

# Kenthurst Public School

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**Excellence and Innovation in a Unique Community**

**"The School of Choice"**



Term 4 Week 2

Friday 21<sup>st</sup> October 2016

Good afternoon Parents and Friends,

We have begun the term with many exciting activities and new opportunities. Stage 1 created a delicious salad feast and attended their Recycling excursion.

**Sydney Dance Sport Championships** Kenthurst participated for the very first time in this prestigious event. Held over 2 days, 35 schools participated in what was a full, fun filled day of exercise and social skills. Thank you to the parents who drove the students and sat in the stands of screaming fans!

World Champion, 10 times Australian Professional DanceSport Champion and Dancing with the Stars winner Stefano Olivieri, was the head Dance Judge and he generously donated vouchers for a *free* lesson. If you are interested in receiving one of these vouchers, (valued at \$60.00) please come to the front office. His dance studio, Dance XS, is the largest in Sydney and is situated in Wetherill Park.



Congratulations to the Kenthurst team on a magnificent effort. I am so very proud of you all.

**Kindergarten Information Night** is on this Monday 24<sup>th</sup> October in The Learning Centre at 7.00pm. This is an evening where our Kindergarten 2017 parents meet all of the staff and complete rotational activities, highlighting the amazing learning that happens here at Kenthurst, 'The School of Choice'.

**Gardening** A huge thank you to the 'Gardening Team', for brightening up the garden beds with colour and mulch. The fairy garden is flourishing and spring is here at Kenthurst. Thank you Tina, Tamela, Joyce and Cassie.

**The Swap Party is** going to be held on Tuesday 25<sup>th</sup> October.

*Reduce, Reuse Recycle*

This P&C initiative is in keeping with our ongoing theme of Sustainability. Mila will be in the Learning Centre this week and next week before school, to accept quality items that are going to be swapped.



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**ZoosnooZ** and **Great Aussie Bush Camp** are the two exciting camps that our Stage 2 and Stage 3 students will be attending in the coming weeks. We'll have some great stories to share when we return from our adventures!

Yours, in quality education.

*Caron Dodd*

Principal  
Kenthurst Public School  
'The School of Choice'.



## DIARY DATES – 2016

### Week 3 – Term 4

24 <sup>th</sup> October, Monday	-	2017 Kindy Parent Info Evening 7pm
25 <sup>th</sup> October, Tuesday	-	Be Skilled Be Fit 2017 Kindergarten Orientation 1
26 <sup>th</sup> October, Wednesday	-	
27 <sup>th</sup> October, Thursday	-	Band / Scripture K-6 Assembly
28 <sup>th</sup> October, Friday	-	PSSA

### Week 4 – Term 4

31 <sup>st</sup> October, Monday	-	ZooSnooz – Stage 2
1 <sup>st</sup> November, Tuesday	-	ZooSnooz – Stage 2 Be Skilled Be Fit
2 <sup>nd</sup> November, Wednesday	-	
3 <sup>rd</sup> November, Thursday	-	2017 Kindergarten Orientation 2
4 <sup>th</sup> November, Friday	-	PSSA

### Important Dates for Term 4

7 <sup>th</sup> November 2016	-	Great Aussie Bush Camp (2 nights) Stage 3
7 <sup>th</sup> November 2016	-	Swim Scheme for 2 weeks
30 <sup>th</sup> November 2016	-	Zoo Excursion Kindy
6 <sup>th</sup> December 2016	-	Celebration of Learning – 9:45am
9 <sup>th</sup> December 2016	-	Yr 6 Graduation 10am / Farewell 6.30-9.00pm
13 <sup>th</sup> December 2016	-	K Factor (Talent Quest)
16 <sup>th</sup> December 2016	-	Last Day of School for Students



**Please note changes to our afternoon buses**  
**Buses 3591 / 3585 / 3542 will now leave school at 4pm**  
**& Bus 3589 no longer exists –effective 7/11/16**



## School Travel Advice

For trip planning visit [www.transportnsw.info](http://www.transportnsw.info) or call 131 500.

For current Hillsbus school and route services visit [www.odcbus.com.au](http://www.odcbus.com.au) or call 02 8889 7000.

Conditions of Carriage: Students must have a valid Opal card, term pass or pay a cash fare. Students must tap on and off every trip. Further details about the SSTS are available at: [www.transportnsw.info](http://www.transportnsw.info)

Key: L> Bus turns left; R> Bus turns right

## KENTHURST PS

Bell Times

Morning: 09:20

Afternoon: 15:20

Effective 07/11/2016

### MORNING BUSES

Route	Time	Bus Route
3105	08:35	EX NELSON & EDWARDS RDS via Edwards, L>Annangrove, (Annangrove PS 08:41) Annangrove, R>Marian driveway, St Madeleine's (08:48). Transfer to Route 3116 (due 08:58) for travel to school
3116	08:36	EX SHOPLANDS RD & AMANDA PLACE via Shoplands, R>Blue Gum, L>Annangrove, (Annangrove School 8:43) R>Colbran, turn at Robson, return Colbran, R>Annangrove, R>Marian driveway, St Madeleine's (08:58), R>Annangrove, R>Kenthurst, Ward Place Round Corner (09:08), L>Kenthurst, R>Dural to school
639	08:45	EX MARAYLYA SERVICE STATION, BOUNDARY RD via Boundary, L>Pitt Town, L>Lang, turn at Alicia, R>Pitt Town, R>Kenthurst, L>Dural to school
3171	08:47	EX PITT TOWN RD AFTER KENTHURST RD via Pitt Town, L>Campbell to Banksia (08:52) return Campbell, R>Pitt Town, L>Fuggles, L>Binalong, turn at Orana, return Binalong, R>Fuggles, L>Pitt Town, R>Kenthurst, L>Dural to school
3118	08:50	EX PITT TOWN & PORTERS RDS via Porters, L>Ascot, L>Porters, (Cadwells & Porters 09:00) return Porters, L>Lawrence, Turn at Hazeldean, L>Porters, L>Park, turn at Roughly, Porters, Kenthurst, L>Dural to school

### AFTERNOON BUSES

Route	Time	Bus Route
3555	15:30	TO CASTLE HILL VIA MARIAN COLLEGE & ROUND CORNER via Dural, L>Kenthurst, R>Annangrove to St Madeleine's (15:35) & Marian College (15:38), return R>Annangrove, R>Kenthurst, (Round Corner 15:48) R>Old Northern, L>Terminus, R>Crane to Castle Towers
3591	16:00	TO PORTERS & CADWELLS RDS via Dural, R>Kenthurst, Porters, R>Park to Roughley, return Park, R>Porters, R>Lawrence to Hazeldean, return Lawrence, R>Porters to Cadwells Turnaround
3513	15:40	EX ST MADELEINES PS TO NELSON RD BUS BAY via L>Annangrove, L>Colbran to Robson Rd & return via Colbran L>Annangrove, R>Edwards to Nelson Rd bus bay
3585	16:00	TO PITT TOWN RD & MARAYLYA via R>Kenthurst, L>Pitt Town, L>Lang to Alicia Pl, return Lang, L>Pitt Town to Boundary
3542	16:00	TO PITT TOWN, FUGGLES & CAMPBELL RDS via Dural, R>Kenthurst, L>Pitt Town, L>Lisbon to Ellendale, return Lisbon, R>Pitt Town, R>Fuggles, L>Fuggles, L>Binalong to Orana, return Binalong, R>Fuggles, R>Fuggles, R>Pitt Town, L>Campbell to end
3594	16:00	EX ST MADELEINES PS TO SHOPLANDS via L>Annangrove, L>Colbran to Robson & return via Colbran, L>Annangrove, R>Blue Gum, L>Shoplands to Amanda Place



## Kenthurst Public School – “The School of Choice”

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Dear Parents,

The Children's Crossing has now been installed in Dural Street with the associated “No Stopping” zone between 8.00-9.30am and 2.30-4.00pm school days.

This has resulted in the removal of all the No parking restrictions (Kiss and drop area) on the school side of the road from the school staff driveway to the Bus Zone.

May we remind you that it is illegal to stop in a “No Stopping” zone during the restricted times and if you stop and let children off or into the vehicle here, this will result in a fine and 2 demerit points.

When the School Crossing flags are displayed, vehicles must stop at the white line and give way to pedestrians crossing the road. Failure to do so is an offence and can also result in fines and demerit points.

Thank you for your understanding in this matter.



### Children's crossings

Children's crossings are usually part-time crossings that operate before and after school hours, or at other times that may be approved by local councils. Aside from these times, the area is not a pedestrian crossing. When in use, red flags displaying the words CHILDREN CROSSING are used. Drivers must slow down and halt before the stop line when a pedestrian is on the crossing or waiting to cross – and remain stopped until all pedestrians leave the crossing.



## Parking Rules & Penalties

**Council's Compliance Officers enforce parking signs at your school.**

When it comes to the safety of vulnerable road users like school children, drivers found breaking the law will be met with zero tolerance. When an offence is detected, you will be fined.



### **NO STOPPING**

**You must not STOP at any time.**

Stopping includes when the vehicle is not moving but the engine is still running.

### **SCHOOL ZONE**

Penalty from \$325 and 2 demerit points



### **BUS ZONES**

**You must not stop your vehicle in a Bus Zone unless you are driving a public bus.**

Stopping includes when the vehicle is not moving but the engine is still running.

### **SCHOOL ZONE**

Penalty from \$325 and 2 demerit points



### **NO PARKING**

**You can stop only to drop off or pick up passengers or goods and you must not stop for more than 2 minutes and The driver must stay within 3 metres of your vehicle. Stopping includes when the vehicle is not moving but the engine is still running.**

### **SCHOOL ZONE**

Penalty from \$180 and 2 demerit points



### **DRIVEWAYS**

**You must not park your car over or block access to a driveway. You can stop in a driveway to drop off or pick up passengers BUT only for less than 2 minutes AND the driver must stay with the car.**



### **SCHOOL ZONE**

Penalty from \$180 and 2 demerit points

3 Columbia Court, Baulkham Hills NSW 2153  
PO Box 7064, Baulkham Hills BC 2153  
Phone 02 9643 0555 Email [council@thehills.nsw.gov.au](mailto:council@thehills.nsw.gov.au)  
Facsimile 02 9643 0409 [www.thehills.nsw.gov.au](http://www.thehills.nsw.gov.au)

**THE HILLS**  
Sydney's Garden State

## There are now increased penalties and demerit points associated with all offences in School Zones.

	<b>NO PARKING</b> You have no more than 2 minutes for drop-offs or pick ups and must stay within 3 metres of your vehicle.	Penalty from \$180 and 2 demerit points
	<b>NO STOPPING</b> Under no circumstances are you permitted to stop on a length of road to which a No Stopping Sign applies.	Penalty from \$325 and 2 demerit points
	<b>BUS ZONE</b> You must not stop your vehicle in the indicated zone unless you are driving a public bus.	Penalty from \$325 and 2 demerit points

Double parking	\$325 & 2 demerit points
Stop on path or nature strip	\$180 & 2 demerit points
Stop on / near marked pedestrian/children's crossing	\$433 & 2 demerit points
Approach children's crossing too quickly to stop safely	\$541 & 4 demerit points
Illegal U turns	\$433 & 4 demerit points
Stop across driveway	\$180 & 2 demerit points
Drive using a hand held mobile phone	\$433 & 4 demerit points
Parallel park close to (within 3 metres) double centre line	\$253

FINES CURRENT AS OF JULY 2016

For a complete list of school zones offences visit [www.rta.nsw.gov.au](http://www.rta.nsw.gov.au)

3 Columba Court, Beukham Hills NSW 2153  
 PO Box 7004, Beukham Hills NSW 2153  
 Phone: 02 9843 0555 Email: [council@thehills.nsw.gov.au](mailto:council@thehills.nsw.gov.au)  
 Facsimile: 02 9843 0409 [www.thehills.nsw.gov.au](http://www.thehills.nsw.gov.au)

**THE HILLS**  
 Sydney's Garden Shire



## Stage 1

Last week in Stage One, we harvested our lettuces, learnt rules about the safe way to use knives, peelers and graters and made a salad which we shared as a stage.

A huge **THANK YOU** too all the parents who were able to come and help out as we couldn't have done it without you!

Here is the recipe if you would like to try this at home:

Remember it's a **Salad of the Imagination**, so you can change it however you like.

1. Harvest lettuces
2. Wash hands
3. Wash ingredients
4. Tear lettuce with hands
5. Carefully cut tomatoes
6. Carefully peel and grate carrots
7. Toss together in a bowl



To make dressing - Measure

1. 2 tablespoons of olive oil
2. 2 tablespoons of white wine balsamic vinegar
3. 1 tablespoon of lime juice
4. 1/4 teaspoon of crushed garlic
5. Mix together and drizzle over salad
6. Share and enjoy!





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Stage One



Mulching in the orchard



Stage One are hilling the potatoes.  
We need to do this so that the new  
potatoes are protected from the sun  
otherwise they will turn green.





## Stage One Excursion to Reverse Garbage

“Reverse Garbage looks nothing like I imagined!” –Angelina

“We made puppets and I made a robot. He is so cool because he is fun to play with. We had to make our puppets without glue, sticky tape or staples” –Oscar

“We learnt about the 3R’s. Reduce, Reuse and Recycle.” –Beau

“Stage One went there because we have been learning about sustainability.” –Lisa

“We went on a treasure hunt and I saw lots of recycled stuff.” –Max

“At the warehouse I saw a recycled jellyfish made out of coffee lids.” –Aimee

“At Reverse Garbage I made a snowman and I worked hard to make him.” –Charlie

“We crossed the Harbour Bridge and saw the Sydney Opera House.” - Jasmine

“I liked making my puppet, I learnt how to recycle things and reuse them.” - Matthew C

“There was a mosquito made out of tyres and other materials.” -Mahalia

“I learnt not to throw out rubbish if it can be reused.” - Amy

“I used padding to make the body, fabric to make the dress, a shoelace for the hair, sheep wool for the coat and a cork for the head.” - Ivy



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# SPORT REPORT



## Term 4 - PSSA

Students who are representing the school for PSSA (Primary School Sports Association) had a fantastic first week back into League Tag at PSSA last Friday. Miss Gorman's Junior Green team had their very first WINNING! Congratulations to them on their great teamwork and cooperation on the field.

A big thank you to Mrs Comito and Mrs McVey for dedicating their time to volunteer and fix the sport tags the students wear during the game of League Tag! Now our students will have a better chance of running a longer distance without the tag dangling close to their knees 😊

Thank you!



## Join in our first ever **SWAP PARTY!!**

To take part in National Recycling Week we are holding a **book, toy and game** Swap Party on Tuesday 25<sup>th</sup> October for students at lunchtime.

As part of our sustainability curriculum this encourages the children to reuse and recycle preloved belongings and will fund recycling bins for each classroom. Recycling and thinking about how we can live more sustainably will be a big part of our children's future lives so we are putting theory into practice in our Classrooms.

### To take part is easy.....

- Bring along up to 3 items of good quality (the better quality the more enjoyable the swap for the students), perhaps a book that you loved but won't read again or a toy you no longer play with. No soft toys please.
- Hand them in to a member of the Green Team before school any week day including next Tuesday before school.
- Bring along a \$2 coin as registration (this will go to funding the new bins which the teachers requested on their wish list to help with sustainability education)
- Join in the party next Tuesday lunchtime (tokens will be given out on Tuesday morning in class) – and have fun!!!
- Any left over items will be donated to charity



All students should have received a Stewart House clothing bag in the past week. If you have any good, clean wearable clothes (suitable for adults and children), accessories and Manchester you no longer require please fill these bags and return to school by Friday 28<sup>th</sup> October 2016.

These collections are an important part of the Stewart House annual income, so your commitment is very much appreciated. Stewart House bags always produce a high percentage of good clothing, this is put to good use by The Smith Family.

Your assistance is greatly appreciated.



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## Kenthurst Public School

111 Kenthurst Road  
KENTHURST 2158

Telephone: 9854 1173

Email: [kenthurst-p.school@det.nsw.edu.au](mailto:kenthurst-p.school@det.nsw.edu.au)

### Intention to apply for Year 7 entry to a selective high school in 2018

Dear Parent/Carer

Selective high schools cater for highly achieving academically gifted students who may otherwise be without classmates at their own academic and social level. These schools help gifted and talented students to learn by grouping them with other gifted and talented students, teaching them in specialised ways and providing educational materials at the appropriate level.

Applications for selective high school placement are considered mainly on the basis of the Selective High School Placement Test results and school assessment scores. The Selective High School Placement Test will be held on **Thursday 9 March 2017**.

If you would like to have your child considered for Year 7 selective high school entry in 2018, you need to apply soon. You will need to apply on the internet using a valid email address (not the student's email address).

Detailed instructions on how to apply online will be available from 11 October 2016 in a printed application information booklet and at [www.schools.nsw.edu.au/shsplacement](http://www.schools.nsw.edu.au/shsplacement). The application website opens on 11 October 2016 and closes on 14 November 2016. **No late applications will be accepted.**

There are no paper application forms. If you do not have internet access, you could apply at a public library. If you have a disability that prevents you from using a computer, you can contact the Unit for assistance after 11 October 2016.

You must submit only **ONE** application for each student.

Yours sincerely

Principal

*Cut along the dotted line and return the completed slip below to this school by next Friday.*

**Note: THIS IS NOT AN APPLICATION FOR ENTRY TO A SELECTIVE HIGH SCHOOL. This is a notice to your primary school only that you intend to apply.**

**TO APPLY YOU WILL NEED TO REGISTER AND THEN APPLY THROUGH THE HIGH PERFORMING STUDENTS APPLICATION WEBSITE.**

### Intention to apply for Year 7 entry to a selective high school in 2018

Student's name: \_\_\_\_\_ Class: \_\_\_\_\_

I am interested in applying for selective high school entry in 2018

☐ Yes

☐ No

if 'Yes' EITHER

I have internet access and will be applying online

☐

OR

I do not have internet access

☐

Signature of parent/carers: \_\_\_\_\_ Date: \_\_\_\_\_

**Note: THIS IS NOT AN APPLICATION FOR ENTRY TO A SELECTIVE HIGH SCHOOL. This is a notice to your primary school only that you intend to apply.**

**TO APPLY YOU WILL NEED TO REGISTER AND THEN APPLY THROUGH THE HIGH PERFORMING STUDENTS APPLICATION WEBSITE.**



Galston  
Community of Schools

## **Congratulations Coco & Tealia**



**Last Saturday Coco and Tealia  
Competed for their club in Physie and performed beautifully.  
They will both now be going on to represent the club at national level in their individual  
age group next month.**

**Congratulations to both of them.**

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Shop 3, 4 Nelson Street, Kenthurst  
9654 1580



[www.kenthurstfeedandfeast.com.au](http://www.kenthurstfeedandfeast.com.au)



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Nutrition Snippet

# The simplest way

...to answer fruit & veg FAQs.

Can we eat more fruit to make up for not eating five serves of veg?

This is a frequently asked question from parents in *Eat It To Beat It* sessions and workshops.



The answer is no. Fruit and veg contain different combinations of vitamins and minerals, which is why there are different recommendations for each.

For more FAQs on fruit, veg, meat and dairy go to the “for parents” section of our website [eatittobeatit.com.au](http://eatittobeatit.com.au).

In the meantime, just remember that the simplest way to ensure you and your family are getting the dietary nutrients you need is to eat a rainbow of different coloured fruit and veg every day!

**For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)**

The *Eat It To Beat It* program is supported by the Western Sydney Local Health District Live Life Well @ School Program.



**Health**  
Western Sydney  
Local Health District







**Nutrition Snippet**

# The simplest way

...to eat your teeth clean.

Poor snack choices affect your child's weight, teeth and overall health. Try this activity to see what different foods do to teeth.

Eat the following foods, in order, in front of a mirror to see:

**Oreo biscuit** – a “sticky sweet” food that will fall in to all the grooves of the teeth;

**Carrot** – a firm textured, unprocessed food that increases saliva flow and will remove the Oreo particles;

**Cheese cube** – a powerful protector of teeth that neutralises mouth acid and remineralises the enamel coating of your teeth.



So stick with “firm favourites” (e.g. fruit and veg) and “powerful protectors” (e.g. cheese, milk, water) and avoid “sticky sweet” foods (e.g. biscuits, cakes, muesli bars, lollies). “Sweet acidic” juice, cordial, sport and soft drinks can attack teeth too.

*Courtesy of: Hunter New England Health, Oral Health Promotion Unit, “Healthy Tums Healthy Gums” program.*

**For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)**

The *Eat It To Beat It* program is supported by the Western Sydney Local Health District Live Life Well @ School Program.



**Health**  
Western Sydney  
Local Health District



## HOMEOPATHY for Tots to Teens



### Homeopathy can support children experiencing symptoms of:

- Bed wetting
- Bumps and bruises
- Clinginess
- Colic
- Coping with change
- Coughs and colds
- Food intolerances and sensitivities
- Mild earaches
- Minor illnesses
- Nappy rash
- Nightmares and crying at night
- Recurrent or persistent runny nose
- Separation anxiety
- Skin rashes
- Sore throats
- Tantrums
- Teething
- Upset or sore tummy



### What is homeopathy?

Homeopathy is one of the most used complementary therapies in the world and may be of help to people suffering from a wide range of conditions. Homeopathy treats the person and not just the symptoms. Homeopathic treatment is tailored to each individual, case by case.

Homeopathy is a traditional medicine and may generally be used in conjunction with other treatments and medications without adverse effects.



For any ongoing chronic condition or in case of severe acute symptoms, it is important to be assessed or examined by your health care professional or specialist.

  
AUSTRALIAN HOMEOPATHIC ASSOCIATION

*Always seek medical advice in emergencies.  
To find out more about homeopathy or to find a registered practitioner in your area,  
please visit [www.homeopathyoz.org](http://www.homeopathyoz.org)  
or email [admin@homeopathyoz.org](mailto:admin@homeopathyoz.org)*



## Homeopathy for tots to teens

Maintaining good health is the aim of every parent. Homeopathy offers a great solution for families who prefer a more natural, holistic approach to their family's health.

Children respond positively to the gentle homeopathic consultation process. The medicines are dispensed as drops or sugar pills which children find easy to take.

Homeopathic medicines are selected on an individual basis. For example, a shy and clingy child who is being treated for a particular condition may not be given the same medicines as an outgoing and boisterous child, in spite of the fact that they may both have the same condition.

All aspects of the child's unique symptoms and behaviour are taken into consideration when selecting an appropriate medicine.

Homeopathy can help support teenagers as they transition from childhood into adulthood, assisting them to manage physical and emotional stresses and rebalance their energy from the roller-coaster challenges of hormonal changes.

Homeopathy can be of benefit for the whole family at any stage of life: men, women, mothers, fathers, very young and older children, teenagers and the elderly.

## Think of homeopathy when your teenager complains of:

- Disrupted sleep
  - Emotional upsets
  - Exam nerves
  - Hyper-sensitivity
  - Inability to focus
  - Lack of energy
  - Low appetite or over-eating
  - Low self-confidence
  - Moodiness
  - Performance anxiety
  - Period pains
- 
- Poor concentration
  - Spots & pimples
  - Strains and sprains from playing sports
  - Study stress
  - Teenage blues
  - Weepiness

## Clinical evidence

Several studies support the effectiveness of homeopathy in the treatment of children.

Some of these include:

**Jacobs J, Jonas WB, Jimenez-Perez M, Crothers D.** "Homeopathy for childhood diarrhoea: combined results and meta-analysis from three randomized, controlled clinical trials." *The Pediatric Infectious Disease Journal*, 2003; 22: 229–234.

**Jacobs J, Springer DA, Crothers D.** "Homeopathic treatment of acute otitis media in children: a preliminary randomized placebo-controlled trial." *The Pediatric Infectious Disease Journal*, 2001; 20: 177–183.

**Thurneysen A.** "ADHD: The aim of this study was to obtain scientific evidence of the effectiveness of homeopathy in ADHD. A total of 83 children aged 6–16 years, with ADHD diagnosed using the Diagnostic and Statistical Manual of Mental Disorders-IV criteria, were recruited. The trial suggests scientific evidence of the effectiveness of homeopathy in the treatment of attention deficit hyperactivity disorder, particularly in the areas of behavioural and cognitive functions." *European Journal of Pediatrics*. ISSN: 0340-6199 (Paper) 1432-1076 (Online) DOI: 10.1007/s00431-005-1735-7.

### YOUR AHA PROFESSIONAL MEMBER IS:

Ann Fallows ATMS 10007  
The Homeopathic Health &  
Well being Practice  
40 Pitt Town Road Kenthurst 2156  
m: 0439 499 085  
www.hnawp.com.au