

# Blues News



## Gosford High School & Community News

Find us at: Racecourse Road, Gosford 2250 T 4325 2048 F 4323 3175 E [gosford-h.school@det.nsw.edu.au](mailto:gosford-h.school@det.nsw.edu.au)

Issue October 2016 – Term 4

25/10/2016

### Gosford High P&C News

Next P&C Meeting:

Tuesday 25<sup>th</sup> October at 6:30 pm

Common Room- Everyone welcome

### PRINCIPAL'S NEWS

Hello and welcome to Term 4. It is a busy time at GHS as we prepare for the end of one school year with assessment and reporting and begin to plan for next year with curriculum preparation and timetabling. This newsletter marks the end of my time as Relieving Principal. Lynne Searle returns next week after travelling Australia and a little of Europe this year. I would like to take a moment to thank Glenda Horner for relieving as Deputy Principal over the last 12 months and Ravi Titheradge for stepping up into the Head Teacher Welfare role. We really do have a marvellous school community and it has been a pleasure to lead it in Lynne's absence.

On the 1<sup>st</sup> November we will have a team visit our school to participate in Validation. Validation is an initiative of the Department of Education that supports schools to critically assess their achievements and identify areas for change by providing a transparent description of quality practices to underpin school planning and self-assessment. As a school community over the last 12 months we have used the School Excellence Framework to conduct a self-assessment that was evidence-based and identified explicit school practices that are directly related to continuous, school-wide improvement and better student outcomes. We identified evidence of quality practice across the key domains of education – Learning, Teaching and Leading. This process has enabled us to make informed judgements and plan the next steps for improvement in our 2017 iteration of the school plan. Gary Bennett will be discussing the process of Validation at this week's Parent Learning Group prior to the P&C meeting. I will be unable to make this meeting and PLG as I will be at the Leadership Camp supporting our student leaders of 2017 to devise their 12 month plan for action.

Student leadership is a role that is not small or tokenistic in our school context. We promote an inverted pyramid

of leadership which emphasises the importance of service, integrity and school pride. We firmly believe that all young people have the potential to be leaders and that leadership can manifest in many different ways, be it through involvement in academic, sporting, cultural and community pursuits. The whole school community benefits from the promotion of student voice in planning and decision-making, while our young people are empowered to be active and engaged in making choices which affect their learning and the learning of their peers. This team will be the voice of all GHS students and I am very excited to see how big they dream over the next three days.

In the 21<sup>st</sup> century world our students and staff are becoming increasingly concerned about environmental sustainability. Our sustainability team have been investigating ways to be more efficient and sustainable. This has included whole school audits, renewing contracts with suppliers with sustainable practices where possible and being more accountable for our waste and plastic usage. One initiative that I recently discussed at P&C was the move to electronic reporting for 7-10 students. Semester 2 reports this year will be available via Sentral Parent Portal as an eReport. Those families that would like a paper copy will be able to request that however we are increasingly finding that most reports are asked to be emailed to parents as reports have been lost, misplaced or neglected. In addition scholarships and recruitment companies require applications to be made online and ecopies of reports enable that process to run smoothly. We look forward to your feedback on this great initiative.

**Rebecca Cooper**  
Relieving Principal

## WINNERS



Health  
Central Coast  
Local Health District

**THIRSTY? CHOOSE WATER!**

Congratulations to James Kim and Gabrielle Ainsworth of Year 7 who each won a \$50 Rebel voucher for their participation in the Health Promotion Campaign on Thirst? Choose Water.



## Coming Events

### October 2016

- 24/10 Leadership Camp (24-26/10)  
25/10 P&C Meeting  
Year 11 Food Technology – Day as a Dietician.  
27/10 Year 10 Food Safari

### November 2016

- 4/11 HSC ends  
14/11 Year 10 PAS First Aid Course  
14-15/11 Year 12 Clearance days  
9/11 Years 9/10 Wicked at Laycock Street Theatre  
8/11 Vaccinations  
18/11 Year 12 Formal at the Crowne Plaza  
21-25/11 Year 10 Wellbeing Week

## DEPUTY PRINCIPAL

Welcome to a busy Term 4 which is well under way. This term marks significant transition and planning for the next year for most year groups. In particular, Year 12 are well into their HSC exams with some students already nearing completion while they consider future pathways. From all reports our Year 12 students have approached the papers with confidence founded on high levels of preparation, particularly with the support of teachers during the 'holidays' and in the lead up to individual papers in the early part of the term.

Year 11 completed their Preliminary HSC exams at the end of last term and have received valuable feedback from teachers as they embark on their HSC studies in Term 4. Year 11 have now completed the Preliminary Course. They are now regarded as Year 12 2017 and have been issued with their new timetables this week. Please note these can be viewed on the student and parent portal. Important information will be issued over the next week including the school's 2016-17 HSC Assessment Booklet and BOSTES guide to the HSC. A copy of this document will be placed on the website and it contains important policy information for students and carers regarding HSC requirements. Year 11 Yearly reports will be completed and sent home in the coming weeks. Our newly inducted leadership team have already commenced their service, in particular leading and presenting at our weekly assemblies and will develop their portfolios and initiatives at the leadership camp this week.

Year 10 move closer to the completion of stage 5 and their 'junior' schooling and electives for next year

discussed and released this term. They will be completing a pre-requisite course for the HSC called HSC All My Own Work which provides an essential introduction to the expectations for Senior study. Year 10 will also be participating in a visit to Macquarie University and Wellbeing week coordinated by their Year Adviser Mr Singh with a number of activities organised. More details will be sent to carers soon.

Year 7 will be provided information about the study of a Language other than English (LOTE). In Year 8 students undertake 100 hours of study of ONE language (i.e. 4 periods per fortnight) as stipulated by the Department of Education. In 2016 students will have the opportunity to complete their preferences online. More details are to follow via letter and email.

As always please feel free to contact us or your student's Year Adviser if you have any queries, information or concerns.

Best wishes for the term ahead.

**Gary Bennett**  
Deputy Principal (Years 7, 9 and 11)

**Glenda Horner**  
Relieving Deputy Principal (Years 8, 10 and 12)

### ABSENCE FROM SCHOOL

***Absence from school is notified using SMS on the day of the absence.***

***Parents are reminded that if your child is absent, a note must be provided immediately on return to school.***

***Absences for part of a day, including late to school, are also required to have a note of explanation submitted.***

## SPORT

**ATHLETICS** – Congratulations to Zac Martin and Caitlin Fuchs from Year 9 who competed at the NSW All Schools Athletics Championships. Caitlin placed 10<sup>th</sup> in the 3000m and Zac won a silver medal in his 3000m event. Zac was selected in the NSW team and will now compete at the National Championships. A great achievement!

**THANK YOU** – to all our Year 12 students for their wonderful contribution to our sports program over their time at Gosford High. Hopefully they will take with them a love of physical activity and make it a regular part of their daily lives. To our champions – congratulations! We have witnessed some fantastic sporting performances from a large number of students.

## Visual Art:

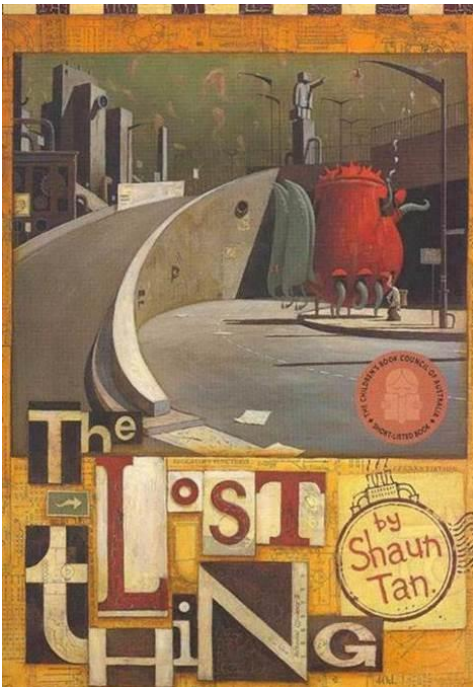
### Year 9 Sculpture Unit:



In our art unit "The Body - Sculpture" we were given the task to create a sculpture of the human body using cardboard. We started by taking photos of classmates and transferring them into sketches of the human figure. We then simplified this sketch to a basic, boxy shape and then even further to the planes of the figure. We then sketched our final image to actual size and prepared our materials. Some people chose to use thick card paper and others chose to bring in packaging cardboard. We cut out planes of the body and created slits in them so we could slot them in to other sections of the figure. It was challenging with the lightweight material to keep the structural integrity and many had to change their initial ideas to accommodate to the flimsy nature of the material. Everyone took a slightly different approach and the final sculptures were versatile and very successful.

*Rosie Vanderveer*

### Shaun Tan Exhibition – Year 9 Visual Arts



In Term 3, the Year 9 art students travelled to the Grace Cossington Smith Gallery at Wahroonga to see the work of Shaun Tan, a successful children's book illustrator.

The gallery displayed Tan's works 'The Art of Story Discovering,' highlighting his most popular project 'The Lost Thing.' Throughout the century old building, the exhibition displayed the complex stages in which Tan completed his artwork. This included his annotations and his process of the adaptation of the picture book into a short picture film. By observing the artworks metaphors and underlining meanings, concepts behind each illustration were uncovered. This helped provide us with ideas of how to create successful visual artworks that had more to them than just aesthetics. This experience did not only change the depth at which we, as students, view artworks but will be extremely valuable for our current unit, 'Book Illustration.' By basing our upcoming illustrations on Shaun Tan's work we are able to guarantee that the experience will be beneficial to our future work, allowing us to experiment with his colour palette and theme.

*Emerson White*



During Week 6 of Term 3, a group of students from Year 8 attended the Frida Kahlo and Diego Rivera Exhibition at the Art Gallery of New South Wales. The exhibition included a number of self-portrait paintings and drawings by Frida Kahlo, some examples of canvas paintings by her husband Diego Rivera and a collection of photographs which gave an interesting insight into the artists' worlds and their relationship.



While at the gallery we also had the opportunity to see "Close to Home" the second Dobell Australian Drawing Biennial. This curated exhibition included the work of six artists whose drawings shared a common theme of visual story-telling.

Following the exhibitions we had an enjoyable lunch in the Botanic Gardens.



On behalf of the Year 8 group, I would like to thank Ms Ainge and Ms Courtenay for their time in taking us to Sydney and for organising the event.

*-Xiao Marshall-Taylor*

#### **National Art School:**

Over the previous two school holidays, I was given the opportunity to attend the National Art School HSC Intensive Studio Practice. This program is designed to enhance and extend students technical, conceptual and intellectual skills under the direction of experienced, practising artists, through intensive practical study in a range of specialised disciplines. I was accepted into the sculpture program where I worked under the tuition of many amazing artists. All students developed works in a variety of 3D mediums and learnt a range of techniques and methods of sculpture such as carving, modelling and construction. At the end of the course we exhibited our final sculptures in the Art School gallery space which was opened to the general public. This has been a wonderful experience working with artists and meeting students from all over the state of NSW.

*Araluen Squires*



## **Drama:**

Congratulations to Tiana Young and Lauren Hunt in year twelve Drama for being nominated for HSC OnStage! This is a great honour and a fantastic achievement, reflecting their hard work and dedication all year.



**Year 9 girls in their clown skits!**

**'Stolen':** On Saturday 11<sup>th</sup> June, all Year 11 and 12 Drama students were given the opportunity to go to Parramatta Riverside Theatre to watch the core HSC text 'Stolen'. This was an invaluable experience for the students as it gave them an insight into the play and allowed for them to see how it could be actualised on stage.

**'Parramatta Girls':** On Wednesday 13<sup>th</sup> July, Year 11 and 12 Drama students attended Belvoir Theatre to watch a video recording of the core HSC text 'Parramatta Girls'. This was a fantastic opportunity to see how the play worked in front of an audience and how setting and costumes affected the atmosphere.

**Hospital Skills:** On Friday 29<sup>th</sup> July, Year 11 Drama students attended a hospital interaction skills activity at Gosford Hospital. This was part of the training program for intern doctors. The students had to enact several scenarios and different illnesses. Those who attended found it to be a fantastic experience that allowed for them to apply all the skills they have learnt in drama in a practical situation.

**HSC Drama Night:** On the evening of Wednesday 3<sup>rd</sup> August, the Year 12 Drama showcased their HSC group performances and HSC monologues for friends and family in the school hall. This night was a huge success and a wonderful experience for both the performers and the audience.

**Creativity Workshops:** On Thursday 15<sup>th</sup> September, a group of Year 11 students attended Hunter TAFE in Newcastle for an open day of Creativity Workshops. On this day they were able to participate in a Dance class, help out in the recording studio and do a workshop with a theatre director. This was a fantastic day and gave the

students a real insight into the possibilities ahead of them in performing arts.

**School Musical:** Rehearsals have started for the Gosford High School Musical *'The Wizard of Oz'* after an overwhelming amount of talented auditions. This is sure to be an outstanding show!



**Rosencrantz and Guildenstern are Dead**

**Important date for your diary:**

- **Sunday 6<sup>th</sup> November:** Year 9 and 10 Drama students will be going to see the Gosford Musical Society production of *'Wicked'* at Laycock Street Theatre.

## Music:

Congratulations to Tiana Young, Noah Peres and Sam Kelly on receiving a nomination for Encore. This is a showcase of exemplary performances from the current HSC music students and will be held at the Opera House in March 2017. These three students along with Rachael McMahon have been invited to perform in Reprise at Newcastle University in February 2017. Reprise is a Hunter/Central Coast showcase of Band 6 music students.

Year 11 students have commenced Year 12 work and are looking at possible electives and performance repertoire in preparation for their HSC. It is important that these decisions are finalised by the end of Term 4 to allow adequate time to fully prepare for the HSC.

Year 8 are polishing their rock band performances, choosing from 7 Years, Clocks, 21 Guns or Breakaway. This will be assessed during week 4. The bands consist of guitar, keyboard, bass guitar, drums and vocal. Some groups are using additional instruments such as violin or trumpet for the melody. The students have spent a number of lessons learning their individual parts prior to combining as a band and refining their ensemble skills.

### Ensemble Activities

The Stage band performed 'Blue Moon' in the Primary Proms at Sydney Town Hall in the last week of Term 3. They looked and sounded very professional and were a credit to the school. Congratulations Stage band members.



Congratulations to Concert Band 2 who competed at Hunter/Central Coast Bandfest on Friday, 21<sup>st</sup> October and placed first in the Intermediate section. This is a week-long festival which provides bands from Primary and Secondary schools with the opportunity to perform and receive feedback from renowned conductors.



- CB2 will perform at Kids Day Out at Kariong H.S on Sunday 6<sup>th</sup> November.
- The final Band Cabaret night for the year will be on Friday 2<sup>nd</sup> December.
- The Chamber Ensemble has been invited to perform for a senior citizens group at The Entrance on Monday 7<sup>th</sup> November. Any student who plays a woodwind or string instrument is welcome to join the ensemble which rehearses on Monday lunchtimes.
- Vocal Ensemble has been working hard on several songs and rehearse on Friday lunchtimes. They are looking ahead to performances at Christmas time at several community events.
- Training Band has finished for the year, providing the students with a secure grounding in instrument technique. Members are encouraged to move into Concert Band 2 which rehearses every Friday morning 7:15 – 8:30am in the hall or Chamber Ensemble.



**Go Active2Work Monique Pym and Keegan Hunt**



Year 8 Subject Selection Afternoon

Judith Partridge  
Music Teacher

## SCIENCE

### 2016 HSC Science

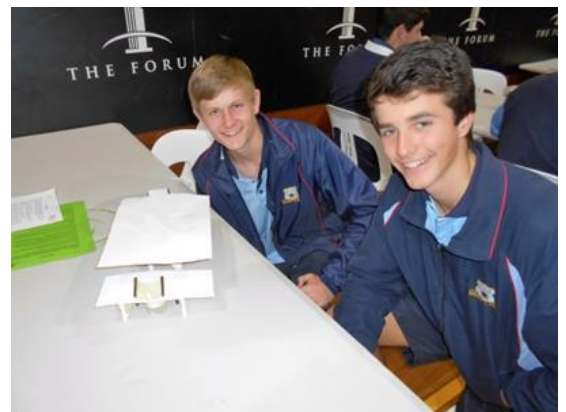
It is with mixed emotions that we say goodbye to Year 12 each year. It is sad to say goodbye but it is impossible not to feel excited for the students and the exciting futures that await them. The Year 12 science teachers have worked incredibly hard this year preparing the students for the HSC and I would like to take this opportunity to thank all the staff for their efforts and to wish all the students well for their final high school exams and for life beyond school.



Last day for Year 12

### Science and Engineering Challenge

Our team of 30 Year 10 students won the regional Science and Engineering Challenge and competed in the State Super Challenge final at Newcastle University at the end of last term. I have included some photographs of the students at the Challenge, where they worked brilliantly, finishing in third place on the day they competed.





### STANSW Young Scientist Competition

Congratulations to Lakmali Edirisinghe (Year 9) who was one of the winners of the NSW Young Scientist Competition. Lakmali's project now progresses to the national final.

### Sleek Geek Video Competition

As part of their final term of junior science all students in Year 10 will be placed in small teams to produce a short video on some aspect of science of interest to them. The best of these will be entered in the Sleek Geek section of Australian Museum Eureka Awards in 2017. This should be a lot of fun and we are looking forward to seeing what the students can create.

### Chemical safety

Our wonderful laboratory assistants have recently been training the non-teaching staff at the school in chemical safety. The feedback from the training has been outstanding and I would like to thank Deidre Day and Kerry Sheehan doing such a great job with the training.

**Dr Butler**  
Head Teacher Science

## AGRICULTURE

Last weekend the GHS Ag GATS team travelled to White Park, Scone for the annual Upper Hunter Beef Bonanza and returned home with ribbons for all four exhibits they had prepared for this event.

One of the biggest events of its kind in NSW, this was an outstanding result and was a fitting reward for the hours the students have put in preparing these animals.



The results were as follows:

- "Levi", a black Limousin steer capably led in the ring by Chloe Bailey (Year 10) gained a Highly Commended ribbon.
- "Lunar", a Charolais cross heifer superbly led by Matt Kelly (Year 11) gained a 5<sup>th</sup> placing.
- "Leo", an outstanding Limousin cross steer well led by Sarah Kelly (Year 9) was our highest placed exhibit gaining a 3<sup>rd</sup> placed ribbon, whilst,
- "Lorenzo", another Limousin cross calf led by Lachlan Ambridge (Year 10) was successful in being awarded another Highly Commended ribbon to round out a good day in the ring for Gosford High School.





The weather was atrocious as rain tumbled down from the time Chloe Bailey went in to the ring until well into the afternoon.

Sunday's weather was a near perfect day, however, the judges were not as kind to our students, with our only ribbon coming in the shape of a Highly Commended to Ashley McGuiggan in the senior judging competition.

In addition to the live cattle judging, three of our students also participated in the Meat Judging competition at the Scone abattoir. Well done to Lachlan Ambridge, Jackson Boyd and Holly Jamieson who performed well in this comp (see photo).



Thank you to our major sponsor, Ray White Real Estate, Umina, who provided much appreciated funding to allow our program to purchase quality steers and a heifer from Ashley Clark, Carcoar and Ben Toll, from Dubbo. Also to the parents (and grandparents) who assisted with transport and caring for the kids over the weekend, in particular Belinda, Ed and Nola.

**Grant Jackson**

## MATHEMATICS

This month sees our students completing their end of year assessments. Year 12 are also in the throes of their HSC exams. Students have been utilising peer tutoring and seeking the help of their teachers in preparation for this round of assessments. Many Year 12 students have also attended holiday lessons to assist them in their studies. Thank you to all teachers who gave up their holidays to help their charges. Good luck to all students and especially to Year 12.

Recently one of our Year 9 mathematics classes was invited to attend a lesson with Adam Spencer to celebrate Numeracy week. I was privileged to see these students engaged in some fun activities that tested their problem solving skills. A short video was taken of this event. Clearly we have some budding video stars in our mathematics classes.

View the video on this link:

<https://www.literacyandnumeracy.gov.au/video/adam-spencer>

Last week Year 5 students visited our school for a GATs day. Thank you to Jess, Josh, Gabe, Nick, Calista and Will for helping out with the mathematics sessions on the day – you did an awesome job! Year 5 participated in a Geogebra activity, learning how to use this free software program which can be used to investigate graphs and geometrical properties. If you are interested – google Geogebra for access to this free software.

Some of our students sat the Australian Mathematics Competition last term. All of our students performed very well and there are some outstanding results.

Katerina Savkin and Mikhail Savkin have both received a prize, with Mikhail invited to attend the AMT Awards Presentation in November. Noah Peres received a High Distinction, Serena Huynh and Connie Zheng a Distinction and Benjamin De Courcy, Arjuna Edirisinghe, Lakmali Edirisinghe and Jessica Cesca received a Credit. Congratulations to these very talented mathematicians.

What number should replace the question mark?

- 51 - - - 306
- 17 - - - 136
- 45 - - - 405
- 26 - - - 208
- 38 - - - ?

**Cheryl Rix**  
**Head Teacher Mathematics**



## Changes to Student Services at GHS

The Learning Hub has continued to be pivotal in supporting those students who have struggled to keep ahead of their studies for a variety of reasons.

Our services now extend to separate supervision for exams for students qualifying for that service, one on one tutoring when applicable and the organisation of peer tutoring for maths. Recently we have added lunch time literacy classes for our students for which English is their second language to assist them to prepare more effectively for essay writing.

We now have a vibrant Aboriginal team consisting of Mr Titheradge, Mr Shelley and Ms Jocie who meet regularly with our wonderful Indigenous students. They have been participating in workshops and meetings with Henry Kendall High School, raising cultural awareness by organising a cupcake stall on August 9<sup>th</sup> (International Day of the World's Indigenous People) and are currently planning an Aboriginal garden in a part of our school that really needs updating. We can't wait to see the finished product which will include bush tucker, seating, Aboriginal artwork and totem poles.



In addition to our Learning Hub next to the Head Teacher Welfare's office and the Head Teacher Teaching and Learning/LAST's office, we would like to announce the opening of the Learning Pod. This is located on the second storey within the Mathematics Faculty. This room is available to be booked through the Learning Hub for meetings with parents and will be predominately used by Year Advisers for parental meetings, tutoring, separate exam supervision, and teacher/student meetings. We offer two personal computers and two laptops in this room which added to our three laptops in the Learning Hub provides learning support staff with ample work spaces to assist students with their work on a daily basis.

Furthermore, the Hub's fortnightly flyer called "Hubs Helping Hand" available through the SMORE website is keeping teachers updated with the latest readings about issues such as Autism, Differentiation, students with other disabilities, tips and strategies for working collaboratively and much more.

It certainly is an exciting time at GHS where the staff involved with the Student Services such as the H/T Welfare, H/T Teaching and Learning and LAST, the two Counsellors and three SLSOs, have now got room to move, room to accommodate the variety of learners at our school and communicate our work to the teaching staff through the Sentral system.

## TAS

**TASmania17 excursion – Monday March 13<sup>th</sup> to Saturday March 18<sup>th</sup>, 2017**



*'A memorable school experience for students'*

62 TAS students will be travelling to Tasmania in 2017! Current students studying a Year 9 technology subject have been offered the opportunity to attend the TAS to Tasmania excursion to be held in March 2017. This six day excursion is in its eighth year and is a cross curricular educational excursion visiting 24 venues focusing on food, textiles and engineering from Launceston to Hobart. This valuable 'outside the classroom' experience extends and enriches the TAS curriculum delivered in the classroom.

All students who have indicated their intentions for this excursion need to collect an excursion pack from Mrs Johnson in TAS and return the enclosed paperwork to the TAS staffroom or to their TAS teacher during the month of November:

- Signed student healthcare plan
- Signed travel insurance
- Signed code of conduct contract

Please organise the next payment also during in the month of November. Email any questions to [maxine.l.johnson@det.nsw.edu.au](mailto:maxine.l.johnson@det.nsw.edu.au)

**Maxine Johnson**  
Head Teacher TAS



**If your details have changed you will need to go online at:**

[www.transportnsw.info/school-students](http://www.transportnsw.info/school-students)

and update your information. Print the two page document, sign and return to the Administration Office.

## HUMANITIES

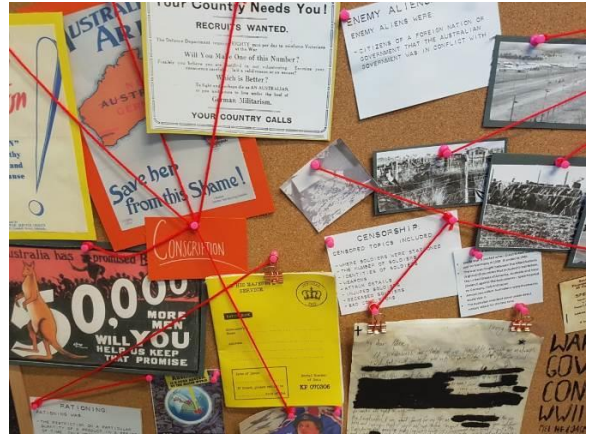
It has been a busy time in Term 3 for teachers busily preparing their classes for the HSC with a diverse range of engaging curriculum activities. At the time of writing assessments are currently underway for all years.

**Year 8 History** has just completed a test essay task on Medieval History and last term an assignment on either ancient China or India. The Medieval Day was an outstanding success. Students were involved in a brilliant exposé of life in the Middle Ages and most got right into the spirit by adopting period dress for the day. The group "Living History" was superb and informed the students in a range of political, medical, military and social areas. Students participated in medieval dances, archery and games as part of the experience. Mrs Gray, Ms Scarr and Mrs Morgan all got into the spirit and impersonated noble ladies of the manor for the day.





**Year 9** have completed their Paradox of War presentations and last term had to complete an essay test on the Industrial Revolution. They are now starting their study of the Holocaust and the concepts of nationalism and racism which remain so relevant in our modern world. Mr McCumstie, Mrs Morgan and Mrs Gray have been extremely pleased with the level of commitment and the standard of work produced by their students.





**Year 10** have just completed a source-based essay and knowledge test on the Vietnam War era. Year 10 will be commencing a social, political and cultural study of a decade from the 1950s, 60s, 70s 80s and 90s this week so may be raiding your wardrobes, record/cassette/CD collections or interviewing you about your experiences, all in their pursuit of higher learning. Recently all Year 10s were part of an interactive experience called the Freedom Rides which came to Gosford High. This was part of their study of Changing Rights and Freedoms for Aboriginal People throughout the 20<sup>th</sup> and 21<sup>st</sup> centuries. It was an excellent opportunity for the students to consolidate their learning of the period. The show was delivered by professional actors "in the round" and a number of our students were called on to don appropriate garb and assume characters from the period of 1965 to become part of the performance. This traced the journey of the Civil Rights activists campaigning against discriminatory practices towards Aboriginal people in many areas such as segregation in cinemas and swimming pools. It was a truly engaging and educational performance and showcased some latent acting talents in our midst.



**Year 11** students have now started their Year 12 HSC courses in Ancient History (Ms Scarr and Mr Maguire), Modern History (Mr Wright and Ms Scarr), Extension History (Mr Wright), Studies of Religion (Mr Sneddon) and Society and Culture (Mrs Johnson) and are making good progress. Assessments will be upon them soon so it is important for each student to maintain strong homework and revision practices early in order to maximise their full potential in each course.



Finally some very exciting Faculty news. Mrs Robertson (Miss Neville) is now the proud mum to a budding little historian Halle. On a recent visit, Halle was warmly welcomed by Mrs Robertson's Year 12 Modern History class, who had creatively applied their modern history skills with the gift of two cute little baby suits adorned with Abraham Lincoln and "Well behaved women barely make History"!!! Mrs Robertson and Halle were both thrilled and are currently enjoying watching many history documentaries while on maternity leave.



**The 2016 cohort of Year 12** students have now completed the Modern History, Aboriginal Studies and Ancient History papers and the word from both students and teachers Mr Wright, Ms Scarr, Mr McCumstie and Mrs Morgan has been positive, and that the papers were challenging but fair, so that is good news. Extension History, Studies of Religion and Society and Culture are still to come.

High quality major projects by Gosford High Aboriginal Studies students were acknowledged by District Office and Aunty Eileen from the local Darkinjung Land Council which is a testament to both their enthusiasm and hard work.

Avid Year 12 ancient historian, Kathryn Molloy, has been selected into a degree in Archaeology at Macquarie University for the 2017 academic year. Kathryn was chosen from a large field of applicants prior to sitting the HSC based on her outstanding results. This is an extremely prestigious acknowledgement of her achievements in this area. Kathryn is extremely excited about pursuing a career in this ever expanding and technologically driven field of study. We all wish her well for the future.



**Sue Scarr**  
History Teacher, for the Humanities Faculty.

# SCOLIOSIS

Every year Spine Society of Australia reminds schools about their self-detection brochure. If you have a female student in Year 7 or Year 9 it is a good opportunity to read through the brochure and conduct the test. More information can be found at the following website: <http://www.scoliosis-australia.org/>

Prashant Titheradge  
Relieving Head Teacher Welfare

## ADOLESCENT SCOLIOSIS SPINAL CURVATURE



*Information for schoolgirls in years 7 and 9  
and their parents*

A health promotion program recommended by the Spine Society of Australia. The program is endorsed by the Paediatrics and Child Health Division of the Royal Australasian College of Physicians.

Fold

**WHAT IS SCOLIOSIS?**  
Scoliosis is a lateral or sideways curve of the spine. The spine also rotates on its long axis as it curves. It usually develops during early adolescence (age 10-13 years) when growth is most rapid.

**WHAT IS THE CAUSE OF SCOLIOSIS?**  
The cause is unknown, but 80-90% of cases occur in otherwise healthy adolescents. This is called idiopathic (cause unknown) scoliosis.

We know that scoliosis is NOT contagious and NOT caused by bad posture, a soft mattress, carrying a heavy school bag or junk food.

**WHY IS EARLY DETECTION IMPORTANT?**  
While very small curves are common and of no significance, about 2% of girls have a curve which warrants medical observation during the growth period. Three girls per 1,000 will require treatment during the growth phase. If treatment is required, the earlier it is undertaken, the better the long-term result. This is the basis for screening since in the early stages scoliosis produces no symptoms. The way to detect scoliosis is to look for it!

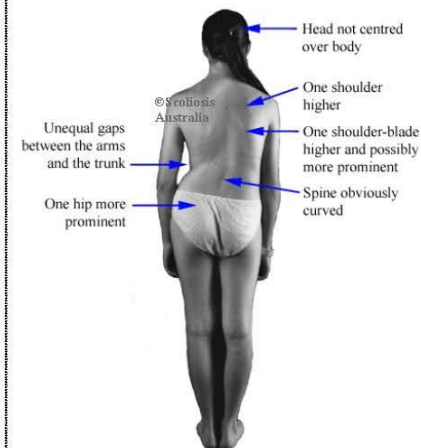
**WHY THIS BROCHURE HAS BEEN PRODUCED**  
This brochure is designed to make parents of schoolgirls aware of the outward signs of scoliosis. From time to time all government and non-government schools in Australia will be asked to download this brochure from [www.scoliosis-australia.org](http://www.scoliosis-australia.org) and to distribute it to girls in Years 7 and 9 (11 and 13 years of age in most states and territories).

2

Fold

If after reading this brochure you or your parents think you may have this condition, please consult your family doctor.

### WHAT ARE THE OUTWARD SIGNS OF SCOLIOSIS?



3

#### HOW SCOLIOSIS IS DETECTED

Apart from the outward signs with a teenager standing as illustrated, the reliable **Forward Bend Test** is used in the diagnosis of scoliosis. This simple visual examination requires the teenager to stand with the feet together and parallel and bending forward as far as she can go with the hands, palms facing each other, pointed between the two big toes. In scoliosis, one side of the upper chest (thoracic) region or the lower back (lumbar) region will be more than 1cm higher than the other. The prominence is most often on the right side in the thoracic region. If the difference between the two sides is less than 1 cm, it is highly unlikely that a significant curvature is present and the difference is simply due to asymmetrical growth of the two sides of the body. This is called torso asymmetry and is of no significance.



The Forward Bend Test

4.

#### WHAT ABOUT BROTHERS AND SISTERS?

Scoliosis tends to run in families. When a curve is detected in one member of the family, other children should also be examined by the family doctor. If there is a history of a blood relative, especially a female cousin, having been treated for scoliosis by brace wearing or surgery, then this strengthens the case for spinal examination as a regular health check between 10 and 13 years of age.

Scoliosis which requires treatment is far less common in boys than in girls. The ratio of boys to girls requiring treatment is about 1 to 10.

#### IS TREATMENT SUCCESSFUL?

Yes, modern methods produce excellent results when a curve is detected early. In most cases an inconspicuous spinal brace is worn. Surgery is needed in only one out of three cases which require treatment.

There is no scientific evidence that physical therapy (exercise programs) and spinal manipulation (chiropractic adjustments) will either correct a scoliosis or halt its progression.

#### WHAT WILL HAPPEN IF SCOLIOSIS IS NOT TREATED?

The curve may increase unnoticed during the growing years. Moderate and severe curves may also increase in adult life. Some curves may increase with pregnancy. Severe pain, physical deformity and wear and tear arthritis may occur during middle life. Early detection is important for a healthy future.

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## HOW DO YOU DETECT SCOLIOSIS?

Simply look for it!  
It only takes 30 seconds



Visit our website  
[www.scoliosis-australia.org](http://www.scoliosis-australia.org)

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