



Marsden Mail

Term 3 Week 10



Principal's report Term 3 Week 10

"You can't tell how deep a puddle is until you step into it". EE Shaw 1978.

To our Year 12 2012

Monday the 17th September will see the finalisation and Graduation of the Class of 2012, and from all the School community, we send our greatest wishes for your future destinations and adventures beyond the classrooms of Marsden. This fine group of young people have been inspirational in so many areas. From the sporting field, to the musical stage, Creative Arts, Dance, Drama, Language, Mathematics, Filmmaking and the list goes on. Amongst you are scholarship winners, elite athletes, fine musicians, great actors, budding chefs and exceptional minds. The leadership you have shown to the school in the last 12 months has been outstanding, in particular the Student Representative Council, Prefects, Sports Captains and the fine School Captains and Vice Captains. Without a doubt you have led the student voice of Marsden High school through commitment, hard work and dedication to the values of our school. I congratulate you all and know you will be studying hard for the upcoming HSC exams. The race is not quite over. "Keep your eye on the ball to the end".

Marsden High and Parramatta High School hosts Global Youth Service Day

Last week our students attended an outstanding event at Parramatta High School. Students had the opportunity to listen to community leaders and inspired students present on how we all have the power to play a part in making big changes in the world.

I congratulate our beautiful Ms Thadani on her energy, smile and dedication to the students for becoming involved and committed to making a global difference. I am also very proud of our students. It was noted our students capacity to think on their feet and their depth of commitment gives me confidence they will be strong role models for Service Leadership and our unique and fast growing program.

For those interested in further information I have included a link to the Global Citizens website; www.global-citizen-initiative.com



Personalised Mobile Learning is here!



Marsden embarks on an educational journey into the world of iPads. As a principal, if I thought the journey was just about the iPads, I would be mistaken. The world of mobile learning (with the iPad as a mobile learning tool), is all about “learning”, that will build clever and entrepreneurial thinking students. At Marsden we are building HEARTS, MINDS and VISION for our students to SHAPE their world. We want to be engaging our students and providing opportunities to open up possibilities of being part of a connected world through being great digital citizens who are respectful and resourceful learners. Our year 7 trial iPad initiative, iMarsden, a place for building clever MINDS, strong HEARTS, and a global VISION.

The trial, iMarsden

During Term 4, a class in Year 7 will be trial connected learning with iPads. The trial will then be evaluated, with view to extending the project to other classes in Year 7. Our teachers have entered into a strategic, intensive professional learning process to prepare them for project learning and quality teaching which will prepare them for engaging students in meaningful and challenging lessons. This is an action learning process that is being led by the Quality Teaching Tech Team and the Year 7 teachers. We are very excited about this project, although we have still a great deal of organisation to put in place before the project rolls out mid Term 4.



Interschool Visit Lithgow 2012

Amazing things happen when schools get together. Two weeks ago, our teachers, combined forces to take 51 students up to Lithgow high school to enjoy 2 days of competition, in a myriad of areas, from Chess, Public speaking, Netball, Volleyball, Soccer, Mock Trials, Table tennis, Touch Football, Oz Tag, a Talent show during the evening. It was a very even competition with the scores equal until the last event! The exchange was a wonderful cultural experience and we plan to expand it to a larger, annual event. Look out for this great event next year. Congratulations to all the students and staff who made this event possible.

NSW Representative for Constitutional Convention

Thomas Ding our 2013 School Captain, has been selected to participate in the New South Wales Schools Constitutional Convention at Parliament House, Macquarie St, Sydney representing Marsden High School. Congratulations Thomas! From this convention, 30 students will be selected to Travel to the National Convention in Canberra. We wish Thomas the best.



At Marsden we CARE = Cooperate, Achieve, Respect and Engage!



Every student at Marsden knows and understands the values in which we operate. Congratulations to all those students who were honoured at our PBEL Excellence Assembly last week. I am very proud to say our students whole-heartedly uphold these values and my teachers continually reward these excellent behaviours in Student Diaries everyday with CARE (smiley) Stamps. Students on reaching 10 Care Stamps receive a Silver Award and this goes into the draw for an iTunes card each week. At the end of the term our students are honoured with parent/carer guests at a formal assembly. Congratulations to all these students.



Our great public schools are worth fighting for!

There has been a lot of media talk about Government funding for NSW Schools and in particular Public Schools. Marsden is a great Public school. In my 25 years of teaching in public education, I believe through the quality of my teaching profession one student - currently in one of our public schools will restore fairness, equity and honesty in our state. We (the Principals of NSW Public schools) don't know who that student is but our responsibility is to instill character, creativity, courage and a moral compass, qualities that abound in our profession, in that student.



I believe that building a great environment in our classrooms will help us deliver for 'that student'. We know that all our kids are 'that student'. I urge all parents and carers to support our great public schools!
<http://igiveagonski.com.au/>

Finally, I am very excited about our study tour of Korea. I am travelling with our wonderful students in the holidays and I will report on our adventures next term. I wish all my students and the Marsden Community a safe, restful break and see you next term. School returns on MONDAY 8th October, there is no school development day on the Monday, all students return to class on that day.

The great upcoming events for Marsden, the learning never stops.

- Year 12 Graduation Ceremony
- VET Entertainment NIDA Training for our Staff
- Year 11 Exams
- Year 11 Work Studies Excursion
- Study Tour Of Korea
- Raise Mentoring program continues.
- Australian Citizen Day
- IEC Enrolment Day
- Positive Behaviour Engaged Learning and Training Day

And list goes on. See you next term.

What I am reading this week <http://zhaolearning.com/>
Great learners make good teachers <http://vimeo.com/33234646>

Ms Denise Lofts
Principal
Marsden High School



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**Our next P&C meeting is on
Tuesday 30th October
in the Library at 7:30pm**

Calendar**October**

8	Start of term 4 – all students
10-12	History Tasmania Trip
15	HSC Exams commence
17	Yr 7 & 10 vaccinations catchup
18	Yr 12 Legal Studies Excursion to Supreme Court
18	Yr 8 Swimming P3 & P4
22	Yr 7 Swimming P3 & P4
25	Yr 8 Swimming P3 & P4
29	Yr 7 Swimming P3 & P4

**Tour of Marsden High School with our
Principal Mrs Denise Lofts**

If you missed our Open Day please join us and contact the office to book in for our school tours on 9874 6544

Tour date
Thursday 6th September 4-5pm

Year 7 Enrolments 2013

Orientation Day 9.30 am Wednesday 5th December 2012 in the Marsden High School Auditorium.

An Enrolment Year 7 Kit for successful applicants for year 7 2013 will be sent out to Parents/Carers for completion w/c 14th September 2012.

This paperwork needs to be completed and returned to the school w/c 8th October 2012.

If you require any further information, please contact Sharron Walden Mon, Wed and Friday's.

Uniform Shop News

New Blazer Scheme

Blazers will be available to order at the end of term 3 (Announcements closer to order date during roll call)

The P&C of Marsden have generously decided to sponsor every blazer purchased with \$50, therefore costing the parents \$100. In addition on returning the Blazer dry cleaned and in good condition at the end of a student's school career, the school will purchase to the value of up to \$50

They may be ordered and as of December 2012 some will be stocked for purchase anytime.

Deputy Principal's Report

Lots of great things happening at Marsden in the last fortnight. The PBEL recognition assembly took place on Friday 7th September. It was fantastic to see students who demonstrate the school expectations of co-operation, achievement, respect and engagement being recognised for their good behaviour. There were lots of proud families attending the event and some excellent photo opportunities. Thank you to the PBEL team for their hard work in organising this event. Special thanks to Ms Train and Ms Dalal for leading this event.

On Tuesday 11 September after school a group of teachers stayed behind after school for a professional learning course on 'School-wide classroom systems of support'. This course provided excellent strategies for effective classrooms and strategies to increase student engagement. Responses have been so good that we are organising a follow up session in Term 4.

Year 12 had a run through for their graduation ceremony today. There was a real sense of excitement and energy. Year 12 are an amazing group of young people. It has been my honour to watch them grow up into such fine young men and women. I would like to wish them all the very best for their exams and their exiting futures beyond Marsden

Sue Vasilevska

Study skills tip for September

STUDY SKILLS TIP FOR SEPTEMBER: Bad Memory?

When a student says that they have a bad memory, it usually means that actually they do not encode the information they are trying to remember into their memory in an effective way. Memory is really a 'process' as opposed to a 'thing' in your head that you are born with.

Rather than 'improving your memory', you want to improve the process of memory creation to ensure memory retrieval goes smoothly! The reason why many students do not retain what they are learning is that the way they study only

gets the information as far as their short term memory, and then before long it is forgotten instead of being encoded into long term memory.

The first stage for students in improving their retention of information is to try and find ways to make what they are learning INTERESTING to themselves, EMOTIONAL, ENJOYABLE and if they can't do this then at least create the firm INTENTION to remember the information. It is all about their approach to what they are learning.

The next step in memory creation is the encoding process. To improve in this area, students need to improve:

- CONCENTRATION AND FOCUS (making notes about what they are learning, studying using techniques that suit their learning style, studying when they are most alert)
- ORGANISATION OF MATERIAL (making brain friendly notes: lists, highlighting, categories, grouping, graphics)
- MAKING ASSOCIATIONS AND LINKS between the new material and previously learned material.

Next stage in the memory process is facilitating the storage of memories. Students can improve the way memories are stored by ensuring they BREAK THEIR STUDY BLOCKS UP with at least a few minutes break every half hour (giving the brain a chance to encode and file that chunk of content) and CHUNK DOWN the information to be learnt into manageable chunks. Getting enough SLEEP is also essential as fundamental memory processes take place during sleep. The other thing that is really important in this stage is REPETITION AND REGULAR REVIEW. Each time a review takes place the brain fires all the neurons connected to that memory and the more often that happens the stronger the connections between the neurons and the more intense and powerful the memory that is created.

So in summary, the top three things to improve the process of creating powerful memories are:

- i) focus, positive attitude and intention to remember are essential (reading something half-heartedly while bored pretty much guarantees it won't be retained)
- ii) an active approach to learning where students are 'doing' (making notes, testing

themselves using a wide range of study techniques) rather than just 'reading'

iii) repetition and constant review of the material over a period of time.

To learn more about the brain and memory and advanced memory techniques visit the Brain and Memory unit on www.studyskillshandbook.com.au (click on the For Students tab).

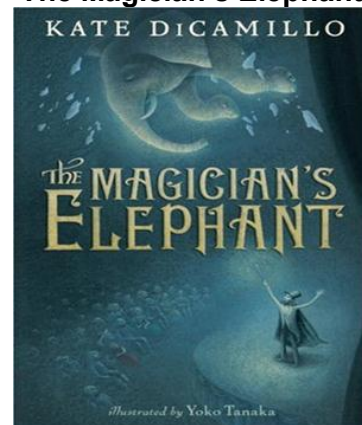
Our school's subscription details are -
Username: marsdenhs
Password: 181results

Library News

HOLIDAY READING!! HOLIDAY READING!!

Come into our library and get your holiday reading before the end of term!!! Also make sure your entry for the Book Week Competition is in. The closing date has been extended until end of Week 1 Term 4. SO you can complete your entry over the holidays. So a visit to the library for your entry form for the writing competition and while you're there borrow a book! Below are reviews for two books and some interesting book websites for you to explore over the holidays.

'The Magician's Elephant' by Kate DiCamillo.



We begin the story with Peter Augustus Duchenne going to the market to buy groceries for his soldier guardian. Instead of buying old bread and tiny fish, he takes the money and visits a fortune teller who answers his question: "Is she alive?" with "The elephant will lead you there."

A very mysterious answer; which Peter believes is nonsense until the magician who "intended

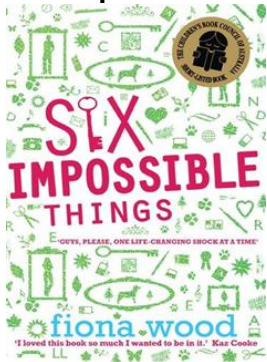
only lilies” brings an elephant crashing through the opera house roof. Why is the elephant here? And can she truly lead Peter to his missing sister?

This is full of whimsy and DiCamillo has a brilliant cast of names and characters at her disposal. Bartok Whynn has to be one of the best book names I’ve read in a while. It is easy to like Peter, he is honourable and sensitive, and his empathy for the elephant is warming. Tanaka’s illustrations are subtle and gentle, perfectly reflecting the story.



A great story and worth the read!!

‘Six Impossible Things’ by Fiona Wood



The cover of this book is quite appealing, and the author is credited with writing on The Secret Life of Us- one of my favourite Aussie dramas. On top of that, this novel was short-listed for the CBCA awards, which, for me, usually means a good read.

Dan Cereill (as in ‘surreal’ NOT ‘cereal’) has hit rock bottom. His mum has left his recently out gay dad, and they have moved to a creaking, leaking heritage house that Dan’s mum has inherited from an eccentric aunt. His dad lost all of their money, so Dan has to leave his cushy private school and sympathetic friends, to go to the local high school. And if feeling like a total social loser wasn’t enough, Dan has fallen completely in love with the gorgeous girl next door, Estelle.

He builds a list, of six impossible things, things Dan wishes would come true, but guesses that they probably won’t.

This is a great read. Wood has captured the angst of being an intelligent, nice teenager who is desperately trying to work out why the adults around them keep messing up. Dan is an easy to like character, who speaks realistically and tends to be the voice of reason in many situations. The characters were all sweet and likeable, and incredibly cool. Even if Dan’s family was messed up, it sounds like a family I’d like to be in.

Books that have recently been made into films can be found at this site:

<http://www.kidsreads.com/features/books-on-screen>

Why not read the book and see the movie!!! Or see the movie and then read the book?

Have a look and see. It’s a lot of fun. Just click on the link and the page will open.

Last week we had R U OK day!!

A great soon to be published picture book and Book Trailer for ‘Coming Home’ by Sharon McGuinness and illustrated by Shannon Melville, is worth a look. This picture book looks at a family whose dad suffers from Depression. A great Book trailer too!!

<http://www.youtube.com/watch?v=gbGMJ6UM9Ys&feature=plcp>

Have a great Holiday and I shall see you next term in our Library!

Ms Langelaar, Teacher Librarian.

Marsden win two grad sport grand finals

Our successful return to Grade Sport in 2012 has continued with our Open Boys Soccer and Open Boys Rugby League teams winning their Grand finals last week. Marsden has now won three premierships this year with hopefully more to come by the end of Term 4.

Open Boys Soccer were confident of a victory against Leichhardt in the Grand final after eliminating the first placed Hunters Hill side in the semi-finals a week earlier. With scores locked at 1-1 at halftime, Marsden scored two goals in the second half to defeat Leichhardt 3-1. Player of the match was Abdul Mohseni and player of the season was Liam Youlley.

Our Open Boys Rugby League side were definitely underdogs in the Grand final after two losses through the season against Ryde. The team tackled magnificently and forced Ryde into error after error. At halftime the score was 16-10 in Marsden's favour. In the second half our superior ball handling and fitness led to a 42-22 victory. Player of the match was Sebastian Tuipolotu and player of the season was Ross Trodden.

All students and staff at Marsden should be extremely proud of our Grand final winning teams. It is even more pleasing considering that this is Marsden's first season back in Grade sport following a decade long absence. Special mention must also go to our Girls Netball and Boys Basketball teams who qualified for the semi-finals.

A.Lustica (PDHPE)

SRC Report

Global Youth Service Day

9 of us Marsdenites, Nikhil, Ashley, Sally, Kristen, Kieran, Tom, Skyler and Naomi and Ms. Thadani, attended the Global Youth Service Day celebrations at Parramatta High on Friday Sept. 7th. We travelled on a bus with the West Ryde Public students who were a delight to talk to on the bus there and back. Like our school, we found Parramatta High had a huge multicultural population. Service & Learning are the key concepts of this undertaking (Global Citizen Initiative). The idea is to harness the power of youth to transform communities. Dr. Kate Sinclair is the founder of the Global Citizen Initiative and has been working very closely and tirelessly with our school to help us realize our potential and direction. A few quotes which stood out for us during the day's talks and presentations were:



- "We are the ones we have been waiting for" saying of the Hopi Elders.
- A video message from Ray Chambers (special UN envoy for malaria), from NYC (New York City), who said: The Millennium Development Goals were created to level the playing field. Small investments can generate a greater return which will lead to generations of healthier and happier families, then communities and therefore countries.
- Arthur Phillip High School did a dance on stage- they brought SO MUCH energy to their performance! They were so WELL PREPARED and CONFIDENT!!
- Last year, September 11th at PHS became a "RANDOM ACT OF KINDNESS" day.
- Hayden Evans of the Ryde Youth Council said, sometimes when necessary, ask the question: "Why do you do this" and if you can't justify or give a good reason, it's time for change. He said: \$10 a year is all it costs for a primary school kid to go to school in Africa. To make a change, we've got to do it at 3 levels:
 - Individual (ourselves)
 - Local (our community)
 - Global (the world)

We have to hold on, even when others fall apart. **KEEP ON GOING!**

A history teacher at PHS, John, said: If there is no equality in the world, and it continues this way then it will be the 'haves' (not the have-nots) that will be behind the fences – because the world will RIOT. And the only way to prevent that is to create equality in the world.



We're proud that our SRC is going to play our part in helping shape the future world and we invite our local community to share their thoughts and ideas in this regard.

Farewell to year 12

On Wednesday Sept 12th, we had our last meeting with the year 12 prefect body and SRC members and said goodbye. They have left some very big shoes for the new prefect body to fill and while we are confident that the new prefect body with the new SRC Co-ordinator for next year, Ms. Berynk, will do an incredible job,

we will very much miss the year 12 SRC, some of whom (Fiona in particular) have been with the SRC since year 7. We wish our year 12's the very very best for their HSC and their future.

Upcoming events

The SRC Planning day for the new prefect body and 5 year 10's will be held on Oct 15th, Monday week 2B with Ms. Bernyk, at the Morriset Centre with Outdoor Education NSW. During this planning / bonding day, the new prefect body will determine which course of action they will take and what projects they'd like to work on. We always welcome suggestions from our student body and parents and look forward to your involvement in the SRC.

GO MARSDEN!!

Report on International Students

At Marsden HS we now have approximately 80 International Students, predominantly from China, Korea, Vietnam and Thailand. We also have one student from Russia and one from Japan. In the last 4 months, Lincoln Jiang has been employed as an International Student Mentor. He has embraced the position and helped students who have had difficulties with their school work, attendance and general adjustment to school and life in Australia. Lincoln completed Year 12 two years ago and is an International Student himself. Now he is studying Actuarial Studies at Macquarie University.



"Lincoln receiving the DEC Academic Award for International Students in March 2011"

We would like to wish our Year 12 International Students all the very best for the HSC. These students have been at our school for at least 2 years and have worked hard to overcome language difficulties and a new curriculum. Some students will go onto University or TAFE

in Sydney, others will return to their homeland. This year we had a Graduation Dinner for our Year 12 International Students to thank them for their contribution to our school community and wish them well in their future studies.

The following International Students also need a special mention. They were involved in the PBEL assembly on Friday 7th September where their efforts and achievements were celebrated.

- Igor Mikheev (Year 7)
- Chris Wu (Year 10)
- Alice Yun (Year 8)
- Yutaka Tsumura (Year 11)
- Kevin Yoon (Year 8)

Congratulations and may we see more International Students receiving awards in Term 4.

Eva McNaughton and Joo Yoon Lee

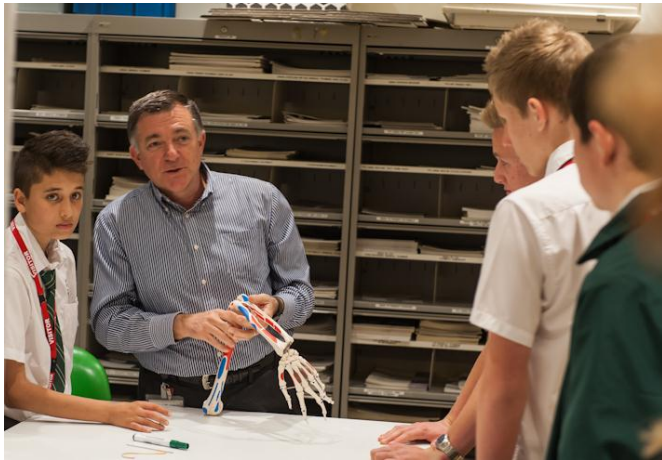
Johnson & Johnson Excursion

On Monday the 10th of September, a group of students from different years at Marsden HS went on an excursion to the company "Johnson & Johnson" and had a tour of the entire factory. On this excursion we met a lot of great people and had an insight into what they did in their jobs and what path they had chosen from high school to their current career. Some people just think that this company is all about baby products, but there is a different side to it. We found out that there is much more like, surgery tools, titanium knees and hips, medical devices, breast implants and personal hygiene.



We met the managers and directors of this company. They told us how the company came together and how they started off their careers. They were very generous to give us lunch,

where they supplied a table full of soft drinks and different kinds of wraps and sandwiches.



After that they gave us a tour of their shop and they had a lot of funny names of products. Even after that they were still very generous and gave us each a goodie bag which had an assortment of different personal hygiene products. The bags included a toothbrush, floss, hand sanitizer and a box of band aids. On behalf of the group we would like to thank Ms Howes and also Ms Symons for arranging this awesome excursion and for taking us there and back.

Daniel Van-Ostayen
Tristan Bezuidenhout

PBEL Assembly

Last week on the 7th of September 2012 Marsden High School held a special assembly which celebrated the achievements of students who had done their personal best and had been consistently engaged in learning throughout the term. The assembly was a huge success and teachers, students and parents enjoyed an afternoon tea following the assembly. The students then participated in various activities later that afternoon to further celebrate their success.

JackYear 10



Summer Camp
13 - 19 January 2013
@ The Station Resort, Jindabyne

Swim. Bike. Boat. Jet. Chill. Play.
.. mix it up but don't miss out ..

Earlybird \$370 + transport
Regular \$420 + transport

Book online @ www.younglife.org.au
or hand in rego to your local Young Life team

Performing Arts Night





School Dollars

Shop to support your local school

It's as simple as 1, 2, 3...

Step 1. Shop at any store in Rhodes from Monday 3 September 2012 until Friday 30 November 2012 and take your receipt to the Customer Service Desk located on the Ground Floor.

Step 2. Receive your School Dollar Vouchers and place into the school barrel of your choice located on level 1.

Step 3. The school with the highest dollar spend per student head will be rewarded in the following placements with cash and/or products chosen by the school*:

1st \$10,000	6th \$500
2nd \$4,000	7th \$500
3rd \$2,000	8th \$500
4th \$1,000	9th \$300
5th \$1,000	10th \$200

*Nominated schools are registered in the School Dollars program. Please refer to the full terms and conditions at www.rhodesshoppingcentre.com.au

www.rhodesshoppingcentre.com.au

Rhodes 
A Mirvac Shopping Centre

School Dollars is in full swing at Rhodes Shopping Centre! Congratulations St Ambrose Primary School who are currently in first place on the leader board one week into the programme. To view your school's position, please visit www.rhodesshoppingcentre.com.au for the weekly updated results. Please continue to help promote the programme within your school via newsletters and watch your school's point score rise!

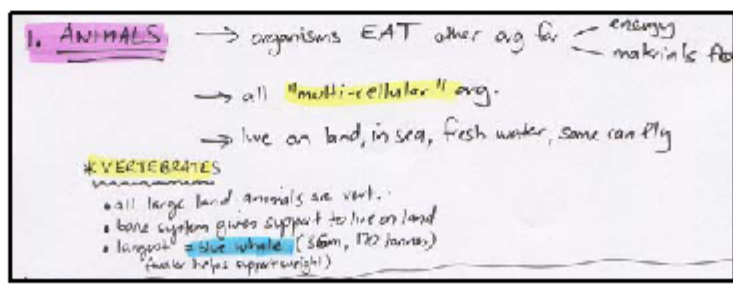
STUDY NOTES CHECKLIST

Work through the following to look for ways to improve your notes:

- ALL RESOURCES:** Do your notes include information from all different sources, class notes, textbook, handouts, as well as resources and info on computer etc?
- COMPREHENSIVE:** Do you feel that your notes include everything you need to know about the topic (or at least the key ideas you need to learn)?
- LOGICAL:** Are your notes organised in a logical structure? This means that bits on the same area are together and the flow of the notes makes sense.
- POINT FORM:** Have you avoided paragraphs or heavy blocks of text? Instead are you trying to turn paragraphs into sentences, sentences into points and then keep saying how can I say this in a shorter and more concise way, how can I put this in my own words? (Left – NO, Right – YES!)

<p>All animals are members of the Kingdom Animalia, also called Metazoa. All members of the Kingdom are multicellular, and all are heterotrophic (that is, they rely directly or indirectly on other organisms for their nourishment). Most ingest food and digest it in an internal cavity.</p> <p>Animals lack the rigid cell walls that characterize plant cells. The tissues of most animals (all except sponges) are made up of cells organized into tissues, each tissue specialized to some degree to perform specific functions. In most tissues are organized into even more specialized tissues. Most animals are capable of complex and relatively rapid movement compared to plants and other organisms.</p> <p>Some estimate around 9 or 10 million species of animals inhabit the earth; the exact number is not known and even our estimates are very rough. Animals range in size from no more than a few cells to organisms weighing many tons, such as blue whales and giant squid. Of our most species of animals are insects. By this measure our main group, the vertebrates, is relatively unrepresentative.</p>	<h3 style="text-align: center;">ANIMALS</h3> <p style="text-align: center;">Members of Kingdom Animalia (Metazoa)</p> <ul style="list-style-type: none"> - <u>multicellular</u> - <u>heterotrophic</u> (eat plants) - bodies made of cells (<u>prokaryotes</u> & <u>eukaryotes</u>) - heterotrophic organisms require <u>food</u> - capable of <u>complex rapid movement</u> - approx 9-10 million species - range in size from a few cells to large whales - biggest group is insects - our group <u>vertebrates</u> (very small)
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- CHUNKING:** Have you been chunking down the information to learn into manageable sections? Try and have no more than 7 bullet points per heading.
- COLOUR:** Are you using colour strategically? This means not using too much colour, not just using it to try and make notes look pretty, instead you are using colour to make things stand out. You might do headings in a certain colour, or highlight formulas or quotes, just don't go overboard with it.



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Safety Information 002/12

Measles Outbreak

31 August 2012

Distributed to:

- Chief Executives
- Directors of Clinical Governance

We recommend you Inform:

- Medical Directors
- Directors of Nursing
- Infection control professionals
- Staff In Paediatric units
- Staff In NICU
- Staff In Recovery Rooms
- Staff In Operating Theatres
- Staff In ICU
- Staff In Emergency Departments
- Staff In Transplant Wards
- Staff In Oncology wards

Clinical Excellence Commission

Tel. 02 9269 5500
Fax. 02 9269 05999

Email:
quality@cec.health.nsw.gov.au

Internet Website:
<http://www.health.nsw.gov.au/quality/sabs>

Intranet Website
<http://internal.health.nsw.gov.au/quality/sabs/>

What You Need to Know about Measles

A measles outbreak continues in Sydney with a risk of spread to other areas of NSW.

Measles can be VERY SERIOUS, especially for vulnerable infants.

More than 75 cases of measles have been notified in NSW since April, including 21 cases reported in infants less than 1 year of age, who are too young to be vaccinated.

Clinical symptoms and signs

Measles presents with a 2-4 days of prodromal illness with moderate to high fever, cough, coryza and conjunctivitis.

A maculo-papular rash then typically begins on the face and neck and becomes generalised, and the fever continues.

Measles cases are highly infectious from the day before the prodrome illness to 4 days after the onset of the rash.

Management

Isolate suspected cases immediately.

Notify your local Public Health Unit (PHU) immediately; don't wait for test results before calling.

Test for measles. Collect blood for measles serology, a nose and throat specimen on a viral transport swab for culture, and a first pass urine sample (~50mL) for immunofluorescence. Mark as 'urgent'.

The PHU can advise on testing, infection control and help in managing contacts.

Protect Others to reduce the Risk of Spread

Promote measles vaccination

- Advise routine vaccination of infants at 12 months and children at 4 years
- Others who may require vaccination include unimmunised people born during or after 1966, including those who may have received only one MMR vaccination
- Free MMR vaccine is available from GPs or other primary health care providers.
- Health care workers are at increased risk. Ensure that susceptible health care staff are also immunised (PD2011_005).

Additional information:

Visit the NSW Health Measles website at:

<http://www.health.nsw.gov.au/factsheets/infectious/measles.html>

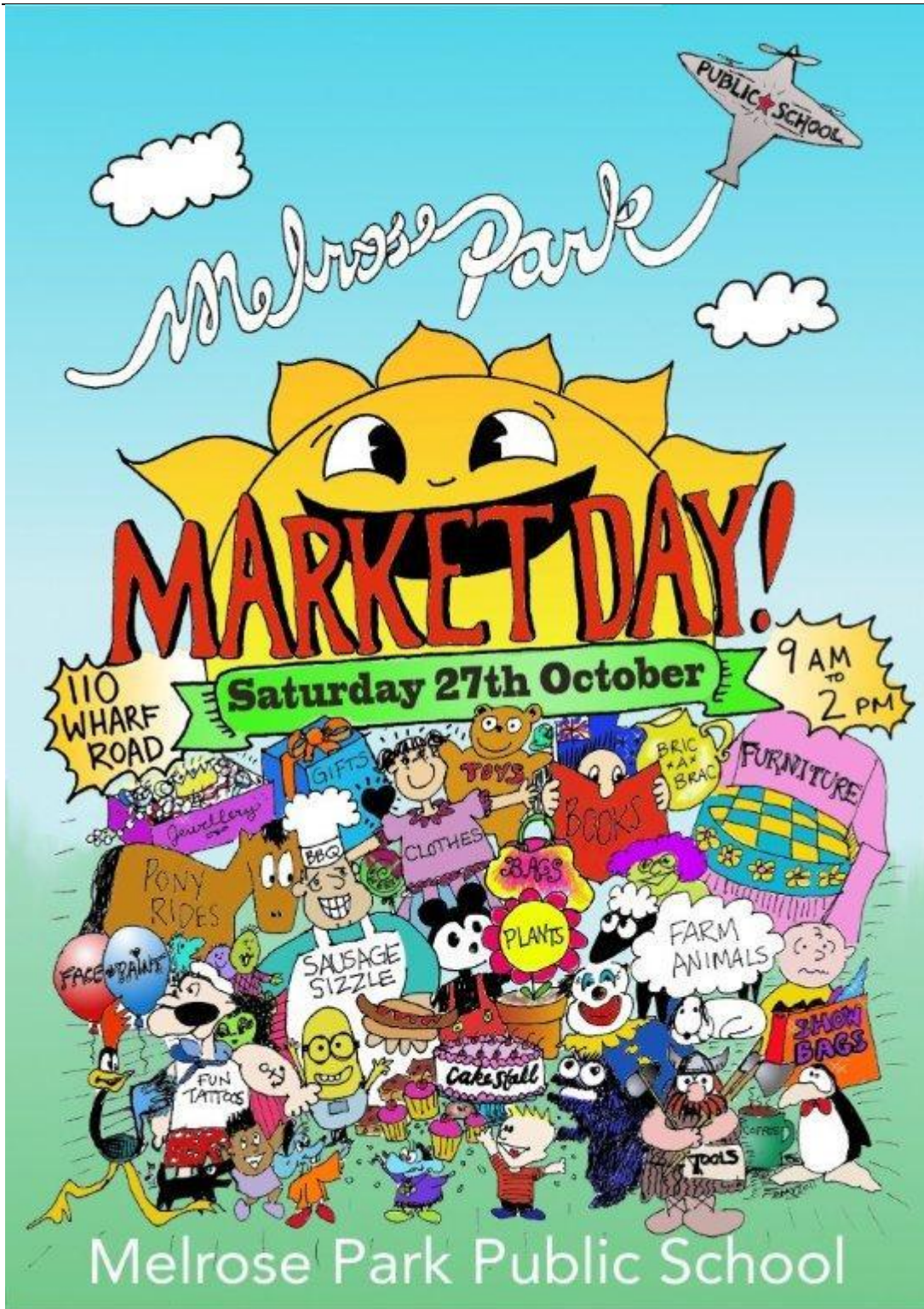
Local Public Health Unit contact details can be found at

<http://www.health.nsw.gov.au/publichealth/Infectious/phus.asp>

Information provided by Communicable Diseases Branch NSW Ministry of Health

Suggested actions by Local Health Districts/Networks

1. Forward information to all appropriate areas for action, including those listed above.
2. Ensure a system is in place to document actions taken.



**Singlewith
Children**
A non-profit social group operated by
the Single Parent Family Association

**ARE YOU A
SINGLE PARENT?**



Single with Children is a non-profit social group that provides fun and exciting social activities every week specifically for single parents and their children.

It's a great way to meet or make new friends in your area.

For your **FREE** copy of our social calendar
contact us today

Call 1300 300 496

Or check out our web site:
www.singlewithchildren.com.au

Form no. 03 A5 Flyer - colour

Parenting Programs

Child & Adolescent Parenting

WHAT'S ON IN TERM 4 - COURSES/WORKSHOPS FOR PARENTS/CARERS

Communicating with Teens Course

Skills to communicate with your teenagers so that you understand each other better & are able to build positive relationships.

- ★ Understanding teenagers today
- ★ Problem ownership
- ★ Listening skills
- ★ Assertiveness skills
- ★ Problem solving
- ★ Peer group pressure & self-esteem issues

Chatswood 5 wks/2.5hrs (30/10 -27/11, 7.00-9.30pm)

Dealing with Teen's Backchat Workshop

- ★ Learn how to restore a respectful & positive relationship with your teenager
- ★ Understand what it is like being a teenager today
- ★ Learn how to talk so that they listen & how to listen so that they talk to you

Chatswood (23/10, 7.00-9.30pm)

Tuning in to Kids Course - Chatswood (5/11-3/12)

Triple P (Positive Parenting Program) Course - Chatswood (18/10-29/11)

Communicating with Kids Course - Chatswood (24/10-28/11)

WORKSHOPS ON REQUEST FOR PARENTS/CARERS OF TEENS - 9887 5830

- ★ Dealing with Teen's Back Chat
- ★ Transition to High School
- ★ Triple P Seminar Series (Teens)
- ★ Resilient Kids
- ★ Bully Busting Workshop

OTHER WORKSHOPS ON REQUEST (2-2.5 hours)

- ★ Understanding Your Toddler/Discipline & Tantrums
- ★ Tucker without Tantrums/Toilet Training
- ★ Speech & Language Development/Sleep
- ★ Triple P (PPP) Seminar Series (1-12 years)
- ★ Older Sibling - New Baby
- ★ Transition to School
- ★ Grand Parenting

Enquiries: Child & Adolescent Parenting 9887 5830

www.nscchhs.health.nsw.gov.au/caparenting.htm



Health
Northern Sydney
Local Health District





Are you interested in developing skills to enable you to help someone with their English?

Meadowbank TAFE is offering a free 5 week training session to give you skills for tutoring small groups or individuals in English.

The classes will begin on Tuesday 23 October from 10am- 1pm. They will run for 5 consecutive Tuesdays at Meadowbank TAFE.

For more information please

Email susan.mills2@det.nsw.edu.au

Phone 9942 3572

NSI delivers AMEP services on behalf of the Department of Immigration and Citizenship. The AMEP is a Commonwealth Government Program. For more information about the AMEP, visit <http://www.immi.gov.au/visas-in-sydney/help-with-english/amep/>

**TAFE NSW – Northern Sydney Institute
Adult Migrant English Program (AMEP)**

NSI RTO Provider Number: 90011