FROM THE PRINCIPAL

Mr Mark Anderson B. A. Dip. Ed.

Congratulations to Rishi Manivasahan, David Shead, Eddy Li and Joseph Arackal who participated in this year’s Great Engineering Challenge and won the UNSW Challenge for 2015 on bridge building. This great Engineering competition provides the boys with a venue to test their teamwork, communication and creative thinking skills. Thank you to Ms Raj for her support of the boys in their learning.

Congratulations to Patrick Adji (7 Bukkandi): Patrick won a gold, silver and bronze medal at the 2015 Australian Karate Federation National Championships last weekend in Adelaide. This is an outstanding performance against the best competition in Australia. Well done Patrick.

Congratulations to Hugh Gingell who has been selected for the NSW Orienteering Team and will compete in the Australian Orienteering Championships in Ballarat.

Jenolan Caves Excursion: Despite a huge week of activity we all made it back safe and sound. Those who were watching the weather reports will have an appreciation of just how cold it was. I drove down early Wednesday morning and it was 3 degrees in my garage, -1 at Katoomba, -3 at Mt Victoria and -2 at the top of the hill before the caves. The walk down the 6 foot track that morning was accompanied by sleet and the amusing sight of the boys failing to break the ice in the puddles that were frozen solid along the journey. In addition to the curriculum based learning that occurred before, during and after the event, the opportunity to bond in the great Australian outdoors was invaluable. Having grown up in the country, spending a considerable amount of time making dams in streams, building cubby houses and generally terrorising the neighbours, I was really delighted at how quickly some of these very urban boys began to engage with a very different environment. Watching them master their fears of getting dirty, crawling through small holes deep underground or just fording a stream was delightful. Some of the boys took it all in their stride, while others had to force themselves to do something that they found uncomfortable. The only time you can really be brave is when you are afraid. There were some very brave boys on camp.

Thank you to all of the parents for encouraging the boys to attend. Thank you also to the Year 11 leaders who took time away from their studies to mentor the Year 7s. I am blessed to have a great staff team who gave up a week of their lives to enable this camp to happen.

While the venue is picturesque, those who attend are on duty 24 hours a day for 5 days straight. Thank you Mr Rumbelow, Mr Randall, Mr Wall, Mr Virata, Ms Free (aka Blue Year Adviser Smurf), Ms Whalley, Mr Rodgie, Mr Steed and Ms Elliott. I have included a few of the images I took while at Jenolan.

Entrance Exam for 8-11 “top-up”: This weekend we will be conducting our yearly exam morning for those students who wish to apply for a position at Normanhurst in Years 8 to 11 in 2016. While there are frequently few spaces in Years 8-10, we do include up to 20 additional places in Year 11. Our numbers are essentially capped at 120 in the junior school however adding additional quality students in the senior school enables us to offer a broader range of subjects. Competition for places is strong and demand outstrips supply. These examinations are invigated by the same exam supervisor who is hired by the BOSTES to supervise the HSC examinations, the selective schools exams and our trial HSC exams, ensuring the highest standards in examination conditions are enforced.

Normo Boys Kitchen Whiz episode: Well done to Jack Hedges, Adam Fuller, Harrison Chudleigh and Marko Beocanin who did a great job on this Channel 9 TV show.
Please be reminded that the Term 3 grounds day is coming up next Sunday 23 August. These days are conducted by our P&C to enable our grounds to remain in great condition. Without the active participation of our parents, it would be impossible for our General Assistant to cope with the demands of looking after over 6 hectares of grounds. Morning tea is provided and it is a great opportunity to contribute to your son’s learning environment. I am sure the P&C will be sending out another reminder to those parents who have pledged their time this term. Thank you to everyone in advance.

“Give, but give until it hurts.” – Mother Teresa

**Grounds Day Coming Up:** Please be reminded that the Term 3 grounds day is coming up next Sunday 23 August. These days are conducted by our P&C to enable our grounds to remain in great condition. Without the active participation of our parents, it would be impossible for our General Assistant to cope with the demands of looking after over 6 hectares of grounds. Morning tea is provided and it is a great opportunity to contribute to your son’s learning environment. I am sure the P&C will be sending out another reminder to those parents who have pledged their time this term. Thank you to everyone in advance.

“Give, but give until it hurts.” – Mother Teresa

**Year 12- The final Push:** Now that our HSC candidates have completed their final assessment task, it is time for the final push towards excellence. It is a rather harrowing time for students, parents and their teachers. It is important that parents work with their sons to ensure that they continue to attend class right up to the last day. There is a tendency, in HSC students, to regard the Trials as the end of the course and to regard the post-Trial period as time to concentrate on personal individualised study. To do this would be a sizeable mistake and one that will cost them in terms of performance. While each teacher will complete the mandatory content at different times, all students will be supported through a program of revision, consolidation and exam preparation before the end of term. It is a time for students to start to ramp up their levels of application and taper other interests in favour of preparation for the impending HSC Exams. It is also important that they do retain a balance of exercise, correct diet and sleep. While they need to push themselves, they need to also remain healthy to maximise their potential for performance.

While I have severe reservations about measuring study in terms of time, it is something that parents can use to get a “feeling” about levels of application. As a rule of thumb, if boys are not putting in at least 3 hours of productive revision and consolidation based study per day, then they are not pushing hard enough. Many of our boys are putting in double this, and have been doing so for a considerable period of time. While I appreciate this is a very big “ask”, I am also aware that our boys and their parents are expecting ATARs that will enable them to compete with the highest achievers in the State. It is frequently said that success is 10% inspiration and 90% perspiration. For those who are still jogging, now is the time to start sweating.

Once again, I would like to remind both parents and students that there is an extensive support network at the school for those who feel that the pressure is unbearable. In addition to our new Head Teacher Welfare (Ms Thomas) and Senior Studies (Mr Randal), we have a cohort Deputy Principal (Mr Abas), the school Counsellor (Ms O’Neill), Year Adviser (Mr Rumbelow), Learning and Support Teacher (Ms Elliott) and of course our wonderful teachers.

You have to work hard to get your thinking clean to make it simple. But it’s worth it in the end because once you get there, you can move mountains. – Steve Jobs

**Year 10 Work Experience:** Well done to our Year 10 boys who have completed a highly successful period of work experience. In some other selective schools this important opportunity is omitted from the curriculum. I am firmly of the belief that this is a serious strategic error. Work experience is a time for the boys to get a real taste of a field of work that they, as 15 year olds, wish to pursue for the rest of their lives. For some it brings a realisation that this field is not what they want to do. For other boys it is that “eureka” experience when they realise that this is something that they were born for and this instils a desire to work hard to achieve the goal of making this field of work their life’s opus. Both of these outcomes inspire better decision making in our boys. The number of employers who agreed to host our boys and then spent time writing letters of praise about the manner in which our boys conducted themselves was astounding. A great deal of credit for the successful placement of our students must go to Ms Woodhams. Her ability to drill down into boys’ hopes, desires,aptitudes and aspirations ensures appropriate experiences for all. Organising placement for 120 students in quality work places is a mammoth task. Thank you Ms Woodhams.

Unfortunately due to illness I was unable to attend Thursday’s Musical Evening. Both of my deputies and Ms Venczel were present and from their reports I feel quite sad that I missed such a great night. I never cease to be amazed at the variety of the items, the musical expertise and commitment of our students and the sheer love and dedication demonstrated by our music faculty. By all accounts the ensembles – the stage bands, the vocal ensemble, the ever expanding string ensemble (surely nearly an orchestra by now!) and the concert band were lovely to listen to and indeed to watch. It is great to see so many of our boys – from Year 7 to 12 - devoting so much time and effort, working together, to produce an ensemble sound in what is essentially a perfect example of collaboration in its purest form.

I am told that the solos and compositions from our HSC music students were excellent, so congratulations to Keita Richardson, Jonathan Simpson, Ashkan Khoshab and Jamieson Tong. We will get another chance to hear those boys and the rest of the HSC Music class next week at the MAD (senior Music Art Drama) evening on Friday night. Equally impressive were the solos from the younger students – Ian Thonwaldson from Year 11 and Jeremy Skrzypka from Year 10. It is no mean feat to get up in front of a hall full of people and play with such
sophistication and technical fireworks. It was obvious that all of these boys have been working extremely hard for a long time in order to hone both their interpretive and technical skills.

Congratulations to all of those involved. A particular mention must go to the Year 12 boys who have been involved in the musical ensembles – I am sure the audience was in awe of your ability to participate in these ensembles during such a busy time with your HSC. Thank you to Mrs

P&C NEWS
Mr Sade Kalasabail, P&C President

❖ Our next Grounds Day (…. working bee) for this Year/Term will be held on Sunday 23 August (9:00am - 12:00 noon). Being the grounds day before spring we get a good opportunity to prepare and make the environment even better for the next term and thanks to all the parents who have volunteered for this day we are expecting a huge turnout and P&C will provide a good tea break.

At Grounds days, we do a mix of weeding, planting new plants and generally tidying and improving the school grounds. The Grounds Day starts at 9 am and finishes around 12.00. It is helpful if you can be there by 9.00, because there will be a briefing before we start, and it is good to talk to everyone at once if possible. When you arrive, you will need to sign the attendance sheet, so that you are registered as a volunteer for the day. We will stop for morning tea at around 10.30am. (If you need to go earlier, we will appreciate whatever time you can put in).

The MEETING PLACE for Grounds Day will be at the Fraser Road car park (inside Fraser Road gate).

Further information about P&C is available on the School website http://www.normanhurb-h.schools.nsw.edu.au under the “P&C” tab along with details of the previous meetings.

Our P&C Meetings are held on the second Tuesday of each month during school terms. All are welcome.

❖ Support from PARENTS on Funding to School using GONSKI

YEAR 12 TEAM NORMO
Ms R Thomas, Head Teacher Welfare

On Thursday 13 August, Year 12 students attended a very important Team Normo Meeting. This meeting was based on the feedback from the student interviews conducted in Term 2.

Mr Anderson discussed the importance of working together in study groups, assisting each other to master concepts and working as a team to approach the HSC. Head Teachers gave students subject specific advice on how to best prepare and study for the Higher School Certificate Examination.

Uddhav Bhargava, 2014 Year 12 student, shared his successful experiences of different ways to study, the importance of balance and engaging teacher expertise/feedback in the weeks left of school.

ECONOMICS AND BUSINESS STUDIES COMPETITION SUCCESSES
Ms J Ruperto & Ms F Rahman, HSIE Teachers

The UNSW Business School has informed us about four Normanhurst Boys winning prizes for achieving in the outstanding result category.

In Business Studies, Year 11 students Lachlan Berry and Sanjay Balakumar won $200 and $50, respectively.

In Economics, Udai Kamath of Year 11 and Dilir Ali of Year 12 won $100 each.

These boys have been invited to the UNSW Business School Awards Ceremony to be held on Monday, 7 September, when their prize rank will be revealed.
After finishing my HSC in 2007, I jumped straight into a Bachelor of Engineering / Bachelor of Commerce degree at UNSW, where I specialised in civil-structural engineering, construction project management and negotiations. I now work on site, managing the construction of millions of dollars of work each month for Lendlease, Australia’s largest construction company. For the last few years my team have been turning an old port into a hyper-engineered park at Barangaroo Point, and I’ve recently been promoted into running one of the structures teams tackling the construction of Australia’s first six-star hotel, Crown Sydney.

Big responsibility, serious fun and a huge feeling of satisfaction when a figment of the imagination becomes reality.

Outside of work I live in a big old house in Artarmon, shared with four mates and my golden retriever. Holidays are spent all around the world, and weekends are spent freely skydiving, snowboarding, falling in love with beautiful girls and chilling with the Normo boys. Life is seriously good for all of us, and we’re only just getting started.

Much love to the Normo family. Work hard, play hard and dream big.
A-TEAM ACTIVITY WEEK
Banjo Piggott-Wright, Year 7 A-Team

In Week 4 some A-Team students participated in a week of fun educational activities. On Monday we walked across the Sydney Harbour Bridge. We caught a train to Milsons Point before we walked across the bridge collecting data on Sydney traffic.

On Tuesday we went ten pin bowling. We caught a train to Hornsby, then walked to AMF bowling club where we did two good and intense games.

On Wednesday we had a movie day and sport day. The movie we watched was “Up”. Then we had our normal sport in the afternoon.

On Thursday we went to the Royal Botanic Gardens. We caught a train to Wynyard, and then we walked to the gardens where an Aboriginal educator told us about boomerangs, didgeridoos and other types of tools and foods. Then another educator told us about the foods that the first fleet brought to Australia in 1788 and what they grew in their first farms. We also planted a Black Bean Tree seed in the green house.

Finally on Friday we had our team building day. We played lots of games like the egg drop, lolly and spoon race, forcing back and three legged race. I had an exceptional time that week and I hope my classmates and teachers had fun too.

SCIENCE NEWS
Ms Kathy Barbeler, Head Teacher Science

Year 7 RACI crystallography results.
Many Year 7 boys enjoyed growing crystals this year and their efforts were recently judged by RACI representatives at UNSW. Several groups achieved crystals which were finalists from across NSW schools and 2 groups achieved Highly Commended results: Justin Cho, Patrick Adji, Tony Kim, Ryan Park, Rohan Sharma, Justin Lee, Asvarth Prabagar, Ansh Mehta.

The science faculty looks forward to competing with our new Year 7 cohort in 2016.

National Youth Science Forum
Jash Vanjara has been selected to attend the National Youth Science forum in January, 2016. Jash’s nomination was endorsed by the Rotary Club of Pennant Hills.

ROUND THREE OF THE YEAR 7 AND 8 PREMIER’S DEBATING CHALLENGE
Mr A Martinez, English Teacher

On Wednesday the 12th of August Year 7 and 8 completed round 3 of the Premier’s Debating Challenge. The topic of the debate was ‘that parents should only allow their children to watch TV on the weekends’.

Both teams put forward some interesting arguments, with Year 8 explaining how TV is largely a distraction, does not develop social skills and may expose children to inappropriate ideas. However, they did not provide a coherent model to support their position, which is essential for the affirmative team in any debate. Year 7 benefited from this short coming, countering with ideas of freedom of choice and how TV does display educational programs like the popular Spelling Bee. Tony Kim from the Year 7 team also mentioned concerns surrounding equality as TV often acts as a ‘second parent’ particularly for children from families who cannot afford before and after school care. In what was a close debate, ultimately Year 7 were victorious. The Year 7 team now move on to the next round of the Premier’s Debating Challenge.

A big thanks to 7 Din, the A-team and their teachers who were an excellent audience on the day. I’d like to single out Banjo Piggott-Wright and praise him for the professional and accurate way he conducted his role of time keeper. A reminder to all Year 7 and 8 students that we have debating meetings in room 2 every Friday week A, lunch time. All are welcome.

IMMUNISATION PROGRAM REMINDER
Ms R Thomas, Head Teacher Welfare

The third School Vaccination Clinic will be on Tuesday 25 August 2015

Year 7 students – all students
- Chicken pox
- Human papilloma virus (HPV) vaccine – Dose 3

Year 8 students – catch-ups
• Students who commenced the HPV vaccination in Year 7 but did not complete the course will be offered catch-up doses at school.

**Year 11 students – catch-ups**
• Measles-Mumps-Rubella (MMR) vaccine as a single dose for those students who returned their form last term and are not fully protected.

A letter will be sent to the Year 8 and Year 11 students requiring catch-up.

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**CAREERS NEWS**
Mrs. K Woodhams, Careers Adviser

**Important Information – Calendar of Events**
Check this calendar for upcoming University Open Days, Parent/Student university nights plus more

**Go to:** [http://www.nbhsCareers.com](http://www.nbhsCareers.com)

We also have additional information including a comprehensive calendar on the [MhsCareers website](http://www.mhsCareers.net).
User name: nbhs - Password: careers

**SCHOOL CAREERS INFORMATION**
`Team Normo` Meeting
Year 12 had their ‘Team Normo’ meeting yesterday.
Mr Anderson spoke to Year 12 about the HSC, scaling and moderation and the post Trials period. Mr Rumbelow went through the remaining Year 12 school program and optimizing each student’s HSC results. The boys received information for parents including upcoming dates.

The boys also went to rotating course sessions with the head teachers about exam and study tips. Uddhav Bargava (Year 12 2014) gave some excellent HSC and revision advice to the boys.

The boys also received advice on stress management from Ms Thomas and Mrs O’Neill.

**University Admission Centre (UAC) Information**
Year 12 also received their term 3 & 4 careers program including their UAC information.

They now have extensive handouts and their 2015-2016 UAC Guide.

The UAC “How to apply?” powerpoint and video can be accessed on the UAC website or go to: [www.nbhsCareers.com](http://www.nbhsCareers.com) - HSC/ RoSA - Year 12 UAC Information

**Year 12 careers information due in August/September**
* MyCareerMatch Careers Profile
* Three Point School Exit Plan
* Application/s - School Information pages
* Preferences Information page (Interview Yes/No)

2016 UAC Applications are now open

**Wed 30 September:** Last day for domestic undergraduate students to apply and pay to avoid progressive increases to processing charges.

**Thu 17 December:** ATARs released on UAC’s website.

**Wed 6 January:** Last day to change preferences in time for main round offers.

**Wed 20 January:** Main round offers released.

**SCHOOLS RECOMMENDATION SCHEMES (SRS)**
UAC is continuing their centralised ‘Schools Recommendation Schemes’ (SRS) for 2015-2016 admissions, for current Year 12 who are UAC applicants for undergraduate university admission. SRS facilitates early offers of admission to current Year 12 students, some of whom might otherwise not be offered a place into that course. There are nine universities participating in SRS in 2015. They are ANU, Charles Sturt, Griffith, Macquarie, National Art School, University of Canberra, University of New England, Newcastle, UTS and UWS.


**EAS (EDUCATIONAL ACCESS SCHEME)**

Lunchtime session Friday 14 August library meeting room

EAS is to assist students who have had a long term disadvantage. The booklet can be obtained from Mr Rumbelow or downloaded from the UAC website. [http://www.uac.edu.au/documents/eas/eas-booklet.pdf](http://www.uac.edu.au/documents/eas/eas-booklet.pdf)

Check the booklet for different eligibility criteria. There is also a list outside my office.

Please note financial disadvantage includes Youth Allowance &/or parents on Centrelink support &/or parents receive Family Tax Benefit Part A.

Documentation is to be returned to Mr Rumbelow.

**Year 10**

**Work Experience**

Year 10 is to be congratulated for an excellent week/s at work experience. The host employer assessment reports and teacher feedback & evaluations have been outstanding. Students are to return their pack containing their work experience journal and the host employer assessment report to the careers office.

**Upcoming Lunchtime Presentations**

**Engineering – Years 10, 11 & 12**

What is engineering including information on scholarships applications and flexible entry

University of Sydney – Mon 17 August in the library.

**Macquarie University Specialist Degrees - Years 10, 11 & 12**


**Scholarships &Applications Master Class - Year 12**

Tanya Sawkins - Manager UWS Scholarships & Student Advancement – TBA (this is a special class)

**UNIVERSITIES**

**The Robertson Scholars Leadership Program Information Session**

Fri 14 August, 12.30pm – 2.30pm, Hugh Dixon Theatre, AGSM Building, UNSW Kensington Campus

The Robertson Scholars Leadership Program seeks to assist students who have demonstrated passion and potential to become great leaders in college and beyond. The program provides a scholarship for 4 years of tuition, room and board, at Duke University or the University of North Carolina. In addition, the scholarship provides three summers of

**Measles-Mumps-Rubella (MMR) vaccine as a single dose for those students who returned their form last term and are not fully protected.**

A Record of Vaccination will be provided to each student vaccinated at the clinic. Please keep vaccination records in a safe place, as they may be required for future work or travel. Please ensure that your child eats breakfast on the day of the school vaccination clinic.

If you have any questions about the program please contact the Northern Sydney Public Health Unit Immunisation Team on 9477 9019.
domestic and international experience, as well as leadership and professional development opportunities. Learn more and speak to current Robertson Scholar, Matthew Waller, at the information session. http://www.futurestudents.unsw.edu.au/qa-robertson-scholar-matthew-waller


Charles Sturt Information session at Hornsby RSL
Course information includes dentistry, vet science & television production.
Also, information for students and parents on how to apply, pathways, accommodation options, scholarships and help with costs.
6pm Thursday 3 September 2015. Hornsby RSL
Register to attend www.csu.edu.au/parents
1800 334 733

University of Wollongong Early Admission Program
Applications open 3 August and close 5pm 28 August 2015
Most UOW undergraduate degrees will be offered, including special programs for high achieving students. Students will be able to apply for up to two UOW degrees. Indicative criteria for each degree will be listed on the UOW website.

ACU – Early Achievers Program
Applications open Mon 10 August and close Mon 19 October 2015
www.acu.edu.au/early-achievers

2015 Inside the Forensic World
Inside the Forensic World features forensic scientists, investigators and lawyers who will discuss their career path, experiences and answer questions from the audience. An extensive practical program will also complement the lecture series. There will be displays featuring work performed by NSW forensic practitioners and career guidance information available to attendees.
UTS, Building 7, level 3 foyer for registration
Entry: corner of Thomas & Jones St., Ultimo
Saturday 22 August 9am – 3.30pm
Cost: $60 per person (includes refreshments and lunch)

University of Technology New Science Courses
UTS has introduced six new courses in 2015 and they are:
* Bachelor of Advanced Science major in Advanced Materials & Data Science
* Bachelor of Advanced Science major in Environmental Biotechnology
* Bachelor of Advanced Science major in Infection and Immunity
* Bachelor of Advanced Science major in Pre-medicine
* Bachelor of Biomedical physics
* Bachelor of Medicinal Chemistry
www.science.uts.edu.au/future

UTS Science Scholarships
www.sciencescholarships.uts.edu.au

UTS: New Bachelor of Arts/Bachelor of Education and New Primary, Secondary Teaching Majors
The new Bachelor of Arts/Bachelor of Education degree will now feature a choice of three education majors – Primary Education, Secondary Education, and K-12 Education. As with all teaching degrees offered from 2016, a minimum of three Band 5 HSC results, including one in English is a prequisite for entry into the course. Students who do not meet these requirements may be able to gain entry into the course via a UTS approved pathway.

http://www.uts.edu.au/future-students/education/study-areas/teacher-education-undergraduate

UTS: Bachelor of Communication – Now with Two Majors
In 2016, UTS will be offering its Bachelor of Communication as a practice-oriented degree featuring career focused majors and industry internships. Students will develop expertise through 2 Majors, core subjects, elective courses and combined options.
http://www.uts.edu.au/future-students/communication/study-areas/bachelor-communication-new

UTS Business Undergraduate Info Night
Tue 17 November, 6.00pm – 8.00pm, City – Haymarket, CB08 Dr Chau Chak Wing Building, Building 8
Thu 26 November, 6.00pm – 8.00pm, City – Haymarket, CB08 Dr Chau Chak Wing Building, Building 8
An opportunity for those considering a professional career in business, accounting, economics, finance, management, marketing or related fields, to explore study options from students and academics.
http://www.uts.edu.au/future-students/undergraduate/essential-information/events-and-info-sessions

UTS Open Day Interactive Workshops
Anyone attending UTS Open Day, Saturday 29 August, can participate in a one hour Landscape, Architecture, or Photography workshop. To register visit:
Landscape: https://forms.uts.edu.au/web/index.cfm

The University of Sydney: Open Day Workshops and Lectures
Those attending the University Of Sydney’s Open Day on Saturday 29 August, may visit the following website to help plan which lectures and workshops that would like to attend on the day.
http://sydney.edu.au/open_day/mini_lectures.shtml

ANU: Equity Accommodation Scholarships
Each year the Australian National University will offer a number of scholarships to assist students in financial need from outside of the Canberra region who are commencing a degree program at the Australian National University. The scholarships aim to assist students with the accommodation expenses associated with relocating to Canberra to commence at the ANU.
http://www.anu.edu.au/students/scholarships-support/anu-equity-accommodation-scholarship

UNSW: Aviation Students ‘Qantas Link Approved’
UNSW Aviation students can now apply to become ‘QantasLink Approved’ during their degree. As a result, students will be observed and mentored by experienced QantasLink pilots and, if successful, will be considered by QantasLink straight after graduation.

UOW: Management Cadetship Program
Applications close: Sun 6 September
The University’s Management Cadetships provide an opportunity to combine work and study. Cadets work in a number of areas across the university including finance, marketing, and student administration, while also undertaking a relevant undergraduate degree. Cadets receive an annual salary and undertake a specialized placement relating to their degree major in their final two years.
Studying Overseas Information Evening
Wed 19 August, Alexander Hall, Kambala, New South Head Road, Rose Bay
The session begins with an overview of the application process for the USA, Canada and UK, followed by workshops on writing effective personal statements for selective UK universities and workshops on applying for study in Canada and the USA.
Representatives from a number of universities and organizations will be available to answer questions. [http://news.boardofstudies.nsw.edu.au/index.cfm/2015/7/31/information-evening-on-studying-overseas](http://news.boardofstudies.nsw.edu.au/index.cfm/2015/7/31/information-evening-on-studying-overseas)

University of Cambridge, UK, Sydney Information Sessions
Tue 18 August, 6.00pm, Queenwood School for Girls
Thu 20 August, 5.00pm, Cranbrook School
For further details and to register, contact: David Berridge at DBerridge@cranbrook.nsw.edu.au

Georgetown, Princeton, Duke, Columbia and Northwestern Universities' Information Sessions
Wed 2 September, 5.30pm, Cranbrook School
For further details and to register, contact: David Berridge at DBerridge@cranbrook.nsw.edu.au
Thu 3 September, 5.30pm, MLC Burwood
For further details and to register, contact: Loretta Toole: ltoole@mlcsyd.nsw.edu.au

OTHER NEWS
BlueScope Cadetships
Closing date - Sunday 31 August
Bluescope is a global steel solutions business with manufacturing sites across Australia, Asia, New Zealand and the USA.
The cadet program provides students with the opportunity to complete a degree while gaining on-the-job training with other motivated young people. In 2016 BlueScope are offering cadetships in materials engineering, civil engineering, electrical engineering, chemical engineering, mechanical engineering, chemical engineering, mechatronics engineering, information technology, human resources, procurement and shared services (commerce) and computer engineering.

Australian Government Cadetships, Scholarships and Work Experience Opportunities

Australian Defence Force Academy Education Award
Presented annually to Year 12 students in recognition of leadership potential, and academic and sporting achievements exhibited during Year 11. The award comprises of a laptop computer and certificate for you, along with a plaque of recognition for your school. There are up to 100 awards available on behalf of the Navy, Army and Air Force which will be presented to suitable applicants who have applied for entry to ADFA.
You need to submit an application prior to 28 February in the year you undertake Year 12. However, you are encouraged to apply in Year 11.

TSFX Mastering the Exams Lecture
Sun 30 August, 10.00am – 3.00pm, The University of Sydney, Camperdown
A free lecture designed to provide students with the best opportunities to maximise examination marks. Students will learn vital skills that will help optimise examination performance as well as strategies that will maximise learning and cut down on study time.

Gapyear.com
A website providing opportunities and advice for students interested in taking a gap year.
All of the information is emailed in good faith and it is the responsibility of the reader to confirm all details with the appropriate institution. Make sure you look at any relevant websites.
Don’t hesitate to contact me if you have any questions.

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<td>HSC Drama External Marking</td>
<td>Year 9 Maths Assessment</td>
<td>Year 12 Careers Presentation by Tania Sawkins – Manager, UWS Scholarships &amp; Student Advancement</td>
<td>Year 9 Geography Assessment Task</td>
<td>NSW Volleyball Schools Cup</td>
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<td>Year 7-11 Excellent Report Morning Tea</td>
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<td>Years 10, 11 &amp; 12 Careers Presentation by USYD Ex NBHS students (Engineering, Areas of study, Scholarships, Applications, Flexible entry)</td>
<td>7BUK &amp; 7WAR History Assessment Task</td>
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<td>Year 12 Careers Presentations – Alternative Uni Pathways &amp; Uni Transfer Policy, Early Entry Schemes</td>
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Sun 23 Aug P&C Working Bee 9am-12md
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**End Term 3**
**Communicable Diseases Factsheet**

**Chickenpox and Shingles**

*Chickenpox is a common viral infection that can reappear later in life as shingles. Vaccination is recommended for all infants and non immune adults.*

Last updated: 22 April 2014

**What is chickenpox?**

- Chickenpox is a viral illness caused by the herpes zoster virus (also known as the Varicella-Zoster virus)
- In children it usually causes a relatively mild illness.
- Chickenpox in adults and immunosuppressed people can be severe.
- Infection in pregnancy can cause foetal malformations, skin scarring, and other problems in the baby.
- Before routine vaccination began in November 2005, chickenpox was a very common illness. The incidence of chickenpox appears to have decreased as more people receive the vaccine.

**What are the symptoms?**

- Chickenpox (varicella) begins with a sudden onset of slight fever, runny nose, feeling generally unwell and a skin rash.
- The rash usually begins as small lumps that turn into blisters and then scabs.
- The rash appears over three to four days. At any one time, the lesions of the rash vary in stages of development.
- Symptoms usually occur two weeks after exposure to the virus.
- Most people recover without complications, but sometimes the infection can lead to serious complications, such as pneumonia and inflammation of the brain. Rarely, the infection can be fatal.
- Persons who are previously vaccinated can still get chickenpox. If chickenpox occurs in a vaccinated person it is usually mild and less contagious than in an unvaccinated person.

**How is it spread?**

- Early in the illness, the virus is spread by coughing.
- Later in the illness, the virus is spread by direct contact with the fluid in the blisters.
- The infection is highly contagious to people who have never had chickenpox or who have not been vaccinated.
- People are infectious from one or two days before the rash appears (that is, during the runny nose phase) and up to five days after (when the blisters have formed crusts or scabs)
- Chickenpox infection triggers an immune response and people rarely get chickenpox twice.

**Who is at risk?**

- Anyone who has not had chickenpox or been vaccinated in the past can get chickenpox.

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People with a past history of chickenpox are likely to be immune to the virus. Even adults with no history of chickenpox have a chance of being immune (because of past infection that was mild). Doctors sometimes perform a blood test to see if these people need a vaccination.
How is it prevented?

- A free varicella containing vaccine (MMRV) is now recommended for all children at 18 months of age.
- Students in their first year of high school who have not previously received varicella vaccine and who have not had chickenpox are offered a varicella vaccine.
- The Varicella vaccine is recommended for all non-immune adolescents (>14 years) and adults. This involves two doses, at least 1 month apart. It is especially recommended for people at high risk, for example, health care workers, people living with or working with small children, women planning a pregnancy, and household contact of persons who are immunosuppressed.
- People with chickenpox should avoid others (and not attend childcare or school) until at least five days after onset of the rash and all the blisters have dried.
- People with chickenpox should cover the nose and mouth when coughing or sneezing, dispose of soiled tissues, wash their hands well and not share eating utensils, food or drinking cups.
- Pregnant women should avoid anyone with chickenpox or shingles and should see their doctor if they have been around someone with these illnesses.
- Children with an immune deficiency (for example, leukaemia) or who are receiving chemotherapy should avoid anyone with chickenpox or shingles as the infection can be especially severe.

How is it diagnosed?

Most cases can be diagnosed based on the symptoms and by appearance of the rash. Sometimes the diagnosis is confirmed by testing samples taken from the rash or from blood.

What is Shingles?

- Shingles is caused by the reactivation of the virus that causes chickenpox, usually in adulthood and many years after the initial chickenpox illness.
- The illness is characterised by a painful chickenpox-like rash on a small area of skin, usually on one side of the body.
- Pain and tingling associated with the rash may persist for weeks or months after the rash has cleared. This is called post-herpetic neuralgia.
- The virus can be spread by direct contact with the skin rash of infected people. This causes chickenpox in people who are not immune.
- Shingles develops more commonly in people who are immunosuppressed.

How are shingles and chickenpox treated?

Shingles can be treated with special antiviral drugs such as acyclovir. Your general practitioner can advise on ways to minimise the discomfort associated with the symptoms of infection.

Chickenpox infection usually resolves without treatment.

What is the public health response?

Chickenpox is not currently notifiable in NSW but the incidence is monitored through the number of patients attending emergency departments and the number of patients who are hospitalised with chickenpox or shingles.

- Varicella vaccine protects against chickenpox, even if given up to five days after exposure.
- Short-term immunisation with varicella-zoster immunoglobulin (VZIG) - which is made from antibodies in donated blood - can prevent illness in people at high risk of complications. This needs to be given within 96 hours of exposure to the virus to be effective. People at high risk of complications following exposure include pregnant women who have not had chickenpox and who have not been immunised, newborn babies, and some immunosuppressed patients.

For further information please call your local Public Health Unit on 1300 066 055 or visit the New South Wales Health website www.health.nsw.gov.au
Teaching someone to drive can be a happy experience.

You can learn all the simple steps on how to teach a learner driver at a FREE two hour workshop.

The next workshop in your area will be held:

**TIME and DATE:**
6.30pm to 8.30pm Tuesday
8 September 2015

**VENUE:**
Hornsby Shire Council Chambers Building
296 Peats Ferry Road, Hornsby

**BOOK NOW ON:**
(02) 9847 6856
Bookings Essential

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