Deputy Principals' Newsletter Weeks 2 and 3, Term 1: Monday 4th February 2013

Contents

- From the Deputy Principals' Desks
- Calendar
- Departmental news
- Year group information
- Extra-Curricular Programs
- Newsletter Contacts

From the Deputy Principals’ Desks

Week 1 has been a busy week welcoming new students and old students back for a new year at Rose Bay Secondary College. We were inundated with new enrolments which was very exciting for us as we are becoming better known in our community for outstanding opportunities which are on offer on a daily basis at our College. The end of 2012 saw our Year 12 students returning to celebrate with us their stellar achievements which we are very proud of. Well done Year 12, 2012.

Our Year 7 had a great start and we thank everyone for making that extra effort to ensure that our newest group of students have everything they needed to start off well at a high school. Parents, do not hesitate to contact us if you need any information. The best way to do this is to contact Anna Buckley, our Year 7 adviser on anna.buckley@det.nsw.edu.au.

New arrangements for ‘roll call’

Students go to roll call at 9:00 am sharp to their Period 1 classroom. Their Period 1 teacher will mark the roll and then start the lesson. This measure is undertaken to minimise movement around the College and to start Period 1 on time. Students who arrive after 9:10am must report to the Late Room and collect a late pass to enter their period 1 class. Students who arrive after 10 am must sign in at the Front Office. Please ensure that your children arrive before 9 am everyday so that they can attend roll call and receive vital information they need for the day.

Homework Centre

Homework Centre starts Monday 4 February. Again, the Centre will open twice a week, Mondays and Thursdays from 3:30 pm to 5:00 pm at the library. University tutors and a teacher will be available to help you with your homework and any questions you may have. There is no need to book, and students just need to turn up and report to the teacher on duty at 3:30 pm. If you have any questions regarding the Homework Centre, feel free to ring Ms Andre on 9301 0300.

Attendance
Attendance is crucial as it is the foundation for success at school. Students can fall behind if they do not attend school on a regular basis. Punctuality is also important as lateness to school creates classroom disruption and most importantly disruption to the learning of our students. We expect all students to attend school unless they are unwell. Students must also bring a note to be signed by a Deputy if they need to apply for early leave.

**Uniform**

The School uniform must be worn with pride. Please ensure your child visits the Uniform Shop to update their uniform as most of them would have grown over the summer break. The opening times for the Uniform Shop are 8:30 to 9:30 am Tuesdays and Wednesdays, and 1:00 to 2:00 pm Thursdays.

**Hep PV vaccinations**

Any boys who have missed their vaccinations last week can have theirs on the 28 March.

**Have you changed your details?**

Please update your details with the Front Office if you have changed your address, your phone contacts or other details. It is important that these details are kept up to date at our Front Office as we will contact you from time to time such as sending you your child’s school reports, and in cases of emergency.

Your child can pick up a ‘Change of contact details’ form from the Front Office to facilitate this change.

**Calendar**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb 5</td>
<td>Yr 11/12 Drama On Stage excursion all day</td>
</tr>
<tr>
<td></td>
<td>P&amp;C meeting 7:30 pm</td>
</tr>
<tr>
<td></td>
<td>Homework Centre Starts – All students welcome</td>
</tr>
<tr>
<td>Feb 11</td>
<td>MEP Ensemble Program Information Night 6:30 pm</td>
</tr>
<tr>
<td>Feb 18</td>
<td>Honour Roll Presentation Assembly 4 pm</td>
</tr>
<tr>
<td>Feb 26</td>
<td>Swimming Carnival Des Renford Pool</td>
</tr>
<tr>
<td>March 1</td>
<td>Eastern Suburb Zone Swimming Carnival</td>
</tr>
<tr>
<td>March 5</td>
<td>School Photo Day</td>
</tr>
<tr>
<td></td>
<td>P&amp;C meeting 7:30 pm</td>
</tr>
<tr>
<td>March 6</td>
<td>Year 7 and IEF Meet the teacher afternoon 4 pm</td>
</tr>
<tr>
<td></td>
<td>Open Night 6:30 pm</td>
</tr>
</tbody>
</table>

**Departmental News**

**ENGLISH**

The English Faculty spent a lot of time preparing for this year and have new programs and units arranged to suit the ongoing needs of our student body and community. Our Year 7 program has been adjusted to suit the
new National Curriculum and will be trialled this year to prepare for the launch of the NSW version of the National Curriculum in 2014.

Year 12 will begin their study of the Modules this term, leaving behind their completed and examined Area of Study. Advanced will put Frankenstein and Blade Runner under the contextual microscope whilst Standard will investigate the Life and Crimes of Harry Lavender. Extension will scrutinise Tom Stoppard's play, The Real Inspector Hound, to ratiocinate the Absurdist world of this Golden Age Crime Writing parody.

In Year 11 we are beginning with an Area of Study featuring various Representations of Man, Advanced looking at the work of local poet, John Foulcher, and Standard looking at Nick Enright's Novocastrian play, A Property of the Clan.

Year 10 are delving into the imaginative and magical realms of poetry, whilst Year 9 are looking at criticism and commentary in a film study. Year 8 will innocently tread the Shakespearean boards and Year 7 are looking at portraying themselves and the construction of their identities, leading to a public speech to conclude the unit.

2012 was a very successful year in the HSC, as a school and as an English faculty our results were unprecedented. 2013 presents many fantastic new opportunities and challenges, and will be a year to closely monitor our progress as we move towards the whole scale changes soon to arrive with the implementation of the National Curriculum. How exciting!

MATHEMATICS

A letter has been sent to parents this year detailing the required equipment as well as the information concerning Mathletics. Please ensure your child has the right equipment every day and that they participate fully in the Mathletics program. If you did not receive this letter please contact Mr Lo at bill.lo@det.nsw.edu.au.

Non-returned or Damaged Textbook

Please return all textbooks issued last year. The Mathematics Faculty has a record of the book number of textbooks issued to students. If the issued textbook is lost or damaged beyond normal wear and tear, students must pay $50 to the Finance Office before another textbook could be provided.

Year 7

The topics for Year 7 classes in term 1 are “Beginning in Number”, “Number: Its Order & Structure”, and “Measurement and Calculator”. A common test is scheduled during Term 1 Week 7 and more details will be given to the students during Week 6.

Year 8

The topics for Year 8 classes in term 1 are “Percentage”, “Pythagora's Theorem”, “Pattern & Algebra” and “Probability”. A topic test will be held after the completion of each topic. Please ask the class teacher for details.

Year 9 and 10

There are 3 different pathways for year 9 and 10 Mathematics and the pathways for the classes are shown below:

- Stage 5.3 Advanced Mathematics - selective classes (9M6, 9M7, 10M6 and 10M7) and top comprehensive classes (9M1 and 10M1)
- Stage 5.2 Intermediate Mathematics - 9M2, 9M3, 10M2 and 10M3
- Stage 5.1 Standard Mathematics - 9M4 and 10M4

Your child has been allocated to the classes based on their achievement and results in 2012. If you would like to know your child’s class, please look at their timetables.
Students who wish to study extension 1 Maths in Year 11 must be studying Stage 5.3 Mathematics in Year 9 and 10, accompanied with outstanding results.

No matter which stage your child is in, he/she will start with “Measurement” and year 10 classes with “Consumer Arithmetic”. A Topic test will be held after the completion of each topic. Your class teacher will be able to provide you with revision and other information.

Year 11

The Mathematics Faculty offers 3 courses, General Mathematics, Advanced Mathematics (2 Unit Maths) and Mathematics Extension (3 Unit Maths). The first Assessment Task is scheduled during Term 1 Week 7. Please ask the class teacher for details of each of the courses.

Year 12

The Mathematics Faculty offers 4 courses - General Mathematics, Advanced Mathematics (2 Unit Maths), Mathematics Extension 1(3 Unit Maths) and Mathematics Extension 2 (4 Unit Maths). The Half Yearly Examination is scheduled at end of Term 1. Students are encouraged to buy a HSC revision book for revision and consolidation of class work. Please ask the class teachers for details.

MathsOnline

Year 11 and 12 students who are studying Advanced Mathematics or Mathematics Extensions are encouraged to use MathsOnline to consolidate work covered in class and also to gain further knowledge of difficult concepts and to practice the skills learnt in class. To subscribe to the MathsOnline for a year through the school, you need to see Mrs Miller for a payment slip, and pay $20 to the finance office.

MUSIC

The music staff: Ms Ranger, Ms Lim, Mr Bryant and Mrs Masterson: would like to welcome all music students back to their lessons. 7B, 7D and 7F will be studying music for the first 2 terms of 2013 and 7A, 7C and 7G will be studying music in Terms 3 and 4.

Year 8 are studying Jazz and Blues, Year 9 will be looking at Australian Music Styles and Year 10 are studying Modern Music Styles.

Year 11 Music 1 are studying Popular music this term and Music 2 are studying the mandatory topic of music written between 1600 and 1900.

Year 12 Music 1 are studying Music for Small Ensembles and Music 2 are working on both their mandatory and additional topics.

The ENCORE Concert, a showcase of outstanding performances and compositions from the 2012 HSC cohort, is at 7pm on Monday, Feb 25, at the Sydney Opera House. Students who have purchased tickets last year are to see Ms Ranger for further details.

Visual Arts

The Visual Arts Department has farewelled Ms Alonzo who is taking Leave for 12 months and will return in 2014. Ms Christofi will be teaching her classes this year and Mr Harrison, Ms Cave and Ms McCabe are the other VA staff.

Social Science

All students from years 7 – 12 have been issued with a detailed assessment schedule outlining each of the assignments and tests that will take place throughout the year.
Social Science Staffing for 2013

Ms McMurray – Legal Studies and Geography teacher (Head Teacher on Mon, Tues, Wed and Fri)
Ms Burke – Business Studies, Commerce and Geography teacher (Head Teacher of Administration)
Mr Horrell – Geography and Business Studies teacher (Head Teacher on Thursday),
Ms Kelly – Economics and Geography teacher
Ms Russell – Legal Studies and Geography teacher
Ms O’Rourke – Business Studies, Work Studies, Commerce and Geography teacher

We would like to welcome Mr Kent to the Social Science faculty. Mr Kent will be teaching Geography, Commerce, Business Studies and Economics.

Year 7

Geography

Students are studying the physical and human elements of the Environment. They will have homework tasks throughout the term.

Year 8

Geography

Students are studying Globalisation and starting geographical skills work in class. There will be an exam in Week 10 based on skills (latitude/longitude, direction and scale) and Globalisation terms and concepts.

Year 9

Geography

Students are studying the Australian continents size and shape comparing this with other countries and continents around the world.

Students have a skills test coming up in Week 7/8 on Area Reference, Grid Reference, Bearings, Density, Population pyramids and Graphs & Statistics.

Year 10

Geography

Students are studying a new topic called Coastal Management in depth. Students have a research/fieldwork task on coastal management due in Week 10 which will be based around a fieldtrip to Maroubra Beach in Week 4. Notes will go home in Week 2.

Year 11

Economics

Students are currently studying Global Economy Trends: Asian Miracle, Asian Crisis, USA Recession (Dot.Com, Terrorist attacks; Iraq War); Commodities Boom (exports / imports pie chart); Pre-GST 2008 growth in global output and trade.

Geography
Students are studying a new topic called 'The Coastal sediment budget' in depth. Students have a research/fieldwork task on coastal management due in Week 10 which will be based around a fieldtrip to Maroubra Beach.

Legal Studies

Welcome to Year 11 Legal Studies 2013. Ms Russell and Ms McMurray hope that their lessons will encourage many powerful and interesting debates over the course of the next two years. It is important that students of the law are aware of the changes taking place in the world around them, the debates being held in particular about areas of the law and the pressures being placed on the law by various groups who may want to change the law or indeed stop changes being made. Students should keep up to date with the news and current affairs by reading and or watching the news each night or morning.

Business Studies

Welcome to Year 11 Business Studies. Mr Horrell and Ms O'Rourke welcome you to an exciting and interesting course. Students are studying the Nature of Business including the role of business and types of businesses in our society. Part of the course involves creating a media file which will be due fortnightly. Students will need to read the weekend newspapers and keep up to date with current events for this task.

Year 12

Economics

Welcome back to Year 12 Economics students. Students are working on the topic ‘Economic issues in the Australian economy' at present with Mr Kent.

Geography

Students have homework due each Monday. They are studying Urban Places looking at Sydney in detail. Students had a great time on their fieldtrip looking at the different urban dynamics that operate around Green Square near Zetland. Their fieldtrip reports on 'Urban Dynamics of Sydney' were well researched and comprehensive. Students have weekly homework due on a Friday.

Legal Studies

This week both classes will be completing the unit of work on 'Crime' and commencing 'Human Rights'. Students will be issued with their second assessment task during week 2. Text books will not be issued until week 3 or 4 however students be given all reading materials they require in class.

Business Studies

Students have started 2013 with some very hard work and will be working through various case studies relating to Business this term.

PDHPE

All students from years 7 – 10 have been issued with a detailed scope and sequence that explains at length what students are doing each term in the theoretical and practical components of this course. Students have also been issued with a “PDHPE GENERAL INFORMATION FOR STUDENTS AT RBSC” sheet. This details the requirements in PDHPE in relation to uniform, theory lessons, homework, assignments and student conduct.

PDHPE Staffing for 2013
The staff in the PDHPE faculty are:

Mr Godby – Head Teacher PDHPE/Sport
Mr Pappadakis – Sport Organiser/PDHPE teacher
Ms Strong - PDHPE teacher, Year Adviser Year 9
Mr Portada - PDHPE teacher, Year Adviser Year 11
Mr Flack – PDHPE teacher.

**Exciting News**

1. The newly refurbished oval is now open for students to use during recess and lunch and of course for PDHPE lessons and sport. Thank you to the PandC for contributing a large amount of money to this task and to Gaby Munro for her tireless work in coordinating this project. Also, thank you to everyone in the RBSC community that contributed to the fund raising efforts for the oval.

2. Congratulations to the 2012 RBSC PDHPE class. Two students received a Band 6; Tom May 94% and Dean Johnson 91% and six students received a Band 5. The class as a whole did extremely well with 53.33% of the class receiving a Band 6/Band 5. The class average of ATAR eligible students was 81%. When this is compared to the state average of 72.58% it shows that this cohort did extremely well. Congratulations to Mr Portada who taught this class for all of Year 11 and Term One and Term Two Wk 5 of 2012 and Mr Godby who taught them from this time till the HSC.

**Year 7**

Year 7 are completing a unit entitled “Facing New Challenges” in the theoretical component of this course. In this unit students will look at starting at a secondary school, changes and challenges, as well as the schools bullying policy. In the practical component of this course the students are enjoying participating in getting to know you games and later in the term they will be learning and creating their own gymnastics routines.

**Year 8**

Year 8 are completing a unit entitled “Puberty Blues” in the theoretical component of this course. In this unit students will look at developing an understanding of adolescence and change as well as risk taking. In the practical component of this course the students are enjoying participating in athletics.

**Year 9**

Year 9 are exploring the issues involved in the “Lifelong Physical Activity” unit. This involves looking at the importance of gaining an appreciation of lifelong physical activity, the barriers to achieving it and the benefits of acquiring it. In the practical component of this course the students are enjoying participating in a fitness testing/athletics unit that looks at exploring students fitness levels in relation to athletics.

**Year 10**

Year 10 are exploring the issues involved in the “Risky Business” unit in the theoretical component of this subject. This includes exploring issues within drug use and sexual health. In the practical component of this course the students are enjoying and competing in summer games such as cricket, softball, tennis and volleyball.

**Year 11**
This year’s Year 11 PDHPE cohort will be the third group to complete the revised syllabus. All students have been issued with this revised syllabus. They have also been issued with their 2013 assessment schedule. Mr Godby is enjoying teaching this studios group of students. Parents please note that the Edmodo code for this group is u1azq1. It would be advisable for you to join the group so that you can see all of the work that your child is completing in this course.

**Year 12**

Mr Pappadakis is continuing with the teaching of this cohort. Students have started the Core 2 topic of Factors Affecting Performance. Imagine all of the things an elite athlete needs to do to be at the top of their sport and that is what this group of students are studying. Topics include; how does training affect performance, sport psychology, nutrition, recovery strategies, skills and performance. These students should be spending a minimum of thirty minutes a night on PDHPE work alone … they have all promised to do this!

**Year 11 SLR**

Mr Portada will teach this cohort of students in 2013. They will be completing an exciting and dynamic range of topics that embraces a wide range of sport, lifestyle and recreational issues.

**Year 9 PASS**

There are two Year 9 PASS classes this year; Mr Portada will be teaching one and Ms Strong the other. These students have been issued with a detailed Scope and Sequence which explains what they will be taught throughout the year. In Term One they will explore the History of Sport in the theoretical component of this course. In the practical component of this course they will be exploring Australian sports such as aboriginal games, OZ tag, cricket and Aussie Rules.

**Year 10 PASS**

Mr Pappadakis will continue to teach the Year 10 PASS class in 2013. These students have been issued with a detailed Scope and Sequence which explains what they will be taught throughout the year. In Term One they will explore the Current Topical Issues Sport (such as drugs, violence etc.) in the theoretical component of this course. In the practical component of this course they will be exploring sportsmanship in sport.

**Sport**

*Welcome back to sport in 2013!*  
A very special welcome to year 7, who are beginning their preparation for Gala Day next Wednesday. Year 7 will be catching buses to Moore Park each week.

All other students other have signed off on their sport for this term by the end of week 1.  
An important reminder that sport payments must be made before the first week of sport. (February 6). Sport is a two term commitment over two terms; term 4 2012 and term 1 2013.

We are all looking forward to a great year of sport in 2013.

The first major event is our school Swimming Carnival.  
Date: February 26  
Venue: Des Renford Aquatic Centre.  
This is one of the best days of the year. We will be holding house meeting very soon. At these meetings students will select their house captains and develop their strategies for all the house competitions for 2013, which this year includes:  
Swimming Carnival  
Cross Country Carnival  
Athletics Carnival
Table Tennis Championships
Teacher challenges
Lunch time competitions

There are also many opportunities to represent the school in Knockouts. Please see the program for 2013 below. Your coach will be calling for registrations very soon.

Have a great year in sport and feel free to come and see me anytime in C block staff room with any questions.
Mr Papadakis

---

**Rose Bay Secondary College: 2013 Sydney East Knockout sport entries.**

<table>
<thead>
<tr>
<th>Sport</th>
<th>Versus</th>
<th>Home or away</th>
<th>Teacher</th>
<th>First round</th>
</tr>
</thead>
<tbody>
<tr>
<td>AFL</td>
<td>Gymea</td>
<td>Home</td>
<td>Horrell</td>
<td>17 / 5 / 2013</td>
</tr>
<tr>
<td>Basketball Open Boys</td>
<td>Marrickville</td>
<td>Home</td>
<td>Jamieson</td>
<td>1 / 3 / 2013</td>
</tr>
<tr>
<td>Basketball U 15 boys</td>
<td>TBC</td>
<td>Home</td>
<td>Clarke</td>
<td>16 / 8 / 2013</td>
</tr>
<tr>
<td>Basketball Open Girls</td>
<td>Sydney Girls</td>
<td>Away</td>
<td>Strong</td>
<td>24 / 2 / 2013</td>
</tr>
<tr>
<td>Basketball 15 Girls</td>
<td>Kingsgrove North</td>
<td>Home</td>
<td>Strong</td>
<td>22 / 6 / 2013</td>
</tr>
<tr>
<td>Cricket Open Boys</td>
<td>Lucas Heights</td>
<td>Home</td>
<td>Horell</td>
<td>15 / 2 / 2013</td>
</tr>
<tr>
<td>Soccer Open Boys</td>
<td>Kirrawee</td>
<td>Away</td>
<td>Murillo</td>
<td>28 / 3 / 2013</td>
</tr>
<tr>
<td>Netball Open Girls</td>
<td>Marrickville</td>
<td>Away</td>
<td>TBC</td>
<td>14 / 3 / 2013</td>
</tr>
<tr>
<td>Netball U 15 Girls</td>
<td>SSC Balmain</td>
<td>Away</td>
<td>Papadakis</td>
<td>19 / 9 / 2013</td>
</tr>
<tr>
<td>Rugby League Open Boys</td>
<td>Gymea</td>
<td>Away</td>
<td>Godby / Flack</td>
<td>15 / 3 / 2013</td>
</tr>
<tr>
<td>Rugby League U 15 Boys</td>
<td>Woolooware</td>
<td>Away</td>
<td>Godby / Flack</td>
<td>15 / 3 / 2013</td>
</tr>
<tr>
<td>Softball Girls</td>
<td>Randwick Girls</td>
<td>Away</td>
<td>TBC</td>
<td>2 / 3 / 2013</td>
</tr>
<tr>
<td>Soccer Open Boys</td>
<td>Kingsgrove North</td>
<td>Away</td>
<td>Payne</td>
<td>12 / 4 / 2013</td>
</tr>
<tr>
<td>Squash Open Boys</td>
<td>Heathcote</td>
<td>Away</td>
<td>TBC</td>
<td>2 / 4 / 2013</td>
</tr>
<tr>
<td>Table Tennis Open Boys / Girls</td>
<td>Central Venue Draw</td>
<td>Away</td>
<td>Portada</td>
<td>7 / 6 / 2013</td>
</tr>
<tr>
<td>Tennis Open Boys</td>
<td>Central Venue Draw</td>
<td>Away</td>
<td>Bryant</td>
<td>TBC</td>
</tr>
<tr>
<td>Tennis Open Girls</td>
<td>JJ Cahill</td>
<td>Home</td>
<td>Bryant</td>
<td>22 / 2 / 2013</td>
</tr>
<tr>
<td>Touch Open Boys</td>
<td>Jannali</td>
<td>Away</td>
<td>TBC</td>
<td>16 / 3 / 2013</td>
</tr>
<tr>
<td>Volleyball Open Boys</td>
<td>Canterbury</td>
<td>Away</td>
<td>Prypor</td>
<td>15 / 2 / 2013</td>
</tr>
<tr>
<td>Volleyball Open Girls</td>
<td>Randwick Girls</td>
<td>Away</td>
<td>TBC</td>
<td>17 / 2 / 2013</td>
</tr>
</tbody>
</table>

---

**Inclusive Education Faculty (IEF)**

Welcome to the new Support Unit at RSBC. The Unit will now be known as The Inclusive Education Faculty (IEF). The faculty consists of Mrs Kathryn Dobb (HT), Mr Brian Stewart and Mrs Caroline Cass, (Classroom
Teachers), supported by Ms Mary-Ann Johnstone, Mrs Ellie Simpson, Mrs Debbie Hill and Ms Michelle Watson (Support Learning School Officers/SLSO). Our faculty comprises 3 classes of 1 Autism and 2 IO (Intellectual Moderate).

We have had a very busy week moving into our recently refurbished classrooms and getting to know each other. We also look forward to meeting all the new parents and families over the coming weeks.

**Year Group Information**

**Year 7**

The Year 7 students have finished their first week at Rose Bay and I congratulate them all on their enthusiasm and behaviour. They all looked fantastic in their uniforms and I'm hearing good reports from all their teachers. I can also see that many of them are already making great friendships.

If you need to contact me about any issues, the easiest way to reach me is via email at anna.buckley@det.nsw.edu.au.

I hope that the students are feeling as confident and happy about their transition to high school as I do.

Ms Buckley

**Welfare News**

Year Advisers for 2013

Year 7 Ms Buckley
Year 8 Ms Bingham and Ms Morris
Year 9 Ms Russell and Ms Strong
Year 10 Ms Stern
Year 11 Mr Portada
Year 12 Ms Hawkins and Mr Alexandrou

Please contact your child’s year adviser should you have any concerns or questions.

**A reminder to parents to notify the school about your child’s health**

We welcome information from parents about your child's health, even if you are not requesting specific support from our school. Our school asks for medical information when you enrol your child. It is also important that you let us know if your child’s health care needs change or if a new health condition develops.
Information about allergies, medical conditions such as asthma and diabetes and other health care related issues (including prior conditions such as medical procedures in the last 12 months) should be provided to the school by parents. Please provide this information in writing to the principal. This will greatly assist our school in planning to support your child’s health and wellbeing.

Please also remember to notify staff in the school office of any changes to your contact details or to the contact details of other people nominated as emergency contacts.

We appreciate your assistance in this regard and assure you that any information you provide the school will be stored securely and will only be used or disclosed in order to support your son or daughter’s health needs or as otherwise required by law.

**Important Information for students and parents about anaphylaxis**

Anaphylaxis is a severe and sudden allergic reaction and is potentially life threatening. It occurs when a person is exposed to an allergen (such as a food or insect bite). This allergen triggers a reaction in the body. Anaphylaxis is a generalised allergic reaction, which often involves more than one body system (e.g. skin, respiratory, gastro-intestinal and cardiovascular).

A severe allergic reaction usually occurs within minutes of exposure to the trigger and can rapidly become life threatening. An anaphylactic reaction always requires an emergency response.

The severity of an anaphylactic reaction can be influenced by a number of factors including exercise, hot weather and in the case of food allergens, the amount eaten.

In the case of severe food allergies, an anaphylactic reaction is usually triggered by ingestion of the food. Common allergens that can trigger anaphylaxis are:

**Food**
Milk, eggs, peanuts, tree nuts, sesame, fish, shellfish and soy are the most common food triggers, which cause 90% of allergic reactions. However, any food can trigger anaphylaxis. It is important to understand that even trace amounts of food can cause a life-threatening reaction.

**Insect venom**
Bee, wasp and jumper ant stings are the most common causes of anaphylaxis to insect stings. Ticks and fire ants also cause anaphylaxis in susceptible individuals.

**Medication**
Medications such as aspirin and penicillin can cause life threatening allergic reactions. Individuals can also have anaphylactic reactions to herbal or ‘alternative’ medicines.

**Latex**
Natural latex comes from a liquid in tropical rubber trees. It is processed to make many rubber products such as rubber gloves, rubber bands, balloons, condoms and swimming caps. A latex allergy can be triggered from contact with the latex product or from air-borne latex particles attached to the powder found in rubber gloves or swimming caps.

To help ensure the safety of all members of our community students should avoid bringing nut products including peanut butter and nut bars to school.

Students are also encouraged to wash their hands after eating to avoid cross contamination.

**Extra Curricular Programs**
**Music Ensemble Program**

**New Members:**
We would like to welcome all new students to Rose Bay Secondary College!
Thank you for handing in an expression of interest form for the Music Ensembles Program. We have had a great volume of interest and we look forward to welcoming you all to the Music Ensemble Program for another great year of Music.

Information night is Monday February 11, 2013 – A free sausage sizzle from 6pm, then an info night from 6.30-8pm - please come along as it will be a great opportunity to talk to parents, teachers and the Ensembles Director on the night.

The Music Ensembles Program is a parent-led initiative with great integration with the school and we warmly welcome all new members.

**Joining an Ensemble:**

Introduction into the program will begin in week 2. There is one annual fee for the entire program so please encourage your child to participate in as many ensembles as they want to. While there are no formal “auditions”, students will be assessed in the entry-level ensembles and be invited to join the more advanced groups according to their experience.

Students with no prior experience playing an instrument are also welcome and should come to the information night to find out options.

**Concert Band**
Monday, 11th Feb
3:30pm – 4:30pm
Music Ensemble Space under the hall.
After rehearsal please stick around for the MEP information Night!

**Stage Band**
Monday, 11th Feb
4:30pm – 5:30pm
Music Ensemble space under the hall.
After rehearsal please stick around for the MEP information Night!

**Percussion Ensemble**
Tuesday, 12th Feb
7:50am – 9am
Music Space under the hall.

**String Ensemble**
Tuesday, 12th Feb
2:40pm – 3:40pm
C-Block Music Classroom – C216.

Vocal Ensemble first rehearsal - Date to be decided please come to Info night

Rock Band first rehearsal - Date to be decided please come to Info night
If you are a complete beginner, interested in having music lessons and/or interested in joining any Ensemble please come to the MEP Information Night and talk to our committee.

**MEP Information Night:**

The MEP Information Night will take place on Monday, 11th February at 6:30-8pm in the College Hall. Please come along to this info night to meet Murray Jackson (Program Director), Donna Masterson (Head of CAPA), Celia Donovan (Parent Convener) and Trish McAlary (Program Secretary) + other parents, tutors and staff. The MEP information night has been organised to give you all the required information about the Music Ensemble Program, we look forward to seeing you there. Free sausage sizzle from 6pm – all welcome.

If you require any additional information please do not hesitate to contact me on 
[liulia.desimone2@det.nsw.edu.au](mailto:liulia.desimone2@det.nsw.edu.au)  
0411 389 235

Website: [http://rbscmepl.net/wp/](http://rbscmep.net/wp/)  
Facebook: [http://facebook.com/rbscmep](http://facebook.com/rbscmep)  
Twitter: [http://twitter.com/rbscmep](http://twitter.com/rbscmep)  

**Newsletter Contacts:**  
1. lucy.andre@det.nsw.edu.au  
2. diane.fetherston@det.nsw.edu.au