

Term 4

Week 1

10 October 2014



PRINCIPAL'S REPORT (Relieving)

Term 4

Welcome back to all members of the school community for the final term of 2014. Term 4 is always a particularly busy time, with students completing assessments and staff preparing final reports. With the warmer weather, all students should be wearing their full summer school uniform. Students are also reminded that black leather business shoes **must** be worn as part of the summer uniform, particularly for practical classes, due to Work, Health and Safety reasons. The school cap, or hat, is worn for protection from the sun and students must realise that no colours, logos or writing, other than the CTHS logo, are permitted. If students have a genuine reason not to be in acceptable school uniform, they must provide a note from their parents or caregiver, otherwise they will face a lunchtime detention.

Over the break the General Assistants and Mr Clements were busy supervising and completing essential tree lopping work, replacing lino in the school canteen and having the louvres repaired in the MPC. This will be very beneficial to our students who will soon be completing the HSC and others who use this facility in the hot weather. The fan and air conditioning should now be even more efficient!

Year 12 Formal

A terrific venue, beautifully attired and wonderfully behaved young men and women, fabulous weather and great food, all combined to make the Year 12 formal a most memorable evening. At a time when we often see negative stories in the media about our young people, it was certainly uplifting to spend the evening with highly motivated, thoughtful young people enjoying themselves in a really positive way, as our outgoing Year 12 did at Curzon Hall, on the final day of Term 3.

I would like to especially congratulate the Year 12 organising committee on the outstanding job they did preparing for the evening. I would also like to pay tribute to their Year Advisers, Mrs Hollis and Ms Cannon, on the fabulous job they did on the night, for their extraordinary work and the care they provided our students over the years.

Mental Health Week

Mental illness can affect each and every one of us, our families and friends. The statistics suggest that one in four people now suffer with some sort of mental illness. This is certainly a serious problem as it has serious consequences on the individual, their family and on the wider community. Mental wellbeing is something to be cherished and fostered by all of us and we all have a stake in reaching-out and bringing this issue to light. There are many stories in our community where awareness is greatly needed, as the isolation, fear and stigma around mental illness which many suffer, needs to change.

There are many different types of mental illness including anxiety, neurosis, depression, psychosis, bi-polar disorder and schizophrenia, and I would encourage everyone to be aware of the symptoms of these illnesses. Seeking information and going to visit your GP, can help make changes which can improve mental health and well being.

If you have time, the ABC is hosting the 'Mental as' project all this week, with a specific focus via TV and radio on mental health and mental illness. Many of these programs are available on iView.

HSC

The Higher School Certificate is due to begin on Monday of next week and we hope Year 12 have spent their time productively over the holidays in preparation for the exams. We wish them every success in achieving their goals.

Completion of Year 11 Preliminary Course

Year 11 students have now commenced their HSC year. An information evening has been arranged for Year 11 students and their parents, on Tuesday 21 October in the MPC at 7pm. Parents will have the opportunity to learn more about HSC assessment procedures and the responsibilities students have in their HSC year. Year 11 reports will also be handed out on this night. Students who are considering dropping a subject for the HSC year will need to complete the required paperwork and hand in the 'green' form to Mrs Navarro, HT Stage 6.

Year 9 Camp

Monday to Wednesday next week will see Year 9 students attend The Great Aussie Bush Camp at Tea Gardens. Hopefully, the weather will be fine so everyone will be able to participate fully and have great fun. A sincere thank you to all staff who have offered to give up their time, to make these three days a successful learning and welfare experience for our students.



Year 12 Formal

Year 12 Formal cont'd



P&C General Meeting

A reminder to all parents, the P&C General Meeting will be held in the Staff Common Room at 8pm on Tuesday 14 October. Ms Deadman, Learning Support Teacher, will be speaking about the programs she runs in the school and the type of support available for students.

Congratulations to...

- Dana Clover, Year 12, who has been nominated for inclusion in Callback. Dana has been nominated for her major study performance and reflects the outstanding nature of her dance performance in the recent practical examination
- The winners of the 8T Special Interest Project (report later in this network) Matthew Barrett, Konrad Cuevas, Adrian Monardo, Dylan Vellani and Max Ward
- Jiang Jiang, Year 10, who has been selected to participate in the Southern Cross Cultural Exchange Program to Norway from November 2014 to January 2015
- Georgia Clements, who, as a member of the Sydney North Public Schools Senior Dance Ensemble, has been selected to participate in the Schools Spectacular.

Mrs Bevan

The Champion School NSW CHS Athletics for 2014 is Cherrybrook Technology High School!



Mrs Bevan with our Sports Captains, Deane Piek and Rebecca Yabsley

Congratulations to all athletes who participated in the NSW CHS Athletics Carnival and contributed to this outstanding award. Listed below are the students who received medals for their individual performances.

Mrs Skyba

Name	Result	Placing	Event
Matthew Rose	14.12s	Third	80 metre hurdle (12s)
Matthew Rose	32.07m	First	Discus (12s)
Declan Pluim	1.95m	First	High Jump (16s)
Alex Nguyen-Ha	6.48m	First	Long Jump (16s)
Alex Nguyen-Ha	12.51m	Third	Triple Jump (16s)
Kate Collett	34.85m	Second	Discus (13s)
Kate Collett	11.57m	Second	Shot Put (13s)
Eliza Woollett	59.68s	First	400m (14s)
Eliza Woollett	2:22.29	Third	800m (14s)
Courtney Cattell	30.36	Second	200m (15)
Courtney Cattell	11.10m	First	Triple Jump (15s)
Georgia Winkcup	10:04.84 minutes	Second	3,000m (17+)

The Landing of Virtual and 'Real' Storks



Virtual baby

Real baby in the making

This article has been compiled by Mrs Robinson and the two Year 11 Community and Family Studies classes.

During Term 3, students were rostered to care for a virtual baby for 24 hours. This program coincided with the final stages of pregnancy and arrival of Mrs Childs' (one of our teachers) baby.

Students collected the virtual baby at lunchtime on their allotted day and were also given the option of taking changes of clothes, blankets and baby carrier pouches. Many opted to keep it simple and only took the nappy, bottle and ID scanner. Their care plan was recorded on a wireless program and results were tabulated as a percentage of success. To score 100% meant providing a perfect response to all of the baby's needs, including feeding, burping, nappy changing and rocking. Points were deducted for rough handling, wrong position, no head support and neglect.

This is the fourth time I have run this program and there were still firsts! One of the firsts was a student achieving 100% care and the other, was a baby's program being shut down as a result of abuse. The following comments were made as a result of caring for the virtual baby:

- Some staff and community members gave peculiar looks at the baby and I suspect that they were making judgements about my age
- It was an interesting experience, the baby seemed quite real
- Many people experienced family members becoming frustrated with the virtual baby. I was curious to this reaction and wondered if they would respond the same way if the baby was real
- It was hard to carry everything due to the baby's size and finding somewhere to put baby down so it could be changed, or to put all my other things down so I could feed him
- It gave an insight into how much you need to care for a baby as well as continuing to balance other things
- It gave an insight into being a parent and valuing how much your parents do for you
- I miss the baby
- I was tired the next day.

Mrs Robinson, HT TAS



Cherrybrook Technology High School App

Go to the App Store or Google Play and search for "Cherrybrook Technology High School" to download this free app. This will provide you with school information, maps, dates of upcoming events and much more, even when you are on the go. By enabling push notifications you will receive important information instantly.

Year 11 Industrial Technology - Timber Mini Majors

It's a case of practice makes perfect for Year 11 Timber students, who completed their Mini Major Projects in preparation for their HSC Major Project next year. The students had two terms to design and manufacture their projects, learning valuable time management skills and new woodworking techniques along the way. Examples of the projects produced included a range of coffee tables, a children's treasure chest, jewellery box, ukulele, upholstered foot stool and a series of turned articles. Well done to all Year 11 students for their hard work and commitment.

Miss Wilson



From the Library - Annual Review of Services

Results are now in for our annual review of the library, part of which involved surveying students and staff regarding current services and their suggestions for improvements. This year the feedback will be especially useful in our planning for the redesign of library services and spaces. Thank you to everyone who responded!

Staff Responses

Of the 34 staff members who responded, eight were from HSIE, five each from science, TAS and maths, four from LOTE, three from English, two from CAPA and one each from PDHPE and SASS.

Staff indicated they tend to use the library to access computers and teaching space and only five staff members responded that they used the online library catalogue 'regularly'. Regarding suggestions for changes, most suggestions revolved around flexibility in the use of space (quiet/cooperative work spaces), especially for seniors, and in the shelving (movable). Apart from use of computers and teaching spaces, many staff also access the DVD collection (47%) or request help or recordings from the Digital Video Commander (28%).

Student Responses

A total of 194 students from all years completed the student survey, with surprisingly few 'invalid' responses! Survey feedback confirmed students as regular library users, with 46% coming to the library at least once a week to once a fortnight. Their responses indicated they come to the library mainly to use computers for research or printing purposes, but also to study (especially seniors) and for recreational reading.

Some of the main issues for students were:

- Lack of space (highest priority issue)
- Lack of quiet study areas, especially for seniors
- Computer and printing/photocopying speed and reliability/facilities (almost a quarter of respondents were unhappy with computer, printing and photocopying services)
- More books, both fiction and non-fiction
- More power sockets for recharging equipment
- More 'easy' chairs/recreational space.

While the majority of students tended not to use the online catalogue to locate resources, an encouraging 64% were aware of the new library web site. In contrast to the staff (69%), 58% of students said that they would use ebooks at least occasionally if they were available. We look forward to providing another update during what is shaping as a very busy term!

Mrs Sorensen and Mrs Casey, Teacher Librarians

Rock and Water Update

The Rock and Water program for Year 8 students, which aims at supporting young people in developing physical, emotional and self awareness, has officially wrapped-up. Every core class has now participated in a range of resilience-building exercises with concepts such as assertiveness, communication, respect, bullying and violence covered during Semester 2, 2013 and Semester 1 and 2, 2014. This program is based upon a psycho-physical approach, grounded in martial arts, and contains a large number of experiential exercises to develop self-awareness through the physical exercises. Year 8 students had the opportunity to break a piece of timber during their final session.

The Rock and Water program for Year 7 has also begun, with core classes 7B and 7R perfecting the art of *Standing Strong* and blocking out pressure and facing confrontations by *Building a Rock Castle*. Core classes 7L and 7G will begin their program this term. By the end of Semester 1, 2015 all Year 7 students will have completed the program.

Miss Wilson, Mrs Henry and Mr Hartman



CTHS Chess Success

On Sunday 14 September 2014, two teams of three from Cherrybrook Technology High School were amongst fifty, from around the state, competing for the Terrey Shaw Chess Shield at North Sydney Boys High School. All of our students performed excellently and greatly enjoyed the day. The junior team, consisting of Nathan Soo, Lisa Ostman and Christopher Lim, started very strongly, going undefeated through the first two of their seven matches for the day. After four rounds, they remained on the top board and in contention to win the title, however, they came up against much stronger opposition as the day progressed. Despite finishing thirteenth overall, they performed strongly against teams who finished first, third and fourth. One of the upsets of the day came when the junior team upset Abbotsleigh, the girls' school National Champions, two games to one.

The open team, consisting of Michele Lim, Aaron Kan and Harrison Beer also performed well against much stronger opposition, convincingly winning their first and final match of the day. The open team finished fourteenth in their division. Special commendation is due to Harrison Beer who, despite being eligible for the junior division, performed with distinction in the open section. Also of particular note were the performances of Lisa Ostman and Michele Lim who were the highest female finishing players in the junior and open divisions respectively.

Mr Fernandez



8T's Special Interest Project

The 8T Special Interest Project for 2014 was very different from last year's *The Message*. This year, we had a completely different task which required us to think faster and harder - we had to *Colonise the Moon*!

In preparation, we had to independently research different aspects of a Moon colony including: Transport and Shelter, Energy and Sustainability and finally Sport, Recreation and Social Structure. Journal entries were handed in to teachers for checking and feedback. All this was just the research phase, in preparation for the construction day, which really put the students in our class under pressure. We had to work together and pick the best person for each job, to get it all done by 3pm.

Construction day was basically THE DAY we built our models, wrote speeches, designed presentations or videos. This was Wednesday 3 September, the day that all our research was put into action. Our models needed to be informed by research and not just appear aesthetically pleasing. The designs ranged from futuristic domes to simple house-like estates and were made from many different materials including cardboard, balsa wood, styrofoam and foil, depending on the group's design. All the materials had to be independently sourced, meaning that they had to be cost efficient yet suitable for the job. We had to be organised enough to shop and bring all the required materials.

The presentation day was quite interesting - all the groups had different ways of persuading the audience to *Colonise the Moon*, using the designs we made. The judges were Mr Fitzgerald and Mrs Weal, and they had a hard time trying to find one winner, so instead, multiple awards were handed out with only one *Best Overall*. This award was won by Matthew Barrett, Konrad Cuevas, Adrian Monardo, Dylan Vellani and Maxwell Ward. Their model was made from wood and included recreational fields, multi-storey residential rooms and solar powered roofing. Other awards included *Most Researched*, *Best Model*, and *Best Presentation*.

Overall, this year's Special Interest Project was much harder than the last. It made students really put their minds to work and there was no time for procrastination. It was definitely an advancement from last year, and provided an enjoyable experience for the members of 8T.

Bernice Tang and Dylan Vellani





EVENT STRUCTURE

The Saturday Orienteering Series is all about school students! No experience is necessary and beginners and experienced orienteers are very welcome!

Whilst some schools include the series as part of their Saturday morning sport offering, students are also welcome to attend independently of their school. Newcomers are encouraged to come along and try-out the sport by attending any of the events. Whilst some students make it their summer sport and attend every week, students are also able to attend casually and only enter the events which fit in with the family schedule.

SATURDAY MORNING COMPETITION

All events are on Saturday mornings in parks and reserves around Sydney. The series is run within school Terms 4 and 1.

Year 5 and 6 Students: These students do what is known as a 'score' course. This means they need to plan, navigate, run and manage their time. There are 20 controls to find in 45 minutes. The controls are worth a variety of points, so there is strategy involved before setting off. If the students take longer than 45 minutes, they start losing points. For this age group, the focus is on the personal challenge, making friends and learning some skills. They all score points and 'win' by finding some controls.

Students may enter as a team of two or take on the challenge individually.

Younger students are also welcome to participate but please note, they will need a parent or responsible adult to accompany them on the course.

Registration	8.30am
Map distribution	8.50am (10 mins planning time)
Mass start	9am
Finish	9.45am

High School Students: The older students tackle a 3 - 5km 'line' course individually. This means they must visit a set sequence of controls in the correct order. By this age they are generally ready to tackle the problem solving as well as navigational and physical challenges on their own. The navigation is not too difficult for newcomers, however, the finer challenges of optimising route choice and the need for speed and accuracy keeps the experienced orienteers on their toes.

DATES, VENUES and RESULTS

Term 4 2014: 18 October - 22 November

#	Date	Location	
1	18 Oct	Cherrybrook Technology High	Free entry for CTHS and John Purchase PS students. NB: Please pre-register with Mr Annetts by Wednesday 15 October
2	25 Oct	Normanhurst Boys High School	
3	1 Nov	Callan Park Ultra Sprint	
4	8 Nov	Waverton Oval	
5	15 Nov	Sydney Park	
6	22 Nov	Bicentennial Park, West Pymble	

Continues Term 1 2015: 7 February - 21 March

ENTRY

Pre-enter online and save.

Entry on the day will also be available.

Pre-entry (via [Eventor](#)) - Members \$10 | Non Members \$13 | Si card Hire \$2

Enter on the day - Members \$15 | Non Members \$18 | Si card Hire \$2

ENQUIRIES and INFORMATION

Barbara Hill, Series Coordinator

Mobile: 0418 270 476

Email: promotions@onsw.asn.au

<http://www.onsw.asn.au/juniors/sos>

Year 11 Retrospective 2014

~Performance Night~

Filled with laughs, emotion & talent

Come and enjoy



When: Wednesday 22 October

Where: C1.1

What time? 7pm

Gold coin donation appreciated

CAREERS UPDATE

Year 10 students, who are interested in applying for a School Based Apprenticeship or Traineeship, may be interested in information from the following companies. Please contact a Careers Adviser for more information.

- City Beach (Retail)
- Reece Plumbing (Warehouse and Logistics)
- Art of Hair, Beecroft (Hairdressing)
- Business Services Traineeship at an accounting firm in Pennant Hills

ANU Engineering and Computing Special Admission Scheme

Applications close Monday 3 November. A new special admissions scheme has been introduced by the ANU College of Engineering and Computer Science for domestic students who achieve a minimum ATAR of 80, but do not achieve the required ATAR for direct admission to Engineering, Software Engineering or Advanced Computing. The new scheme provides the opportunity for students to demonstrate aptitude, motivation and interest in these disciplines if they believe they won't meet the direct admission requirements.

http://cecs.anu.edu.au/future_students/sas

ANU: New Bachelor of Laws (Honours)

From 2015, the Bachelor of Laws will be offered as an embedded Honours program. This means all students commencing from 2015 onwards will graduate with a Bachelor of Laws (Honours) - LLBHons - degree. Students will be able to undertake the degree as a single degree, or as part of a Flexible Double Degree. <http://law.anu.edu.au/lb/bachelor-laws-honours>

Brown Consulting: Engineering Scholarship Program for Year 12 Girls

Brown Consulting is offering paid work experience, financial assistance (\$1,500 to \$3,000 per year), a graduation bonus (\$3,500 per year for two years) and mentoring and training to women who are considering studying engineering at university.

Contact (07) 3895 3444. <http://www.brownconsulting.com.au/dreambig>

Macquarie University Online Chats

Gap Year and Deferment: Wednesday 15 October, 6.00pm - 8.00pm. <https://www.facebook.com/macquariefuturestudents/events>

Smart and Skilled Information for School Leavers

From January 1 2015, Smart and Skilled will give you the chance to gain the skills you need to get a job and advance your career. Under Smart and Skilled you can choose the training qualification and approved training provider that best suits your needs. To learn more, visit: <http://www.training.nsw.gov.au/smartandskilled/>

Australian Defence Force Online Information Session

Online: Thursday 23 October, 6.00pm - 8.00pm (AEST). Chat live with midshipmen and officer cadets to learn about their experiences, life at ADFA, and how they find balancing military training with their university study.

<https://www.facebook.com/DefenceJobsAustralia/events>

Hobsons Course Finder

Tips for using higher education pathway: <http://www.hobsonscoursefinder.com.au/Latest-news/Getting-into-university/Tips-for-using-a-higher-education-pathway#.VCejl2eSy8A>

Australian Universities Excel in QS World University Rankings: <http://www.hobsonscoursefinder.com.au/Latest-news/Education-news/Australian-unis-excel-in-QS-Rankings#.VCej8meSy8A>

What's been happening in the education sector? <http://www.hobsonscoursefinder.com.au/Latest-news/Education-news/What-s-been-happening-in-the-education-sector#.VCekNWeSy8A>


Mrs Ferguson and Mrs Bower

CLOTHING POOL


CHERRYBROOK TECHNOLOGY HIGH SCHOOL UNIFORMS

If you would like to purchase second-hand Cherrybrook Technology High School uniforms, First Cherrybrook Scout Group operates a clothing pool for your convenience.

First Cherrybrook Scout Group clothing pool operates through the kind donations of Cherrybrook Technology High School families. All donations of CTHS uniforms will be happily accepted. Please contact Anthony on 0427 661 689 to arrange a drop-off.



Opening Times:
First Thursday of each month
during school terms
between **7:15pm & 8pm**
First Cherrybrook Scout Hall
Appletree Drive, Cherrybrook





School Based Traineeships

City Beach is excited to offer NSW Students the opportunity to complete a *Certificate III in Retail Operations* in the following stores:

Birkenhead Point Hornsby Mt Druitt	Blacktown Hurstville Parramatta	Brookvale Macarthur Square Tuggerah	Charlestown Miranda
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What you will learn:

- Customer service
- Visual merchandising
- Register usage
- Stock control
- OHS legislation... and MORE!!!

Requirements:


- Students currently attending **year 10**
- Able to work **one school day** a week
- Displays common sense & confidence
- Be able to undertake the **work/training requirements** of this traineeship.

Resume is to be handed to the Careers Adviser and then forwarded on to Keith Glindemann via email: keith.glindemann@citybeach.com.au

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"I am getting the opportunity to earn while I learn and may be able to work for Reece after I complete school."

Alex



Learn from **experience**

www.reece.com.au/asba

Reece Australian School
based **Apprenticeship** **Traineeship**





New Approaches to Integrating Care

Free Health Forum

Hear what's happening & have your say

- Northern Sydney Local Health District and the Peak Community & Consumer Participation Council invite you to a Community Forum to share and discuss proposals for new ways to organise and deliver health services from the Harbour to the Hawkesbury.
- Join us in developing partnerships that connect local health services and the communities we serve.
- Raise questions and issues, share experiences and make suggestions about improving health care.

DATE: Wednesday, 12 November 2014
TIME: 9.00am - 3.00pm
AT: Hornsby RSL 4 High St, Hornsby
RSVP: silvia.austin@health.nsw.gov.au

For more information
please call
Pete Whitecross 9462 9487

PROCEDURE FOR SICK STUDENTS

Students who are sick during class should see a teacher for written permission to go to sick bay. They must present themselves promptly to the **front office** and politely follow instructions from the office staff, who will then contact a parent/guardian when necessary. Sick bay is used for a short time only. Students should not call their parents in the first instance. Please refer to your diaries for further details. **Please be advised the school does not supply any medication, including pain killers, medicated creams, eye drops etc.**

PROCEDURE FOR EARLY LEAVERS

If a student needs to leave school early, they **must** provide a note from their parent/guardian giving reasons for their partial absence. **The student must hand the note into the student window before 8:30am** where they will be issued with a leave pass. They can then present this pass to their teacher and leave school at the appropriate time.

On Thursdays (sport days) all students in Years 9-11 must have their early leave notes signed by a member of the PE staff before presenting to the office.

st. matthew's
BAULKHAM HILLS UNITING CHURCH
growing together

Looking for a fun and friendly netball competition?

We invite you to join **ST MATTHEWS UNITING CHURCH NETBALL CLUB**

The perfect competition for all ages!
Games played at Gooden Reserve, Baulkham Hills.
The 2015 season begins Saturday 4 April.

**Register on Saturday 1 November 2014 at Winston
Hills Mall from 10am to 2pm**

**(We will be located down the Coles end of the
Mall next to the food court)**

For further enquiries, please email stmatthewsnetballclub@hotmail.com



Diwali Celebration 2014

festival of lights

Date: Sunday, 12th Oct 2014
Time: 12:00pm - 9:00pm

Venue:
Cherrybrook Greenway Park
Cherrybrook NSW 2126

Family FUN Event
Food Stalls, DJ, Musical Performances,
Bollywood Performances, Children Rides
and Grand Finale with Fire Works

Organised by:
Australian Indian
Cultural Council Inc.



Cultural Event	For Sponsorship, Stall and Cultural Performances, please contact	Stalls and Sponsorships	General Enquires
Parveen Babhoota	0414 196 096	Parveen Gupta	0423 900 158
Nidhi Aggarwal	0432 094 050	Harish Mitter	0434 100 371
Abha Shrotriya	0413 258 189	Shalinder Suri	0439 265 174
		Gurmeet Singh	0403 019 613
		Parveen Gupta	0423 900 158

VISITORS TO THE SCHOOL

A reminder to all visitors there are clear guidelines regarding visiting the school and seeing staff or your child during school hours:

- ◇ Appointments to see a member of staff must be made in advance, by phoning the school
- ◇ The first point of entry to the school is the Front Office which is located in A block
- ◇ To ensure the safety of all students, visitors are not permitted to enter beyond the Front Office without prior permission
- ◇ Official visitors are required to sign in at the Front Office.



Health Promoting Schools Newsletter Spring 2014

Hornsby Ku-ring-gai Child and Family Health Service

Welcome to a new term full of fun, excitement and challenges! Following are some tips for general health and plans for the Spring holidays.

Allergy and hayfever

Spring is the season when hayfever and allergies are around.

What is allergy?

Allergy is when the body has a reaction to a protein (e.g. foods, insect stings, pollens) or other substance (e.g. antibiotic). These substances are called allergens. For most people most allergens are harmless, except for example bee stings, which can be harmful even if you are not allergic but get stung many times.

What types of things can cause allergic reactions?

Common things that people are allergic to include foods (e.g. peanuts, nuts, shellfish, milk, eggs, wheat and fish), pollens, grasses, house dust mites, animals or insect stings.



Are there different types of allergy?

Basically allergic reactions can be divided into those that occur within 2 hours of a person coming into contact with whatever they are allergic to (immediate) and those that only occur after a longer period, often over 24 hours later (delayed).

Most immediate type reactions are caused by a reaction between a protein in the blood called immunoglobulin E (IgE) and the substance you are allergic to. Only the immediate type can be identified using skin tests or blood tests and can cause anaphylaxis (immediate life threatening reactions).

What types of allergic reactions can you get?

Allergy to pollens, house dust mite and pet fluff usually causes symptoms of allergic rhinitis (runny nose, blocked nose, itchy eyes). When caused by seasonal pollens, it is called hayfever. They may also cause symptoms (wheeze and cough) in people with asthma.



Allergy to foods may cause skin problems such as hives and itch or bowel problems such as tummy pain, vomiting or diarrhoea. Occasionally, people may develop problems with their breathing passages or lungs e.g. swelling of the tongue, cough, hoarse voice or wheeze.

In some people with eczema, their eczema may get worse if they eat a food they are allergic to.

What is anaphylaxis?

Anaphylaxis is a severe allergic reaction.

It involves breathing problems and sometimes a low blood pressure or even collapse and unconsciousness which can be life threatening.

What is an Anaphylaxis action plan?

An ASCIA Action plan for anaphylaxis describes what to do if your child has an allergic reaction and when to give the Anapen® or EpiPen®.

Australian allergists have designed an action plan for use throughout Australia. A copy of this Action plan can be found at www.allergy.org.au.

If you have an Anapen® or EpiPen® you must also have an ASCIA Action plan for Anaphylaxis, signed by your doctor. This plan should be kept up to date. A copy should be kept with each of your child's injectable device, so that if your child has an allergic reaction, you can follow the recommended action. Give the original to the school and keep a copy for your own use.

Keep our kids safe! Park legally in school zones

No Parking

Drivers may stop in this zone to drop off or pick up children, but note:

- Maximum stop time is 2 minutes
- Driver must remain in or within 2 metres of the vehicle
- Vehicle must not be left unattended



No Stopping

- Stopping is not permitted at any time



Bus Zone

- Stopping is not permitted during the times shown on the sign



Double Parking

- Drivers are not permitted to stop or park between the centre of the road and another vehicle that is parked at the side of the road.



If times of operation are shown on the sign, the restriction only applies during the times shown.
The speed limit and demerit points apply in school zones and are current as at 1 January 2013.

A road safety initiative of Hornsby Shire Council
in conjunction with Ku-ring-gai Police Local Area Command



Own the best house on your block.

With a little help from leading interior designer **Darren Palmer** & **LJ Hooker Cherrybrook**.



You're invited to an exclusive event for Cherrybrook residents, their families and their friends. We're proud to present a FREE "Question & Answer" seminar with Darren Palmer.

Very limited seating is available so please book early to avoid disappointment.
"Expert advice makes all the difference"

Where? Cherrybrook Technology High School, Lecture Theatre
When? Wednesday 22nd October 2014 at 7.30pm
What? 'Styling to Stay' or 'Styling to Sell'. Meet Darren Palmer Q & A

Secure your place and register now for this FREE information night.

Call 9651 1566 or email: cherrybrook@ljh.com.au



LJ Hooker Cherrybrook

📞 02 9651 1566

✉ cherrybrook@ljh.com.au

🌐 cherrybrook.ljhooker.com.au

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Inala Fair

- Art & Crafts
- Garden Stall
- White Elephant
- Entertainment
- Books
- Food
- Clothes
- Plus More...

Sunday 19 October 2014
9am - 3pm

A fun day out for the whole family!

Cnr Castle Hill and Franklin Rds Cherrybrook
 Enquiries 9680 1000 www.inala.org.au

Inala
 A Rudolf Steiner organisation
 supporting individuals
 living with disabilities

FIRST AID

Please note Cherrybrook Technology High School does not have any medical practitioners on the premises. We provide first aid assistance to students who are unwell or injured. **Please be advised the school does not supply any medication, including pain killers, medicated creams, eye drops etc.**

DIARY – Term 4 Week 2B

Monday 13 October	<ul style="list-style-type: none"> • HSC Exams Begin • Yr 9 Camp
Tuesday 14 October	<ul style="list-style-type: none"> • Yr 9 Camp • P&C Executive Meeting - 7pm, 'A' Block Conference Room • P&C General Meeting - 8pm, Staff Common Room
Wednesday 15 October	<ul style="list-style-type: none"> • Yr 9 Camp • Yr 8 Mathematics Yearly Exam
Thursday 16 October	<ul style="list-style-type: none"> • Yr 8 Science Yearly Exam