2 December 2016

Quakers Hill
High School's
Fortnightly

Contact



UPCOMING EVENTS

Friday 2 December
Contact issued
Year 7 History Incursion

Monday 5 December
Subject Selection Round 2
closes
Peer Support Catch-up

Tuesday 6 December QCCP Day 4 SRC Gingerbread Fundraising

Wednesday 7 December Year 10 Formal Support excursion to AMF Bowling & Laser Tag @ Blacktown

Thursday 8 December
Year 10 Graduation Rehearsal Periods 1&2
Presentation Day Rehearsal
Periods 3&4

Friday 9 December Year 10 Graduation 9.30am (last day for all Year 10)

Monday 12 December Presentation Day 11am P&C Meeting 7pm

Wednesday 14 December
Distribution of reports for
Years 7-9
Coffee Art Barista excursion

Thursday 15 December Jamberoo excursion

Friday 16 December
Last day of term for students
and staff



HIGHLIGHTS IN THIS ISSUE

Swim School photos Page 3

Jamberoo excursion Page 5

Support Unit News Page 9

Science matters Page 11

Independent Writer Page 14

PRINCIPAL'S REPORT

A FAREWELL TO YEAR 10 FROM MS CLAUS

As I will be overseas when Year 10 are leaving Quakers Hill HS for the last time, I decided I would write a special letter to them, so here goes:

Dear Year 10

After four long years it is finally time to move on, move from the place that has been your familiar stomping ground, literally your home away from home. I know some of you are very nervous, some excited and some not sure exactly how you feel about the future and what it holds for you.

I thought I would again defer to one of my favourite pieces of literature to help me say goodbye and provide some words of wisdom - which should be no surprise to you all, who have so eagerly listened to my poems and stories that I have shared with you at assembly over the past four years. My favourite author is Jane Austen and the greatest novel of all time is "Pride & Prejudice" and in the middle of this fabulous novel, Elizabeth Bennet the main protagonist is confronted with the realisation that she has been blind and not paying attention to what is happening around her. She has made assumptions about others and not listened to her instincts about other people.

She grew absolutely ashamed of herself. -- Of neither Darcy nor Wickham could she think, without feeling that she had been blind, partial, prejudiced, absurd. "How despicably have I acted!" she cried. -- "I, who have prided myself on my discernment!Had I been in love, I could not have been more wretchedly blind. But vanity, not love, has been my folly. -- Pleased with the preference of one, and offended by









the neglect of the other, on the very beginning of our acquaintance, I have courted prepossession and ignorance, and driven reason away, where either were concerned. Till this moment, I never knew myself."

I can see a number of quizzical looks and furrowed brows – how does this woman's dilemma about her love life relate to Year 10 leaving QHHS? Well essentially she is talking about being true to herself. Following the path she has set for herself and believing in her decisions and her values. She criticises herself for being swayed by others and not following her best instincts and being true to herself.

So it does relate to you Year 10 – be true to yourself. Don't let others tell you what to believe in, don't follow someone else's dream, be you and stand by the beliefs and values that you have nurtured and cultivated as young people at QHHS. You arrived as young 12 - 13 year olds and now leave as "mature, worldly and empowered" 15 -16 year olds with the world at your feet. So don't be blind towards the actions of those around you, make sure you do not ignore those people who may not adhere to the values you believe in, in fact make sure that you are always making choices that will make you and your family proud.

You are certainly leaving a large hole at our school, as you have been so much a part of the fabric of our school and the values it represents. I wish each and every one of you all the success in the world. I hope that happiness, contentment and much love comes your way and that you continue to commit to the SMART values of QHHS which have been such a part of your life for the last four years. I look forward to hearing and indeed celebrating, the many successes and achievements which lie in front of all of you. Make sure you remember to thank your parents as they have been a key reason why you have made it to this point today.

Good bye and good luck.

Ms Claus

Next week the school will again be consumed

with very important events – the Year 10 Formal and Graduation, followed by our annual Presentation Day Ceremony. Students who came first in a subject in the year will receive a medal and students who have worked consistently in a subject throughout the year will also be awarded commendations for excellent academic achievement. Any student who has come first in a class in either Semester 1 or 2 will receive certificates in with their Semester 2 report which will be issued to all Year 7, 8 & 9 students period 6, on Wednesday 14th December.

These special assemblies would not be possible without the hard work and commitment of the teaching and ancillary staff that coordinate and organise these events. Whether it is preparing the students' performers for the assembly, producing the copious numbers of student certificates, or organising the rehearsals for the event. I would like to personally thank the wonderful team who have pulled these assemblies together: Cooper, Maria Romerosa, Amy Nicholls, Michelle Hill, Amanda Tong, Bronwyn Tweeddale, Jason Kantek, Sheree Johnson, Michael Brooks, Rhys McKean, Debbie Duncan, Sheree Johnson, Rebecca Mahon, Beaty Maricic, Melissa Matthews, Kamani Naicker, Ivan Wong, Suzanne Walker, Lauren Paa, Bree Mutch, Ellise Barratt and Michel Brooks.

I will be taking leave to visit family overseas and so this is my last CONTACT for the year. Can I take this opportunity to wish you all a safe and happy festive season. Remember school resumes for Year 7 on Monday 30th January and Year 8, 9 & 10 returns on Tuesday 31st January 2017.

Merry Christmas.

Lauretta Claus, Principal

PRINCIPAL'S AWARDS

Congratulations to the following students on receiving their Gold Principal's Awards:

Year 9—Ryan Harvey, Renee Rixon Year 10—Luke Galea, Alex Hopkins, Sachnoor Kaur



DEPUTY PRINCIPAL'S REPORT

SWIM SCHOOL

I know I speak on behalf of all the students who attended when I say **congratulations** to Mr Nash and all the teachers who were involved in planning, leading and supervising the Swim Program this year. The teachers are to be commended for the care they take with each individual child as they instruct the students through their level in order for them to achieve their goals. When I visited the pool, I was pleased to see the students engaged and working hard to improve their techniques. The Year 9 and 10 student leaders were also outstanding in the way they helped individual students master their skills in becoming safer and more confident swimmers.



EVACUATION PRACTICE

In the upcoming weeks there will be a planned Offsite Evacuation Practice to ensure that our Staff and Students are aware of the procedures to follow. The Local Police will be informed of when this will take place, a note will come home and a post will be made on Facebook prior to the practice. We ask that parents support the school in this process.

SLURPEES FROM 7-ELEVEN

Recently, I have had a number of complaints from the Staff about students arriving to roll call with a Slurpee. Aside from no nutritional value these students are not following our basic expectations of no eating or drinking (except water) in class. The teacher has the right to ask them to discard it.

Whilst we cannot control what students buy at the 7-Eleven, I feel I have a duty of care in sharing the following facts:

How many grams of sugar is in a Slurpee?

According to a health blog, a 480ml **Slurpee** (medium) has about 140 calories – and no nutritional value whatsoever. Plus, like all soft drinks, it is loaded with **sugar** – about 34 grams; as well as 40 milligrams of caffeine. Not to mention the artificial colours and preservatives that are harmful to young, growing bodies and minds.

As I mentioned earlier, Slurpees will not be allowed in any classroom. Students are not to consume Slurpees on school premises during the day.

ORIENTATION NIGHT AND DAY

The end of a year sees the arrival of the next Year 7 cohort for a full day of orientation. It's a great opportunity for them to familiarise themselves with the grounds and high school routines, get to know the teachers and students and start to develop some friendships. All of this is only possible because of the wonderful work that is done by the Year 6 Transition Coordinator who doubles as the Librarian. Congratulations Mel Lachevre, the Year 7 Welfare Team for 2017 and all the teachers who gave their time so willingly to teach mini lessons or take extra classes for the teachers involved. on another successful Orientation phase.

REPORT DISTRIBUTION

The Staff are in the process of finalising the data and comments for the end of year reports. The editing, printing and collation process is a huge job and behind the scenes Erica Hall and Michael Brooks have ensured that all the templates have been prepared for the Staff to use and printed in readiness for distribution. The Year 10 students will receive their reports at Graduation, while the rest of the school will receive them on Wednesday the 14th December, 2016.

A REMINDER OF YEAR 10 ESSENTIAL INFORMATION

- 1. The formal will be held at Novotel Norwest, on the evening of Wednesday the 7th of December.
- 2. Red carpet arrivals will begin at **6:00pm** please be aware that traffic on Norwest Boulevard can be very heavy and you are advised to allow plenty of time for travel.

- 3. Parents are welcome to watch student arrivals however we request that you remain in the appropriate area as a courtesy to others.
- 4. Parents will be required to leave by 7pm as students will enter the room and entrees will be served at approximately 7.15pm.
- 5. The **Graduation Dinner** is a school function and as such all students are expected to conduct themselves in an appropriate manner. Students who do not behave appropriately or who are found to have alcohol or to have consumed alcohol will need to be collected by their parents.
- 6. Following arrivals, the evening will feature mock-tails on the terrace, a sit down dinner and a short number of speeches to be followed by dancing and socialising.
- 7. Please ensure that you collect your child promptly at **11:00pm**.
- 8. **The graduation rehearsal** will take place on **Thursday 8**th **December at 9:00am**. All students are expected to attend this rehearsal in full school uniform.
- 9. The Graduation Assembly will take place on Friday 9th December at 9:00am in the hall. Students will need to arrive by <u>8.15</u> in order to be allocated their gown. All students are expected to wear full school uniform. Students who are not wearing full school uniform (including black leather shoes) will not be allowed to go up on the stage to receive their certificates.
- Parents wishing to attend the Graduation must return a note indicating their attendance. Please note that a maximum of two people can attend plus QHHS siblings can attend.
- 11. Seating is limited hence it is essential that parents wait to be seated and sit where requested. As this is a formal assembly there is to be no standing at the back.
- 12. All Year 10 students will leave after the graduation ceremony and will not be required to return. Parents wishing to take siblings home with them are to sign them out at the end of the ceremony.
- 13. There will be a Graduation DVD on sale for \$5 which will include all of the photos from the formal.

JAMBEROO EXCURSION

The invitations for the 2016 Big Day Out Excursion went out to students on Wednesday, 16th November. Only those students who had consistently maintained the SMART code were invited to attend and this was in excess of 340 students – which is an excellent achievement on behalf of those students.

In 2016 Jamberoo is being held on the second last day of school – which is after Year 10 finished the year. Most Year 10 students have previously attended and are aware of the expectations that are laid down at the pre-Jamberoo meeting; however, all Year 10 students are attending will need to pay attention to Facebook to look out for any announcements or reminders.

Students who are attending are reminded of the following:

Date:Thursday, 15th December, 2016Venue:Jamberoo Action Park, Jamberoo

Activities to be undertaken: Water activities (swimming, water slides, luge)

Meeting point and time: QHHS Basketball Courts at 7.30 am

Dismissal point and time: Quakers Hill High School at approximately 5.00pm

Method of Transport: Chartered Bus

Dress: Appropriate Mufti. No tank tops, cut- off shorts. Please en-

sure your child brings a rash vest for sun protection and

their own sunscreen

Swimming or water activities: Yes

Lunch: Bring your own or purchase at venue

Ms B Maricic, Deputy Principal (Years 7 & 9)

ENGLISH FACULTY NEWS

In English, Year 7 have been writing and practising plays in small groups, which they are going to be performing in Week 9 and Week 10. Year 8 are finishing their study of Aboriginal Poetry and will conclude the term by looking at persuasive writing techniques and how to incorporate them into their own work. Year 9 are continuing their study of genre, with many classes focusing on Science Fiction. They are in the process of in-depth analysis of a film. The tools and skills they learn from this will benefit them next year when studying for their ROSA examination. In English, Year 10 has been looking at a range of different plays, the history of theatre, and how theatre is performed. They have done read-throughs of plays and linked what they are reading back to different styles of theatre and what this means. In Drama, Year 9 has been learning a range of improvisation techniques, taught to them by members of the Year 10 Drama class. They have been able to understand further conventions of improvisation, which will benefit them when studying commedia del'arte in Term 1 next year.





What is YouTube?

YouTube is a free, user-generated video sharing website that allows users to watch, create and upload their own videos to share with others.

YouTube has over a billion users. Anyone is able access the videos on the service online however users must create an account to upload and share their own content. The site is moderated by users who can flag inappropriate content. YouTube reviews the content and if it violates their community guidelines the content is removed, or age restrictions are put in place.

How are young people using YouTube?

Young people use YouTube to watch, create and upload videos. It is used to socialise, interact, learn, share and watch content. Popular types of videos include music, pranks, parodies, and 'how to videos'. YouTube is the second largest search engine in the world and can be used as the starting point for research or learning about a particular topic.

What are the age restrictions for YouTube?

Users are required to be 13-years-old to use the site. Users under 13-years-old are recommended to use YouTube Kids. Age restrictions are difficult for YouTube to monitor as age is only verified when users create an account, however it is not necessary to have an account to use the service. YouTube rrestricts videos it has deemed inappropriate for people under 18-years-old by requiring users to sign in to an age verified account before they are able to access restricted content.

Is it free?

It is free to view and upload videos on YouTube but there is a paid version of the service, known as YouTube Red. YouTube Red gives subscribers access to ad free viewing as well as enabling them to watch television shows and movies. This service is available in America and will soon be expanded to other countries. You must be 18 years or older to use this service and you also need a Google account with a valid payment method.

What does subscribing to someone's YouTube channel mean?

Subscribing to a channel means that a user is interested in the videos that another user is posting and would like to be notified when new videos are uploaded to the channels they follow. This is very similar to 'friending' or 'following' on other types of social media. A channel can be run by an individual, organisation or business and can consist of any type of video content.

What is the difference between a YouTube account, username and channel?

When a YouTube account is created, users are able log into YouTube and get a username and a channel (a username is often the same as a channel name). A username is used to comment on videos and a channel is used to upload video content. There can be multiple channels under a single YouTube account.

What are some of the potential issues with YouTube?

YouTube consists of user-generated content. Videos found on the site don't always have age appropriate classifications. The site relies on users to monitor and report inappropriate content. Users do not need to create an account to use the site so it is difficult to manage or regulate underage users. YouTube users may be exposed to bullying and harasament on the site however there are steps people can take to minimise this risk.

What are the recommended settings on YouTube?

As YouTube users do not have to have a personally identifiable account to use the site, the privacy settings are somewhat limited.

Privacy settings can be created on user accounts and the videos that are uploaded. Videos have three setting options; public, private or unlisted. It is recommended that young people set their videos to private or unlisted.



MATHEMATICS FACULTY NEWS

With the year coming to an end the Mathematics Faculty is continuing to work hard at motivating students in the classroom. The topic that our Stage 4 students are current completing in class is probability. The topic of probability allows for kinaesthetic learners to enjoy hands on activities and games surrounding chance. Year 10 students are being challenged as they take on some of the components of the Stage 6 syllabus in preparation for next year.

To end the year we would like to challenge the parents and students to a Christmas Puzzle:

According to the traditional song, on the first day of Christmas (25th December), my true love sent to me:

A partridge in a pear tree.

On the second day of Christmas, my true love sent to me THREE presents:

Two turtle doves
A partridge in a pear tree

This carries on until the twelfth day of Christmas, when my true love sends me:

Twelve drummers drumming
Eleven pipers piping
Ten lords a-leaping
Nine ladies dancing
Eight maids a-milking
Seven swans a-swimming
Six geese a-laying
Five gold rings
Four calling birds
Three French hens
Two turtle doves
A partridge in a pear tree



After the twelve days of Christmas are over, how many presents has my true love sent me altogether?

The Mathematics Faculty would like to wish you a Merry ChristMath and a Happy New Year.

SUPPORT UNIT NEWS

Work Experience: Work Education students in years 9 & 10 completed a five day block of work experience at The Secret Garden in Richmond. All students worked extremely hard and developed skills in horticulture, agriculture and animal husbandry. The students impressed supervisors with their positive work ethic and mature behaviour. We are planning further, regular work experience at this venue in 2017.

School Service Assembly: All students received a school service award for managing the recycling program. Congratulations to students for their maturity during the assembly and self-confidence when receiving their award on stage.

Review Meetings: Student review meetings have run smoothly and provided a valuable opportunity for parents and school staff to reflect on the events of 2016 and begin formulating new plans for the coming year. Thank you to everyone involved.

Wyndham Orientation: Year 10 students attended the Orientation Day at Wyndham College on Tuesday 22nd November. This was the final visit to the senior college prior to beginning year 11 in 2017.

Farewell to Year 10: Staff and students took the opportunity to farewell our two year 10 students, Saed and Alex, last Friday 18th November. We had a morning tea party and took photos during period 3. Although Alex will be with us for a few more weeks, Saed flew to Europe last week. Best wishes to both young men for senior studies at Wyndham College.

Upcoming Activities: Excursion: Information and permission notes have been sent home soon in student diaries for our end-of-year excursion. Please indicate one activity preference and return signed notes and payment as soon as possible to assist the smooth organisation of this activity. Please check your opal cards and top up if necessary for travel to this event. **End of year Wrap Up:** invitations have been sent home for this event. This is a great opportunity for meeting other parents and chatting with your child's teachers and viewing classroom displays. We would love to see everyone here. Please RSVP for this event to assist with catering arrangements. **Presentation Assembly:** Some students will be receiving an award at this event and if so invitations have been sent home. Please indicate if you will be attending this event.

Support Unit Learning: All classes are working hard on units and projects that will keep them busy until the last day of term. Some special projects are currently being worked on including the Mini Market Garden and the photographic picture book: <u>Ruben the Great: Top Tips for Surviving Year 7.</u>

Carwash Fundraiser: Staff and students from the SU completed the final day of our annual carwash today and totalled 37 sparkling cars of various sizes. A great effort everyone, and thank you to staff who entrusted their beloved cars to us!





SCIENCE MATTERS

NIRIMBA SCIENCE CHALLENGE

On 18th August, Riverstone High School hosted the first Nirimba Science Challenge. The following is a collage of the Year 8 students who participated in this event. They were required to undertake 3 challenges that required team collaboration, planning, designing, and then demonstrating this to the judges and the other contestants. Two teams from Quakers Hill HS were entered into the challenge.



Team1: Lindsay Bath; Ethan Liu; Rocklin D'Cruz; Shumalia Aroob

Team 2: Kabir Acharya; Zoe Morgan; Luke Dickson; Abigail Glastonbury



Team 2- The Champions!!!!!



Zoe Morgan presenting the floating trophy to Mrs Claus

QHHS won both the team medal and school trophy, with Team 2 becoming the first champions of the collegiate competition!!! The floating trophy is proudly curated in our display cabinet in the administration block foyer.



The Teams Working Through Their Challenges

SCIENCE COMPETITIONS

This year, several students entered in to the external science competitions such as the Big Science Competition, ICAS and the Chemistry Quiz. Students excelled in all of the competitions, however, special mention and acknowledgement need to be made of Year 8 student Lindsay Bath who gained high distinctions in all three of the competitions entered, ranking in the top 1% of these national and international competitions. Congratulations on this outstanding achievement, Lindsay!





INDEPENDENT WRITER

This year in Independent Writer, students have focused on several topics relating to world issues. Students have been focusing on thinking critically and exploring their own and others' perspectives and viewpoints. In their most recent project, students chose a topic of personal interest to research, examining the global impacts of their issue and expressing their own viewpoints about the issue and possible solutions to it. Students engaged very well with the task, creating original and thoughtful thesis statements, enthusiastically exploring their topics, and researching and expressing their own ideas. Following is a shortened version of Chloe Holt's essay on racism (too long to print in its entirety).

Essay - Racism by Chloe Holt Year 9

We are the society who hate each other for the skin we possess because we fear the unknown.

Fear is something that feeds off our unsureness and is a problem that we all face. There are many events and problems that have occurred because of fear, including racism. Racism is the belief that all members of each ethnicity possess characteristics, abilities, or specific qualities that distinguish them as inferior or superior to another ethnicity. It is also the undertreatment of another who does not own the same rights as everyone else because of a disadvantagement called upon by others who think less of an ethnicity or race. It is the thought of that because we may differ in skin colour or religion that we are not all human beings. People then feel the need to dominate, abuse (verbally, physically or mentally) and harass others in some way because of our differences. This behaviour has caused disputes, wars, slavery, mass murders and riots in communities now and in the past.

Racism affects innocent people; these people may have experienced racism as little as once in their life to as continuous as every single day of their lives. And it's not their fault that they are judged by the skin they were born with. It's not their fault they may be a bit different in appearance. Its our fault, its our fault for making a big deal about it. So many people are even oblivious to these acts of hate going on around them, but if they only looked closer they would see, they would even be able to understand that racism is something that can happen to anyone. Racism not only affects one culture or ethnicity, it affects many. Some include: Africans and African Americans, Muslims and Indigenous Australians. It is estimated that 1 in 5 school students experience some type of racism every day, 1 in 3 people experience racism in the workplace, 1 in 5 people experience racism at sports events which including players and fans, but only 1 in 3 people take a stand against racism.

Racism hurts people, it makes them feel less worthy, makes people scared, it makes people scared to live in their own homes, it makes people hate others because they hate them and it has caused people to lose religions and cultures. Racism has caused so many loved ones to die, not only from murder but from self hate which has caused sucide. Some even try to abandon their culture or ethnicity in hopes that they will fit in. Racism can affect anyone of any ethnicity. This includes steryotyping, for example: All British people are posh and have a tooth gap, American people are all fat and greedy, white people can't dance, Indigenous Australians are all alcoholics and that blacks are dirty and are thieves. Racism is an act of fear and when people find something new, they are always weary and fearful because whatever they have found it will be unpredictable to them and so people feel the need to dominate, to show "who's boss". Anyone can experience fear and that means that racism can happen to anyone. I believe that it is not one ethnicities fault but every single ethnicity because we let racism happen. We have brought it on ourselves and that's why I believe that we are the society who hate

each other for the skin we possess because we fear the unknown. Fear is so powerful that it has consumed us all.

Racism is an important issue because it's happening to so many people and continuously. We may all deny that we've said something wrong about a race but that's not true, we've all said something inappropriate about a race sometime and you might not have meant it but would you say it to their face? This issue is historically significant because it's been ongoing for so long now and is a big part of our history; it has started wars, riots and movements in the past. It's the cause for so many of our most memorable moments in history, some good, most bad.

My question is where did we get these ideas from? Where did we get the idea that some people are not as good as others and deserve to be the lower class of society? If racism would have never happened there would have been fewer deaths, basically no wars, fewer disputes and fewer riots. If racism would have never happened the world, the world would be a better place, but we have to change to achieve that, we have to be the change we wish to see in the world. We have always been and always will be an enemy to our own kind if we don't stop hating each other because racial inequality kills people and no matter what ethnicity, social status or religious background, you are all equals. Racism is something you learn, not something you're born with so we need to start teaching our children the right thing to do. We should learn from racism that skin does not define us; it is our personality and traits that define us. We are all the same blood and bone and we were all born here and we will all die here; the only thing that should be ever segregated by colour should be laundry. To avoid history repeating itself we need to make our fight loud and clear, we need to bring awareness to this issue, we need to take action. We can do this through peaceful protest, writing letters to governments, writing letters to councils, spreading the word through social media and word of mouth, writing and publishing essays, putting articles in newspapers, putting articles in magazines and by putting posters in public places. Let's spread the wise words of "If you don't have anything nice to say, then don't say anything." Let's make a change.

You can learn more about racism though watching documentaries, watching small videos, reading people's personal stories, researching in your spare time and by getting involved in small

peaceful protests or going to awareness fairs and things like that. If you believe in something and are passionate, do something to help. Help make a change today because we don't have to be the society who hate each other for the skin we possess because we fear the unknown. We can change together. We can make dreams a reality.





January 13-28, 2017 Tickets from \$39.25 On sale now from Ticketek Book CATS Tickets Here

THE COOLEST CATS ARE COMING!

Following their huge productions of Joseph and the Amazing Technicolour Dreamcoat and Back to the 80's, Packemin Youth Productions are returning to the Concourse this January for a production of CATS like you have never seen before!

CATS tells the story of a tribe of cats called the Jellicles and the night they make what is known as "The Jellicle Choice" and decide which cat will ascend to the Heavyside Layer and come back to a new life.

Composed by Andrew Lloyd Webber, and based on Old Possum's Book of Practical Cats by T. S. Eliot, CATS is currently the 4th longest running musical on the West End and Broadway and features the iconic musical theatre song "Memory".

Packemin Youth Productions prides itself in providing opportunities for the best young performers in Sydney aged 20 years and under. CATS features over 100 young performers, with a senior cast (the Cats) and three alternating junior casts (the Kittens), with Special Guest Star Simon Pryce (The Wiggles, The Phantom Of The Opera) as Old Deuteronomy / Bustopher Jones.

Immerse yourself in life as a Jellicle Cat and let Packemins' Youth take you and your family on a cat-tastic journey!

Produced by: Packemin Productions, Neil Gooding

Direction by: Craig Stewart,

Musical Direction by: Jayne Hamilton Choreography by: Sophie Gospodarczyk

Publicity Contact: Laura May lauramay@lauramaycreative.com

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IT'S TIME FOR YOUR ANNUAL SKIN CHECK!

Exposure to the sun's ultraviolet rays can cause skin damage, which can lead to skin cancer. The risks are higher during the warmer months and that is why it is important to have regular skin checks with an accredited skin cancer doctor.

If necessary, KRMC®'s GPs will use mole-scanning technology to detect any suspect moles and to build up an accurate picture of changes to the skin over time. Our GPs and Nurses are able to perform excisions of moles that appear to be of concern and to send them for laboratory analysis via our on-site Pathology department. If required, follow up treatment and referrals to specialists can be arranged.

For more information and to make an appointment at KRMC®'s Skin Cancer Clinic, please call Reception on 8822 3000.

OPEN 7 DAYS 8:00AM TO 8:00PM

Kildare Road Medical Centre / 36 Kildare Road, Blacktown, NSW 2148 / kildaremedical.co

