From the Principal

Public Health Notification

This week, a Public Health notification has been issued at Randwick Boys’ High School. The information has been emailed to all parents and carers to inform the school community about a notification of Tuberculosis. The notification is outlined below.

Some members of the Randwick Boys’ High School community may have recently been exposed to a person diagnosed with tuberculosis (TB). Tuberculosis is a preventable and curable infection, and there is no ongoing risk to members of the school community.

As a precaution NSW Health is taking steps to ensure the health of staff and children who may have been exposed to tuberculosis.

Those potentially exposed will be directly contacted and invited to participate in screening by a specialised health care team.

TB is a bacterial disease that can be transmitted from one person to another through the air when an infectious person coughs, sneezes or speaks. The risk of infection with TB following exposure to an infectious case is low and the risk of developing active TB disease even lower.

Prolonged close contact is usually necessary for infection, with only a small sub-group at risk of developing active disease.

People with TB may have some or all of the following symptoms: cough that lasts for more than three weeks, fevers, night sweats, unexplained weight loss.

It can take months or years between exposure to someone with TB and developing symptoms of TB disease. People without symptoms cannot spread the infection to others.

Staff and children at the High School pose NO risk to their families and other contacts.

Information on TB is also available on the NSW Health website: www.health.nsw.gov.au/Infectious/tuberculosis/

Public Health protocols have determined who in the school community will need to be screened. If your son needs to be screened you will have been emailed a letter and consent form and your son will have been issued the same letter at school to bring home. This letter and consent form explains the screening process to be employed. If you have not received a consent form, your son has not been identified within the target group to be screened.

The factsheets provided by the Public Health Unit have also been included on the following pages.
Tuberculosis (TB) information for contacts

Why have we contacted you about tuberculosis (TB)?
You have been identified as a person who has been in contact with someone who has TB. As this is an infectious disease, there is some risk that you may have been infected with the germ that causes TB. Therefore, we suggest that you have some tests that will allow us to check whether you have been infected with TB or have early TB disease. Depending on the results, we may recommend treatment or further follow-up.

What is tuberculosis?
Tuberculosis is a curable disease caused by infection with Mycobacterium tuberculosis. The disease usually affects the lungs, but can sometimes affect other parts of the body, such as the lymph glands, kidneys, bones etc.

But I do not know anyone with TB!
You may not know the person you have been in contact with who has TB. As all cases of TB are treated confidentially, we are unable to tell you who the person is. However, that person has acted responsibly and nominated you as having been exposed to the disease.

How do people become infected with TB?
The TB germs are spread through the air when someone with TB disease in their lungs or throat coughs, sneezes, sings or speaks, sending small droplets into the air. These droplets can be breathed in by others. Most people only get TB from someone they spend a lot of time with. It is very unusual to catch TB from someone after brief or casual contact. TB is not spread by household items such as cutlery and crockery or telephones.

How can I tell if I have become infected?
Screening tests can be done at your local Chest Clinic. These tests include:
1. A Tuberculin Skin Test (also known as a Mantoux test). This is a safe, small injection under the skin on the inside of the forearm. It can show whether you are likely to have been infected with the TB germ. You will need to return 2 to 3 days after the test has been given so that your result can be interpreted as either positive or negative.
2. Sometimes a blood test or a further tuberculin skin test may be done to help interpret the result of the first test.
3. A chest x-ray can show whether there is any evidence of TB in your lungs. Sometimes a chest x-ray may show signs of past TB, even if you are not aware of having had TB previously.

I have had a BCG vaccination. Doesn’t this protect me?
The BCG only gives partial protection against TB and mainly protects children. You can get TB disease even if you have had a BCG vaccination.

What happens if my tests are negative?
If your first test is negative, the test may be repeated in about 2 to 3 months. This is because it can take several weeks after exposure to TB for your immune system to react to the skin test. Therefore, if a second test is recommended it is very important that you come for this test to ensure that you are clear of TB infection. If your test remains negative, you will not usually require any further tests.

What if I have a positive tuberculin skin test (Mantoux)?
If your test is positive, you may be referred to a specialist TB doctor, depending on your chest x-ray result and other factors, which the nurse will discuss with you.

A positive tuberculin skin test generally means that you have been infected with the germ that causes tuberculosis. (Sometimes, weakly positive tests occur in people who had a BCG vaccination or for other reasons, not related to having TB infection.) Having a positive test does not necessarily mean that you have been infected as a result of your recent contact with a person who has TB. If you have lived in a
country in which TB is common, then there is a good chance that you have had the infection for some time. Approximately 1/3 of the world’s population have TB infection, though it is quite rare among people who are born in Australia.

Having TB infection (a positive tuberculin skin test) does NOT mean that you have TB disease. However, it does mean that you have some risk of developing TB disease. How big this risk is depends on many factors including how recently you became infected (in other words, whether or not you were infected as a result of this recent contact), how old you are, and whether or not you have certain medical conditions. The nurse or doctor will discuss this further with you.

Can TB infection be treated?
TB infection can be treated to help prevent the development of TB disease in the future. This treatment generally involves taking one of the drugs that we use to treat people with TB disease (isoniazid) every day for six to nine months. The treatment is 60% to 90% effective in preventing TB disease in people who have TB infection. This treatment is generally safe, particularly in young people. If your doctor recommends this treatment, he/she will tell you more about the benefits and risks of this treatment.

Is there any alternative to taking treatment if I have TB infection?
Yes. If your risk of developing TB disease is low (and particularly if your risk of side effects from treatment is NOT low), then it may be reasonable to adopt a “wait and see” approach. With this approach we would usually recommend chest x-ray follow-up at intervals over the next two years. It is important to be aware of the early symptoms of TB disease, which may occur at any time during or after this period of x-ray follow-up, and to go to your local Chest Clinic if these symptoms occur.

What if I still have some questions?
If you have further questions, or you do not understand some of the information in this pamphlet, please ask to speak to one of the nurses or doctors at the Chest Clinic who will be happy to explain things for you.

For further information about TB please ask your Chest Clinic for a copy of the NSW Health Tuberculosis Fact Sheet or click on the following links:
- Tuberculosis factsheet
- Other TB factsheets and Patient Information
- Contact details for Chest Clinics in NSW
Tuberculosis

What is tuberculosis?

- Tuberculosis (TB) is a disease caused by infection with the bacteria (germ) Mycobacterium Tuberculosis.
- TB can damage a person's lungs or other parts of the body and cause serious illness.

How is it spread?

- TB is spread through the air when a person with TB in the lungs or throat coughs, sneezes or speaks, sending germs into the air.
- When other people breathe in these germs they can become infected.
- Most people get TB germs from someone they spend a lot of time with, like a family member or friend.
- TB is NOT spread by household items (for example by cutlery, crockery, drinking glasses, sheets, clothes or telephone) so it is not necessary to use separate household items.

What is the difference between TB Infection and TB Disease?

**TB Infection:** the TB germs are in the body but they are "inactive". In most cases, the body's defences control the germs. However, these germs can stay alive in an inactive state.

- While the TB germs are inactive, they cannot do any damage, or be spread to other people. The person is "infected", but not sick. For most (90 per cent of people) the germs will always be inactive. Infection can be detected by a positive result to a Tuberculin Skin Test.

**TB Disease:** it is possible, even after many years, for inactive TB germs to become active when the body's defences are weakened. This may be due to ageing, serious illness, stressful event, drug or alcohol misuse, HIV infection (the virus that causes AIDS) or other conditions.

- When inactive TB germs become active, TB disease can develop.
- Only about 10 per cent of people who are infected with TB germs will get TB disease.
- People with TB of the lungs or throat can be infectious to others.
- In most cases, after two weeks of taking medication, people with TB disease will no longer spread TB germs.
- People with TB in other parts of the body are not infectious.

What are the symptoms?

TB can attack any part of the body, but the lungs are the most common site. People with TB may have some or all of the following symptoms:

- A cough that lasts for more than three weeks
- Fevers
- Unexplained weight loss
- Night sweats
- Always feeling tired
- Loss of appetite
- Blood stained sputum
- Pain and / or swelling in the affected area when TB is outside the lungs.

Some people with active TB disease may have only mild symptoms.
Who is at risk?
People who spend long periods in close contact with a person with infectious TB of the lung or respiratory tract. People who:

- Have cancer, including lymphoma or Hodgkin’s disease
- Take medication that affects the immune system (e.g. corticosteroids, cyclosporin or chemotherapy drugs
- Have HIV/AIDS
- Have a chronic illness that affects their immune system.

How is it prevented?

- People with TB in their lungs are instructed to cover their nose and mouth when they cough or sneeze
- People with infectious TB in their lung are isolated until they are no longer infectious
- Some people diagnosed with TB infection are offered a course of preventive treatment
- BCG vaccination gives protection against life-threatening forms of TB to young children who travel to countries where TB is very common. BCG is not generally recommended in NSW.

How is it diagnosed?

For TB in the lungs:

- A chest x-ray can show whether TB disease has affected the lungs
- A sputum test shows if TB germs are present in coughed up sputum
- If the person cannot cough up sputum other tests may be needed.

For TB outside the lungs:

- Tests such as a fine needle biopsy, wound swab, surgical specimen or early morning urine sample can assist in diagnosing TB.

How is it treated?

- **TB Infection:** the doctor may prescribe a course of tablets (preventive therapy) or follow up with regular chest x-rays
- **TB Disease:** is treated with a combination of special antibiotics for at least six months. A chest clinic nurse will watch you take the TB antibiotics to check for any side effects and make sure treatment is completed
- People with TB can be cured if they complete treatment
- People with TB can return to normal activities, while on treatment, as long as they are no longer infectious
- If people with TB do not take their medication, they can become seriously ill, and may even die.

For more information

- Contact your local Chest Clinic or see your family doctor
- All TB investigations and treatment are provided free and confidentially at chest clinics
- A referral from a doctor is NOT needed to attend a chest clinic
- A medicare card is NOT needed.

For further information please call your local Public Health Unit on 1300 066 055 or visit the New South Wales Health website [www.health.nsw.gov.au](http://www.health.nsw.gov.au)
**COMING EVENTS FOR TERM 4**

<table>
<thead>
<tr>
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<th>Week B/Events</th>
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<tr>
<td>Monday 26 October</td>
<td>Year 10 exams begin</td>
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<tr>
<td></td>
<td>Homework Centre, Library, 3:30 - 5pm</td>
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<tr>
<td>Thursday 29 October</td>
<td>Year 7 &amp; 8 Vaccinations Visit 3</td>
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<tr>
<td></td>
<td>Homework Centre, Library, 3:30 - 5pm</td>
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<tr>
<td>Friday 30 October</td>
<td>Mufti Day</td>
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**Gonski/Mufti - 30 October**

**Wear Green… and Bring Gold!**

Next week has been designated ‘Gonski Week’, during which supporters of public education are asked to bring attention to the plan better to fund schools. Professor Gonski’s famous review of school funding found that the addition of government funding to schools based on what support they need would greatly improve the educational outcomes of our children.

Randwick Boys’ will observe Gonski Week by holding a mufti day on Friday 30 October. This day also corresponds with World Teachers’ Day, so it serves to focus our attention on the vital role of education on prosperous and harmonious societies. The boys are asked to wear some items of green clothing, since this is the colour of the Gonski campaign.

A gold coin donation will be taken on 30 October. Funds raised will go to support Stewart House. This charity provides medical care and respite for needy school children, and has done so for nearly ninety years. Stewart House has long been supported by teachers through the Teachers’ Federation. It is a very appropriate charity for this event.

The Gonski plan has been partially implemented, and community support may see the rest of the project roll out. As teachers, we are excited about the impact that Gonski will have on our school and those of the nation.

If parents would like to demonstrate their support then they might like to visit the “I Give A Gonski” website at:


N Benson
RBHS Federation representative

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**Lost Property**

Parents and students, please be aware that the office has a huge volume of unclaimed lost property, in particular school uniforms.

If your son has lost any garments in the past 6 months please go to the front office and take whatever fits as there are no name tags attached.

Thank you.

Admin
2015 Summer Season Round 6

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<tr>
<th>SPORT</th>
<th>OPPONENT</th>
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<tr>
<td>Volleyball 2</td>
<td>Homebush</td>
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<tr>
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<td>Epping B’s</td>
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<td>Nth Sydney</td>
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<td>Homebush</td>
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<td>Cricket 15</td>
<td>Homebush</td>
<td>R/W 1st innings: 10/104</td>
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<td>Baseball 1 (Devel-</td>
<td>Homebush</td>
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It was a hard week last week for many of Wicks teams- up against the powerhouse of Homebush. It is always hard to beat Homebush. They are like the All Blacks of this comp!

However, we did get some fantastic results in Waterpolo (the 1sts and 15’s), in Futsal 1sts and with our 15s Basketball team. In Oztag, our 15 A’s had a great win, while our little 15 B’s team continued their winning streak. The big news flash of this week was the great success of our Cricket teams. Especially exciting was the Hat Trick by Scott Lambeth in the Cricket 2nds. This has earned him the honour of Sportsman of the Week!

Athlete of the Week- Scott Lambeth

Our sportsmen of the Week for 3 weeks running have all come from our cricket teams. In case you think we are biased in favour of Cricketers over other sportsmen, just read Mr Benson’s review of the 2nd Grade Cricket game and Scott’s wonderful hat trick! Then you will see why we had to give the medal to another cricketer this week.

Rugby Boys Shine Again!!!

Last Thursday our 13s and 15s Rugby boys played in the NSW Waratahs 7-a-side tournament at Forshaw Park, Sylvania. Our 13s teams played more games than our 15s team, but it was really tough for all of the boys playing multiple games in the hot conditions. The 15s boys had to play 4 games against two sports High schools, Endeavour and Matraville Sports High. They beat Endeavour in both games but were defeated in the Grand Final.

The 13’s won all of their games but were also defeated in the Grand Final by Punchbowl, who had much bigger boys.

Both teams “played their hearts out”, and every boy I spoke to on the day after talked about how sore they were from trying so hard.

The coaches, myself, Mr Jackson and Mr Dimopoulos were very proud of the ways our boys applied themselves and the sportsmanship displayed on the day. They brought honour to our school jerseys.

K Mould
Relieving Sports Coordinator
Stunning Win for 2nds Cricket – Rare Hat Trick for Lambeth

Defending a modest 104, RBHS has upset Homebush to win by 49 runs. On a difficult day for cricket on 7 October, RBHS limped to 10/104. The middle order did not cash in on an early partnership by Nivek Tanner and Johan Alum, instead slumping to 6/49 by the 11th over. At this point, the rear-guard action of the tail enders came into play. Dean Cann made 15 off 14, and player of the day Harry Crow, coming in at number eleven, was not out for 13. Tellingly, the last four wickets netted RBHS more than half its runs. Homebush’s erratic bowling did not help them limit the flow of runs.

Disciplined opening bowling by Aaron Tees and Nivek Tanner kept the Homebush openers quiet on 14, when play resumed. By the 7th over, Homebush was looking vulnerable at 3/14. Tees’ five overs yielded only 9 nines but garnered 2 wickets. A brief rally for Homebush was snuffed out by part-timer Scott Lambeth. Being tossed the ball at the beginning of the 11th over with the score 3/30, Lambeth finished his over with Homebush reeling at 7/33.

Lambeth’s first ball attracted an edge from Homebush’s Farmid. It was snaffled by Tanner at first slip. Lambeth’s second ball rose steeply on Gintu who was well caught at midwicket by Tanmoy Barua. Now sensing a hat trick on the offing, Lambeth repeated the previous delivery, prompting Lakshan of Homebush to balloon up the ball to Justin Cann, who covered ground well to accept the catch. The ball was aloft for long enough for words of desperation to be audible from Lambeth.

Wild rejoicing followed, though Lambeth was not yet done. Ball four of the over struck the next batsman’s wrist but failed to carry to Divy Goyal. Ball five saw in-form batsman Dilaxshan spoon it up to Tees who caught it cleanly at mid on.

At the end of the over, Homebush was a spent force. The final wickets were claimed by Dean Cann and Johan Alum. Lambeth will never forget his opening over. Knowing Lambeth, he will not allow his teammates to either.

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<tr>
<td>Nivek Tanner</td>
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<td>1</td>
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<tr>
<td>Justin Cann</td>
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<td>12</td>
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<tr>
<td>Scott Lambeth</td>
<td>3</td>
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<td>4</td>
<td>12</td>
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<tr>
<td>Johan Alum</td>
<td>2</td>
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<td>7</td>
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<tr>
<td>Dean Cann</td>
<td>0.4</td>
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Result Randwick won by 49 runs.

N Benson
Cricket coach
To our sponsors

The production of “Our Story” was a tremendous success!
Thank you for believing in our journey and allowing us to have your support for this memorable event.

Amart Sports Randwick
Proud 2015 RBHS P&C Trivia Night Sponsors

Level 1 Royal Randwick 73 Belmore Road. Randwick.

Amart Randwick.
Visit http://www.amartsports.com.au

Offer ends Sunday 31st October 2015

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www.californiansmash.com.au
2015 Randwick Boys’ High School Crossroads Camp

14th September 2015

Dear Parents/Caregivers,

Randwick Boys’ High School places itself on the opportunities it provides to all of its students to reach their potential, to understand their world and to reflect on their experiences.

The Crossroads program is a mandatory personal development and health education course for all students in NSW Government schools. Crossroads aims to introduce discussion and positive choice making for young adults. The two themes of the program are relationships and drug issues.

At Randwick Boys’ High School, in order to fulfill the requirements of this course, Year 10 students will participate in a school camp from Wednesday 18th November to Friday 20th November 2015, with the Outdoor Education Experience.

Crossroads aims to support senior students as they address issues related to identity, independence and the changing responsibilities they face. In Crossroads, students have the opportunity to develop knowledge, understandings and skills to enable them to make informed decisions about issues which are pertinent to them.

We believe that the Crossroads Camp will be an invaluable experience in helping our students to make responsible decisions in relation to these important matters of well-being. Students will also be exposed to a range of educational experiences aimed at developing valuable social interaction skills. We also believe that this will be an engaging learning experience.

The cost of the camp includes all meals and participation in all activities, which are arranged and supervised by qualified camp staff and teachers.

Location: Outdoor Education NSW
          Active Education
          Nerrinundra Road
          Marsfield NSW 2124
          Ph: 1800 334 994

Transport: Travelling by bus with teacher supervision

Depart: RBHS at 9:00am on 18th November 2015

Return: RBHS at 3:00pm on 20th November 2015

Cost: $212

Final Payment: Monday 26th October, 2015

The cost of the camp is approximately $253 per student; however the school has helped by generously subsidising part of the cost, thus, it will only cost each participant $212.

Information regarding medical forms, clothing requirements and camp rules will be distributed to students once payment has been made.

If you have any inquiries, please contact Ms da Costa.

Please return the signed permission note and payment to the RBHS office by Monday 26th October, 2015.

Ms de Costa
Relieving Principal

Ms GG Costa
Relieving Head Teacher Well-being
2015 Randwick Boys' High School Crossroads Camp

Permission Note

(Please return the signed permission note and payment to the front office by 26th October, 2015)

I give permission for my son ____________________________ to attend the 2015 Randwick Boys' High School Crossroads Camp at Outdoor Education NSW Active Education Morisset Centre from Wednesday 18th November to Friday 20th November 2015.

I understand that students will be travelling by bus to and from the camp, under the supervision of teachers.

I have discussed with my son about appropriate conduct whilst at the camp.

Parent/Guardian Name: 

Parent/Guardian Signature: 

Date: 

2016
Year 7-10 Book Packs

Order and pay $35 now at the School Administration Office via phone, email, fax or in person to reserve your 2016 book pack.

Book packs can be picked up from December 2nd, 2015 at the school administration office.

The no excuses book pack

Includes RBHS teacher approved exercise book requirements for all subjects including the art book and music book as well. Amazing easy clear slip on book protectors and a handful of new stationary items to start fresh 2016 with no excuses!

Year 9 and 10 students may need to purchase extra items according to their individual electives.

P&C Book Pack Contact
Adriana Skleparis
0433544449
rbhbookpack@bigpond.com