Reports

Reports have been posted this week and are also available online through the parent portal. As always, we ask that families do not file reports away but refer to the feedback and recommendations they provide throughout the semester. We also ask families to discuss your child’s work practices. Work practices are reported on four times per year and measure the effort students put into their learning. Our aim is for students in Year 7-10 to have work practices of 3.5 out of 4.0 or higher and for VCE student work practices to be 3.7 or higher. Congratulations to the 2010 Year 12 class who have achieved an average work practice of 3.7 doing so a term earlier than last year’s group, the first to achieve the target.

Uniform Subcommittee of School Council

The Uniform Subcommittee of School Council met last week. In response to student and parent request, the school has decided to allow students to wear a plain navy beanie when travelling to and from school, or when in the yard. Beanies must be taken off when in class. A reminder that the school scarf is also plain navy and can be purchased from the Uniform Shop at a cost of $8.00. Concern was raised about the variation that has crept in regarding shoes. Volleys and ballet style shoes are not acceptable as they are not safe. Runners are only allowed in PE and Sport classes, or when students are playing sport at lunchtime. In this case, students must change back into school shoes for class. Where students do not have correct school shoes, families will be contacted to make arrangements to have correct shoes. While some students feel that school shoes are not fashionable or flattering, it is important to be clear that school shoes are expected wear both for safety and fairness to all students. The wearing of socks over tights and of visible non-uniform items such as T-shirts, jumpers or hoodies under of over the school jumper is not acceptable. There are a range of thermal garments that provide warmth without having collars, hoods or other visible features. The Uniform Subcommittee has parent, student and staff membership. Its role is to ensure that school uniform guidelines are revisited from time to time, to consider feedback on the issue of uniform and to offer clarity to the school community about the school’s expectations. It is an issue of fairness that all students adhere to our uniform guidelines and that as the word itself implies, that the uniform is worn without variation. The Uniform Subcommittee is also managing the tendering process for Uniform suppliers. Schools are expected to go to tender every few years in order to ensure that pricing is competitive. One of the criteria for the tender is a preference for ethical clothing accreditation.

Vivienne Tellefson, Principal

Year 12 Formal

Ahh…. The Formal! After such a long wait, the excitement last week was palpable. Classes on Friday were a blur with everybody buzzing about their hair, their shoes and the most important thought in everybody’s head, “I hope nobody has the same dress as me!” And then the night arrived! Arriving at Ascot House was so much fun, especially seeing everybody’s dresses, suits, taking photos and slowly finding our tables. After the first course and a bit of dancing many of the girls (teachers included) were clearly straining to

Year 12 students, Brittany Wood, Rose Steele and Jo Boyce with a friend enjoying the formal.
keep on the high heels. Everyone had a ball and the whole experience was lovely. The awards at the end of the night were hysterical, with the dancer going to Anar, the highest heels to Daphne with crazy skyscrapers and the best couple going deservedly to Jack and Angie. All round, great night, classic hits.

Rose Steele, School Captain

What is coming up in Careers?

University Open Days – most universities hold their open days during July/August. Students from Years 10-12 are encouraged to attend open days where universities are on show to prospective students and their families. Why should you attend you might ask? Well there are loads of reasons but it is particularly valuable for students to ask questions about courses in their area of interest with lecturers, course advisors and current students there to provide information and to answer your questions. There is often workshops or information sessions showing examples of what students do in their courses and it is a great opportunity to become familiar with the university and for those students unsure of what you want to do, perhaps you may get some inspiration from what you experience during an Open Day. At the end of this newsletter, there is a list of dates for Open Days for many Melbourne universities/colleges and some regional universities. It is a good idea to visit an Institute’s website to get more information about the Open Day program so you can plan your day around seminars/workshops of interest.

VTAC applications
The time is nearing when Year 12 students will be required to submit their VTAC applications for entry into courses in 2011. Timely applications open on 2nd August 2010 and close on 30th September 2010. There is a fee for late applications. Over the next few weeks, more information will be provided to the students at school about the VTAC application process as well as the SEAS (Special Entry Access Schemes) application process for various universities. Year 12 students who did not pre-order their VTAC Guide 2011 through the school should ensure they purchase their own copy for $15 from the newsagents when they go on sale in late July. The VTAC Guide 2011 has all the details about courses to apply through VTAC in 2011 and loads of information about institutions and the VTAC application process. All Yr 12 students should have their own copy that they can mark, highlight, underline or make notes on key information and pages of interest.

There is a specific VTAC and SEAS Information Session for students with a disability or chronic medical condition to be held on:

Date: Thursday 19th August 2010
Time: 6.00pm – 8.30pm
Venue: Darebin Arts & Entertainment Centre, Cnr Bell St & St Georges Rd, Preston
Cost: Free
RSVP: Wednesday 11th August 2010

This event will provide valuable information about the VTAC and SEAS application process and how Selection Officers interpret the SEAS application form, an overview of support services offered at TAFE and University and the chance to hear from tertiary students with disability and their transition stories. A number of tertiary institutions will also have information stands at the event. Students in Yr 10 – 12 with a disability and their families who are considering tertiary studies at TAFE or University are encouraged to attend this information session. A flyer with further information is included at the end of this newsletter.

The Career News Newsletter will also keep you informed on what is the latest in career information so it is a good idea to keep up to date with that as each edition comes out.

Finally, there is a combination of nerves, confusion and excitement amongst the Year 12 students as they approach decision making time to begin the journey into their chosen course/career path. I know many students have researched industries and thought a lot about what they want to do and with continued endeavour and enthusiasm I believe all students can achieve great things.

Catherine Jones, Careers Counsellor

Music News

Forthcoming events – please note in your diaries:
Junior Soiree – Monday 16th August 7.30pm in the Performing Arts Room
Clocktower Concert – Tuesday 31st August 7.30pm at the Clocktower Centre
More details in subsequent newsletters
Suzanne Kurick
Music Coordinator

Host Families interested in hosting an Exchange Student

Should you and your family be interested in hosting a 15-18 year old boy or girl for a term or two or longer from late next January, can afford an extra person at mealtimes and have a spare bed or room, please call Klaus Schumann on (03) 97584279. If your circumstances change, I will move them for you at any time, as there is no remuneration. You can choose a student from Italy, Belgium, France, Germany, Holland, Japan, Brazil, USA, Austria, Switzerland, Norway and Sweden. Hope to hear from you.

Yours sincerely,
Klaus Schumann
WEP Community Coordinator

ART SHOW

Entries are open to exhibit at the MusArt Festival at Wales St. Primary School, Thornbury on 11th September 2010.
Applications close August 13. Call Sophie 0419 560 755 for information, or email Haralambakis@optusnet.com.au
Information Evenings - Subject selection (for 2011)
3 August 2010 – Yr 12 (2011) Information Evening: 7 – 8 pm Auditorium
17 August 2010 – Yr 11+ VET (2011) EXPO: 3.30 – 4.30 Performing Arts Room
17 August 2010 – Yr 11+ VET (2011) Information Evening: 7 – 8 pm Auditorium
23 August 2010 – Yr 11 VCAL + VET Information Evening: 7 – 8 pm Library
30 August 2010 – Yr 10 (2011) + Early Start Information Evening: 7 – 8 pm Auditorium
2 September 2010 – Yr 10 Pre-VCAL Information Evening: 7 – 8 pm Library

Education Maintenance Allowance
The EMA cheques are now available to collect from the front office for those parents who applied for Semester one payment.

Student Medical Conditions
Could parents of students who have anaphylaxis or other serious medical conditions please hand in a completed action plan for your child to the front office. If your child has a medical condition that the school needs to be aware of, please contact the level coordinator or Jeremy (school nurse).

BSC Office hours are between 8.30am and 4.30pm Monday to Friday. Phone calls and office enquiries outside these hours will be recorded by the answering machine.
NB: If you are contacting the school to let us know your child is going to be absent, you can also e-mail the school on Brunswick.sc@edumail.vic.gov.au

Brunswick Secondary College
47 Dawson Street Brunswick 3056
Telephone 9387 6133
Facsimile 9387 0061
Email Brunswick.sc@edumail.vic.gov.au
Web www.brunswick.vic.edu.au
During 2009 Brunswick Secondary College received a grant from Arts Victoria to fund a project that worked on the connection between art and science, exploring the theme of artist as experimenter and theories of relational aesthetics using the school’s existing science and art curricula.

A whistle sounds, and a giant ball of smoke puffs from a large hexagonal wooden structure, rising and floating over a sea of heads. As the ball of smoke floats forward, it slowly and magically transforms into a perfectly symmetrical smoke ring, nearly 2 metres in diameter. The ring travels forward down the length of the room, a halo of smoke rotating and swirling. It travels 30 metres, the crowd following its trajectory with gasps of astonishment and delight.

We are at the opening of the Next Wave Festival at the Meat Market Arts Centre in North Melbourne, presenting the Giant Smoke Ring Generator, the product of a collaboration between artist Scott Mitchell and a group of students from Brunswick Secondary College through the Artists In Schools program funded by Arts Victoria.

Scott Mitchell is a visual artist and fine art lecturer with over 10 years of exhibition experience. He works regularly on cross-disciplinary projects and has a strong interest in ‘public space’ and communal projects. Scott worked with a Brunswick SC art teacher, Lara Stanovic, to develop innovative projects which looked at the overlaps between art and science, and explored the role of artist as inventor or explorer. One result was a Year 7 "Fantastic Machines" project, in which one class of students designed and built small models of machines 'not yet invented' using basic materials such as cardboard tubes, satay sticks, masking tape and paper.

The other arm of Scott’s work involved lunchtime meetings of the 'Science-Art Club'. The club was open to any student at the school and ran twice weekly for 13 weeks. A core group of roughly 10 students produced objects that engaged with various scientific phenomena. Emphasis was placed on quick production techniques, creating ad-hoc constructions from simple, everyday materials. Within the Science-Art Club students produced small smoke ring machines constructed from cardboard tubes and rubbish bins. Following this initial activity a plan was developed, guided by the artist, to construct a large smoke ring machine. This larger machine required more complex construction techniques. The smoke ring generator was demonstrated to the wider school community during a lunchtime event.

It was fantastic to see the relaxed and open approach Scott took with our students. Scott's approach to his art practice focuses on community relations, in which the interactions with participants are considered as much an artistic outcome as the objects produced. This was certainly the case with our students, who felt a great degree of ownership and pride in the generator (itself a beautiful wooden object). Lara and Scott produced special t-shirts for the club members featuring a line drawing of the smoke ring generator.

The project required considerable time and commitment from the members of the Art and Science faculties who were involved in supervision, curriculum development and organisation. However it also brought a refreshingly different approach to art making and thinking about what art can be in a school context. We are planning to continue with the 'Fantastic Machines' project at Year 7. For those students who, in combination with Scott, 'performed' the smoke ring generator for an audience of 800 people at the launch of the Next Wave Festival, it is an experience they will remember for a very long time.

Karen Ferguson
Head of Learning, Arts and Technology
Brunswick Secondary College

EXTENSION & LINKS
Zart Extra Articles:
• Term 1 2004: Carey Baptist Grammar – Light & Reflection Exhibition
• Term 2 2005: Vermont Secondary College – 3 Dimensional Forms in Art & Design
• Term 4 2003: Penders Grove Primary School – Linking Science with Art
• Term 2 2010: Strathcona Baptist Girls Grammar School – Linking Art & Maths
www.zartart.com.au
### OPEN DAYS 2010

<table>
<thead>
<tr>
<th>INSTITUTION</th>
<th>DATE</th>
<th>TIME</th>
<th>CONTACT DETAILS</th>
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<tbody>
<tr>
<td><strong>Australian Academy of Design</strong></td>
<td>Sunday 8 August, 11am - 4pm</td>
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<td><strong>Australian Catholic University</strong></td>
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<td>Melbourne Campus</td>
<td>Sun 15 August, 10am - 3pm</td>
<td>1300 ASK ACU</td>
<td><a href="http://www.acu.edu.au">www.acu.edu.au</a></td>
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<tr>
<td>Ballarat Campus</td>
<td>Sun 29 August, 10am - 3pm</td>
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<td><strong>Australian College of Sports Therapy</strong></td>
<td>Sun 8th August, 12pm-3pm</td>
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<td>Wed 11th August, 7pm-9pm</td>
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<td>Sun 12th Sept, 12pm-3pm</td>
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<td>Wed 15th Sept, 7pm-9pm</td>
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<td><strong>Australian Maritime College</strong></td>
<td>Launceston: 15 August, 10am - 3pm</td>
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<td>Bond University*** (Gold Coast)</td>
<td>Sun 22 August, 10am - 3pm</td>
<td>1800 074 074</td>
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<td><strong>Box Hill Institute of TAFE</strong></td>
<td>Sun 22 August, 10am - 3pm</td>
<td>1300 269 445</td>
<td><a href="http://www.boxhillinstitute.edu.au">www.boxhillinstitute.edu.au</a></td>
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<td><strong>Deakin University</strong></td>
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<td>Melbourne (Burwood) Campus</td>
<td>Sun 22 August, 10am - 4pm</td>
<td>1800 242 251</td>
<td><a href="http://www.deakin.edu.au/openday/">http://www.deakin.edu.au/openday/</a></td>
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<td>Warrnambool Campus</td>
<td>Sun 15 August, 10am - 2pm</td>
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<td>Geelong Campus (Waurn Ponds &amp; Waterfront)</td>
<td>Sun 8 August, 10am - 3pm</td>
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<td><strong>ELTHAM College Training Services</strong></td>
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<td>Permaculture, 1pm - 6 pm</td>
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<td>Hospitality, Friday 5 November, 10am - 12pm</td>
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<td>Childcare, Friday 5 Nov, 1pm - 4.30pm</td>
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<td><strong>Endeavour College of Natural Health</strong></td>
<td>Sunday 25 July, 11am - 3pm</td>
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<td><strong>Grenadi School of Design</strong></td>
<td>8 August 2010</td>
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<td><strong>The Gordon</strong></td>
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<td>Geelong City and East Geelong campuses: Mon 19–Fri 23 Jul</td>
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<td>Geelong City campus: Wed 21 July</td>
<td>Daily one hour tours at 11am and 2pm</td>
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<td><strong>Holmesglen</strong></td>
<td>Chadstone, Moorabbin and Waverley Campuses</td>
<td>Sat 21 August, 10am - 3pm</td>
<td>1300 MY FUTURE</td>
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<td><strong>Institute for Design, Entertainment and the Arts (I.D.E.A.)</strong></td>
<td>8 August 2010</td>
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<td><strong>International College of Hotel Management</strong></td>
<td>Adelaide (SA) 15 August</td>
<td>2pm - 4pm</td>
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<td><strong>JMC Academy</strong></td>
<td>21 August</td>
<td>Melbourne</td>
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<tr>
<td><strong>Kangan Institute - Centre of Fashion @ Richmond</strong></td>
<td>Sunday August 15</td>
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<td><strong>La Trobe University</strong></td>
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<tr>
<td>Mildura Campuses</td>
<td>Sun 8 August, 10am - 3pm</td>
<td>1300 135 045</td>
<td><a href="http://www.latrobe.edu.au">www.latrobe.edu.au</a></td>
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<tr>
<td>Shepparton Campuses</td>
<td>Fri 13 August, TBC</td>
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<td>Albury-Wodonga Campus</td>
<td>Sun 15 August, 10am - 3pm</td>
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<td>Bendigo</td>
<td>Sun 22 August, 10am - 4pm</td>
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<tr>
<td>Melbourne (Bundoora) Campus</td>
<td>Sun 29 August, 10am - 4pm</td>
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Addresses of tertiary institutions are available via VTAC on [www.vtac.edu.au](http://www.vtac.edu.au) or by ringing the institution directly or visiting their website.

Students in Years 10, 11 and 12 are encouraged to go along to Open Days.
<table>
<thead>
<tr>
<th>Tertiary Institution</th>
<th>Date(s)</th>
<th>Time(s)</th>
<th>Contact Information</th>
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</table>
| Melbourne Institute of Business and Technology (MIBT) | Burwood campus: 22 August  
Geelong campus: 8 August | | |
| Monash University | Gippsland, Berwick, Peninsula Campuses  
Parkville, Clayton & Caulfield Campuses | Sat 31 July  
Sun 1 August | 10am – 4pm | 1800 666 274  
www.monash.edu.au/openday |
| Navitas College of Public Safety | August 8 | 10am-4pm | |
| Northern Melbourne Institute of TAFE | NMIT – Primary Industries, Epping  
NMIT Expo, Preston | Sun 22 August  
Tue 31 August | 10am-3pm  
3.30pm – 7pm | www.nmit.vic.edu.au |
| Oxford College of Business | Level 9, 123 Lonsdale Street, Melb. | Wed 11 August | 10am-5pm | |
| Photography Studies College | | Sunday 15 August | 10am - 4pm | |
| PIC - Photographic Imaging College | | 22 August | |
| Qantm College | 19 June  
16 October | 11am - 3pm  
11am - 3pm | |
| RMIT | All Campuses | Sun 8 August | 10am – 4pm | 9925 2260  
www.rmit.edu.au |
| SAE College | 19 June  
16 October | 11am - 3pm  
11am - 3pm | |
| Swinburne University | Lilydale, Prahran, Hawthorn | Sun 16 August | 10am – 4pm | 1300 275 794  
www.swinburne.edu.au/openday |
| University of Ballarat | Mount Helen Campus; SMB | Sun 29 August | 10am – 3pm | 1800 811 711  
| University of Melbourne | Parkville & Southbank Campuses | Sun 15 August | 10am – 4pm | 1800 801 662  
http://www.futurestudents.unimelb.edu.au/about/openday/ |
| Institute of Land and Environment – University of Melbourne | Burnley Open Day & Pruning Day  
VET Open Day | Sun 18 July  
Sun 21 March | 11am – 3pm  
10am – 3pm | As above |
| Victoria University | Footscray Park only | Sun 8 August | 10am – 4pm | 9688 4110  
www.vu.edu.au |
| William Angliss Institute of TAFE | Sun 8 August | 10am – 4pm | 9606 2111  
www.angliss.vic.edu.au |
| Private providers; other Institute of TAFEs and Interstate Institutions | Various times throughout the year – majority are in August/September. Further details are available from Careers Centre. | | |

*** Interstate students, if they book early enough, can get a free room on campus for the Saturday night, this includes dinner and breakfast.***

Addresses of tertiary institutions are available via VTAC on [www.vtac.edu.au](http://www.vtac.edu.au) or by ringing the institution directly or visiting their website.

Students in Years 10, 11 and 12 are encouraged to go along to Open Days.
Getting the most out of an Open Day

Most institutional Open Days are held in late July and August (see over the page for Open Day dates). However, you are more than welcome to contact an institution to arrange a visit any time.

What happens on an Open Day?

On Open Day you can visit an institution when it’s at its best. Everyone is there – academics, lecturers, current students and information officers. More importantly, you can talk with academics, lecturers and current students about what certain courses are actually like, and what is required to get into them.

Who should attend an Open Day?

Anyone who is considering studying at a tertiary level in the next few years should attend.

Why should you attend an Open Day?

Apart from the opportunity to obtain course information there are many other reasons why attending an Open Day is a good idea:

- You are going to feel more comfortable arriving at a university or TAFE institute on the first day of classes if you have been there before.
- What is really involved in the course or courses you are interested in?
- If you have to move away from home, where are you going to live?
- Will you be happier studying in a large metropolitan institution or a smaller, perhaps rural institution?
- What does the place ‘feel’ like? Is it a bustling environment with lots of activity or a quieter, more relaxed campus set in landscaped grounds?
- How are you going to get there? Is it close to public transport or should you start saving now for a car?

If you don’t know the answers to any of these questions, then you should attend an Open Day!

How to make the best of Open Days

To make your Open Day visits fun and informative, here are some pointers:

- Write down a list of questions you would like to ask about particular courses
- Be there early. Crowds tend to develop as the day progresses
- On arrival, get a map from a central point and ask for directions to the relevant faculties or schools
- Ask questions!
- Don’t spend the day collecting printed information only. Use the opportunity to speak directly with academics before applications close
- Introduce yourself to selection officers if you feel it is appropriate, but don’t be pushy
- Check out the residential colleges, if available. After all, it is you that will be living there.
- Walk around the campus. Have a good look! See what sporting facilities and other services are available.
- Enjoy the visit!

Not everyone can attend every Open Day and various Institutions hold their Open Days on the same date! If you can’t attend an Open Day and you are interested in a particular institution, you may visit at other times. If you wish to speak to a particular person, it is essential to make an appointment first.

Addresses of tertiary institutions are available via VTAC on [www.vtac.edu.au](http://www.vtac.edu.au) or by ringing the institution directly or visiting their website.

Students in Years 10, 11 and 12 are encouraged to go along to Open Days.
VTAC and SEAS Information Session for students with a disability or chronic medical condition

This free event is a unique opportunity to meet with the experts from VTAC, TAFEs and Universities to maximise successful entry of students with a disability or chronic medical condition into tertiary education. You will also learn about the Special Entry Access Scheme (SEAS).

The session will provide:
• Valuable information about the VTAC and SEAS application process
• Information on how Selection Officers interpret the SEAS application form
• Information on career and course selection for students with a disability
• An overview of support services offered at TAFE and University and how to access these support services
• An opportunity to hear from tertiary students with a disability and their transition stories

At the session there will be:
• TAFE and University information stalls
• Adaptive Technology stalls

Date: Thursday 19th August 2010
Time: 6.00pm - 8.30pm
(6.00pm – 7.00pm TAFE and University stalls open)
(7.00pm – 8.30pm Official Speaker Presentations)
Venue: Darebin Arts & Entertainment Centre
Cnr Bell Street & St Georges Road, Preston
Grevillea Room
Cost: Free
Enquiries: Effie Kapsalos
(03) 9686 2354
ekapsalos@imvc.com.au
RSVP by: Wednesday 11th August 2010
ADOLESCENT SCOLIOSIS
SPINAL CURVATURE

The National Self-Detection Program

Information for schoolgirls in years 7 and 9 and their parents

A health promotion program recommended by the Royal Australian College of General Practitioners and 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?

- Head not centred over body
- One shoulder higher
- Unequal gaps between the arms and the trunk
- One shoulder-blade higher and possibly more prominent
- Spine obviously curved

©Scoliosis Australia
HOW SCOLIOSIS IS DETECTED
Apart from the outward signs with a teenager standing as illustrated, the reliable Forward Bend Test is used in the diagnosis of scoliosis. This simple visual examination requires the teenager to stand with the feet together and parallel and bending forward as far as she can go with the hands, palms facing each other, pointed between the two big toes. In scoliosis, one side of the upper chest (thoracic) region or the lower back (lumbar) region will be more than 1cm higher than the other. The prominence is most often on the right side in the thoracic region. If the difference between the two sides is less than 1cm, it is highly unlikely that a significant curvature is present and the difference is simply due to asymmetrical growth of the two sides of the body. This is called torso asymmetry and is of no significance.

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

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

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

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

WHAT WILL HAPPEN IF SCOLIOSIS IS NOT TREATED?
The curve may increase unnoticed during the growing years. Moderate and severe curves may also increase in adult life. Some curves may increase with pregnancy. Severe pain, physical deformity and wear and tear arthritis may occur during middle life. Early detection is important for a healthy future.
30km challenge
Amazing course! Mainly undulating to hilly, with a 400m winding climb to Mt Best.
• A great test of strength and endurance.
• Panoramic views and stunning countryside.

6km run, 6km walk for fun:
individuals and teams of 4
Through the historic township of Toora and surrounds.

Find out more
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Accommodation: book early!
All events start at 9.00am, presentations 12.30pm.

Enter online: early bird discount available till 6 August 2010

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