utilise our school computers. The survey will take approximately 15 minutes to complete and is completely confidential

and your responses are very much appreciated. The link for the survey is: <http://nsw.tellthemfromme.com/y938m>

Year 12 students have now completed their trial examinations. This week we will be saying our farewells and wishing them all the best for their Higher School Certificate examinations. All Year 12 students must continue working until the end of Term 3 and all through the October school holidays in preparation for the HSC. Sustained dedication, time and effort towards examination preparation will lead to success. We look forward to seeing all the Year 12 parents at the Year 12 Graduation, which is a time for students, parents and staff to reflect upon the last six years of Year 12's experiences at Birrong Girls High School. In that time Year 12 students have grown in maturity and expanded their knowledge of the world and hopefully themselves. We congratulate Year 12, the Class of 2019, on their achievements so far.

Year 11 students have completed their Preliminary HSC final examinations. In Term 4 they will officially begin their HSC course of study. All Year 11 students need to ensure they understand the importance of this year and set up effective study habits that will ensure their success leading to their HSC exams in 2020. Year 11 students are in the process of electing the Prefect body that will lead our school from Term 4 this year and into 2020. All Prefects must demonstrate the core values of our school and follow our Code of Behaviour. We will congratulate all elected Prefects who will be inducted at the Year 12 Graduation.

Year 10 students have completed the Year 11 subject selection process for 2020. They should be preparing for their Year 10 Formal Exams which will be held mid Term 4. Year 10 students are expected to keep working at a consistent pace for the remainder of the year, making sure they complete all class and assessment tasks to a high standard to ensure no warning letters are sent home.

Thirteen Year 9 students have been selected to participate in a new leadership and adventure initiative called the Helmsman Project. The students have completed the week long adventure component in the Southern Highlands and are now working on their community project. Another community project involving Year 9 students is the Sydney Story Factory initiative called, "Working Stories".

Year 8 students have also completed their two Elective Subject selections for Year 9 that will carry on into Year 10. Year 8 Field Day was a great success with the girls competing against 3 other girls' schools in our zone in their chosen sport. The gala day motto was about having a go, meeting new people and working as a team. Year

7 students participated in Field Day which was their first experience of competing with other schools.

A wellbeing initiative called "Care, Respect, Support", is being introduced to Year 7 this term to create opportunities to discuss preventing and addressing student bullying. This will involve talks with the whole year as well as small group activities.

Year 7 attended an English incursion to introduce them to the wonders of Shakespeare's Romeo and Juliet. The Year 7 and 8 Gifted and Talented writers group, the Peppercorns, also participated recently in a writing incursion and Year 8 students were invited to listen to a literature expert, Annie McCann.

Ms George and Ms Andrews
Deputy Principal and Relieving Deputy Principal

WELFARE REPORT

Year 6 Transition Program

Year 6 students from five local primary schools are participating in our transition program which was initiated on Thursday 29 August. The program will run over 4 mornings spread from Term 3 Week 6 to Term 4 Week 4. The program aims to support students to engage positively in and familiarise with our high school setting whilst meeting and interacting socially with future high school peers from surrounding primary schools. Students took part in a challenge activity and a specialised lesson.



Year 6 Transition Program

Vaccinations

The final visit for vaccinations for this year took place on Wednesday 4 September. Year 7 students completed their final vaccinations and Year 10 who missed their vaccination in August were able to receive their missed Meningococcal vaccine. Students who were absent on Wednesday 4 September and missed out on being vaccinated will be able to have the missed

vaccine when the nurses from Area Health return to our school.

Student of the Month Awards



Congratulations to Cassidy Banh of Year 12 who was awarded the Student of the Month Award for **March 2019**. She has carried out valuable school service through her active involvement and dedication in the school Media

Team, through her use of technology and writing skills. She has actively participated in various Science based events and programs including the UTS STEM program. Cassidy's strength and passion of science was recognised by achieving the prestigious Victor Chang School Science Award presented at her visit at the Victor Chang Research Institute. Cassidy shows responsible citizenship through volunteering her time at various school events.

Her future goal is to attend university to attain a degree in the field of science. Cassidy plans to continue her passion for drawing by taking on projects in animation storyboard design.



Congratulations to Tiana Rojas of Year 12 who was awarded the Student of the Month Award for **April 2019**. She has demonstrated responsibility and leadership skills as a Peer Support Leader supporting the

transition of Year 7 students into high school. As an SRC member, Tiana has been actively involved in various fundraising campaigns and she has volunteered at school events. She has also enthusiastically participated in both STEM and FOCUS programs which have enhanced her leadership skills and confidence. Outside of school, Tiana has been involved in the Australian Navy Cadets program where she took part in various camps, fundraising events and did volunteer work.

Her future goal is to attend university to attain a degree in speech pathology to pursue a career as a speech pathologist. She wants to make a positive impact to the lives of many by enhancing an individual's ability to communicate effectively. Tiana aspires to attain vast experience in this field so that she will be able to establish her own speech pathology clinic.



Congratulations to Lara Matar of Year 12 who was awarded the Student of the Month Award for **May 2019**. She has demonstrated leadership and initiative as a member of the prefect body and the Amnesty

International Team, participating in various fundraising events and the Zonta birthing kits assembly project. Lara has been a supportive and encouraging peer support leader, swim school team leader, and peer reading tutor, assisting Year 7 students with their transition to high school and their literacy development. She has participated in the Novella writing program and in the STEM program. Out of school, Lara has volunteered for the Bankstown Youth Festival.

Her future goal is to attend university to attain a degree in medical science and to specialise in neurology with the view to pursue a career as a neurosurgeon.



Congratulations to Jan Rubin of Year 12 who was awarded the Student of the Month Award for **June 2019**. She has been a supportive and encouraging Peer Reading Tutor, assisting Year 7

students with their literacy development. As a member of the Media team, Jan has created engaging PowerPoint presentations highlighting our school's accomplishments for the Dance Display and Presentation Day, as well as contributing to the creation of the Birrong Beacon posters. Out of school, she has participated in fundraising events in the Lidcombe community for Lidcombe Public school.

Her future goal is to attend university to attain a degree in nursing with the view to work in hospital emergency departments or to work in aged care. Jan's future ambition is to travel to and work in hospitals in overseas cities. She plans to volunteer for the World Health Organisation and train in emergency and disaster relief management.

Ms Salvagio
Head Teacher Female Students

CAPA REPORT

CAPA Extravaganza

On Wednesday 31 July the annual CAPA Extravaganza was held in the studio of the Ross McBride Arts Centre. It was a fantastic afternoon attended by many of our students, teachers, family and friends who viewed the high standard of work across both the visual art and music subject areas. The Extravaganza showcased the immense talent of all students from Year 7 through to Year 12 with over 500 works on display. It was also an opportunity to see the finalised Year 12 bodies of work before they are formally submitted for HSC marking. The Extravaganza demonstrated our students' musical talent for a full two hours of back to back music

performances. This involved both solo and group performances across a variety of genres and instruments. The great diversity of performances proved to be highly entertaining and engaging for the audience. Thank you to all the staff who supported this showcase and congratulations to all the students for a highly successful community event.



HSC Examinations

The Year 12 music students are working very hard in preparing for their HSC music examinations. All the best to the Year 12 students as they perform and show their musical abilities.

By: CAPA Faculty

CAREERS NEWS

Year 10

Over the coming weeks, every Year 10 student will receive the necessary paperwork to start organising their final Work Experience. Work Experience will take place next term, Week 8B, Monday 2 December to Friday 6 December. Students are encouraged to get organised early and secure a placement ASAP to avoid disappointment. Parents/carers please discuss this program with your daughter and support them in making suitable and appropriate decisions that will benefit their futures and align with career

aspirations. If you have any questions regarding Work Experience please don't hesitate to contact the Careers Advisers at school. For more information about the program and to read the relevant guides/documents, please head to <https://education.nsw.gov.au/teaching-and-learning/curriculum/career-learning-and-vet/workplace-learning/guides-and-forms>

ASPIRE Degrees at Work

Earlier this term, 24 selected Year 10 students attended Liverpool Hospital for an ASPIRE UNSW event. This day gave our students the opportunity to delve more deeply into careers related to the medical/health/science fields. Our girls met a range of professors, experts, uni students and professionals from a vast array of different and unique careers and listened to extremely inspiring and motivating presentations. Our girls observed numerous careers in action, participated in practical and hands on activities, investigated the hospital working environment and learnt about the study/qualifications needed to enter specific careers. This event was the first of its kind and Birrong Girls were the pilot group chosen to test run it. We were treated to lots of free goodies, a delicious buffet lunch and the students established great connections and relationships with mentors. All of the students and myself agree that this excursion was fantastic and we haven't been involved in anything like this in the past. We hope to be able to continue this event annually and as one student said at the end, "Miss, that was the best excursion I've ever been on". A huge thank you to the ASPIRE team from UNSW for continuing to mentor and support Birrong Girls.





Year 12

A reminder that most UAC applications close on 30 September. This includes UAC, EAS, SRS, E12 and Equity Scholarships. All applications are done online through UAC and you can find all of the relevant information on the website. Please utilise the Careers Advisers in your last few weeks and see us if you have any questions.

As your high school years draw to a close, we want to wish you all the best for your future endeavours. It's been a pleasure supporting you through your senior years and we hope that you find success and most importantly, happiness, in whatever career you choose. Every Year 12 student is most welcome to call and visit us any time after you finish and if you would like our contact details come to the Careers Office. Best of luck for your exams!

Ms Wailes/Ms Shinas
Careers Advisers

FIELD DAY 2019 YEAR 8 and 10PASS



10PASS students

On Wednesday 21 August 2019, Year 8 students participated in multiple sports at the annual field day carnival at Birrong Girls High School and Liverpool Girls High School. The sports played on the day were continuous cricket, basketball, soccer, netball and Newcombe ball. The day was made up of teams from Birrong Girls, Liverpool Girls, Bankstown Girls and East Hills Girls Technology High Schools.



Soccer at Liverpool Girls High School

The teamwork, sportsmanship and enthusiasm was outstanding from all Year 8 participants across all sports. Each team was coached by our wonderful Year 10PASS students who showed exceptional leadership, organisational skills and sportsmanship. Their coaching skills demonstrated their enthusiasm in coaching their chosen sports from warming up, stretching and game play to team organisation, motivation and encouragement of their Year 8 peers.

We are so proud of the efforts of all students involved.

Well done!

By: PDHPE Faculty

LIBRARY NEWS



Ms Dabaja (pictured with Mr Davidson) calls out PRC winners

Birrong Girls High School 2019 Book Week Prize Presentations were held in the school library on 23 August. We celebrated not only THE BOOK but also THE STORIES that light up our world and help us find power inside our hearts where no one can see.

“Reading is our choice. Reading is our freedom. Reading is our power.

READING MAKES US AN AGENT OF OUR OWN DESTINY”.

We reflected on the CBCA theme “Reading is my secret power”.

We thought about:

- What stories have given us power.
- The stories seem so true even though we know they are fictional.
- The stories that tap into our secret thoughts.

Three Book of the Year winners are:

“Between Us” by Clare Atkins won for Older Readers.

“His name was Walter” by Emily Rodda won for Younger Readers.

“Cicada” by Shaun Tan won for Picture Book.

The winners of our competition were:

Written Book Review Winner: First Prize “The Butterfly Lion” written by Michael Morpurgo, reviewed by Zanjabella Zoud.

Original Story: First Prize “The Birth of Hope” by Hanin Al Khaled.

Artwork: First Prize “Attack on Titan” by Yasmin Bekdache.

Ms Dabaja also presented prizes to the best reviewers from the Principal’s Reading Challenge.

Mr Davidson
Teacher Librarian

girls stumbling on some relatively easy words. After 5 rounds, the junior champion for 2019 was crowned, Isabelle Watkins in Year 9. She won the prize on a repechage round after all juniors bowed out in round 4.

The final knockout for the overall championship saw a long battle between Noora Saraya (Year 12), Mr Sinden (Staff champion) and Ms Waltho (Wildcard entry and defending champion). Noora bowed out in round 8 and that left the two staff members to battle it out for the grand prize, overall champion. After 4 more rounds, the experience of Ms Waltho proved the difference and she now laid claim to a “three-peat”.

A big thankyou to all who participated and helped make the experience possible. Special mention to Ms Legg who expertly read the words and adjudicated the responses.

Mr Saule
Spelling Bee Coordinator

A reminder: First day of Term 4 for all students and staff is Monday 14 October 2019.

SPELLING BEE REPORT



This year’s spelling bee competition has been run and won for another year. Competition this year was fierce with many girls trying hard to learn their words and put their best foot forward in competition.

On Thursday 19 September, the final was run with class winners of qualifying rounds coming together to challenge for the overall champion prize. The stress of standing in front of an audience took its toll on several participants with

UNIFORM UPDATE

Birrong Girls High School has updated their uniform and will be stocking and selling uniforms on the premises in 2020. Some uniform items will be available in Term 4 at a time to be advised in the near future.

Please be advised that Berelle School Wear will be selling Birrong Girls High School uniforms at 20% off the usual prices until stocks are sold out.

FROM THE ENGLISH DESK

Our English faculty is very proud to share with you our Year 9 Spoken Word poems from our competition final which involved over 140 competitors. Students worked on developing their voice and self expression through this very important unit. In order to empower them to effectively present their ideas and concerns, we invited Story Factory’s Bilal to workshop with every class over several weeks. This enriching partnership facilitated the best poetry we have seen. We hope that you enjoy them as much as we have, on the following pages.

By: English Faculty

Family

They say we look like twins
So much alike
As if we're related
Mum

You see the way I talk and move my hands
The way I smile and laugh
It all comes from you
Mum

The way my eyes widen when someone takes me by surprise
Or the way I absolutely hate to cook but love to eat
I'm a part of you mum

See when I yell and say stop crying it's because I love you mum
Not because I feel superior
Or I feel better
It's because I love you

I know I'm a pain sometimes
I shut you out
Put you down
Say you don't love me when you're the only one that's around
But in reality I need you more than ever now
While my world is changing
My mind is progressing
My body is revolving
I love you mum

Dad's a little crazy sometimes
But he loves us all
Makes us laugh
He says things he regrets
I tell by the pain in his eyes
Be he is our warrior
He puts up with our pain
The headaches in his brain
The nights he went without eating
so that he wouldn't gain
instead share with us and say he was playing a game
To not eat for a day

Mum
He loves you
(Pause)

I think
At least that's what he told me
When I grabbed his wrist and said tell me the truth I need to know
He smiled and said of course honey you should know

Family
Cherish them while they're here
While their smiles are shiny as diamonds
While their love is eternal
Family is the cure to every disease planted deep in your hearts
So deeply implanted that you don't know where it starts
Family is like a tiger out of a cage
Strong and fearless against our enemy
Yet furry and warm when in need
Family is the cure
Family is the love we all crave

You see when you fell down in kindly and scraped your knee
The nurse told you put some ice on it
But your mum she kissed your knee
Said bay all will be fine
Don't cry
The pain is a gift to say that strongest warriors hold their head high

Riding your first bike never just happened
Dad was there
To push
And say come on daddy's girl you can do this
And when you finally pedalled long enough to gain balance he raised his hands in the air and
Said my baby's growing

When you hold that graduate certificate high
With tears in your eyes
Your parents will be there to say
That's my daughter
She worked hard everyday
Learned to be an independent woman of today
And most importantly she loved no matter what the day

Family is engraved in us
So next time you cry and say I wish my parents would die
Just remember mummy and daddy aren't always going to be there

By: Malak

Gender Equality

It is awful to me that you don't believe in gender equality
I hear that you say
boys like blue and girls like pink
And
women have to be thin and graceful, while men have
to be tall and muscular
doesn't this all sound appalling to you
that we are all expected to act, dress and speak a certain way
shame on you

It is seen that men get paid more than women
women are the soles of every home and workplace
yet they earn considerably less than men
shame on you

I am horrified
that you don't seem to care when you see us
beaten and stabbed
screaming for help hopelessly
as you walk by me with
no shame
no embarrassment
no guilt
as if our lives don't matter to you
shame on you

I am the moon
And your dark stormy clouds
Won't stop me from succeeding and becoming
A stronger and wiser woman to inspire, admire and aspire women
shame on you

women are not weak
you see
women have the same strengths and abilities
as men
women are where we came from,
got our love from,
our name from
so why do we
discriminate women?
Mistreat women?
Shame on you

To the women out there
don't let him enjoy you
mess around with your thoughts
you're not his toy
you're not his video games
where he can log in and log off into your life
as if you're reusable
don't let him play around with your emotions and feelings
As if your emotions are like a playground
a playground is not what you are
you are human, just like him
just like her
shame on you

Gender equality spoke to me today
It said that
One in three women around the world are physically abused by their husbands
That could lead to death
if Australia has a female population of just over 50%
And
47% of employees are female
What is left
other than in a few years from now
we are going to lose a lot of females
which will lead to a smaller female population
and more men than women
shame on you

you see
we are all human
but we come from different perspectives.
We have different qualities
that make us unique.
Whether you are born male or female we have different roles
Yet there is no need to discriminate or judge a gender
shame on you

We all can shine like the stars
Because No matter man or woman, we are born into roles.
It took me quite a long time to develop a voice
Now that I have got one
I am not going to be silent
If your opinions are bullets
shoot me

By: Fatima

The Oil

Once the richest nation, gone to poor
The oil, the oil, the oil.
Just take it all!
Your soldiers that broke down my door
What's more broken my heart or the door
The door that has just left the wall
The screams of my four little girls
What moans will come from their little hearts
Their cries just tear me apart
Apart from the comfort of my heart

The screams of my father not once heard before
The beg of my mother gushing out of the door
Where is the love for my land I once had before?
Where is the gold I once proudly wore before?
Where is the help we begged for?
Oh world. Let us in
Let us in, let us in
Our four little girls we don't care if we have to eat out of the bin
The orphan child who has done no sin
No sin eating out of the bin.

It was Syria who let us in
Knows that's left the medias in

What was once known as the cradle of civilisation is cradling fear, instability, lost
hopes and lost dreams. My Iraq you will rise.
rise! What goes up must go down
Down to the ground
Ground my flesh
In this once beautiful ground.

By: Mary

Meningococcal Awareness

As we head into spring, NSW Health are urging everyone to be alert to the symptoms of meningococcal disease.

If you are concerned that you or someone you know has meningococcal disease, see a doctor, call 000 or go to your nearest Emergency Department immediately.

Meningococcal disease is a serious, often fatal illness

- Up to 10% of people with meningococcal disease die, even with rapid treatment.
- It can affect anyone, but is more common in children under 5, and people aged 15-24.
- Symptoms usually present suddenly and can get worse very quickly.
- Vaccination is the best way to prevent the spread.

Symptoms of meningococcal disease

Meningococcal disease has many symptoms, which can be similar to other illnesses like the flu. Symptoms can vary but may include:

- sudden fever
- nausea
- vomiting
- abdominal pain
- headache
- neck stiffness
- joint pain
- dislike of bright lights
- irritability
- a red-purple rash that doesn't disappear when pressure is applied (a rash does not always appear or it may occur late in the disease).

In young children, symptoms may also include:

- irritability
- difficulty waking up
- high-pitched crying
- rapid or laboured breathing
- refusal to eat.

Who is at risk of meningococcal disease?

Meningococcal disease can affect anyone, but it is more common among children under 5 years old, and adolescents and young adults aged 15-24 years old.

People at slightly greater risk of meningococcal disease include:

- close contacts of people with meningococcal disease (who may also have been exposed to the same carrier)
- people who smoke, or are exposed to tobacco smoke
- people who practice intimate (deep mouth) kissing, especially with more than one partner
- people who have recently had a viral upper respiratory tract illness (like a cold or the flu)
- people who travel to areas where meningococcal disease is more common or to mass gatherings such as the Hajj
- people with no working spleen or who have certain other medical conditions.

Act fast if you suspect meningococcal disease

- Up to 10% of people with meningococcal disease die, even with rapid treatment.
- Up to 20% may end up with significant long term effects, including limb or digit amputation or skin scarring.

People infected with meningococcal disease can become extremely unwell, very quickly, often within hours of the first symptoms appearing.

Patients with meningococcal disease need urgent treatment with antibiotics, in hospital. Treatment will usually begin before the diagnosis is confirmed by tests.

If you think you or someone you know could have meningococcal disease, seek urgent medical advice. If you've already seen a doctor but symptoms continue to worsen, consult your doctor again or go to the Emergency Department.

Page Updated: Tuesday 16 October 2018

LIVING WELL PHOTOGRAPHY COMPETITION 2019



1st Prize: \$300

2nd Prize: \$200

3rd Prize: \$100

THEME: MY TRIBE

We are social beings. We connect and interact with people and places that we feel close to. Environments where we feel safe, secure, strong or supported. We are seeking photographs that portray people that you feel comfortable around and/or places that you feel comfortable being. It could be your family, relatives, friends or an iconic person in your life. It could be an event that you attend, gathering that you hang out at, or a place that you visit to refresh and be inspired. Tell us about the people and places where you feel acknowledged, accepted, loved by submitting a photograph with a title and description (maximum 100 words) that captures your idea.

SLHD Staff Award \$100
Technical Award \$100

FREE ENTRY

Information & Registration

<https://www.slhd.nsw.gov.au/MentalHealth/photocompetition.html>



Health
Sydney
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Submission By
30.09.2019

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It is a condition of the *School Pass Terms* and the *Student Codes of Conduct* when travelling that students in possession of the School Opal card must tap on and tap off every time when using public transport to travel to and from school. Per section 3.2 of the Opal Privacy Policy, Transport for NSW collects information from taps on and taps off to support coordination, planning and policy development for transport, transport services and transport infrastructure.