

Monday
22 August 2016
Term 3 – Week 6



MHS Newsletter

Mudgee High School – Locked Bag 2004, MUDGEE NSW 2850
ABN: 25 074 408 459 Telephone: (02) 6372 1533 Facsimile: (02) 6372 6321
Website: www.mudgee-h.schools.nsw.edu.au Email: mudgee-h.school@det.nsw.edu.au

A Member of the
Cudgegong Learning
Community



SEE OUR WEBSITE
FOR THE FULL
CALENDAR OF EVENTS

Coming Events:

- Aug 29 – P&C Meeting 7pm Library
- Sep 1 – Parent Teacher evening Yrs 8, 9 & 10 3.45pm – 7.00pm
- Sep 21 – Year 12 Farewell Social
- Sep 22 – Rainbow Day
- Sep 23 – Year 12 Presentation Assembly
- Sep 23-Oct 12 – Year 12 Study Leave
- Sep 23 – Last day of Term 3
- Oct 10 – Day one Term 4 – Staff and Students

This issue:

- Principal's Message
- Awards
- Sean Choolburra
- Alex Sutherland
- Year 11 Hospitality
- Year 12 Parent Evening
- 2 Unit Marine Studies for HSC
- MHS Link Program 2017
- MHS Centenary
- Community Announcements
- Sponsor – Glencore

PRINCIPAL'S MESSAGE

Trial HSC

The Trial HSC Examinations concluded at the end of last week. Year 12 students have just five more weeks of school left. While the final days of this term will be taken up with Rainbow Day preparation and their farewell assembly on the final day, the twenty-plus days leading up to the end are very important. Here's why...

The Trial Examinations, while summative in so many ways, also serve a formative assessment function. Unless a student receives 100/100, much can be learned from those areas tested where performance was not at its peak. Year 12 students should use these remaining weeks to squeeze out every last drop of mentoring goodness available from their respective teachers.

Year 12 students should also review their individual performances and seek to know how to improve still further so as to gain the best possible results in the HSC Examinations. Students should also critically study the best results achieved in each of their subjects. The formal, in-school assessment period is now at an end, which means the in-house competition is also now at an end. Students are no longer individuals seeking to best each other; they are a collective seeking to create the largest pool of marks possible at the HSC. Now is the time to share their best results so that they may all achieve PBs in the October/November quizzes.

Subject Choices

The raw selections for HSC 2018 are in. We expect to have a little more than 120 students in Year 11 in 2017, so it was good to see 112 students contributed to the first round of selections. It is these selections upon which we will craft subject line offerings that meet the academic needs and desires of the greatest number of students.

Link Program

Link has been a highly successful program at Mudgee High School since 2012. From modest beginnings it has bloomed into a sort-after program that time and again has either kept engaged or re-engaged young people headed into their last year of compulsory schooling; Year 10.

With the generous financial assistance of Glencore Coal, and the assistance of TAFE and Mid-Western Regional Council, the program has provided many students with access to completing Year 10, TAFE courses and employment via less conventional pathways. Quite a number of students who have participated in the Link program have gone on to apprenticeships, traineeships or work in industries in which they have had a real interest.

So successful has the program been that it has been shortlisted for a Community Excellence Award with the NSW Minerals Council.

So successful has the program been that we have been compelled to introduce an Expression of Interest (Eoi) system this year. Students who are keen to pursue the opportunities that Link can provide are advised to read the Link article within this newsletter.

Basketball Courts

We have had some very good news this week. The school has been able to secure a grant to assist in the resurfacing of the basketball courts. For some time now the courts have been looking tired, with depressions in some places that pool water after rain, cracks in other places and weed encroachment. The refurbishment will include the installation of a spring system. The spring system consists of two coats of liquid particle rubber applied to the playing areas. The system is designed to absorb the shocks and vibrations to legs and joints normally associated with an asphalt-surfaced court. It should be a brilliant asset when completed.

BUILDING WORKS – a continuing update

We are still in the demolition phase. Again a thank you to all of our parent and community visitors who have coped so very well with the change in office interface. A couple of people this week did manage to enter the scene of desolation that has replaced our Douro Street entry point. They went on to ask some of the site crew within the Blitzkrieg-inspired remains of the old front office where they might locate the new office, much to the crew's surprise. Happily, they lived to tell the tale.

That big fence is there for a reason.

Until next week...

Wayne Eade
Principal

TERM 3 WEEK 5 AWARDS

P & C Awards: **Year 7** – Ruby Forrest; **Year 8** – Jordan Harris; **Year 9** – Mitchell Winsper; **Year 10** – Isaac Dickie; **Year 11** – Elizabeth Laidlaw; **Year 12** – Thomas Ashton

SRR Award: Olivia Harvey – Year 10



Bawamarra
(Relate news, Communicate)



SEAN CHOOLBURRA – LIVE AND DEADLY



Charming, captivating, cheeky, clever and charismatic, Sean Choolburra has carved his niche as Australia's No 1 indigenous entertainer.

Sean's comedy is uniquely and truly Australian. His is a fresh new voice in a comedy scene inundated by white fellas. He blends pop culture, dance, comedy and hip hop in a high energy, feel good show.

Sean gives audiences a chance to get in on many hilarious 'Black Fella Yarns'. Perhaps it is his ability to share the naivety of a small town aboriginal boy, still coming to grips with the big city lights, that makes him all that much more inviting and engaging as a performer. Sean is a dynamic and versatile comedian, rap singer, dancer, storyteller, actor and hip-hop didge player. He is a rising star of not only the comedy world, but also as an all-round entertainer, and is guaranteed to raise your spirit while splitting your spleen.

Check out Sean on YouTube:

<https://www.youtube.com/watch?v=kHOOfSJIKLA>

(Source: Nexus Arts promotional flyer)

Sean Choolburra is coming to Mudgee High School to perform. He will be here **Tuesday 6th September, periods 1 and 2**. If you would like to attend you will need to collect an information note from Miss Windeyer in the HSIE staffroom and then pay **\$5.50** to the Front Office. This opportunity is open to all students in the school.

ALEX SUTHERLAND

Sporting Excellence can come in many forms and Alex Sutherland in Year 8 has demonstrated excellence as a Touch Referee. Alex was recently selected to referee at the Under 15s National Touch Championships in Mandurah, south of Perth, Western Australia in October.

At this tournament, Alex will be refereeing teams from all over the country.

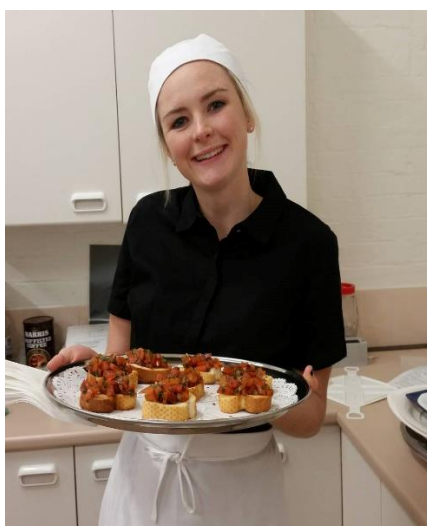
To be selected to referee in such a prestigious tournament, Alex had to excel as an official at the All Schools Touch Carnival in Narrabeen where seven referees were selected to travel to Perth.

Alex is congratulated on this outstanding achievement.



YEAR 11 HOSPITALITY

On Friday 5th of August five Year 11 Hospitality students; Matthew Allen, Rebecca Allen, Talia McLennan, Hannah Webster and Bethany Haysom volunteered their time to cater for 'Art for Poetry's Sake'. This was a reader's festival event held at the Stables. The students were involved in preparing, cooking and serving a variety of finger foods to the guests. This was their first catering experience and they received great feedback from those that attended. Well done.



YEAR 12 PARENT EVENING

A Year 12 Parent evening will be held on Wednesday August 24, beginning at 7.00pm in the MHS Performance Centre (enter via Denison Street gates).

Presentations will occur relating to the following topics:

- Expectations of Year 12 students in their final weeks of schooling including fundraising, Rainbow Day, etc.. (Principal/Deputy Principal)
- Students 'keeping well' in the lead up to and during the HSC. (MHS School Counsellor)
- Post school options, eg University applications, TAFE courses, etc.. (MHS Careers Advisor)
- Financial assistance post school. (Centrelink representative)

Refreshments will be available at the completion of the presentations. Looking forward to seeing you there!

B Kempton
Careers Adviser



As a parent, we realise the process of your child choosing a university can sometimes be just as overwhelming for you as it is for them! For this reason, Charles Sturt University (CSU) is hosting a number of Parent Evenings to answer your questions about starting university. The information evenings will be held at various regional locations around CSU campuses, as well as Sydney.

The Universities Admissions Centre (UAC) will also be presenting at a number of these events and cover topics such as the ATAR and how it is calculated, as well as the university preference system.

Closest to Mudgee are:

Thursday 25 August – Bathurst
6.00pm – 8.00pm
(UAC attending)

Bathurst Panthers, Panorama Room
132 Piper Street, Bathurst

Wednesday 31 August – Orange
5.30pm – 7.30pm

Orange Ex-Services Club, Tobruk Room
231-242 Anson Street, Orange

Our 'Little Bird' will give you all the information you need.

Just register online: www.csu.edu.au/parents | 1800 334 733

Parents...
It can be a little daunting
helping your child apply
for university.



YR 10 – STUDY 2 UNIT MARINE STUDIES FOR THE HSC in 2017 - 2018!!!

Threatened Species

Australia's oceans are some of the richest and most diverse on our blue planet. Global studies have revealed that our northern oceans are some of the last remaining healthy tropical seas in the world. In our cool blue south, an incredible 80% of the marine species living in our temperate oceans occur nowhere else on Earth.

If we lose them from our waters, they are lost from the world forever.

Australians love our whales, seals and sea turtles, but we might not all realise how close we came as a nation to losing them forever. Most of our marine mammals have suffered from historical hunting and over-exploitation. Much of our marine wildlife is now legally recognised as threatened, at risk from a range of impacts, including overfishing, pollution and climate change. Below is only one example.



The Threatened Southern Bluefin Tuna

If ever there was a fish that best represented all that is wrong with the way we fish, the southern Bluefin tuna would win the dubious award.

An ocean giant, the southern Bluefin tuna has one of the longest migrations of any creature on the planet – spawning only in the Indian Ocean near Java, and navigating the southern hemisphere's seas before reaching our shores.

While there are a number of different species of tuna, southern Bluefin are one of the most popular to eat. With Bluefin tunas selling for up to hundreds of thousands of dollars for an individual fish, and the Australian southern Bluefin tuna industry worth over \$100 million annually (*ref 1*), the pressure is on for this critically endangered fish.

Southern Bluefin tuna are classified as 'critically endangered' on the IUCN's Red List of threatened species, which means it 'faces an extremely high risk of extinction in the wild'. Population levels are down to around 5% of original levels, yet fishing continues.

Southern Bluefin are managed by a collaboration of nations. Because of their vast migration route, different countries pick off the fish as they come within reach of a coastline. The Commission for the Conservation of Southern Bluefin Tuna (CCSBT) allocates what each nation can take from the stock, and Australia currently has access to around 4,200 tonnes of fish per year (*ref 2*).

Bizarrely, if the southern Bluefin tuna fishery were managed under Australian regulation and legislation, there would be no targeted fishery. However, as it's managed by an external authority, Australia profits from fishing for a species on the brink of extinction.

The overwhelming majority (more than 95% of those caught) are fished as juveniles in the Great Australian Bight before being fattened up in sea cages and exported to Japan.

Targeting large numbers of juvenile, pre-spawning fish means flat-lining the possibility of re-building the stock. Recreational fishers also target southern Bluefin tuna. In 2012, the Victorian Government published the first estimate of recreational take – they found that in a five-month period in 2011, around 19,700 fish were caught and retained, which is about 240 tonnes of fish³. Technically, this catch should be included in the total amount of fish the whole of Australia is allowed to extract by CCSBT; practically, it remains to be seen how Australia will justify catching over its allocation.

TEST THE FACTS: References

1. ABARES 2011, Australian fisheries statistics 2010, Canberra, August.
2. <http://www.afma.gov.au/managing-our-fisheries/fisheries-a-to-z-index/southern-bluefin-tuna/at-a-glance/>
3. <http://www.dpi.vic.gov.au/fisheries/about-fisheries/publications-and-resources/fisheries-reports/your-licence-fees-at-work-reports/2012/quantifying-the-recreational-catch-of-southern-bluefin-tuna>

Learn all about this and other amazing facts about our declining fish stocks, globally, by choosing to study 2U Marine Studies in Year 11 and 12. See Mr Willetts in the TAS staffroom for more information.

MHS LINK PROGRAM 2017

The Link Program is an alternative education program for students in Year 10. The program caters for up to 25 students who have traditionally experienced difficulty in engaging with their school work. The program is flexible, practical, stimulating and relevant, and promotes pathway options into years 11 and 12 at Mudgee High School; TAFE; an apprenticeship/traineeship or traditional employment.

The program was established in 2012 and involves a number of partners including Mudgee High School, TAFE and Mid-Western Regional Council. The program is fully funded and supported by Glencore Coal. Recently we were thrilled to receive notification that the program has been shortlisted as a finalist for a Community Excellence Award at the NSW Minerals Council Environment and Community conference and awards.

Link students experience a wide curriculum including attendance at Mudgee TAFE as well as work experience. Students receive literacy and numeracy support, and engage in personal skills development programs. The program has a staff co-ordinator and Community Mentor, both of whom support participating students to enhance their prospects of success in the program and their future transition into further education, training and employment.

The primary outcomes of the Link program are:

- to re-engage students in school activities
- to provide pathways for transition into further study or work
- to build self-esteem and confidence to continue in training and education
- to reduce the potential for social isolation issues and integrate school leavers into the community in a positive manner
- to apply a multi-agency approach to a community based issue.

The selection process for 2017 will require an 'Expression of Interest' from students currently in Year 9 who may be interested in being a part of the program. This form can be collected from Ms Date in the Careers/Languages staffroom. Parents are also welcome to request an Expression of Interest by phoning or visiting the school. Guidelines for completion and closing date are included with the form.

We encourage any students and parents, who anticipate that this program could be of benefit, to apply. For any students who may find completing an EOI a challenge, we encourage them to make contact with Ms Date or Mr Payne (Community Mentor) at school to arrange an interview for completion.

For further information, please do not hesitate to contact Melissa Date on 6372 1533.

Mudgee Cancer Support and Friends

Will be holding their annual

Daffodil Day Stall

In Byron Place Laneway near St George

On Friday August 26th 2016

From 9am.

Fresh Daffodils \$7, Dougal Bears \$10,

And other items from \$3.

All proceeds go to the Cancer Council.



positive partnerships

Working together to support school-aged students on the autism spectrum

Free one day workshop for parents and carers

Workshop: 16-17NSWPC8

Location: Dubbo NSW

Like all school-aged students, young people on the autism spectrum benefit from strong, positive relationships between home and school. Positive Partnerships use evidence based materials and practical resources to help support these relationships by facilitating workshops for parents and carers.

This workshop is suitable for parents, full time carers and grandparents.

What will you gain?

The Positive Partnerships parent/carer workshop intends to:

- Increase understanding of the impact of autism on learning
- Introduce a planning tool that can be used to share an understanding of your child
- Explore ways to work in partnership with your school
- Share information about how to access support both inside and outside of school
- Provide an opportunity to network and share strategies with other parents/carers

Workshop details

Venue: Dubbo RSL
Corner Brisbane Street & Wingewarra Street
Dubbo NSW 2830

When: One day workshop – Tuesday 13 September 2016
9.15 am – 3.00 pm (Registration from 8.30 am)

Online registrations open on Tuesday 2 August 2016 and close two days prior to the workshop.

If you have an email address and access to a computer please register directly through our secure website www.positivepartnerships.com.au.

You will receive a confirmation email of your registration.

If you have any enquiries phone the Positive Partnerships Infoline 1300 881 971 or email parentcarer@autismspectrum.org.au.

The Positive Partnerships Initiative is funded by the Australian Government Department of Education and Training through the Helping Children with Autism package.

The views expressed in this publication do not necessarily represent the views of the Australian Government or the Department of Education and Training.





School group travel on Opal network

From 1 August 2016 all customers travelling inside the Opal network will need a valid Opal card or Opal single trip ticket. This will change how you plan your school excursion travel. Make sure you include ticketing and travel arrangements in your planning.

Opal ticketing options

All students and adults will need a valid Opal card or Opal single trip ticket. For students this will be a Child/Youth Opal card or a Child/Youth Opal single trip ticket which can be bought on the day of travel. Single trip tickets are available at certain train stations and light rail stops. Adults will need to travel with an Adult Opal card or an Adult Opal single trip ticket which can be bought on the day of travel. Adult and Child/Youth Opal single bus tickets are available on non-prepay buses.

Schools will need to decide well in advance how they want to manage this. Options include:

- Students use their own Child/Youth Opal card.
Child/Youth Opal card is used by children/ youth for travel. Please note: parents/ guardians should ensure they have enough credit on the Child/Youth Opal card to cover the travel. School Opal cards are valid for trips to and from a student's school and home. They are not valid for travel on school excursions, or for school excursion travel.
- Schools manage the Child/Youth Opal cards on behalf of their students.
These can be registered by the school with Opal. Registering the cards with Opal will enable the school to manage the credit amount, preserve the balance on any lost cards, and request replacement cards.
- Purchase tickets on day of travel.
Consider this option as a last resort. Schools will need sufficient cash or a credit card, and will need to purchase individual tickets for each person travelling on the day of travel. Please note Opal single trip tickets are only available at certain train stations, wharves and light rail stops. Opal single bus tickets are available on non-prepay buses.

School Opal cards are valid for trips to and from a student's school and home. They are not valid for travel on school excursions, or for school excursion travel.

Payment options

- Cheques are no longer accepted for payment. Schools will need to use a credit card or cash.

More information on school excursion travel

- go to opal.com.au and follow the navigation path below



Home > About Opal > Opal for school students > Opal for school excursions

HERE FOR HEARTS PROGRAMME

PROVIDING EARLIER ACCESS TO DEFIBRILLATORS

We're here for our school communities

The Here for Hearts defibrillator programme is a partnership between Westfund Health Insurance and the Defibshop. The programme aims to bring greater awareness of the importance of easier access to Automated External Defibrillators (AED's) in our school communities, particularly in regional and rural communities.

Defibrillators Save Lives

Sudden Cardiac Arrest (SCA) can happen to anyone, anywhere and at any time, regardless of your age or general health. It is vital to be ready for this unexpected life threatening event. Local ambulance services could take some time to reach a patient. Defibrillation delivered within minutes of a SCA could increase survival rates by more than 80 percent.

The Here For Hearts programme is supported by Westfund Health Insurance to provide easier community access to this lifesaving technology. Operating an AED is fast and simple, any adult can use one.



AED loan option –
If you don't wish to apply for your own AED then you may qualify for an AED loan for weekend special community or sporting events.



You may consider positioning an AED in one of these locations within your school: assembly hall, gymnasium, reception, auditorium, sporting facilities, pool facilities, excursion pack.

How to apply

You can apply for assistance in fund raising for an AED via an online application process.

Your application will then be assessed and you will be notified. You can lodge your application at: www.westfund.com.au/hearts or drop into your nearest Westfund Care Centre to pick up an application form. For Care Centre locations go to the Westfund website at: www.westfund.com.au

About Westfund Health Insurance

We are an Australian owned and operated regional health fund focussed on providing great value health cover.

We provide national coverage for over 100,000 members making us the 8th largest open fund in Australia. We exist for member benefit, not for shareholders we are happy to support initiatives that promote health in our regional areas.

About Defibshop

The Defibshop was founded in 2008 by Carpet Hughes and Dr Jason Bendall, both Intensive Care Paramedics with a background treating many victims of Sudden SCA.

It was a passion for saving lives that inspired Carpet and Jason to begin the Defibshop. Knowing that AEDs do save lives gave them the drive to get defibs into our communities throughout Australia.



For more information about the Here for Hearts programme log on to www.westfund.com.au/hearts

PEACE OF MIND WITH
ACCESS TO QUALITY CARE

Westfund Limited ABN 55 002 080 864. A registered private health insurer under the Private Health Insurance Act. A not for profit fund.



Australian Oztag Sports Association



MUDGEES OZTAG REGISTRATION NIGHTS 19th & 21st September 2016



Junior Oztag Starts October 12th

Under 8's 10's 12's 14's 16's

Cost per player

\$75 per player per team

\$30 for shorts per player

minimum 10 players per side

OZTAG is a non-tackling game

Passing, catching, tagging, evasive and kicking are the skills utilised in OZTAG. It is played over two 20 minutes periods with eight players from each team

Paid Refereeing Jobs!

Contact: Mudgee Oztag on Facebook

Ph: Jay 0421 835 825



MUDGEES NORTH WEST LEGACY Legacy Badge Day, 2 September 2016

One unique organisation stands by the dependants of veterans who gave their lives or health in the service of their nation. Legacy cares for the families of defence force personnel killed in war or other hazardous service, in peacekeeping operations or in accidents whilst training for war, and those who have died subsequently or are incapacitated. Caring for this extended family is a big task as we seek to assist them in coping with their lives, both financially and emotionally, whether they are young or old. We help organise housing, education, medical expenses and important special things, like simple companionship. Legacy is funded by public donations, which enable us to perform our legacy of care.

There are over 200 widows and dependants in Mudgee North West Division who depend on Legacy.

Badges are available at various locations on 2nd September - \$2.00, \$5.00, \$10.00 and larger denominations. We also have pens, wristbands and Army, Navy, Nurse, Digger and Air Force bears.

Celebrate 100 years of public education at Mudgee High School over two days:

14th October 2016 - School based activities - more information to come

15th October 2016 - Celebration activities at school 10-2pm

15th October 2016 - Celebration dinner - Robert Oatley Vineyards 7pm start - tickets via Trybooking.com



MUDGEE HIGH SCHOOL CENTENARY



Friday 14th and Saturday 15th October 2016



FRIDAY 14 OCTOBER - MUDGEE HIGH SCHOOL

School based celebrations for current students and their parents. Further details will be sent home via students, the school newsletter and the school website.

SATURDAY 15 OCTOBER - MUDGEE HIGH SCHOOL

Time: 10:00am to 2:00pm

Public Celebration Day. All are welcome to celebrate 100 years of public education and meet again the students and staff who attended Mudgee High School. There will be tours, interviews, memorabilia on display, cadets parading and a BBQ lunch.

SATURDAY 15 OCTOBER - ROBERT OATLEY VINEYARDS

Time: 6:30 for a 7:00pm start

Cocktail Dinner - All welcome (18+ event). Catering by Rachael McCarthy.

Ticket price includes cocktail style menu and return transport via Ogden's Coaches. There will be a cash bar offering wine and beer.

Tickets will go on sale 25th July and can be purchased via www.trybooking.com / buy tickets / Mudgee High School Centenary 2016.

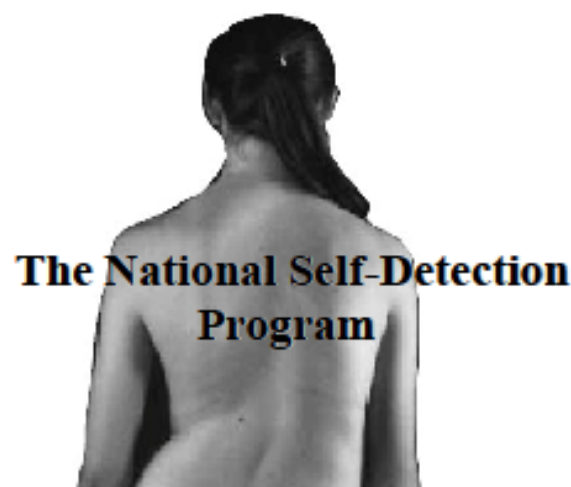
We are also publishing a keepsake Centenary Magazine that can be purchased via www.trybooking.com or directly from Mudgee High School for \$25.00 (available from October).

Further information can be accessed via our Facebook page **Mudgee High School Centenary 2016**, or via www.mudgee-h.schools.nsw.edu.au/centenary-celebrations or the Mudgee Guardian.

COMMUNITY ANNOUNCEMENTS SPONSORSHIP

**MUDGEE HIGH SCHOOL – LINK PROGRAM
GENEROUSLY SPONSORED BY
GLENCORE
Ulan Coal Mine**

ADOLESCENT SCOLIOSIS SPINAL CURVATURE



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

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

WHAT IS SCOLIOSIS?

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

WHAT IS THE CAUSE OF SCOLIOSIS?

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

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

WHY IS EARLY DETECTION IMPORTANT?

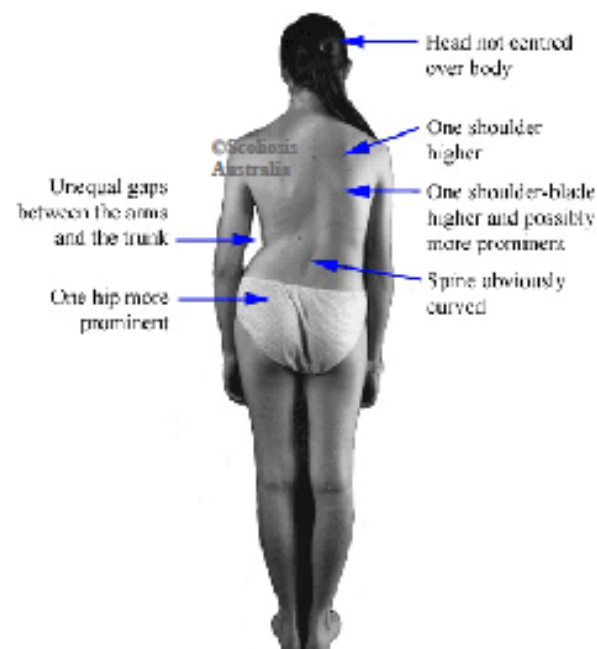
While very small curves are common and of no significance, about 2% of girls have a curve which warrants medical observation during the growth period. Three girls per 1,000 will require treatment during the growth phase. If treatment is required, the earlier it is undertaken, the better the long-term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

WHY THIS BROCHURE HAS BEEN PRODUCED

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

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

WHAT ARE THE OUTWARD SIGNS OF SCOLIOSIS?



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.



The Forward Bend Test

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



Visit our website
www.scoliosis-australia.org

©Scoliosis Australia
is a project of



The National Self-Detection
Program is supported by

