

# Dalby State High School

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P&C Meetings 1st Tuesday each month at 5:30pm. All welcome.

[www.dalbyshs.eq.edu.au](http://www.dalbyshs.eq.edu.au)

## NEWSLETTER

*Seek the Truth*

12th November 2015

### From the Principal's Desk

#### Welcome

Hello everyone and welcome to the second edition of the newsletter for this term. I am very pleased to be able to share some wonderful news about the achievements of our students with you.

#### Bond University Scholarship Recipient

2015 School Captain Declan Caruso has been awarded an Excellence Scholarship to study at Bond University next year. The scholarship is worth \$40,000 towards tuition fees for the Bachelor Degree in Film & Television. The application process was challenging and Bond University report they received the most number of applications ever. Bond University will formally award Declan the scholarship in a ceremony on Sunday 15 November. Bond University runs three semesters in each year, allowing Declan to complete his degree in two years.

#### START QUT Program

Year 11 student and 2016 School Vice-Captain Madi Jones has been accepted into START QUT's accelerated learning course for 2016, studying Law & Justice courses externally. START QUT gives students the opportunity to study one or two university units, in the same classes as current QUT students, whilst completing Year 12. High school students can select two units from across the university, and study one unit each semester. One of Dalby SHS's five accelerated Chronos students, Madi has adjusted her senior study program to complete three senior subjects by the end of this year (Year 11).

#### Empire Theatre Foundation Bursary

Year 11 student Laura Anderson (who is also an accelerated Chronos student), and year 9 student Tan McKie were presented with Empire Theatre Foundation Bursaries in Toowoomba last week. These prestigious bursaries are much sought after and can be used to help young artists who demonstrate talent in a performing arts discipline as they build their career. In the past recipients have used the funds to launch their careers in the performing arts as professional actors, fulltime musicians, dancers and technical professionals.

#### Year 12 Last Week of Formal Schooling

The middle of term 4 is always a busy time; especially for our year 12s who are completing their final assessment items as this newsletter goes to print. I would like to wish all of our year 12s the best of luck with their results. It has been wonderful to see the amount of effort our year 12s have put into their studies this year. Our current year 12s also have one of the strongest attendance rates I can remember, which has had a positive impact on all aspects of their schooling. I am confident that all year 12s will enjoy their last two weeks at school and their formal and valedictory.

#### Annual Awards Night Ceremony

This annual highlight in the school calendar will be held next Tuesday, 17 November, from 7.20pm in the Great Hall. The ceremony will be an opportunity for our school community to acknowledge students for their academic, vocational, cultural and service achievements. Please make the time to come along and be a part of a truly special event.

#### Until next edition...

Please do not hesitate to make an appointment at the school office if I can be of assistance with any matter.

*Dr Dean Russell  
Principal*

## Dalby State High School 2015 Awards Night

Tuesday 17<sup>th</sup> November  
7:30pm  
DSHS Great Hall

Please mark in your calendar this important event in our school year. Award recipients and families are asked to be seated by 7:15pm.  
Students receiving awards must be in full formal uniform.

The school office will be closed  
Monday 25th January 2016

Years 7 and 11 students will commence  
Wednesday 27th January 2016

All students will attend Thursday  
28th January 2016

#### Date Claimers

November		December	
12	Clontarf Academy Awards	1	Yr 7 2016 transition day
13	DSHS Art Show	1	Yr 7 2016 parent BBQ
17	Annual Awards Night	1	P&C Meeting
19	Yr 12 Formal	7	Yr 7 Rewards Day Bunya Campus
20	Yr 12 Valedictory		Years 8 & 9 Rewards Day
23-27	Yr 11 Exam Block	8	Years 7, 8 & 9 Finish
25	Aeschylus Final Performance	11	
27	Yr 10 Dreamworld trip		
27	Yrs 10 & 11 Finish		
30	Yrs 7 - 9 OLSCC Sports Exchange		
		January 2017	
		27	Years 7 & 11 commence
		28	All Students commence

## 'A Brush with Youth' – DSHS's Art Exhibition!

On Friday November 13<sup>th</sup>, Dalby State High School's Art Department will be showcasing some of the school's finest art talent in our annual art show, 'A Brush with Youth.' With a range of artworks across all medias including drawings, paintings, sculptures, mixed media and digital art, this year's exhibition is a highly anticipated one after a two year absence. The exhibition will be on display at the wonderful new Gallery 107 on Drayton Street. Starting at 6:30pm, you are welcome to come in and experience the artistic talents our students have to offer, while you enjoy some entertainment from Performing Arts students, followed by the awards ceremony hosted by our guest speaker. This is an amazing opportunity for our Visual Art students to showcase their art at in such a gallery and we look forward to seeing you there.

**What:** 'A Brush with Youth'

**When:** Friday November 13<sup>th</sup> @ 6:30pm

## QGC Recognises Outstanding Achievement

Dalby State High School has been in partnership with QGC to deliver a Certificate II in PMA to students who participate in the Trade Futures program. On Wednesday QGC staff members celebrated the graduation of the current year 12 class of PMA students. Thanks to QGC and congratulations to the students on completion of their certificate and to those who received an award.



*Left - Aimee Farrell and Brayden Anderton were presented with an award from QGC Field Operations Manager, Andrew Robertson in recognition of their outstanding performance during the two years of their work placement.*

## Year 8 Update

**THE GOOD....**8s are doing great! It has been a busy and successful term already and we've still got 4 weeks to go! Congratulations to Luke Scott and Chiquita Glenbar who represented DD at the State Track and Field Championships in Brisbane recently.

Congrats to Luke (again), Darcy Reed and Healy Beresford for being part of our school's Knockout Athletics team who competed at UQ a few weeks ago. Well done to each of our Yr 8s who received an award at our recent Sports Award Night. Thank you to our indigenous students who helped DSSS celebrate NAIDOC Week.

Invites have been sent home to the families of Year 8s who will be receiving an award at our annual Awards Night next Tuesday. This is a prestigious event and I hope to see all of the award recipients there with their families. It is always wonderful to see so many Year 8 students doing so well.

**THE BAD.....**We are so close to the end of the year but it is very important that every single student maintains their focus right to the very end. Lots of silly behaviour has started to creep in over the past couple of weeks – name calling, touching others' things, throwing food, etc - all things I have spoken to my cohort about before and all things that need to stop. Please have a conversation with your son/daughter about their behaviour – just check in with them that they are still doing the right thing!

All students should also be working hard to finish off final pieces of assessment before we all get to wind down with our alternate week activities in Week 10. On that, if your child was invited to Wet 'n' Wild, please return the medical form with payment to the office by Friday 27th November.

As always, please don't hesitate to contact me if you have any queries or concerns.

*Karen Marini  
Year 8 Coordinator*

## USQ DEADLY SCHOLARSHIPS

On Monday the 2<sup>nd</sup> of November 4 students and their families travelled to Toowoomba to attend the USQ 'Deadly Ways, Our Ways' Mentoring program awards night.

Two students, Declan Duncan and Tyson Beezley each received \$3000 academic scholarships to help them with the costs associated with completing years 11 and 12.

Isabella Lasserre and Dakota Carroll were recipients of \$500 attendance scholarships to assist them also with the costs associated with completing years 11 and 12.

The school was also given a plaque, a book and an iPad for assisting the program.

## COMMUNITY NOTICES

### Free Mobile Women's Health Service

Dalby Health Services (Dalby Hospital)  
8.15 am—2.30 pm Appointments 4669 0517  
\*\*\*\*\*

### Lions Club Baby Show & Tots to Teens Quest

14th November at 10am at Lions Den, North Street, Dalby  
Age sections from newborn - 17 yrs. Best dressed, personality, happiest baby, judges choice, Champion boy and girl up to 36 mths, and 3 yrs and over..  
Entry fees \$20 per child or \$50 per family.  
Further information phone Colleen 4669 6478  
\*\*\*\*\*

### Mayoral Christmas Concert

Tuesday 8th December at 7pm with supper to follow  
Dalby Presbyterian Church  
\$5.00 per person  
Proceeds to Dalby Chaplaincy Committee  
For more info phone council 1300 268624  
\*\*\*\*\*

## Year 7 2016

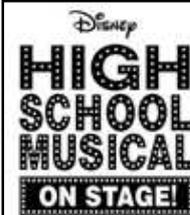
### Enrolment forms for Year 7 2016 are now overdue.

Please follow the checklist provided in the enrolment pack for the documentation required to be returned including proof of residency and birth certificate. Forms are to be returned to the Dalby State High School Office as soon as possible. For further enquiries, phone the office on 4669 0900

## Tutoring in the Support Space

Tutoring is on every morning in the Support Space from 8 am until 9 am. Bring your homework, revision sheets, assignments or just yourself! Students can also help themselves to a Milo or breakfast snack. All year levels and ability levels are welcome.

Monday—Literacy and Numeracy  
Tuesday—Maths  
Wednesday—General  
Thursday—Science  
Friday—English



A CD of photos from the school musical "High School Musical" can be purchased from the school office for \$10.

A DVD is now available to PRE ORDER. \$20 cash only for a DVD set that includes two performances, one of each cast. To secure your copy please submit an order to the office ASAP.

In accordance with our licence agreement copies of DVDs are authorised for personal, at-home and non-commercial use only. The sale or distribution of such recording is strictly prohibited under federal copyright law.

## Knockout Athletics

Saturday 10th October saw 16 Dalby State High School boys travel to the University of Queensland Athletics Centre for the Schools Knockout Competition.

The junior, intermediate and senior teams were well represented by a range of athletes competing in various track and field events against a range of Queensland schools.

A number of personal bests were recorded on the day including Jay Boyd (intermediate boys) running 24.00s in his 200m final. Other notable mentions include: Russien Nisperos (junior boys) – 4th in his 100m race, Luke Scott (junior boys) – 3rd in his 100m race and competing in the 90m hurdles, Healy Beresford (junior boys) – ran a competitive 800m against intermediate competitors, Darcy Reed (junior boys) – competing against boys 3 years his senior in the shot put and Andrew White (senior boys) – competing in the 110m hurdles.

All of the boys were excellent representatives of Dalby State High School and should be commended on their conduct,

Junior Boys	Intermediate Boys	Senior Boys
Darcy Reed	Jay Boyd	Sean Melbin
Russien Nisperos	Wyatt Wrigley	Andrew White
Luke Scott	Travis Tate	Lachlan Town
Mitchell Hemmings	Kendall Fetherstone	Terry Collier
Healy Beresford	Daniel Scott	Lachy Noller
		Mitchell Bazley

## Year 7 Update

As the end of the year approaches, there are lots of things happening. With so many other year levels on the countdown to the end of the year, it is easy for all of us to fall into the same trap. I would like to encourage all Year 7 students to remain focussed on their classwork, assignments and exam preparation. Likewise, I encourage you all to have another look at the assessment calendar as Week 8 is particularly busy with the vast majority of assessment items due.

**Rewards Day** - I was honoured to be able to hand out over 120 invitations to the Year 7 students who have consistently demonstrated appropriate behaviour and maintained an attendance record of 90% or higher. Our rewards day will be held at the Bunya Campus on Monday, December 7. Students who received an invitation and wish to attend need to RSVP by Friday, November 27. The Health and Wellbeing teachers and I are very excited to be spending the day with such awesome students.

**Special Mentions** - I would like to make special mention of some outstanding achievements from Year 7 students in recent weeks. Sara Wilson was presented with an award on assembly recently for her participation in a writing competition celebrating NAIDOC Week. Jimmy Donald was placed in the top 5% of entries for a Short Story Competition. His short story will soon be published in book of stories called 'Read, Write, Repeat'. Ellie Johnston was recently selected in the Queensland Under 12 Girls Cricket Team. Well done to all of these students.

**2016 Subject Selection** - This week sees students selecting the three elective subjects they wish to do next year. There has been a lot of talk around the Year 7 building about the different subjects on offer and how excited students are to take on new challenges. Conversations like these are always music to my ears.

As always, if you have any concerns or questions, please feel free to email or call me.

Sarah Hemmings  
Year 7 Coordinator  
shemm1@eq.edu.au

## Dalby State High School P & C Resource Scheme Outlet

To ensure that your student has the books, classroom materials and sports activities for their study areas in 2016, join the Resource Scheme. The fees for 2016 are \$240 for Years 7, 8 and 9 students and \$260 for Years 10, 11 and 12.

Parents and caregivers can now start paying 2016 Resource fees. **A discount of \$20 applies for each student if fees are paid in full prior to 1st December 2015.** If it is easier financially to start paying the SRS fees by instalments now, you are welcome to make payments by electronic funds transfer to the P&C bank account BSB 034-177 Account Number 152347 with the student's name as the payment reference.

A Security Bond of \$50 is required for each student and rolls over each year. Any queries please phone 4669 0953 or email [dalbyhighpandc@bigpond.com](mailto:dalbyhighpandc@bigpond.com).

Pay cash, credit or cheque. Eftpos is available. Centrepay now available.

Layby of uniforms is welcome.

**Lockers** are also available for hire through the Resource Centre for \$40 per annum (cash or cheque only). A Locker Agreement Form must be signed by student and parent prior to hire.

**HOURS OF OPERATION**  
Monday to Friday – 8.30am to 2.30pm

**DECEMBER 2015 / JANUARY 2016**  
**HOURS OF OPERATION**  
The uniform shop will close at 2.30pm on Friday 11th December and reopen at 8.30am on Monday 18th January 2016.

**COLLECTION OF TEXTBOOKS 2016**  
For those parents/caregivers that have paid Student Resource Fees in 2015, textbooks will be available for collection from the tuckshop from Monday, 18th January 2016.

**ALL TEXTBOOKS MUST BE RETURNED BY FRIDAY 11TH DECEMBER 2015**

## Is Writing Important?

The answer to this question is an unqualified YES! Experts agree that writing is an extremely versatile tool that is used to accomplish a variety of goals:

- It provides a mechanism for maintaining personal links with others.
- To share information, tell stories, create imagined worlds, explore who we are, combat loneliness and chronicle our experiences.
- For influencing others.
- Learning and communicating: to gather, preserve and transmit information.
- The permanence of writing makes ideas readily available for review and evaluation. Improve their reading and as a study-tool.

### What you as a parent can do to help?

- Be enthusiastic about writing.
  - Encourage your child to share their writing with you.
  - Reward all steps in the writing process, especially for assignments.
  - Planning is just as good as publishing.
  - Set high but realistic expectations for your child, encouraging them to surpass previous efforts.
  - They really love writing? Why not encourage your child to enter one of the many writing competitions? Winners are published and often win a little prize money on the side. [Graham, S & Perrin, D. (2007) "What we know, what we still need to know: Teaching Adolescents to Write," *Scientific Studies in Reading*: Volume 11, pp.313-6.]
- So get writing today! Try a 'purge' write. 10-15 minutes of writing about whatever topic you like, and don't worry about the spelling, grammar and punctuation this time.

Rhianna Commens  
Master Teacher

## ***Sports News***

**Sports Awards Dinner** - On Tuesday 27th October Dalby State High School held its 4th annual Sports Awards Dinner at the Dalby League's Club. The night is an opportunity for the school to celebrate the sporting achievements made throughout the year by students in school sport. It is also a chance to recognise the contribution of both parents and staff in assisting our students participate in sporting events throughout the year. Guests listened to addresses from the principal Dr Dean Russell and Head of Department PE & Sport Ms Bronwyn Henschell as well as special guest, Lucy McCullough. Lucy spoke of her sporting successes whilst being a student at Dalby SHS and then about her career as a Physiotherapist in Brisbane. As a physiotherapist she has managed to work with the Sporting Wheelies and other sporting clubs. She continues to play Touch at a representative level. Awards were presented to Age Champions, Bronze, Silver and Gold recipients as well as to record breakers and students who assisted with service to sport. The major awards presented on the night were:

<b>Cricketer of the Year</b>	<i>Will Kropp</i>
<b>Junior Team of the Year</b>	<i>U15 Darling Downs Cup AFL Team U15 All Schools Touch Team</i>
<b>Senior Team of the Year</b>	<i>Open Boys Cricket Team</i>
<b>Coach of the Year</b>	<i>Miss Michelle Wild</i>
<b>Pierre de Coubertin Award</b>	<i>Daniel Ash</i>
<b>Andrew McCullough Aim for Excellence Award</b>	<i>Russien Nisperos</i>
<b>Sportsperson of the Year</b>	<i>Sam Rasmussen</i>

Thank you so much to all who sponsored the evening and those who assisted in any way. Your assistance was greatly appreciated and without you we cannot offer such a great night.

**10 – 12 years State Track & Field Championships** - Congratulations to Sam Rasmussen (our Sportsperson of the Year) for his selection in the 10 to 12 years Queensland Track and Field team. At the recent state titles in Cairns Sam won the Multi-event, Bronze in the Shot Put and fourth in the 100m final. A fantastic effort Sam!

**Rugby Union – Warwick 7s** - The U16 boys Rugby 7s team have been crowned champions of the inaugural Scots 7s carnival. On Saturday 31st October, the school competed against private schools from Toowoomba and Warwick in the Scots PGC Rugby 7s carnival in Warwick. Two teams of U16 boys were nominated and competed on the day in separate pools. Dalby Gold finished third in Pool A and Dalby Maroon topped Pool B. Selected players from both teams then combined for the knockout stages. Dalby recorded an impressive 33-8 win over Downlands College Toowoomba in the semi-final. They then went on to contest a hard fought Final against Concordia College where they prevailed 14-7. Special mention must go to Patrick Rudd (year 10) who was named Best & Fairest of the tournament. Congratulations to all the boys who participated and special thanks to Mr Caruso for his assistance.

### Pool A results

Dalby Gold lost to Assumption College 22-19

Dalby Gold lost to Downlands 22-0

Dalby Gold lost to Scots 19-5

### Pool B results

Dalby Maroon defeated Downlands 21-10

Dalby Maroon defeated Lloydies (invitational) 29-19

Dalby Maroon defeated Concordia 14-12

### Semi-final

Dalby defeated Downlands 33-7

### Final

Dalby defeated Concordia 14-7

*Mr Jordan Roache*

**13 - 19 Years State Track and Field Championships**—For 4 days at the end of October, I had the pleasure of accompanying the Darling Downs Track and Field team to Brisbane for the State Championships as a team manager. The team was 204 athletes strong and that included a record 12 athletes from our school. One of our Yr 12 girls, Flora Scarffe, had the added privilege of being named Female Track Team Captain, recognising her for selection in the DD Athletics Team every year for the past 8 years. While congratulations go to all of our DSHS students who performed well and represented themselves, their families, their school and their region with pride, it was our 3 AWD athletes who had an outstanding meet. Chiquita Glenbar, John Flegler and Megan Guyatt all medalled and should be very proud of themselves.

*Mrs Karen Marini*

**Volleyball – Junior Schools Cup** - On the 16th October, the DSHS Under 15 Boys Volleyball team travelled to Brisbane to compete in the Queensland Junior Schools Cup Volleyball Competition. The boys played very well for their first ever competition and their first time playing as a team. They won three of their six games and finished tenth out of fifteen teams in our division. I could not be prouder of the way the boys played and represented the school, and the sportsmanship they displayed both on and off the court. Congratulations and thank you boys for all your hard work and commitment. Also, a big thank you to the parents for supporting us over the weekend, to Mrs Kate Challenor for assisting me in coaching the team, and to Scott Burt and Daniel Ash for assisting at training sessions.

*Miss Rachel Bettiens*

**Return of Sporting Uniforms** - As the end of the year is fast approaching I am making an urgent request for the return of any sporting uniforms that may be still outstanding. Please return them ASAP. Replacement bill will be issued to students with uniforms not returned.

**Upcoming Events** - Monday 30th November – Year 7, 8 & 9 Sports Exchange with Our Lady of the Southern Cross College

## 2015 DSHS Debutante Ball

Staff and students of Dalby State High School would like to thank the Western Downs Regional Council for their in-kind assistance. Their generous support with the cost of hiring the show grounds for our recent Debutante Ball helped to keep ticket prices down, making the event more accessible for families.



**Front row L-R.** Taylor Oriti, Chelsea Clark, Jaime-Lee Shepherd, Meg Weeks, Georgia Hanrahan, Zalah-Jade Secretan, Dana Scheuerle  
**Back Row L-R** Lucy Kucks, Shaye Robinson, Tayla Harrison, Katie Fawkes, Carly Couper-Darr, Stephanie Raux.

## Year 12 News

This will be my final Newsletter article as a Year Coordinator! How emotional! The year is almost finished and that means a lot of very busy and stressed-out kids.

Exam block is this week. I wish to congratulate the students on their efforts so far; they have been handing in assessment items early and recognising that it's better to get things over and done with. The board English students were so excited to hand in their Wider Reading assignments!

With formal getting closer a separate information letter regarding the running of the night will be sent home with the year 12s. This letter will contain the gate opening times and departure times for guests and parents. Arrival times for each individual student is being collated now and the students will be notified of this in due time. It is sure to be a wonderful night. If students have any questions, please see myself or Mrs Maunder. Please remember that only guests who have paid the \$4 for pre drinks or for the dinner will be allowed in the gate. These people will have wristbands.

Valedictory preparations are well underway and I have been very busy collecting the multitude of photos and letters for this day. The cohort is to arrive at the hall at 8:30am in full formal uniform. Parents and invited guests are to be seated by 8:45am. Valedictory is expected to run through to morning tea (inclusive) and has often run into second session. Students will be dismissed after valedictory for morning tea outside the hall, their final chance to say goodbye. The cohort will be free to leave once morning tea is finished (approximately 12 noon).

The last week activities (see below) outline the events in the final week. All of the days are compulsory for each student with a multitude of presentations to take place as well as some official and not so official information being distributed (i.e. SAL scores etc). This week will also serve as an opportunity for the students to catch up with staff and share some fond memories. If you have any questions regarding any of the activities in the final week please feel free to give me a call.

Information regarding the return of the Student Laptops has already begun to be distributed. Any student who hired a laptop at the beginning of the year needs to return these by WEDNESDAY 18th NOVEMBER. The students Wi-Fi will be switched off at this point and with all assessment now complete there is no need to have them. Best to hand them in early and save the mad rush!

Gold and Silver awards are now being collated. Students will receive their award on the last Monday of Year 12 (16th November). A letter mailed home in was mailed home in Week 5 to notify parents if their child is receiving an award. All parents are welcome to attend and watch their student receive this award.

Students are to ensure that before finishing they return all resources (textbooks etc.) to the Resource Hire. Please feel free to call the Resource Hire for exact methods of returning items. Your deposit return can also be arranged at this time. Students must also return all items hired from the library. All of these items MUST be returned by the end of week 6 (Friday 13th November) otherwise students must pay for the items they have not returned and may not be able to attend the formal.

Last week behaviour: I expect this week to run smoothly without incident. Students who plan on having a 'muck up week' could possibly find themselves missing out on some very important events (i.e. formal). Exemplary behaviour is to be demonstrated at all times, so please let your students know that they will receive consequences if they don't follow school rules.

I want to thank the cohort for an amazing term and year so far and I look forward to the final weeks ahead.

Alicia Edwards  
Year 12 Coordinator

## NAIDOC Day at Dalby South State School

Last week, Wendi Lindsay of Transition Support Services, took a group of indigenous students to Dalby South State School to participate in NAIDOC Week activities.

Our FNQ students taught the Dalby South students the song "Head, Shoulders, Knees & Toes" in Wik. They had a great time teaching some traditional dance and there were some "dance-offs" between the year 4 classes.

It was wonderful to see these students, who are not generally outgoing kids, absolutely shine. We are so proud of the strong cultural links our Indigenous students are teaching to the wider community.

Thanks heaps to Tom & Craig from Clontarf for coming along and helping in the morning. It was a wonderful morning.

## Year 11 Health Education Heart of Australia Visit

Family attitudes towards diet and exercise can impact significantly on a child's risk of lifestyle diseases such as obesity. Good diet and exercise habits should be established at a young age in a family setting to increase chances of healthy habits to be carried on into adulthood. The year 11 Health Education class have been investigating the issue of obesity in the context of family health this term. As part of this, they had the opportunity to visit the Heart of Australia Truck – a 25m long clinic-on-wheels service that visits rural communities including Dalby, St George, Charleville, Goondiwindi and Roma.

The students were given a tour inside the truck by founding Cardiologist, Dr Rolf Gomes and even shown how some of the testing equipment was used. Dr Gomes spoke to the students about a number of issues he witnesses as a cardiologist include the importance of exercise in maintaining a healthy lifestyle, how sedentary activities like sitting are damaging our health and ways in which families can improve their lifestyle.

In conjunction with the visit to the Heart of Australia truck, the students also attended a 'mini lecture' from John Dennehy, head Exercise Physiologist at Better Movement Clinic. John's informative session gave the students insight into the impacts of obesity from a physical, social, economic and emotional perspective. He also informed them of the ways in which he, as an exercise physiologist, treats and prevents obesity-related illnesses.

The opportunity to visit such a valuable and accessible resource in the community and listen to first-hand experience from health professionals gave the class a more in-depth awareness of the issue of obesity among families. It also allowed them the chance to collect valuable primary data which will now contribute to the writing of their feature article this term.

We would like to thank Dr Gomes and Doug Brimblecombe from Heart of Australia as well as Karen Lawrie from Myall Medical Practice and John Dennehy from Better Movement Clinic for making the day possible.

# Warrego Office Choice

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