



ORACLE

Warialda High School newsletter

Providing advantage through diverse educational opportunities for every student.

Issue 3 - Term 3 - Week B

Tuesday 4 September 2018



Buy a bale fundraiser

Last Thursday saw a successful fundraiser initiated by Rebecca Boland and Lynelle Nolan to raise much needed funds to support our local farmers during these difficult times

The day was embraced enthusiastically by the students and teachers and Warialda High school donated the groceries for the BBQ, raising \$433.50 and students dressed up in mufti as a farmer for the day, raising a further \$244, making a total of \$677.50.



Dates for your Diary

Week 7B

6-8 September: Year 11
Advanced English Excursion to Sydney.

Thursday 6 September: Year 11,
2019 subject selection form due.

Week 8A

Thursday 13 September: Year 12
Physics Excursion.

Friday 14 September: RUOK
assembly and activities.

Friday 14 September: HSC
music practical exam.

Week 9B

Tuesday 18 September: White
Card course.

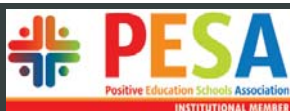
Friday 21 September: CWA grant
applications due.

Friday 21 September:
Empowerment of girls workshop in
Inverell for years 7-10 girls.

Week 10A

24-28 September: Year 11 Exit
Exams

24-27 September: Chatswood/
Gwydir Concert Band Tour



A proud School of the Gwydir Learning Region
Apollo Avenue, Warialda NSW 2402
T 02 6729 1000 | E warialda-h.school@det.nsw.edu.au



Warialda High School joins PESA

Warialda High School has become a proud member of PESA, Positive Education Schools Association.

PESA is Australia's Positive Education peak association. Its members share an interest in an evidence-based approach to wellbeing, and a commitment to supporting our young people, and the wider community, to flourish.



*PESA is a peak association of schools, universities, educators, parents, researchers, charities and other community members who share an interest in an **evidence-based** approach to **wellbeing**, and a commitment to supporting our schools, students, and the wider community to **flourish**. We are based in **Australia** with a national focus, and also welcome international members.*

OUR VISION

For the science of wellbeing and Positive Psychology to be *integrated throughout the education system, enabling all students, schools and communities to flourish.*

OUR MISSION

To lead, promote, and foster the implementation and development of Positive Education.

STRATEGIC PRIORITIES & KEY INITIATIVES

PROMOTE & ENGAGE

1. Development and promotion of a **Positive Education Framework**
2. Advocacy of Positive Education to **education systems**
3. Promotion of Positive Education to **school leaders** and communities
4. Building a **membership** base with a cross-representation of Australian schools
5. Collaboration with **organisations** supporting Positive Education
6. Strengthening and communicating the **evidence base** behind Positive Education

EQUIP EDUCATORS WITH RESOURCES

7. **Identifying** evidence-informed practices and resources on Positive Education
8. **Provision** of resources for members through multiple channels: website, newsletter, social media, conferences
9. **Advise and link** schools with service providers for training and/or consultancy

FACILITATE COLLABORATION

10. Running the annual **national conference** – a networking and professional development event
11. Convening **state chapters** to facilitate local networking and collaboration
12. Providing **resource-constrained** schools with support and linkages to implement Positive Education

More Dates for your Diary

Friday 28 September: Year 12 Formal Assembly

Term 4

Week 1B

Friday 19 October: Year 11, 2019 subject selections deposit due.

Week 4A

Friday 9 November: Year 12 formal.

Week 8A

Wednesday 7 November: Last day for year 9/10 subject selections.

Week 9B

10-13 December: Silver Certificate excursion to Coffs Harbour.

Week 10A

Tuesday 18 December: Presentation Evening.

Wednesday 19 December: End of term for students

2019

Friday 8 March: Final balance of fees for elective subject selections due.

It is the supreme art of the teacher to awaken joy in creative expression and knowledge.

— Albert Einstein

Elective subject fees overdue

Payment for student elective fees are compulsory for students in years 9, 10, 11, and 12.

Some student's have not paid fees for 2018 compulsory elective fees and they are overdue.

Payment can be made by

- online by following the link on the Warialda High School's website: <http://www.warialda-h.schools.nsw.edu.au> please supply your receipt number to the school administration office.
- Cash
- Cheque
- Eftpos - in person or by phone 02 6729 1000

Please arrange payment as soon as possible.

Picking elective subjects for 2019

All students entering year 9 or 10 in 2019 should have recieved their elective selection booklet and their elective selection form for 2019 this week. If not, ask your child to come to the administration office and collect theirs or get a new one.

Students and parents should be aware that some course classes are limited and places will be confirmed upon reciept of completed forms and 50% deposit where a course requires payment by Wednesday 7 November 2018.

If your form and/or deposit is not finalised by the due date, student's will be placed in a non-fee paying course at the school's discretion

The final balance of fees is due by Friday 8 March 2019. Once a deposit has been paid, fees can be paid in smaller amounts if that suits your financial situation as long as they are paid in full by the due date.

Year 10 into year 11 final subject selections

Students entering year 11 in 2019 recieved their final subject selection form last week. This document is very important as this indicates the subjects they will study for their HSC preliminary year in 2019 and their HSC year in 2020.

Forms need to be returned by Wednesday 6 September 2018.

Students and parents should be aware that some courses attract a fee. Completed forms and 50% deposit where a course requires payment must be returned by Friday 19 October 2018.

Should no payment or arrangment for payment be made by this date, the student will be placed in an alternative non-fee payable course on that particular line.

Student assistance application forms are available from the administartion office for families in need of financial support, for more information contact the school on 02 6729 1000.

If your child has not given you their form ask them to come to the administration office and collect their form or get a new one.

The final balance of fees is due by Friday 8 March 2019. Once a deposit has been paid, fees can be paid in smaller amounts if that suits your financial situation as long as they are paid in full by the due date.

SAS staff recognition week 3-7 September

Every year we as a school community get to say thank you to those who help keep our schools functioning on a daily basis. This year we are acknowledging our wonderful SASS (School Administrative & Support Staff) members at Warialda High School. They include Franca Williams, Maria Egan, Debbie Turner, Margaret Smith, Stacey Bell, James Pinkerton, Katherine Pinkerton, Desley Hodge, Stacey Lindsay, Kori Findlater, Greg Fraser, Bill McIntosh and Hannah Smith as our regular faces around the school. Then there are the many others who come in to assist. They include Tianna Egan, Eve Jones, Kym McClymont and Kara Watson. Next time you phone the school or come to the Front Office remember the contributions these people make ensure that our focus as teachers can be on ensuring your child is able to reach their potential.



Indigenous health

This is continuing to be an extremely busy term with many opportunities for our students to do a variety of activities. Last Tuesday saw our indigenous students participate in an important information session on oral health provided by Kerri Anne from Armajun in Inverell.

ATSI leadership camp

On Wednesday James Williams of Year 9 took up the opportunity to attend an (Aboriginal & Torres Strait Island) ATSI junior boys leadership camp. James has written about his experiences later in this edition.

NSW rugby 7's

Recently we had teams from multiple age groups attend the NSW Rugby 7's Finals competition which saw our U13 girls triumph and now go on to Newcastle towards the end of term to challenge for the Grand Final.

Rewarded for good manners

Last Friday, to reward those students who follow our PBL philosophy and are always personable and respectful, tickets were given out at morning assembly that could be exchanged for a tasty reward at recess. It is always refreshing to see our students demonstrate wonderful manners to each other and to their teachers.

Year 7 2019 tranistion day

It will be exciting to have our second transition day for the incoming year 7 next week and hope to continue to get to know these young people and provide them with experiences that are both educational and enjoyable.

Empowerment of girls workshop

On Friday 21 September a workshop aimed at helping girls become more confident and learn how to deal with the pressures placed upon them by media and social networking. The presenter, Dannielle Miller, renowned in this field and created Enlighten Education provides workshops all over the country. This excursion is open to girls in years 7-10. Notes need to be returned by 8:30 AM 19 September and the cost is \$5.

Graduation on the horizon

The end is close for our Graduating Year 12's who should be continuing to deepen their knowledge and revising in preparation for their final exams in October. I look forward to the Graduation on the last Friday of term September 28.

Contributed by Mrs Helen Young, Relieving Principal

Formal assembly

Silver certificates

Semester 2 is well underway with many students getting their second, third or more silvers for the year. Congatulations to the following recipients who received silvers at last Friday's Assembly.

Amica Cuell, Angus Digby, Brendan Cook, Brooke Allison, Caleb Withers, Christopher Keeley, Dakota Perrett, Elijah Lane, Florence Armstrong, Hope Sankey, Isabella McIntosh, Jade Hicks, Jordan Johnston, Keziah McIntosh, Lacey Cooper, Liliana Reardon, Lillee Sankey, Louisa Gilmour, Matilda Barwick, Natalie Delanty, Natalie Tu, Nicola Briggs, Nicola Robinson, Opel Manttan, Paige Delanty, Petah-Jayne Butler, Rhylie Honour, Sarah Clarke, Toby Bell, Vincenzo Carbone, Western Mitchell.



Faculty awards

Faculty awards are given by teachers to formally recognise students achievements throughout the past two weeks. Congratulations to the following students.

Brooke Allison, Stacey Allison, Florence Armstrong, Matilda Barwick, Toby Bell, Nicola Briggs, Petah-Jayne Butler, Vincenzo Carbone, Corey Clark, Sarah Clarke, Lacey Cooper, Rachel Coulton, Amica

Cuell, Mason Daley, Lillian Delanty, Paige Delanty, Angus Digby, Daemon Fohmsbee, Brittany Ford, Phillip Forster, Louisa Gilmour, Ted Hamilton, Lily Hamilton, Tyler Hardy, Phoebee Hardy, Montenna Johnson, Bedelia Johnson, Mardi Klingner, Byron La Fontaine, Nadia Lewis, Lucy Lockyer, Charlotte Lockyer, Chelsea Manttan, Denham Marchant, Andrew Marle, Isabella McIntosh, Keziah McIntosh, Clare Mead, Brayden Miller, Sarah Miller, Ruby Mitchell, Skye Parker-Rose, Dakota Perrett, Holly Phillips, Benjamin Prosser, Charli Rose, Hope Sankey, James Skinner, Grace Sleiman, Holly Smith, Kruze Smith, Hannah Tooley, Nicholas Waller, Emma Weatherall, Caleb Withers, Lachlan Wood, Jackie Woodward.

Our next assembly will be on Friday 14 September at 11:00 AM. It will be our annual RUOK day including a special assembly and other activities to help students break down those barriers when life is difficult. Showing others compassion can make all the difference.



A leader in the making

Hi my name is James Williams and I am honoured to be the only student from Warialda High School to go to Oorala Aboriginal Centre at the University of New England in Armidale.

The camp was for a better understanding of going to university in the future. I also made some lifelong friends and learnt a lot more about my culture.

Our camp rule was 'make this the best camp' and I can tell you all this was defiantly the best camp ever. This camp we all had to work in small groups, my group was the smallest, so we always had small advantages.

We were all split up, at some stages we really needed a great team to get through the three days. We were all told to make this a camp that will be remembered and I will defiantly remember this one.

In our groups we had to do some morning challenges, the first day we had two physical and thirteen quests the first was 100 burpies and 50 chin ups and the second was 100m bear crawl and another 50 burpies the second day we had two hours of boxing training which really killed me.

I would defiantly recommend this camp to others planning on going. It was just the most amazing experience I had so much fun. Also if are not fit than this camp will help with that.

Contributed by James Williams

White Card

White Card - Work, Health and Safety Ticket Course will be running at Warialda High School on Tuesday 18 September commencing at 9:00 AM and will finish at approximately 3:15 PM.

The course will be run by Community College Northern Inland (CCNI) and the cost is \$140. The course is open to any person 14 years and over.

The ticket is very important for anybody who wants to increase their chance of picking up work in the construction industry. This means any job where something is being built or repaired such as cleaning out a drain on a farm, repairing a grain shed or cattle yards, putting up a TV aerial, helping tidy up for a builder, working for the shire.

It is very useful for those students who are looking for casual work and it can be used in other states. Students who go to the city to go to university, TAFE or just to get work will often find the difference of getting the job or not and to earn some quick money to pay the rent or bills.

When you enrol you will need to have a Unique Student Identifier (USI), this is applied for online by searching www.usi.gov/students/create-your-usi. You will need this for any course that you apply to do, so keep your USI in a safe place.

Please go online and enrol at the CCNI or contact Lesley Rogers on her mobile 0429 934 346.



Above: Lance doing his workplacement at Roger Moore Pty Ltd for his Certificate III in Automotive.



Challenge yourself to make a habit of shutting down any words that tear other people down. Gossip is mostly nasty and untrue.

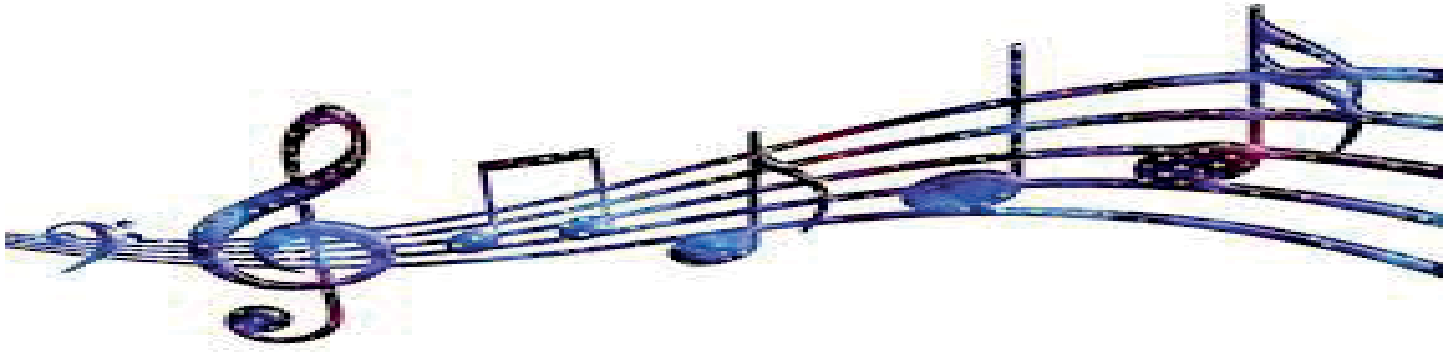
FREE

Ms Sievers is running
after school Maths
homework help sessions
for all students.

Tuesdays 4:30 to 5:30

and

Wednesdays 3:30 to 4:30



Musical Notes

Bingara Museum Concert

Members of the Gwydir Concert Band will be performing at the Bingara Museum Fete on Saturday 15 September. Performers need to be set up and tuned up before midday before the Official Speeches. The performance will be from 12.30- 1.15. It is assumed that students will attend with their parents. Please contact Mrs Conway with any inquiries in regards to this event.

HSC Practical Music Examination

Our 4 HSC students are preparing for their performance examination for the HSC to be held in Week 9. We wish them all the best.

Gwydir/ Chatswood Concert Band Tour

The Gwydir Concert Band is busily practising in preparation for their combined tour of the region with the Chatswood High School Band which will be held in Week 10. This promises to be an amazing opportunity for our musicians.

The schedule for the week is:

Monday 24 September

9:00 AM-3:00 PM – Gwydir/Chatswood Combined rehearsal at Warialda Memorial Hall.

Tuesday 25 September

Concerts at Inverell High School and Inverell Public School.

Wednesday 26 September

Concert at Moree West Public School.

Thursday 27 September

10:00 AM – Warialda Memorial Hall.

2:00 PM – Bingara Central at Roxy.

4:30-5:30 PM – Farewell dinner at the Roxy. The cost for dinner for musicians and supporters is \$15 per head.

6:00 PM – Bingara Evening Concert

Permission notes for musicians will be distributed shortly. Please return these as soon as possible.

All the Warialda Schools, plus schools from around the Northern end of the Gwydir Shire have been invited to attend the free concert in the Memorial Hall at 10am on Thursday 27 September. Members of the Community are most welcome to attend.



Thank you from Fijian school

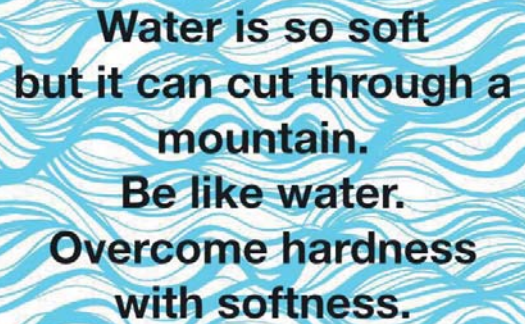
The students from the Fiji school that we sent donated educational items to earlier this year sent some photos of appreciation.



P & C Meeting

**Tuesday 18 September
at 5pm**

WHS administration block



**Water is so soft
but it can cut through a
mountain.
Be like water.
Overcome hardness
with softness.**



Sometimes people who are hurt, hurt others. Kindness has the ability to diffuse anger, remember that. Have a super good week; we genuinely care about every single one of you.



Supporting our farmers



DONATE HERE

**ALL PROFITS FROM FESTIVAL
GO TO THE FARMERS**

WYOMING ROUND-UP 2018

LIVE BANDS

\$25 Per person per day
Kids 12 and under are free

Wyoming Lavender Estate

903 Mt Russell Rd
Mount Russell NSW



Two big days of live entertainment
Family fun, hot food, jumping castle,
bush camping for \$5

29th and 30th

September

0439 166117
FIND US ON FACEBOOK

Legacy

Legacy merchandise is available from Warialda High School administration office and SRC members will be selling down the street on Wednesday 5 September between 9:00 am and 12:30 pm.

**For every serving Australian,
there's more than one life at stake.**

Legacy cares for the loved ones of deceased or seriously injured veterans.

It's not just our servicemen and women who sacrifice on behalf of our country. Thousands of spouses and kids are deeply affected by the death or serious injury of a loved one. Legacy provides practical assistance, such as camps and activities, educational support and financial aid, ensuring the families of veterans are able to thrive. Show your support this Legacy Week.


















Please donate now or buy a badge.







legacyweekappeal.com.au



Legacy Week 2018 Merchandise - Groups

Item	Price
 \$2 Badge	\$ 2
 \$2 Plastic Pen, White	\$ 2
 Wristband, Pink, Blue OR Green	\$ 3
 \$5 Badge	\$ 5
 Oval badge	\$ 5
 Tri-services badge	\$ 5
 Bottle Opener	\$ 5
 \$5 Metal Legacy Pen, Gunmetal	\$ 5
 Slouch Hat Key Ring	\$ 7

Item	Price
 \$10 Badges	\$ 10
 Annual \$10 badge 2017	\$ 10
 Annual \$10 badge 2018	\$ 10
 Army Bear	\$ 15
 Camo Airforce Bear	\$ 15
 Nurse Bear	\$ 15
 Navy Officer Bear	\$ 15
 World War 1 Bear	\$ 15
 \$20 Badges (Green)	\$ 20

Item	Price
 Anzac Album & 14 coins, 2016	\$ 50
 \$50 Badge	\$ 50
 \$100 badge	\$ 100
We will deliver these items. Phone 02 6722 1945 or 0424 510 266.	
 \$200 Badge	200
 \$500 Badge	\$ 500
 \$1,000 Badge	\$ 1,000
 \$2,000 Badge	\$ 2,000
 \$5,000 Badge	\$ 5,000

CWA grant applications

CWA and Warialda High School would encourage all students to apply for the attached grant/s as they would be well worth it. The money can be used to help towards excursions, new sporting gear, computers etc. Warialda is in the western area so applicants should apply for those.

Applications need to be returned to Warialda High School administration office by the morning of Friday 21 September. Make sure they have been signed etc.

You may wish to post back to CWA State Office, the address is on the form. For more information contact Roma Bundock on 02 6729 5016.

Country Women's Association of NSW

Application Form for Education Grants

Please note:

- An applicant can apply for only ONE Grant
- Successful applicants may only apply every third year (eg if successful in 2018, they cannot apply again until 2021)

•• Please tick/mark the box beside the Grant being applied for ••

<input type="checkbox"/> Jopling Education Grant	Tenable by a child or grandchild of a CWA member to assist with any level of education
<input type="checkbox"/> Irene Ashton Memorial Education Grant	Tenable by a student to assist with secondary or tertiary education
<input type="checkbox"/> Matthew Robinson Education Grant	Tenable by a girl or girls from the CWA Western Districts area to assist with secondary school education
<input type="checkbox"/> Mary & Ella Hall Education Grant	Tenable by a student from Western Districts to assist with secondary or tertiary education
<input type="checkbox"/> Griffith War Memorial Hostel Education Grant	Tenable by a student from the CWA Murrumbidgee-Lachlan or Darling River Group areas to assist with secondary education

***** Please fill in ALL the Blank Spaces (if a question is not applicable, write N/A)**

Full Name of Applicant: _____

Address of Applicant: _____

Date of Birth: _____ Contact Phone number: _____

Contact email: _____

Present School or Education Facility: _____

Present Year level: _____

Proposed School or Education Facility for next year: _____

Do you have a relative who is a CWA member: Yes/No (circle ONE)

Her relationship to you: _____

Her Name and Branch: _____

Name & Address of Father/Guardian: _____

Occupation: _____ Full time/Part time/Self employed/Retired (circle ONE)

Name & Address of Mother/Guardian: _____

Occupation: _____ Full time/Part time/Self employed/Retired (**circle ONE**)

Number of Dependent Children living with Applicant (or at Boarding School):

Under school age _____ Primary School _____ Secondary School _____ Tertiary Education/TAFE _____

Post school _____

Does the applicant, or her/his parents on her/his behalf, receive any financial assistance including government support? Yes/No (**circle ONE**)

How much do ALL family members receive? _____

How much do you receive for the applicant? _____

Does the family receive Family Tax benefit? Yes/No (**circle ONE**) (if YES, is it A, B or both?) _____

Do you receive help under the Assistance for Isolated Children Scheme? Yes/No (**circle ONE**)

How much for the applicant? _____ Per term/per year? (**circle ONE**)

Write a brief outline of the applicant's goals and aims, and how CWA assistance would help -

Please attach TWO letters of recommendation, one educational, and one other (eg CWA member, sports coach, Minister of Religion, employer, etc), but NOT a family member

Name of Applicant (please PRINT): _____

Signature of Applicant: _____ Date: _____

(All applicants must sign, regardless of age)

Signature of Parent/Guardian: _____ Date: _____

(only required if applicant is under 18 years of age)

- **Nominations should be emailed to State Office at info@cwaofnsw.org.au or posted to P O Box 222 MASCOT NSW 1460**
- **Applications are due NO LATER THAN 30 SEPTEMBER**
- **LATE APPLICATIONS WILL NOT BE CONSIDERED**

National Disability Insurance Scheme (NDIS)

and Its Interface with Education

Presentation to Executive, HT Support, LST Personnel, Careers Teachers and SLOs

Presented by: Tracey Winfer, Coordinator NDIS Transition. DoE
Liz Anderson, NDIS Regional Employment Team, NDIA

There will be several presentations to school staff across the area over the coming months, please be sure to enrol at MyPL using code NR22623 to secure your place.

Note: No catering will be provided on the day

Wednesday 5 September, 10am to 12pm
Newcastle Exhibition & Convention Centre
309 King Street

Monday 15 October, 10am to 12pm
Forster Education office
Middle Street

Wednesday 17 October, 9-11am
Lismore Education office
608 Ballina Road, Goonellabah

Thursday 6 September, 10am to 12pm
Club Maitland City
Arthur Street, Rutherford

Tuesday 16 October, 9-11am
Coffs Harbour Education office
Level 2, 27-29 Duke Street

Wednesday 31 October, 10am to 12pm
Tamworth Education office
Noel Park House, 155-157 Marius Street

Thursday 1 November, 9-11am
Armidale Education office
Leadership Centre, Suites 2 & 3
175 Rusden Street

Presentation will consist of:

- *Effective collaboration between the NDIA and education*
- *Roles, responsibilities and obligations of schools, providers, parents and the NDIA*
- *Understanding the changes to early childhood early intervention*
- *Post-school transition planning*

Please note: The interactive system "Kahoot" will be used on the day. If you could have the app downloaded to your phone so that you are able to join in the fun would be great.



Busting asthma myths

Get the facts



Asthma Australia

Fact One

Asthma impacts most Australians



Two-thirds of Australians are impacted by asthma. Most people know 1 of the 2.5 million Australians who have been diagnosed with asthma. You probably know someone with asthma.

Fact Two

Asthma is a long term disease

Asthma can develop at any age, even adulthood. Most people don't grow out of asthma – even though 1 person in 4 may think that – but it can be managed with medication.



Fact Three



Asthma is a life-threatening disease

More than 400 people die because of asthma each year. The right medication, knowledge, and a written Asthma Action Plan can help keep asthma under control. Almost 1 person in every 3 don't realise asthma is life-threatening.

Fact Four

Asthma triggers are varied and include pollen, smoke, physical activity and exercise, colds and flus and thunderstorms.



Most people know that asthma has many common triggers, including pollen, smoke, physical activity, and viruses. But are you 1 out of every 2 Australians who know that thunderstorms can trigger asthma flare-ups? Everybody experiences asthma differently.

Fact Five

Using an asthma preventer every day is the best way to reduce asthma symptoms and flare-ups.

Using preventers each day reduces symptoms of asthma and flare-ups for most people. These medications mimic the body's natural response. Only 1 in 4 people under 24 years old know this. Preventers are the mainstay of asthma management and we want everyone to know.



Data sourced from an online omnibus survey between 21 and 24 June 2018.



The mobile unit is coming

We will be screening in Warialda from
.....
Monday 8th October 2018, in the car park
.....
behind the Town Hall, Hope Street.
.....



Call 13 20 50 to book
your **free** screening
mammogram

.....
13 20 50

20 minutes every 2 years
could save your life

For women aged 50 to 74 years
breastscreen.nsw.gov.au

Did you know?

- 1 in 8 women living in NSW will develop breast cancer in their lifetime
- Mammograms (breast x-rays) can detect cancers the size of a grain of rice, long before they can be seen or felt by you or your doctor.
- A BreastScreen NSW appointment is free and takes around 20 minutes.
- You do not need a referral from your doctor but we encourage you to bring your doctor's details to your appointment.

About BreastScreen NSW

BreastScreen NSW is a free breast screening program with over 200 locations in NSW.

The program is especially **recommended for women aged 50 to 74 years**. However, all women over the age of 40 are eligible for screening through the program.

Contact us

To make an appointment at a location near you **13 20 50**

To find out more

www.breastscreen.nsw.gov.au

For an interpreter's assistance

13 14 50 (TTY 13 36 77)

Find us on Facebook

facebook.com/BreastScreenNSW

BreastScreen
NSW

B informed



Detecting
breast cancer
early is vital

breastscreen.nsw.gov.au

13 20 50

20 minutes every 2 years
could save your life

1 Phone 13 20 50 2 Book an Appointment B screened

BreastScreen
NSW

NSW
GOVERNMENT Health

What is a mammogram?

A mammogram is an x-ray of a woman's breasts. BreastScreen NSW mammograms are for women who have not noticed any symptoms or changes in their breasts.

Our screening services are equipped with state of the art equipment, ensuring the highest quality mammograms with minimal radiation dose.



Should I have a mammogram?

The choice to be screened is yours. However, BreastScreen NSW recommends women aged 50 to 74 years have a **mammogram every two years**.

Mammograms can show very small breast cancers before they can be seen or felt. The earlier a breast cancer is found, the better a woman's chance of survival.

What happens at a mammogram?

Your appointment will take approximately **20 minutes**.

The receptionist will collect your completed registration and consent forms and explain the screening process to you. The female radiographer will take you into the private x-ray room where you can remove your top and bra.

During your mammogram the radiographer will take at least two x-rays of each breast. Your breast will be firmly compressed for about 10 seconds while the x-ray image is taken. This compression may be uncomfortable, but is only for a brief time.

If you feel any discomfort, inform your radiographer. You can stop the mammogram at any time.

Can I have a mammogram if I am younger than 50 or older than 74?

All women aged 40 and over can contact BreastScreen NSW for a free mammogram.

BreastScreen NSW mammograms are not available for women under 40. Breast screening is not as effective in younger women due to denser breast tissue, which makes it harder to see small cancers on a mammogram.

BreastScreen NSW recommends that all women be breast aware. You should consult your doctor immediately if you notice any changes in your breast or have any questions or concerns.

What are the limitations of a mammogram?

A mammogram is the best way of detecting breast cancer early but, like other screening tests, is not 100% accurate.

Not all cancers will be detected through screening. Some cancers cannot be seen on a mammogram or can develop during the time between mammograms. There is also a small chance that a cancer could be missed on a mammogram.

A mammogram may also detect abnormalities in the breast tissue which need further tests, but may not turn out to be cancer.

Most breast cancers found through BreastScreen NSW would grow and be life-threatening if not treated. However, some breast cancers that are found and treated may not have become life-threatening. At this time, it is not possible to tell exactly which breast cancers are life-threatening and which breast cancers may not be.

How safe is a mammogram?

As with any x-ray, a very low amount of radiation is needed when taking a mammogram. Research shows the benefits of having a mammogram to find breast cancer early far outweigh any possible risks from radiation.

Be breast aware in between appointments.

1. **Get to know your breasts** and what is normal for you. Look at your breasts in the mirror and feel your breasts regularly.
2. **If you notice any changes** in your breasts (i.e. lumps, nipple discharge or persistent new breast pain) see your doctor straight away.