

# Baulkham Hills High Newsletter



[www.baulkhamhillshighschool.com.au](http://www.baulkhamhillshighschool.com.au)



## Cover: NSW Brain Bee Challenge Finals (details below)

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### From the principal's desk:

Special thanks to Ms Megan Clarke and Mr Wayne Humphreys for 'holding the fort' while I travelled to Italy for my son's wedding over the past two weeks. Their competence and leadership are much appreciated and I am confident that the school was in good hands.

Year 12 assessments continue today and Years 7, 8 and 9 are doing their half yearly examinations this week. Tomorrow I will begin distributing reports, in person, to Year 12 students. This will take a couple of days so please do not be alarmed if your child does not bring home a report until Thursday. Year 11 reports will be issued at the end of this week.

Parents are reminded that the Year 11 and 12 parent teacher meetings will happen on Tuesday next week (June 11<sup>th</sup>) in the Houlston Centre. Bookings need to be made online with teachers.

3 June 2019



## Calendar 2019

This calendar is subject to change so please check carefully each week for any alterations. A whole year calendar is on the school website at [www.baulkhamhillshighschool.com.au](http://www.baulkhamhillshighschool.com.au)

### Term 2

<b>Week 6</b>
<b>Monday 3 June</b>
- Y7/8/9 Half Yearly Examinations 3/6 to 7/6 incl.
- Y12 Modern History Assessment
<b>Tuesday 4 June</b>
- Y12 Reports Issued 4/6 and 6/6 incl.
<b>Wednesday 5 June</b>
- Y12, 12sDD Assessment Task P3 (Dunne)
<b>Thursday 6 June</b>
- Y12 Reports Issued 4/6 and 6/6 incl.
<b>Friday 7 June</b>
- Y11 Reports Issued
<b>Week 7</b>
<b>Monday 10 June – QUEENS BIRTHDAY PUBLIC HOLIDAY</b>
<b>Tuesday 11 June</b>
- Y11&12 Parent Teacher Evening
- Accelerated 10/12 HSC Composition Masterclass P1-8 (Kim)
- Scripture Seminars Y10, Y11, Y12 P5&6 and Y7, Y8, Y9 P7&8
<b>Wednesday 12 June</b>
- All Years – Sydney West Cross Country (Filewood/McDonell)
- Y7 Digi tech practical P7&8 (Dunne)
- Y7-12 – Life Aid Outreach in TLC (after school) – (Gyenge)
<b>Thursday 13 June</b>
- Y10 Subject Selection Info Afternoon - TLC P7&8
- Y10/12 Ancient History in class assessment P1&2 (Fletcher)
<b>Friday 14 June</b>
- HSC Economics Conference (Craft)
<b>Saturday 15 June</b> Cadets Mid Year Dinner/Dance (Vasram)
<b>Week 8</b>
<b>Monday 17 June</b>
- Y12 Buffer Week 17/6 to 21/6 incl.
- Y9 Data Handling Online Test (Dunne)
- Y10 Macbeth Assessment Task – Houlston P5&6 (Poole/Bovard)
<b>Tuesday 18 June</b>
- Y10 into Y11 Subject Selection Info Evening TLC 6pm – 7.30pm
<b>Wednesday 19 June</b>
<b>Thursday 20 June</b>
- Y10 Vaccinations P1-8 (Fletcher)
- Y7&8 APSMO Maths Competition in class (Hoang)
- Y8 Subject Selection Info Afternoon – TLC P7&8
<b>Friday 21 June</b>
- Y8 Drama performance (incursion) P5&6 (Swancott)
<b>Week 9</b>
<b>Monday 24 June</b>
- Y12 Assessment Week 24/6 to 28/6 incl.
<b>Tuesday 25 June</b>
- P&C General Meeting 7.30pm
- Y8 into Y9 Subject Selection Info Evening TLC 6pm – 7.30pm
<b>Wednesday 26 June</b>
<b>Thursday 27 June</b>
<b>Friday 28 June</b>
- Y10 Reports issued
<b>Week 10</b>
<b>Monday 1 July</b>
- Y11 Assessment Week 1/7 to 5/7 incl.
<b>Tuesday 2 July</b>
<b>Wednesday 3 July</b>
<b>Thursday 4 July</b>
- Y12 Recognition Assembly – 9am
<b>Friday 5 July</b>
- Y7 and Support Reports issued

### Term 3

<b>Week 1</b>
<b>Monday 22 July – Staff Development Day (Pupil Free Day)</b>
<b>Tuesday 23 July</b>
- Y12 Buffer Week 23/7 to 26/7
- P&C General Meeting 7.30pm
<b>Wednesday 24 July</b>
<b>Thursday 25 July</b>
- Y7 & Y10 Parent Teacher evening
<b>Friday 26 July</b>

Don't forget that next Monday (10<sup>th</sup> June) is a public holiday for the Queen's Birthday.

The opening of the new Metro is bringing about changes to the way some students travel to and from school. We are in discussions with Hills Bus about adjusting some routes to accommodate our students changed travel plans. Students will be notified when and if these changes are made. In the meantime they are walking through the TAFE grounds to reach Old Northern Road. Students need to remember that they are guests on the TAFE property and must be mindful of the rights of the TAFE students to study without unnecessary noise or interruptions.

Congratulations to:

- Our Year 10 Brain Bee team who are NSW champions
- Our Athletics age champions

## Jeanne Bathgate

### Procedure for Sick Students

Students who are sick in class should see a teacher for written permission to go to sick bay. They must go to sick bay (which is in the Front Office) and follow instructions from the office staff, who will contact a parent/guardian when necessary. Sick bay is used for a short time only. Students should not call their parents first. Please be advised the school does not supply any medication (panadol).

### Baulko News

## Attention Parents of Year 11 and 12 Students - Parent Teacher Night Interviews

Parent Teacher Night Interviews are on Tuesday 11th June. Please Log onto [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) and use the event code **zeypn** to make your bookings. Bookings will open Monday 9 am on the 3<sup>rd</sup> June and close Tuesday 8am on the 11<sup>th</sup> June.

Mrs Greenlees, HT Teaching & Learning

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## Chicken Pox Alert

There have been some cases of Chickenpox in the area. Please check the attached factsheet and seek medical advice as soon as possible if you have concerns.

Further information about chickenpox can be found on the NSW Ministry of Health website at:

<https://www.health.nsw.gov.au/Infectious/factsheets/Pages/chickenpox.aspx>



### Schools Cup Volleyball News

On Sunday 19th May, five teams of girls competed in the volleyball Schools Cup at Sydney Olympic Park. As always, our girls competed to the best of their ability and came away with excellent results. Our senior team remained undefeated until the finals, where they were beaten in size and power by Kelso. The Year 9 and 10 teams also fought hard in their gold medal match and came away with silver medals. The Year 8 girls had an astounding win and managed to take home the gold medal! It is brilliant to see such young talent arising at Baulkham Hills to keep the volleyball tradition alive. Congratulations to all teams for representing our school yet again.

We entered three boys teams into the tournament with a mix of experienced and players with potential. Our Opens team was a composite team of Year 12 & 11 students, who won gold in Division Two. The Year 10 boys (U17's) also continued their winning ways with another gold medal added to their collection and look to have won a number of school cups in their age group this year. Our Year 8 students were entered into the U16s tournament taking on a mix of Year 9 and 8 students had a steep learning curve ahead of them. They manage to get close in a number of sets, but size, strength and experience played a big part of every game. I am sure they will take away a lot from their experience. Congratulations to our three boy teams as well as the ladies who have represented our school to a high standard. Their hard work, week in week out is paying off for them.

Ms Zhu and Mr Koksai



**Y10 Boys Gold Medal Winners**



**Open Boys Div 2 – Gold Medal Winners**



**Year 8 Girls – Gold Medal Winners**



**Year 9 Girls – Silver Medal Winners**

### Photos continued – Volleyball News



**Year 10 Girls – Silver Medal Winners**



**Year 11 Girls – Silver Medal Winners**

## Band News


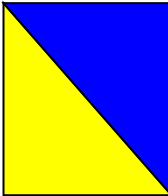
Last Thursday the band AGM was held. Newly elected committee members are as follows:

President (Interim role)	Mr Panjan Nagaratnam
Vice President (2)	Mrs Jane Ying and Mr Hoa Lam
Treasurer	Mr Nagaratnam and Mrs Eva Au
Communications Officer	Mr Raymund Wong
Instrument asset Manager	Mrs Neeru Garg
Music Librarians	Mrs Jane Ying, Eva Au, Neeru Garg, Lori Corcoran, Evete Fernandes
Event caterer	Mrs Lori Corcoran and Mrs Angela Ge

### **Save The Date:**

**Senior Band** Workshop Friday 16th August in the TLC 3:15pm to 6:00pm. Pizza afternoon tea included

The Band Committee

	<p style="text-align: center;"><b>New South Wales Australian Army Cadet Brigade</b></p> <p style="text-align: center;"><b>BAULKHAM HILLS HIGH SCHOOL CADET UNIT</b></p> <p style="text-align: center;"><b>419A Windsor Road Baulkham Hills NSW 2153</b></p> <p style="text-align: center;"><b>Ph: 9639 8699 Fax: 9639 4999</b></p>	
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2/parent note/2019

BHHSCU

June 3, 2019

## CADET NEWS - PARENT REMINDER

Dear Parents / Guardians,

This is to remind you closing parade each Thursday is 17:15 hrs (5:15pm).

The parade varies in length but dismissal is NLT 17:30hrs (5:30pm).

You should be there ready to receive your children.

The school cleaning staff lock the school up at 17:30-17:40hrs (5:30-5:40pm).

My staff and I should not be waiting till 18:00hrs (6pm) to have you pick up your child.

Traffic is not a valid reason to use in being late to complete the hand over from unit staff to parent. If you are running late ring the unit staff and advise us of it, I don't want to harass the cadet asking where their parent is or what time you are picking them up, it's unfair on them.

### **Staff contact details should be logged into your phone.**

Pickup during the winter months is now set at the quad/covered area near the exam hall. This is to ensure your children's safety as the bus bay has poor lighting and it is difficult to see the cadets in the darkness, you are required to physically come and pick them up from myself or my duty Staff.

Your cooperation in this matter is expected.

Sincerely,

**Chris Charlton**



**CAPTAIN (AAC)**  
**Officer Commanding**  
**0409 604 901**

30/MAY/ 19



### BHHS SRC – Australia's Biggest Morning Tea

"The BHHS SRC held Australia's Biggest Morning Tea last Thursday on the 23rd of May. Australia's Biggest Morning Tea aims to raise money for the Cancer Council's life-saving research. Baulko SRC sold baked goods brought in by both students and teachers, to raise funds for the Cancer Council. We raised \$741 from cash sales, a huge thank you to everyone that purchased the treats. The array of food was visually stunning and extremely tasty, from unicorn cupcakes to cheesy muffins. With teachers and students purchasing food during the morning and recess, the day was a huge success, with all the food selling out! It wouldn't have been possible without students and teachers alike, especially those who brought in food to sell. A special thanks goes out to Mrs Khan and Mr Mudaliar for organising the morning tea as well as Mrs Greenlees and Mrs Robinson for bringing in tasty treats to sell! Even though Baulko's morning tea is over, you can still donate online at

<http://nsw.cancercouncilfundraising.org.au/BaulkhamHillsHighSchool>.

Tahia Mujtaba Y11



## 2019 Athletics Carnival

The Champion House this year was Hughes who narrowly Beat Suttor in the Final Point Scores

HUGHES 1242

SUTTOR 1231

MEEHAN 1025

MACDOUGALL 887

Congratulations to Hughes House.



**House Captains:-  
Briony Kwon & Patrick Kim**

Our 2019 Athletics Age Champions were:

### Boys

- 12 years - HENRY CORCORAN
- 13 years - NEELESH SHRESTHA
- 14 years - EDDY YUE
- 15 years - ISAAC BAMGBOSE
- 16 years - ANTHONY HAN
- 17 years - JASON TAN
- 18 years - HASINDU SELLAHEWA



### Girls

- 12 years - RIA KAPIDIA
- 13 years - SALEENA KHAN
- 14 years - VANESSA HO
- 15 years - JESSIE WONG
- 16 years - JOANNE DINH
- 17 years - VICKI SHEN
- 18 years - LARISSA LEE



Support Unit Champion  
JACINTA BARAKAT

SPORT would also like to acknowledge and thank our 2019 house captains & vice captains. They were a huge help to the success of this year's carnival. They did all the heavy lifting & were on duty both days to help teachers in all events. They also helped before school & gave up their recess & lunch a number of times.

Mr Filewood, Sports Organiser





## NSW Brain Bee Challenge Finals

Our school took part in the NSW Brain Bee Challenge Finals on Thursday 30<sup>th</sup> May at UNSW. The school was represented by:

1. Lior Yoffe
2. Sania Gokhale
3. Sara Wardak
4. Anna Cheung
5. Matthew Tang

The competition was run in two categories.

1. Team Challenge
2. Individual Challenge

In the Team Challenge, our school represented by Lior, Sara, Sania and Anna came first and were rewarded with a medal, vouchers and books on the brain. The school received a lot of books on the brain and a trophy.

In the individual Challenge, Lior was one of the last eight finalists. Lior came second in this challenge, missing out only just. He was leading till the last question. In the play-off for first place Lior came second.

Between the challenge the students were taken on a tour of the Museum of Disease and attended a neuroscience workshop.

Congratulations to all the participants (Photo on front page).

Mr Vasram

### 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 needs to the note signed by a Deputy Principal before school and hand into the office by 8.30am where they will be issued an early leave pass.** The student can then present the pass to their teacher and leave school at the time advised on their early leave pass.

Senior Students with **Early Study Leave** permission should sign out at the office before leaving School.

## Careers News

### Resources for parents

myfuture parent resource: <https://myfuture.edu.au/footer/assist-others>

Career Industry Council of Australia #Work2030 video for parents: <https://youtu.be/9YMKnZezOLc>

Career Planning Conversations Podcast with Kathryn Taylor (who will be speaking with Year 11 and 12 students this year): <https://www.vicparentscouncil.vic.edu.au/news/2019/3/28/vpc-podcast-series-career-planning-conversations-with-kathryn-taylor>

### Uni Speakers Term 2 at lunch

The updated list of speakers is posted in Google Classroom – speakers for Term 2 include UNSW Medicine, UTS BAcc Co-op (BHHS alumna presenting), USyd Law Society (2 BHHS alumni presenting), UNSW Co-op, USyd Scholarships and MentorMe UNSW uni student panel (multiple disciplines). Students can submit their questions to the MentorMe panel prior to the session.

### Events & Resources for students

Your child will continue to receive a Weekly Careers Update via email (which is similar to the content that has previously been posted in these newsletter updates). Due to the increasingly large number of events run by universities and limited space, event details will not continue to be put in this newsletter - however if you would like to receive this information directly, please ask your child for the user name and password that is published in Google Classroom for the [Study Work Grow](#) Careers subscription (which is also available to all parents of the school). Students have access to a range of resources on Google Classroom – please see the [Careers](#) page on the school website for an overview of the Careers Program.

### Updates for parents of Year 10 students

- Work Experience FAQs and form (Student Placement Record) are on Google Classroom (opportunities that have been advertised by universities/organisations will be emailed to students however it is the student's responsibility to organise their own placement – guidance for this is via Careers Classes and individual consultations)
- UAC Guides for Year 10 students to assist with subject selection have been given to students after assembly Week 6 (after exams and before the subject selection process)
- A new online tool (Subject Compass) will be introduced by UAC in the next couple of weeks to assist with the subject selection process

### Updates for parents of Year 11 students

- Year 11 has undertaken Motivational Mapping using the Youth Maps profiling report last week (as well as a 1-hour explanatory session) and can book a follow up appointment with the Careers Advisor to discuss this. They have also had a career planning session as part of combined Careers/Wellbeing Day from a speaker experienced in HR on elements of CVs, work experience & scholarship applications

### Updates for parents of Year 12 students

- UAC Guides have been delivered to the school and are available in the senior study for all Year 12 students
- Year 12 have been briefed on uni procedures and are now able to apply (the full [timeline](#) has been sent to students)
- Scholarship and cadetship opportunities have been emailed to/posted on Google Classroom for students and addressed by universities and other speakers this term
- Year 12 will have the opportunity to have help with their scholarship applications from a speaker experienced in HR, after Trials (Week 5, Thurs 22 Aug Period 6 + lunch)

Ms Hardy, Careers Adviser





### Communicable Diseases Factsheet

## Chickenpox and Shingles

Last updated: 08 April 2018

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

### 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.
- 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.
- 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](http://www.health.nsw.gov.au)

# Cough etiquette

## Cover your cough



- When coughing or sneezing, use a tissue to cover your nose and mouth
- Dispose of the tissue afterwards
- If you don't have a tissue, cough or sneeze into your elbow.

## Wash your hands



- After coughing, sneezing or blowing your nose, wash your hands with soap and water
- Use alcohol-based hand cleansers if you do not have access to soap and water

**Remember hand washing is the single most effective way to reduce the spread of germs that cause respiratory disease.**

Anyone with signs and symptoms of a respiratory infection, regardless of the cause, should be instructed to cover their nose/mouth when coughing or sneezing; use tissues to contain respiratory secretions; dispose of tissues in the nearest waste receptacle after use; and wash their hands afterwards.



**Health**



## ADOLESCENT SCOLIOSIS SPINAL CURVATURE

### The National Self-Detection Program for Scoliosis

A HEALTH PROMOTION PROGRAM  
RECOMMENDED BY THE SPINE SOCIETY  
OF AUSTRALIA. THE PROGRAM IS  
ENDORSED BY THE PEDIATRICS AND  
CHILD HEALTH DIVISION OF THE ROYAL  
AUSTRALASIAN COLLEGE OF PHYSICIANS.

## How to detect Scoliosis.

*Helpful information for  
schoolgirls in years 5 and 7  
and their parents.*

### What is scoliosis?

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

### What is the cause of scoliosis?

The cause is unknown, but 80-90% of cases occur in otherwise healthy adolescents. This is called idiopathic (cause unknown) scoliosis.

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

### Why is early detection important?

While very small curves are common and of no significance, about 2% of girls have a curve which warrants medical observation during the growth period. Three girls per 1,000 will require treatment during the growth phase.

If treatment is required, the earlier it is undertaken, the better the long-term result. This is the basis for screening since in the early stages scoliosis produces no symptoms. The way to detect scoliosis is to look for it!

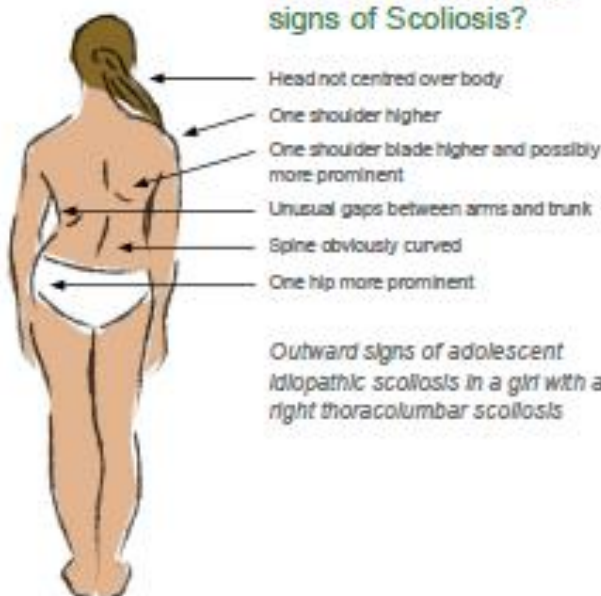
### The National Self-Detection Program for Scoliosis

This information is designed to make parents of schoolgirls aware of the outward signs of scoliosis.

Each year, all government and non-government girls' schools will be asked and by a direct approach to school principals, to download the Self-Detection Fact Sheet from [www.scoliosis-australia.org](http://www.scoliosis-australia.org) and distribute it to girls in Years 5 and 7 (10 and 12 years of age in most states and territories).

This is the age range when scoliosis first appears. If after reading the Fact Sheet you or your parents think you may have this condition, please consult your family doctor.

### What are the outward signs of Scoliosis?



*Outward signs of adolescent  
Idiopathic scoliosis in a girl with a  
right thoracolumbar scoliosis*





### How Scoliosis is detected.

Apart from the outward signs with a teenager standing as illustrated, the reliable Forward Bend Test is used in the diagnosis of scoliosis.

This simple visual examination requires the teenager to stand with the feet together and parallel and bending forward as far as she can go with the hands, palms facing each other, pointed between the two big toes.

In scoliosis, one side of the upper chest (thoracic) region or the lower back (lumbar) region will be more than 1cm higher than the other. The prominence is most often on the right side in the thoracic region.

If the difference between the two sides is less than 1cm, it is highly unlikely that a significant curvature is present and the difference is simply due to asymmetrical growth of the two sides of the body.

This is called torso asymmetry and is of no significance.

### What about brothers and sisters?

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

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

### Is treatment successful?

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

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

### What will happen if Scoliosis is not treated?

The curve may increase unnoticed during the growing years. Moderate and severe curves may also increase in adult life.

Some curves may increase with pregnancy. Severe pain, physical deformity and wear and tear arthritis may occur during middle life. Early detection is important for a healthy future.

### How do you detect Scoliosis?

Simply look for it! It only takes 30 seconds.



Scoliosis  
Australia

Scoliosis Australia is a project of  
the Spine Society of Australia



The Scoliosis Australia website  
is supported by a donation  
from Evolution Surgical



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



### **Support Baulkham Hills High School! Get your new Entertainment Membership today.**

With the 2018 | 2019 Entertainment Membership about to expire, now is the perfect time to buy the brand new 2019 | 2020 Entertainment Membership! You can enjoy thousands of valuable offers for everything you love to do, all while supporting fundraising for Baulkham Hills High School.

### **Purchase your 2019 | 2020 Entertainment Membership!**

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THANK YOU FOR YOUR SUPPORT!

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