# CONTACT



VOLUME 21—ISSUE 10

26 JULY 2013

**NSW Department of Education & Training** 

## PRINCIPAL'S REPORT

#### **WELCOME BACK TO TERM 3**

I hope all our students had a relaxing and well earned break and are ready for another busy term. The highlight of this term will no doubt be our action packed week of celebration for our 20<sup>th</sup> Anniversary in Week 9.

#### **PLANNING FOR 2014**

The executive has already started the planning process for 2014 building on our current successes and further improving programs and initiatives to support the learning of all our students. The following paragraph is the description of the school in our planning documentation:

The school is designed to meet the educational and welfare needs of students in a Stage 4/5 environment, encouraging all students to be lifelong learners and become active citizens of the world. The school aims to provide a diverse and comprehensive curriculum responsive to the needs and aspirations of students with a focus on teaching and learning and teacher quality. The school is committed to embedding literacy, numeracy and technology into all aspects of our professional practice. A focus on sport, and physical activity together with creative and performing arts provides a broad extra – curricular program for all students. Student leadership and gifted and talented initiatives remains a priority. Links to partner primary schools and also Wyndham College allows for the seamless transition of students into and out of Quakers Hill High School.

Our Vision: Students leaving Quakers Hill HS will be critically literate, technically adept problem solvers who know that lifelong learning is the key to personal fulfillment. They will possess a strong social conscience, be ethical and enshrine respectful tolerance and acceptance as the basis of all their interpersonal interactions. They will deeply understand that participation is the keystone of democracy and actively work towards ensuring that our democratic principles are nurtured for the benefit of all Australian and international citizens. They will achieve this through being supported by high challenge, high support curriculums delivered by skillful professionals who will continually embellish their repertoires through extensive and on-going Professional Learning grounded



25-26 July

Sydney West Athletics Carnival

29 July—2 August Education Week

30 & 31 July
QHHS Careers Year 10
Interviews

31 July

Prosperitas evening ICAS English Competition Slave Day—SRC

1 August

11.30 Dance item at Westpoint Blacktown

2 August Vaccinations

6 & 7 August
QHHS Careers Year 10
Interviews

9 August
Contact issued

**12 August** P&C Meeting

in contemporary approaches such as ICT integration, pedagogy, vocational learning and PBL perspectives. Underpinning all this will be parental involvement where the community is welcomed, informed and in genuine partnership with the school.

Our three priority areas in 2014 will be:

#### **Our Students**

All students consistently achieve higher levels of literacy and numeracy outcomes and are engaged and challenged by a 21<sup>st</sup>. century learning environment and achieve personal, academic and/or vocational success.

#### **Our Staff**

All students are engaged in curriculum delivered by quality teachers who model the value of lifelong learning and are leaders in the 21<sup>st</sup> century classroom.

#### **Our Community**

The school uses effective administrative processes and systems to support student learning and facilitate community involvement and commitment to the school.

Have a great week

#### **Lauretta Claus**

#### **Principal**

#### Writing essays made easier

Rather than worrying about an essay for weeks, suggest your child get in some early preparation and have the self-belief that they can do it. Find out more: <a href="http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/10-tips-for-writing-an-essay">http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/10-tips-for-writing-an-essay</a>

#### Sorting fact from fiction

You can't always trust what you read when researching information for homework, assignments or projects. Here are ways your child can tell a good website – or any document – from a bad one. Find out more: <a href="http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/sorting-fact-from-fiction">http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/sorting-fact-from-fiction</a>

#### **Emphasizing strengths and interests**

In Year 10 students are asked to select subjects for Years 11 and 12. Find out who to talk to and other tips to help your teen choose well. Find out more: <a href="http://www.schoolatoz.nsw.edu.au/homework-and-study/planning-for-the-future/year-10-subject-selection">http://www.schoolatoz.nsw.edu.au/homework-and-study/planning-for-the-future/year-10-subject-selection</a>

#### Vocational education at school

Many kids now use Year 11 and 12 to get a head start on a traineeship, an apprenticeship or other valuable industry experience. Find out more about vocational education options at school. Find out more: <a href="http://www.schoolatoz.nsw.edu.au/homework-and-study/planning-for-the-future/vocational-education-at-school">http://www.schoolatoz.nsw.edu.au/homework-and-study/planning-for-the-future/vocational-education-at-school</a>

# DEPUTY PRINCIPAL'S REPORT REPORTS

Parents/caregivers should have received their child's Semester 1 report. Hopefully this would be an opportunity for students to evaluate their progress and areas in which they need to improve in. Questions you could ask you child:

What do you want your report to look like at the end of the year?

What are the things you are going to do in your learning to get there?

#### SUBJECT SELECTION EVENING

Wednesday 24 July was the Year 8 Subject selection Evening. It was great to see the number of parents/caregivers in attendance and considering the curriculum opportunities we offer at this school. I would like to thank Mr Anthony Head for his organisation of the evening.

#### **NSW Department of Education & Training**



\		70 Lalor Road, QUAKERS HILL NSW 2763	Principal	Lauretta Claus
	911P	(02) 9837 1533	<b>Deputy Principals</b>	David Blench (Rel.)
				Kuldip Khehra (Rel.)
		(02) 9837 1747	P&C President	Joanne Warner
		quakershil-h.school@det.nsw.edu.au	School Captains	Megan Warner & Daniel Marsh

The paid advertisements in this newsletter are not necessarily endorsed by this school although we thank our sponsors for their support.

#### BEING AN ACTIVE LEARNER

We quite often wonder what an active learner (this includes anyone) does. Here are some qualities of such a learner

- Accept being challenged
- Prepared for lessons
- Take responsibility for their learning
- Set and strive to achieve goals
- Consistently work to the best of their ability
- Look for further learning
- Seek help when needed
- Apply knowledge and skills across all subjects
- Use all available resources
- Produce original work

Learning does not stop at any age. It continues and builds on what you already know. We all need to be open to learning opportunities that are provided at this school

Ms Kuldip Khehra, Relieving Deputy Principal (Years 8 & 10)

#### YEAR 7 SEMESTER 1 SMART CERTIFICATES

The following students received SMART certificates for Semester 1 2013.

**PDHPE**—Genesis Asuncion, Sarah Branson, Mitchell Deering, Jonathan Douglas, Jaycob Fowler, Justin Galindez, Jessica Grace, Maddelyn Harris, Ashley Jaeger, Caitlin Johnston, Nikola Jovic, Sohnjah Lewis, Jed Mathers, Benjamin McDonell, Jaicob McGivney, Neridah McRae, Blake Mottram, Rafi Noori, Kiana Rahmani, William Skene, Blake Stokes, Alister Tupper

**MUSIC**—Jasmine Achrafi, Dhaneva Alviz, Genesis Asuncion, Jonathan Douglas, Madison Ellison, Piper Escott, Claudia Fontana, Joshua Glastonbury, Caitlyn Hearne, Nikola Jovic, Vipneet Kaur, Elijah Mackie, Katelyn Murdoch, Riley Nulty, Lei octubre, Maddison Samways, Muskan Soni, Breannon Thompson, Chantelle Todd, Alister Tupper, Milan Velasco, Jonah Walker

**SCIENCE**—Lauren Berwick, Sarah Branson, Olivia Cleland, Samantha Core, Karman Deng, Bethany Dossor, Jonathan Douglas, John Espiritu, Aymun Fatima, Emma Goldsworthy, Megan Humphreys, Sachnoor Kaur, Waleed Khan, Janani Krishnar, Elijah Mackie, Benjamin McDonell, Katelyn Murdoch, Kiana Rahmani, Seth Robles, Sana Shehab, Conor Slack-Smith, Muskan Soni, Adriana Spasaro, Jonah Walker

**GEOGRAPHY**—Genesis Asuncion, Camryn Batchelor, Adam Coleiro, Madison Ellison, Mitchell Hughes, Braiden Kearney, Ashleigh Kennedy, Janani Krishnar, Lei Octubre, Andy Su, Luana Vaitusi, Sidney Walker

**MATHS**—Harleen Chauhan, Pooja Chivukula, Benjamin Dalkeith, Mitchell Deering, Carmel Edgerley, Joshua Glastonbury, Angie Groom, Tom Hazell, Caitlin Johnston, Waleed Khan, Janani Krishnar, Zoe McDacy, Benjamin McDonell, Katelyn Murdoch, Rafi Noori, Meet Patel, Andy Su, Alister Tupper, Zane Voukelatos, David Wojcicki, Kayla Wrigley, Koray Xuereb

**TECHNOLOGY**—Kalina Aberahama, Kirralee Banks, Pooja Chivukula, Kamshia Cuevas, Karmen Deng, Luke Galea, Angie Groom, Marnie Harriss, Sohnjah Lewis, Elijah Mackie, Rafi Noori, Meet Patel, Muskan Soni, Adriana Spasaro, Zane Voukelatos

**LOTE**—Kalina Aberahama, Sadeed Bajwa, Ryan Bartolo, Ella Bower, Harleen Chauhan, Jacob Dare, Jaycob Fowler, Joshua Glastonbury, Maddelyn Harris, Janani Krishnar, Jett Levett, Neridah McRae, Lei Octubre, Michael Omoruyi, Taylan Redden, Emily Rumble, Conor Slack-Smith, Muskan Soni, Adriana Spasaro, Blake St Clair, Andy Su, David Wojcicki

**ENGLISH**—Dhaneva Alviz, Ella Bower, Taylor Camilleri, Harleen Chauhan, John Espiritu, Claudia Fontana, Emma Goldsworthy, Whitney Gowans, Alanis Hawron, Nikola Jovic, Arashdeep Kaur, Ashleigh Kennedy, Janani Krishnar, Sohnjah Lewis, Zoe McDacy, Kiana Rahmani, Laura Sainsbury, Adriana Spasaro, Brooklyn Stewart, Andy Su, Tahlia Tikaram, David Wojcicki

**HISTORY**—Sarah Branson, Adam Coleiro, Abey Couzins, Carmel Edgerley, Russell Elliott, John Espiritu, Caitlyn Hearne, Matthew Isedale-Weir, Caitlin Phillips, Brooklyn Stewart, Dylan Van Rosmalen, Aiden Ware



19-21 Terminus St Castle Hill NSW 2154 Tel (02) 8850 7188 Level 2, 172 Church St Parramatta NSW 2150 Tel (02) 9633 9638

NAPLAN/OC /Selective Schools/ Scholarship/HSC Specialist

Tuition for Year 1 to Year 12
Australia's Leading Coaching College
Enrol Now for Academic Success!!

Free Assessment Test Free Tutorial Class \$100 OFF

Conditions apply

We will BEAT ANY REASONABLE PRICE offered by competitors

#### **VACCINATIONS SCHEDULE**

Friday 2<sup>nd</sup> August 2013 Yr7, Varicella

Friday 18<sup>th</sup> October 2013 Yr7, 3<sup>rd</sup> Dose HPV (All students)

Yr7, 2<sup>nd</sup> Dose Hep B

Yr9, 3<sup>rd</sup> Dose HPV (Boys only)

This program is only free when delivered via the school program run by the Department of Health.

If your child has not brought home the Vaccinations Forms please ask them to collect it from Mrs Brakell in the Welfare Department. Forms are due back by 28<sup>th</sup> March 2013 and to be placed in the front office in a Vaccinations box provided.

Please be aware any enquiries about the program, especially those of a medical nature, should be made to the Department of Health on this number: 9840 3603.

#### 2013 COSTUME WORKING BEE

### For Rinse the Blood off My Toga & The Elephant Man



When: Saturday the 17<sup>th</sup> of August 2013

At What Time: 10:00 am – 3:00 pm

Where: The QHHS Library

#### What does this involve exactly?

We required help and assistance in many forms.

#### Specifically, we need:

- · Individuals in possession of an iron and an ironing-board to help press costumes
- Individuals that can make repairs to existing costumes (both with a needle & thread and/or a sewing machine)
- · Individuals that can cut fabric pieces from a pattern
- Individuals that can use a sewing machine to help create costumes
- Individuals that can bring their own sewing machine along to supplement those available to school staff
- Student labourers to create and/or finalise hand props.

Whilst the working bee will run for 5 hours, if you can available yourself for a portion of that time, we would grateful for your contribution.

Please convey your availability or willingness to support this event to Melissa Lachevre by email (melissa.lachevre@det.nsw.edu.au.).

#### Let's Get This Party Started!!!







## 20 YEARS AND GOING STRONG

This is an auspicious year for Quakers Hill High School and to celebrate this twenty year milestone we will be conducting a week-long celebration filled with drama, dance, music, art and mind bending trivia. All members of the school and local community are invited along for the entertaining ride, as we celebrate and commemorate all that is great at this fine educational institution.

Audiences may immerse themselves in the heart wrenching tale of John Merrick, a carnival spectacle and medical oddity, the proclaimed 'Elephant Man', as he struggles to assert his humanity and live with dignity in a vicious and calculating world. From the depths of the London underbelly to murder in the colosseum, the second dramatic piece presented, Rinse The Blood Off My Toga is a comedic parody of Julius Caesar with more ham than a piggery and an ocean of laughs to boot.

On Wednesday the celebrations explode across the campus, as we amalgamate our anniversary celebrations with our annual Fundday. During this day our students partake in a smorgasbord of organised activities that appeal to their interests and sense of fun, and we raise money to enhance the whole school community.

On Thursday night fertile minds assemble in the hall for the ultimate trivia challenge, it will be table against table in the battle for total supremacy.

On Friday night we put the rivalries aside to enjoy our first inaugural 'Great Debate' and an exhilarating cabaret featuring unrivalled dancers, musicians and actors and the artistry of our students.

**So When Can You Order Your Tickets?** Day one of Term Three. So prepare your selection now. **How to Book....** 

- **Step 1:** You need to use the QHHS 20th Anniversary Ticket Order Form (below) to select the event you would like to attend, the ticket type and quantity you require, you then need to record this data on the lower portion of the form. (Additional copies are available from the front office.)
- **Step 2:** Students are to then present this form to the Front Office Staff when finalising their ticket purchases.
- **Step 3:** Students are to then present their receipt, and the order, to the Social Science Staff (at lunch) to select specific seats for the event(s) they have nominated. Tickets will be distributed by the Social Science Staff only when they see evidence of payment. (**Do not misplace your receipt!**)
- **Step 4:** Bring your tickets to your chosen event and have a rip roaring night of stellar entertainment.

#### An Overview of the Festival Events:

DAY ONE: 2 ONE ACT PLAYS

**Date:** Tuesday the 10<sup>th</sup> of September (Week 9, Term 3)

**Location:** Performance Space

**Start Time:** 6:30 pm seating for a 7:00 pm start

**Est. Finish Time:** 9:30 pm

**Ticket Price:** \$5 child, \$10 Adult **Seats Available:** Limited Seating – 160

Catering: Popcorn, coffee, tea, cakes and biscuits

DAY TWO: SCHOOL DAY OF CELEBRATION

**Date:** Wednesday the 10<sup>th</sup> of September (Week 9, Term 3)

Location:Whole SchoolStart Time:8:40 amEst. Finish Time:2:20 pm

**Ticket Price:** Various activities will incur a fee **Catering:** School canteen will be operational

DAY TWO: 2 ONE ACT PLAYS

**Date:** Wednesday the 10<sup>th</sup> of September (Week 9, Term 3)

**Location:** Performance Space

**Start Time:** 6:30 pm seating for a 7:00 pm start

Est. Finish Time: 9:30 pm

**Ticket Price:** \$5 child, \$10 Adult **Seats Available:** Limited Seating – 160

Catering: Popcorn, coffee, tea, cakes and biscuits

DAY THREE: TRIVIA CAPERS

**Date:** Thursday the 12<sup>th</sup> of September (Week 9, Term 3)

Location: Hall

**Start Time:** 6:30 pm seating for a 7:00 pm start

Est. Finish Time: 10:00 pm

**Ticket Price:** \$20 a table (8 at a table)

Tables Available: 27

Catering: Platters can be ordered & purchased prior to the night & the canteen will be open

DAY FOUR: CABARET NIGHT – A TIME TO REMEMBER

**Date:** Friday the 13<sup>th</sup> of September (Week 9, Term 3)

Location: Hall

**Start Time:** 6:30 pm seating for a 7:00 pm start

Est. Finish Time: 9:30 pm

Ticket Price: \$5 child, \$10 Adult

Tables Available: 260

Catering: School canteen will be operational & popcorn & coffee will be available

#### How Can My Child Contribute to the Celebrations?

We are still seeking responsible, articulate and self-directed students to assist with a variety of crew positions. We are looking for:

Front of House Crew – To assist with ushering each night, as well as ticket, program and

food sales.

Make-up Crew – To assist with make-up application and costume changes & mainte-

nance

If you would like you son or daughter to develop their capacity for problem solving, build important social kills and enhance the appeal of their resume, then have them contact Ms Lachevre immediately and they can join the 20<sup>th</sup> Anniversary production crew.



# QHHS 20th Anniversary Ticket Order Form

#### **How to Order Your Tickets:**

**Step One:** Select the event you wish to attend and the tickets you require and record this data of the lower portion of this form.

#### An Ordering Example:

EVENT	COST	TICKETS REQUIRED	TOTAL DUE
2 One Act Plays	Adult = \$10	x <b>2</b>	<i>\$20</i>
Tuesday the 10th of September	Child = \$5	x <b>2</b>	<i>\$10</i>
Trivia Caped X Thursday the 12 <sup>th</sup> of September	Table of $8 = $20$	x 1	<i>\$20</i>
		TOTAL DUE:	<i>\$50</i>

**Step Two:** Present this form to the Front Office Staff when finalising your ticket purchases.

**Step Three:** Present your receipt, and this form, to the Social Science Staff (at lunch) to select specific seats for the event(s) you have nominated. Tickets will be distributed by the Social Science Staff only when they see evidence of payment. (**Do** 

not misplace your receipt!)

Step Four: Bring your tickets to your chosen event and have a rip roaring night of stellar

entertainment.

#### QHHS 20th Anniversary Celebrations - Official Ticket Order Form

Student Name:	Grade:	Roll Class:
Student Maine.	Graue.	Non Ciass.

EVENT	COST	TICKETS REQUIRED	TOTAL DUE
2 One Act Plays	Adult = \$10	X	\$ \$ \$ \$
Tuesday the 10 <sup>th</sup> of September	Child = \$5	X	
2 One Act Plays	Adult = \$10	X	\$
Wednesday the 11th of September	Child = \$5	X	\$
Trivia Capers  Thursday the 12th of September	Table of 8 = \$20	X	\$
A Time to Remember Cabaret	Adult = \$10	x	\$
Friday the 13 <sup>th</sup> of September	Child = \$5	X	\$
TOTAL DUE:			\$

Dissection code: 056-002



# Trivia Capers – Platter Order Form

To enhance the fun and lessen the stress, the school canteen is providing 4 delectable platter options for your gastronomic delight during your Trivia Capers on Thursday the 12<sup>th</sup> of September and these can be purchased up until Week 7 of Term 3. The lovely canteen staff will then deliver these to your table at the beginning of the Trivia Evening. *Oh, how appealingly simple and hassle free!!* 

Now you simply need to select your desired platter and make your payment at the school front office, ensuring that you present the lower portion of this note at the same time. It is important to include your assigned table number as well, so we deliver the feast to the appropriate recipients.

Hot Platter - Based on 8 Persons Per Table (\$30)			
Hot Platter: Option One	Hot Platter: Option Two		
Gourmet Meatballs - Lamb Kofta / Beef (Approx 24)	Mini Spring Rolls (Approx 22)		
Chicken Kebabs - Honey Soy (10)	Potato Wedges W / Sour Cream & Sweet Chilli		
Turkish Gozleme - Cheese & Spinach (8) Plates, Forks, Napkins	Gourmet Meatballs - Lamb Kofta / Beef (Approx 24) Plates, Forks, Napkins		

Cold Platter - Based on 8 Persons Per Table (\$30)			
Cold Platter: Option One	Cold Platter: Option Two		
Gourmet Wraps - Cold Meats / Salad (16 Halves)	Gourmet Wraps - Cold Meats / Salad (8 Halves)		
Caesar Salad	Selection of Donuts & Pastries		
Plates, Forks, Napkins	Caesar Salad		
	Plates, Forks, Napkins		


QHHS 20th Anniversary Celebrations - Platter Order Form

## Student Name: \_\_\_\_\_ Grade: \_\_\_\_ Roll Class: \_\_\_\_ Trivia Table: \_\_\_\_

PLATTER TYPE	COST	QUANTITY REQUIRED	TOTAL DUE
HOT PLATTERS	Option 1 = \$30	X	\$
HOTPLATTERS	Option 2 = \$30	X	\$
COLD DI ATTERS	Option 1 = \$30	X	\$ \$ \$
COLD PLATTERS	Option 2 = \$30	X	
TOTAL DUE:			\$

Dissection code: 056-007

Once payment is made, please return to Ms Lachevre.









# ENGAGING ADOLESCENTS™ PARENT COURSE

Parenting skills for resolving teenage behaviour problems

A <u>three-session</u> program for parents and carers at the

Western Area Adolescent Team (WAAT)

Buran Close, Mount Druitt, NSW 2770

THURSDAY 4:30pm till 6:30pm: 25<sup>th</sup> of July / 1<sup>st</sup> of August /8<sup>th</sup> of August

(must attend all 3 sessions)

#### Things you will learn:

- √ Things parents have in common
- ✓ New understandings of your teenager and what to expect from them
- ✓ Know how to talk and make decisions with your teenager
- ✓ Building relationships with your teenager
- ✓ Skills for tough conversations for handling those problems you just can't ignore

#### **Registration Fee**

This course if free Afternoon Tea Included

To register for this course, contact Sarah at WAAT on 9881-1230 before Thursday the 4th of July 2013

Priority is given to parents living in the Blacktown/Mount Druitt area

#### What parents have said...

A step dad recalled an incident at the weekend with his 12 year old step daughter. He said that the input he had received the previous week from the course helped him keep his cool and brought a more favourable outcome.

A single Mum who had presented as quite anxious on the first night told the group in week 2 that she had made an appointment with her 15 year old son during the week and had had a far more favourable discussion with him than would previously have been the case.

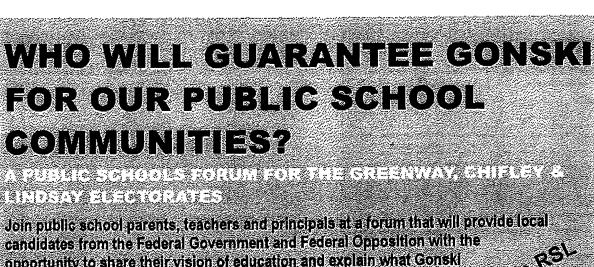
#### Who's running it?

Sarah and Andre will be facilitating the group. They have completed the relevant Engaging Adolescents training

For more information contact Sarah on 9881-1230



• An end to the arguing and yelling! • It saved our lives • Simple, sane, effective •



Thursday 1st August, St. Manys Rest.

Thursday 1st August, St. Manys West, St. Manys Rest.

Thursday 1st August Street, St. Manys West, St. Manys West, St. Manys Rest.

Thursday 1st August Street, St. Manys Rest.

Thursday 1st August Street, St. Manys West, St. Manys Rest.

Thursday 1st August Street, St. Manys West, St. Manys West,

Authorised by Jenny Diamond, General Secretary, NSW Teachers Federation, 23-33 Mary St, Surry Hills



#### Jade Fan Project

#### B Aware, B Tested, B Immunised

The Jade Fan Project is a hepatitis B awareness campaign being run across parts of Western Sydney. Some community groups are at risk of having the hepatitis B virus and not knowing it, so the Jade Fan project aims to spread the word and encourage people to discuss hepatitis B testing, immunisation and treatment with their GP.

Many people living with the virus either contracted it at birth or during childhood in their home country; most will not even know that they have it. For a lot of people hepatitis B infection will stay silent for many years without any symptoms, so *everyone* in high risk populations should be tested for the virus. Without treatment, the hepatitis B virus will lead to advanced liver disease or liver cancer in 15-25% cases.

Immunisation is part of the routine childhood immunisation schedule; however it is important to ensure that your child has completed the full course of vaccinations and that you and the other members of your household are also covered.

So the message is very simple;

B Aware that the virus can cause serious liver damage

B Tested especially if you come from a country with high hepatitis B rates (China,

Vietnam, Korea)

B Immunised if you test negative - ensure your children have been immunised as part of

their childhood immunisation program.

**B Treated** if your test is positive for the virus, talk with your GP about treatment choices.

For more information about hepatitis B, talk with your GP

(in Australia, all conversations with your doctor remain private)

or call the Hepatitis Hotline on 1800 803 990





GOT AN OLD PHONE YOU CAN'T USE ANYMORE??? IF YOU DONATE IT YOU CAN HELP QHHS WIN A SONY SUPERSTAR PERFORMANCE

We have a collection box in the front office where you can leave your *unwanted* phones. If we collect enough phones our school will win a Sony Music Superstar performance. Performers include Jessica Mauboy, Stan Walker, Justice Crew, Reece Mastin, The Collective, Samantha Jade or Johnny Ruffo.

You Can...Help Australian teenagers survive cancer (without donating a single dollar)

You Can...Contribute to a greener planet

You Can...Score a host of free Sony products including laptops, cameras and televisions for your school, or Xperia Smartphone which is WATERPROOF

Competition runs until November 29 2013

http://youcanschools.org.au/highschool/prizes/





# Mum, you always look after us, but are you looking after yourself?



Free BreastScreen mammograms (breast x-rays) for women are available now - a mammogram every two years can save your life!

BreastScreen Sydney West has Sunflower Clinics located in MYER Blacktown (Westpoint Shopping Centre, Blacktown) & in Mt Druitt Hospital where you can go for your mammogram. These clinics are staffed by female receptionists and radiographers who are sensitive to the needs of female patients.

To make an appointment for your FREE mammogram with

BreastScreen please phone 13 20 50.

BreastScreen is especially for women aged 50-69 years, however all women over 40 are welcome to attend. Your x-rays will be read by two highly specialised breast radiologists from the Westmead Breast Cancer Institute.





