

Cammeraygal High School

Empowered to Achieve



01 PRINCIPAL'S REPORT

13 P&C

MESSAGE FROM THE PRINCIPAL

Dear Parent/ Caregivers,

Week 5 sees the school move into assessment and reporting mode for our students from years 7-10. We note that our students on the whole are focussed on completing these tasks but understand that some do become stressed during this time. Please be mindful as parents/caregivers of this challenge and also encourage them to strive for their personal best. It is always that fine line between challenge and support that we all collectively offer our students at school. With only 5 weeks remaining for the school year, we ask parents to continue to support all students remaining focussed diligent and coming to school ready to learn and achieve. With many whole school events planned we hope your child will also look forward to the rewards of the year that has been, including the year 9 camp, world week and other celebrations of achievement.

**NEXT P&C MEETING
TUES 3RD DECEMBER
@ 6:45pm
STAFF COMMON ROOM
WEST ST CAMPUS**

CALENDAR

WEEK 6 TERM 4 / 18 -22 NOVEMBER

- Mon 18th U/15 football development squad excursion
- Fri 22nd YR 8 Japan Film Festival Excursion
LNSSSD Social Debating

WEEK 7 TERM 4 / 25 -29 NOVEMBER

- Wed 27 - YR 9 Camp
29th

WEEK 8 TERM 4 / 2 -6 DECEMBER

- 2nd – 5th YR 10 Work Experience
- Tues 3rd Y7 2020 Orientation Day

WEEK 9 TERM 4 / 9 -13 DECEMBER

- Thur-Fri World Week

UPCOMING EVENTS

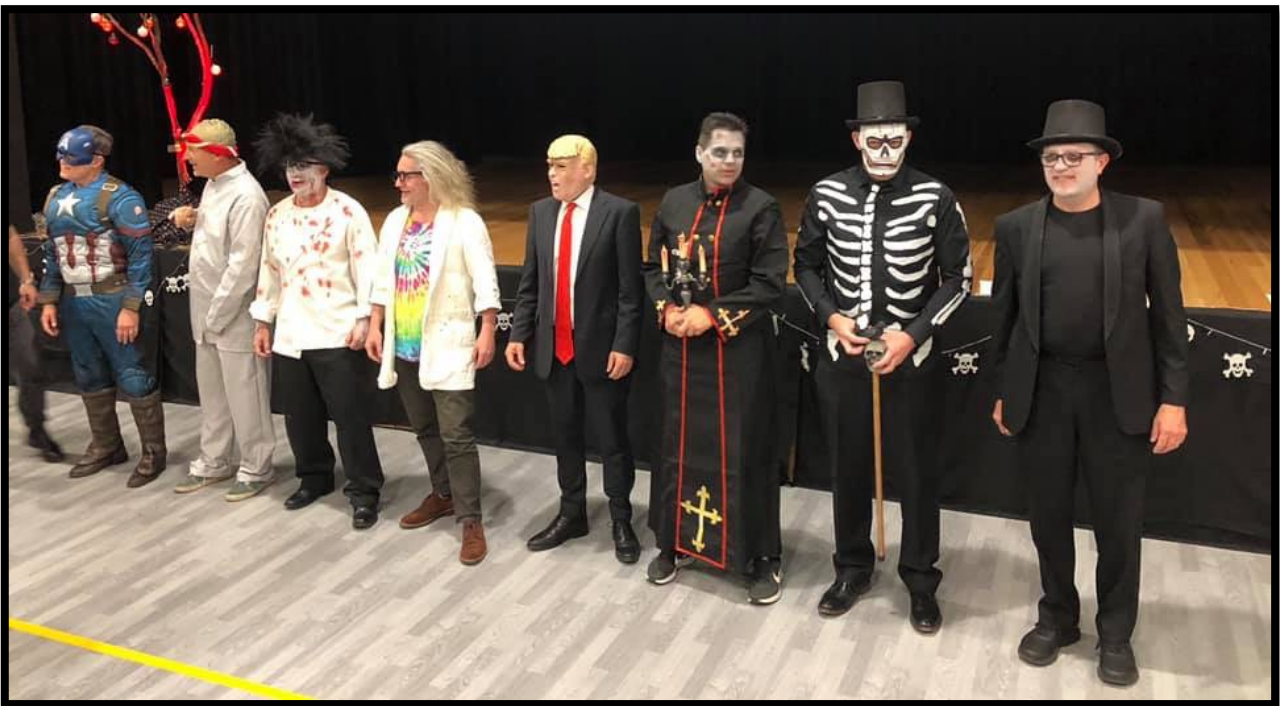
- 16th Dec All School Presentation Day
West St Hall
- 18th Dec Students Last Day of Term 4

2020

- 28th Jan Staff return
- 29th Jan Y7 2020 return for Term 1 with Y7 mentors (Pacific HWY)
- 29th Jan Y12 Return to school (West St)
- 30th Jan All other students return

P&C Trivia night

Thank you so much to the P&C for what was our biggest and most well supported social fund raiser since the school commenced in 2015. The Social committee lead by a number of parents including, Jane Merrett and Srima McQuillan were instrumental in the evening's success. The Halloween theme was so successfully supported, I didn't recognise most parents who attended. Many of our teaching staff also attended and unfortunately were not successful in 'beating' our parents for the second year running. We will continue to strive for this goal in the coming years. The fundraiser was able to raise over \$17,000 and was another indicator of our community's commitment to the success of the school. Thank you to all parents who attended and we were very pleased to congregate in our newly opened school hall on west street.



Year 10 Work experience

Can I also ask that year 10 parents/caregivers encourage and support their child to complete their work experience placement if they have not done so already? Work experience is scheduled for week 8 and we still have a number of students who have not completed their placement.

Spotlight on Student Achievement: Gymnastics

STATE CHAMPIONS IN WOMEN'S ACROBATIC GYMNASTICS

Please see our the following report on the outstanding achievements of Oliver C in year 7 . Olivia started gymnastics a few years ago in the UK and managed to become part of the Elite Squad at her UK Club, Kernow Gymnastics, where she won Gold at a major competition. She is now a member of the Women's Acro Squad at SXL Gymnastics and recently took part in State Trials and Competitions at Sydney Gymnastics Centre, Rooty Hill with her Trio.

On 20th October Olivia and her two fellow gymnasts competed in the Women's Trio's Acro Gymnastics Qualification Event, the Trials. They won Gold with the highest score over all for their Balance and Dynamic Routines, where they are marked on Difficulty, Execution and Artistry. They then had to train for the State Championships, which was held on 9th November at the same venue. Together they won Gold again for the highest score across the two routines and on top of that, won 1st over all, making them the State Champions of 2019! Congratulations from all of us here at Cammeraygal



Chloe H in year 7 has also been successful in gymnastics placing 3rd in recent National gymnastics meet. Chloe was selected a member of the Australian Development Squad for Artistic Gymnastics after placing 5th at the recent Australian Classic competition. As a member of the squad Chloe has just returned from 4 days of intense training & competition. The National Camp was attended by the top 24 girls in the country and held at the Australian Institute of Sport. Chloe competed in the Junior International Division and placed 3rd overall.



Chloe and Olivia are progressing as outstanding gymnasts who have set their sites high in the future.

Cammeraygal High School, 'One School, 2 spaces, same purpose'.

**Regards
K Melky**

I Deputy Principals' Report

Remembrance Day

Last Thursday the middle school came together to acknowledge Remembrance Day and reflect on the memory of those who died or suffered in The First World War and all subsequent wars and armed conflicts. Our students did an outstanding job of leading the assembly, which included several readings, playing of the last post and of course a minutes silence.



World Week

The whole school will be participating in World Week activities on the 12th and 13th of December. It is a significant organisational challenge for the school as every student and teacher is involved. To assist in making the preparation for World Week as smooth as possible, it would be greatly appreciated if payments are made and permission notes are returned at your soonest convenience.

Parent Communication regarding Attendance/Lateness

Thank you to all parents and carers who have been proactive in advising the school of the reasons for student absences in a timely manner. To assist with streamlining the administration and documentation of absence explanations, we request that parents/carers wait for and respond to the automated attendance SMS that goes out mid-morning on days that students are late or absence. SMS responses are the preferred attendance correspondence method for the office.

P.Barraclough
Deputy Principal.

| Study Skills

STUDY SKILLS TIP FOR NOVEMBER – How To Stay Positive As Exams (or any challenging situations) Approach.

It can be difficult to stay positive or “be up” as exams approach. The more important we perceive the exam to be, the more stress we can feel. While feeling some stress can be positive and help us get motivated to study, we all have a tipping point. When our stress levels reach our personal tipping point, this higher level of stress can lead to inaction, where we avoid doing the work necessary to be prepared and as a result feel even more overwhelmed. If not dealt with, the stress can build and lead to anxiety and depression.

The key to being positive and managing negative emotions such as anxiety and feeling down and depressed in any pressure situation including exams is to “fuel up”. It goes without saying that if we are exhausted, tired, stressed, depressed etc. it is very difficult if not impossible to deal with the pressure of exams. “Fuelling Up” is about boosting wellbeing factors in your life. You need to boost the wellbeing factors in your **BODY, MIND and EMOTIONS**.

BODY: Put your health first and eat healthily, exercise regularly and get enough sleep. We all know what to do, but we need to make the decision to prioritise our own well-being. Without the right fuel you will feel exhausted and depleted and it is very hard to be positive when you aren’t feeling your best.

MIND: To think more positively, challenge your perceptions. Write down your top 5 fears and worries. What’s the worst thing that can happen? How valid are these fears? Usually fears and worries are not based on reality but on imagined scenarios that have little to no evidence. If it’s something that can’t be changed bring acceptance to it, but if it can be changed, take action.

EMOTIONS: To help yourself feel more positive every day think of 3 good things that happened that day and how they made you feel. Also take the focus off yourself and do 3 simple but deliberate acts of kindness every day. It might be a kind word, a compliment, helping someone or surprising someone with a kind act. You will be amazed at how making other people feel better lifts your mood as well.

Learn more at the Brain and Memory unit of www.studyskillshandbook.com.au

Username: cammeraygalhs **Password:** 37achieve

From the Office Window

We are currently processing payments for the following:

EVENT	YEAR	AMOUNT DUE	DUE PAYMENT DATE & PERMISSION NOTE
World Week	ALL		Friday 6 December
Girls in Sport	ALL	\$ 25.00	By 2pm Thursday 21 November
YR 9 CAMP	9	\$390.00	OVERDUE

Please note

Payments can be made online - Make a payment tab on the school website
or at the school office with correct money

Students traveling by public transport to Excursion and sport

Each student must bring their own Child/Youth Opal card these are for personal travel including school excursions using public transport.

It is important to ensure there are sufficient funds on each card to cover the excursion travel expenses. School Opal cards are for travel to and from school on school days only. School Opal cards do not include travel to school excursions, after-school care, sport and other activities away from school. Students aged 16 years and older must carry their NSW/ACT Senior Secondary Student concession card. These have been issued by the school as proof of concession entitlement.

Faculty News

DRAMA

Congratulations to Edwina I and Isabella J (Year 9) for representing Cammeraygal at the NSW Public Schools State Drama Festival on October 24-25 hosted by The Arts Unit. The students performed a group devised piece focusing on the theme of 'sleep'. Edwina and Isabella auditioned to be part of the state ensemble for their year group back in May and have combined with the top performers from all public schools in Sydney. They rehearsed one evening each week to create their performance, showcased at The Seymour Centre. Bravo!

Pete Davidson

Teacher
Creative & Performing Arts /Technology & Applied Studies
Year 8 Advisor

PDHPE

Below is an entry from one of our talented Year 8 students who recently competed in the State Orienteering Championships:

On the weekend, I participated in the NSW Sprint Championships for Orienteering at Sydney University. Orienteers of all ages came together to compete in the sport. Orienteering is a sport where you get given a map and you run around to different checkpoints buzzing in at each one along the way. These checkpoints could be anywhere from 50m to 500m apart and require a sense of direction to get to them. In the race I ran in, there were 21 controls over a distance of 2.5km averaging at around one control every 120m. I ran in the M14A category and ran a distance of 2.5 km around the Sydney Uni campus.

As you can imagine, there are a lot of dead ends and it was quite hard to get around without making a mistake. Oh, and you weren't allowed to go through the buildings, period. That meant that there were no shortcuts and if the place you had to go to was on the other side of a building, you couldn't just cut through, you had to go all the way around. I was against some exceptional Orienteers and I knew I would have to have an almost perfect race to win.

I had a great race without any errors and knew I had given it my all and no matter what the result was, I had tried my hardest. And, I did win! I beat someone who had beaten me at the previous State Championships and I beat him convincingly. It was over 7 minutes!

It is hard to believe that 4 months ago I didn't know what Orienteering was, and now here I am having won the State Championship. If anyone wants to get into Orienteering - go for it! It is extremely fun and rewarding and you get to meet some amazing people. It also helps you with regards to map reading and your fitness.

Charlie W
Year 8

Miss Pizzolato
PDHPE Teacher

MUSIC

Ensemble Enrichment



A huge congratulations to the Concert Band for their hard work during Ensemble Enrichment Thursday and Friday of Week 3.

Students participated in a range of workshops concluding with a parent concert on Friday afternoon in the Drama Studio. Thank you to all the parents that came – it was a wonderful opportunity for students to showcase what they had learnt!





Here are some reflections from our students

Ensemble Enrichment really was an amazing experience. I loved playing music with my friends over the course of two days and I think it's fair to say that every single person learnt so many new things. We worked on 17 pieces throughout the program and in the end, all our hard work paid off because we got to do a big concert and show the parents all our new skills.

I especially loved participating in the Taiko Drumming because it was really interesting to get a taste of the music from another culture. We also had a guest conductor which was an enriching experience because we got some new insight on a couple of our pieces. The whole experience was absolutely incredible and I'm so lucky, especially being a year 7 that I got this fabulous opportunity. It was so much fun and it was that much better thanks to Ms Wiktorowicz and all her organising.

The final thing we learnt at Ensemble Enrichment was music humour so... Wanna hear a joke about staccato? Nevermind, it's too short.

Chloe B, Year 7

I enjoyed Ensemble Enrichment because it was a really fun way to spend time with my fellow Concert Band members and rehearse with them. We learnt so much music, which we would not have been possible with just our weekly morning rehearsals!

One of my favourite parts was when Ross got up to conduct the band. This was particularly amusing because halfway through the piece he stopped conducting because he thought the piece had finished but in fact there was still heaps to go! It was a really good opportunity to get to know everyone better and participate in different activities – dodge ball was definitely another highlight of the day!

Our Friday concluded with a parent concert. I know that my family really enjoyed hearing the band play and were very impressed with how much music we had learnt.

Unfortunately I missed out on playing the Taiko drums because I had a Violin exam but from what I heard it was a really enjoyable experience, which I hope to attend next year.

Thank you to Ms Wiktorowicz for making this experience possible – hopefully we get to do it again next year!

Rachel C, Year 7

For 2 days Ms Wiktorowicz conducted the Concert Band for the in-school camp we called Ensemble Enrichment. We practiced throughout each day, picking up valuable tips and improving with each run through of a song. We had a guest conductor, Adam Tomkins come in to give us some new music and give us essential tips for our future rehearsals. Thanks to Taiko drumming we were able to dip our toes into the magnificent art of Japanese drumming.

Throughout the 2 days we had fun all while meeting new people and improving our musicality. We came back with new and improved mindsets for how we perform and perceive the notes in front of us all while enjoying ourselves.

On Friday afternoon, we held a small performance of what we learnt over the two days to parents and friends and we all hope to be able to do something like it again in the near future – next year even bigger!

Harrison A, Year 8



Katherine Wiktorowicz

Music Teacher | Faculty of Creative and Performing Arts

WELLBEING

Paul Dillon Presentations

In week two this term, Paul Dillon came to Cammeraygal to present to staff, parents/carers and all year 10 and 11 students on the topic of drugs and alcohol. The feedback was overwhelmingly positive from staff, students and the wider school community. The survey done with students after the presentation indicated that the Paul Dillon helped students to feel more confident to make positive decisions regarding their safety in relation to drugs and alcohol. We have re booked for Paul to visit the school again in Term 3 of 2020 to give a follow up presentation to students in years 11 and 12 and an initial presentation to year 10.



This Month on School TV- Resilience

Resilience is one of those skills that all kids need and should have. It refers to their ability to cope and adapt in situations when confronted with challenges such as adversity, trauma, tragedy, or even stress. It is essential to their mental health and wellbeing as part of their journey to adulthood. It is a skill that can be learned from an early age through the support of an adult role model.

However, being resilient does not mean your child won't experience any difficulties, but it will better equip them to manage those situations. Over-protective parenting can be viewed as being unhelpful towards the building of resilience. Although this may be a natural instinct, potentially experiencing failure is all part of the process. Encouraging children to take healthy risks will help them trust their



capacity to deal with uncomfortable situations and increase their capacity for courage.

In this edition of SchoolTV, parents will gain an understanding of how to support their child's brave behaviour to help them adapt and build resilience. We hope you take time to reflect on the information offered in this month's edition, and we always welcome your feedback.

If you do have any concerns about the wellbeing of your child, please contact the school for further information or seek medical or professional help.

Here is the link to this month's edition

<https://cammeraygal-h-schools.nsw.schooltv.me/newsletter/resilience>

We are seeking your support to participate in the 'It's In The Bag' Christmas charity campaign run by Share the Dignity between 22 November to 7 December, to help support Australian women fleeing domestic violence or experiencing homelessness. Cammeraygal has been involved in every year because we understand how important this initiative is, and how worthy it is to help vulnerable people in need in our community. Have a chat to your family at home and see if you can help. So....What do I need to do to help? First, choose a handbag in good condition that you or someone at home no longer uses (make sure to get their permission!!!). Then, fill it with items such as personal hygiene products (like roll on deodorant, soap, toothbrush and toothpaste, shampoo and conditioner), sanitary items (pads, body wipes, tampons) and/or every day luxuries that would make a woman feel special. You can also pop in a thoughtful note or Christmas card and show her someone really cares. Women in crisis will put the needs of others before themselves, whatever time of year. This is one way to do something that will give someone a little happiness at Christmas. There will be a collection box set up outside student reception at the front office on both the junior and senior campus.

Kind regards,

Eric Wong

Physics and Chemistry Teacher

CAREERS

WORK EXPERIENCE

Work Experience is coming up in two weeks – Less than half of our year 10 cohort have returned their contracts for the week 2 – 6 December! Parents, could I ask you to please encourage your students to finalise their paperwork if they have made contact with employers. This is an invaluable experience for Students; they can determine if something they thought they might like to pursue is in reality what they thought it might be. Alternatively, it can lead to part time employment. Thank you all for your help

COURSES, WORKSHOPS AND INFORMATION SESSIONS FOR STUDENTS

Information Session for the Tertiary Preparation Certificate Course Wednesday 27 November 2019 Information sessions about the Tertiary Preparation Certificate on Wednesday 27 November 2019 at Ultimo College. The TPC course is an alternative to those who do not wish to study the HSC and want to do further studies. On completion, successful graduates can apply to study at university, or apply to study a diploma or degree course at TAFE . Email filomena.palaric@tafensw.edu.au for further information.

STEM Girls @ Sydney, University of Sydney This exciting two-day workshop on campus is for female high school students who want to explore the disciplines and careers available in science, technology, engineering and maths (STEM) and how you can apply these skills in everyday life. If you are entering Year 11 in 2020, register now at https://sydney.au1.qualtrics.com/jfe/form/SV_6g3tJ2pfGfQEUAt. Dates are 20-21 January 2020.

BiG Day In @ ANU - 27 March 2020 BiG Day In IT Careers Conference for students Yrs 9-12 @ Australian National University (ANU) on 27 March 2020 – Speakers include Tim Kitchen from Adobe, Defence Force Recruiting, Wisetech Global & more talking about their careers & the future of technology. Loads of cool exhibitors including Adobe, Wisetech Global, Aust Govt ICT, ACS & loads more. Tickets \$5 for students <http://www.thebigdayin.com.au>

Autism Spectrum Disorder (ASD): Communication and Employability Skills for the Workplace TAFE NSW Ultimo is now delivering a Certificate I in Access to Work and Training 10583NAT, designed specifically for people with ASD to enhance their social, occupation and communication skills. Students will develop and practise communication and social skills for employment. Information Session 4 Dec: email Michele.perry@tafensw.edu.au to register or visit tafensw.edu.au for details.

Eligibility Requirements for Pre-Apprenticeship Courses Pre-Apprenticeship courses are a great intro for school leavers to get skills and insight into their chosen career. Please note there are eligibility requirements for them, including: 1) Under 17 year olds need to complete their Year 10 and have a copy of their Record of School Achievement (ROSA); 2) The funding is only eligible to students who have left school. Call 131 601 for more information.

CADETSHIPS, APPRENTICESHIPS, TRAINEESHIPS

Traineeships are Fee-Free in NSW From 1 January 2020 Under NSW Smart and Skilled, traineeships (including school-based traineeships) join apprenticeships in being fee-free from 1 January 2020. With over 390 traineeship courses available in a wide range of industries, now is a great time for students to get themselves ready for a new year's traineeship. Learn more about traineeships and the fee-free traineeship initiative at www.vet.nsw.gov.au.

from the CHS P&C Association

CAMMERAYGAL



A word from the president

Year 7 Orientation - Let's welcome our new families in style



On Tuesday 3rd Dec, 140+ new students and families will be joining our Cammeraygal family.

We'd love your help, especially Year 7 parents, to help answer questions, sell our new P&C stationery packs, or serve/ cook morning tea.

We also need heaps of baked goods to serve for morning tea.

Sign up here to volunteer or bake: <https://volunteersignup.org/CAKA7?s>

- secretary@cammeraygalpandc.org.au

Second hand uniform donations please

The Uniform Committee is planning to run a second hand uniform sale at the Year 7 orientation morning on 3rd December. We are therefore seeking your kind donations of good quality (and washed) uniform items that your son/daughter has outgrown. Any uniform items can be placed in the donation boxes outside the school offices at either campus.

Our new social event planning strategy

2020 will be the first year we have all 6 year groups represented at Cammeraygal High School. With this growth, we now have the ability to organise ourselves around year groups and educational stages.

Resulting from an overwhelming number of suggestions, we have now assigned the various social activities by year groups. We would like to pick organisers for each event by the end of this year if possible, to make next year's planning much much easier.

Please review your child's year group for 2020 and send an email to jane@oscarwinning.com.au or sign up <https://forms.gle/yRbdjFAvTnmkPD1b8> indicating which events you would like to help out with.

2020 Social Event Organisers

Year Group	7	8	9	10	11	12
Welcome Drinks						
Mother's Day						
Father's Day						
Trivia Night	ALL - 1 Per year min					
Year 7 Orientation						
Graduation						

Important P&C Dates and information

Date	Event	Where & When	More info:
Nov 25 - Mon	S.O.S. Save our Sports	Pac Highway Campus	6-7 pm, All parents with children in sports encouraged to attend.
Dec 3 Tue	Year 7 Orientation	Pac Highway Campus	https://volunteersignup.org/CAKA7
Dec 3 - Tue	AGM P&C Meeting	West St Campus	

Join the Cammeraygal Parents Facebook Community - 180+ strong and growing. Great place to find out what is going on

<https://www.facebook.com/groups/cammeraygalpandc/?ref=bookmarks>

Get P&C emails: http://eepurl.com/dboU_9

Note: This is different than the school email list due to privacy laws.

Join the P&C <https://goo.gl/forms/lqcJwoHhKO2ehLuT2>

S.O.S Save our Sports

We need you to join us on Monday 25th Nov, from 6-7 pm, Pac Hwy Campus to decide the fate of P&C Sports!

CAMMERAYGAL P&C
INVITE YOU TO

S. O. S. Save Our Sports

Calling on all sports parents!

We need to restructure our sports programs or we face the possibility of shutting them down.

In 2020- P&C sports will grow to
1,000+ plus registrations
+ collect fees + manage uniforms
+ manage facilities + so much more
across 400+ students

On Nov 25th, we need to decide

- Do we shut P&C sports down?
- Can we split up the jobs and have our parent group cover the tasks?
- Do we hire someone and charge upwards of \$50 per student per sport?

NOV 25, 2019 | 6PM - 7PM | PAC HWY CAMPUS

To put your hand up to help with sports prior to or in lieu of coming to the meeting, please email president@cammeraygalpandc.org.au

Next P&C Meeting

Reminder4 for the P&C meeting to be held Tuesday 3rd December at the senior Campus in the music room, followed immediately by the AGM.

All P&C officer and subcommittee convenor positions are open for nominations. Please lodge nominations here: <https://forms.gle/QjFwaemY448h9pHAA>

If you have questions relating to nominations, please contact the Secretary at Secretary@cammeraygalpandc.org.au

CHS Dads' Networking Social – Tues 26th November

We are holding an informal CHS Dads' networking event at the Flat Rock Brew Café on Tuesday 26th November. The event offers Cammeraygal Dads an opportunity to catch-up and network over a pint. The evening includes a selection of finger food and even a tour of the microbrewery. What's not to like?! Call the Flat Rock Brew Cafe to book a ticket which includes food and the brewery tour.

Where: Flat Rock Brew Cafe, 290 Willoughby Rd, Naremburn.

When: 7pm Tuesday 26th Nov 2019

Cost: \$25, including brewery tour and finger food.

Call Flat Rock Brew Cafe for bookings on 9460 6696

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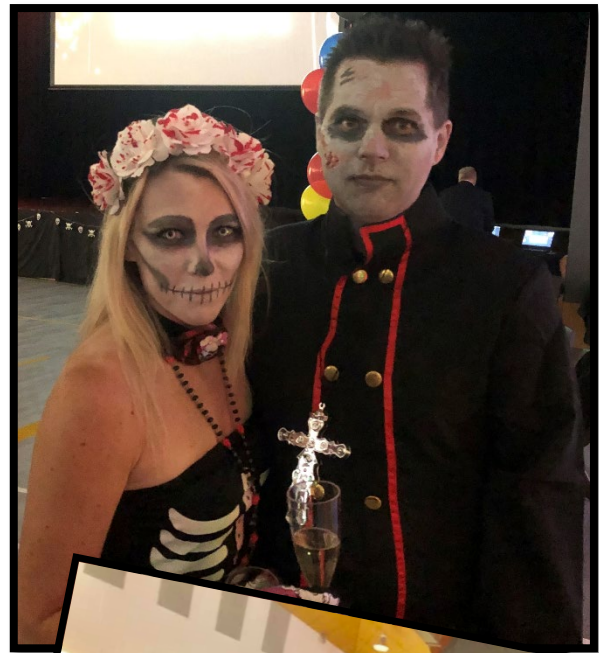
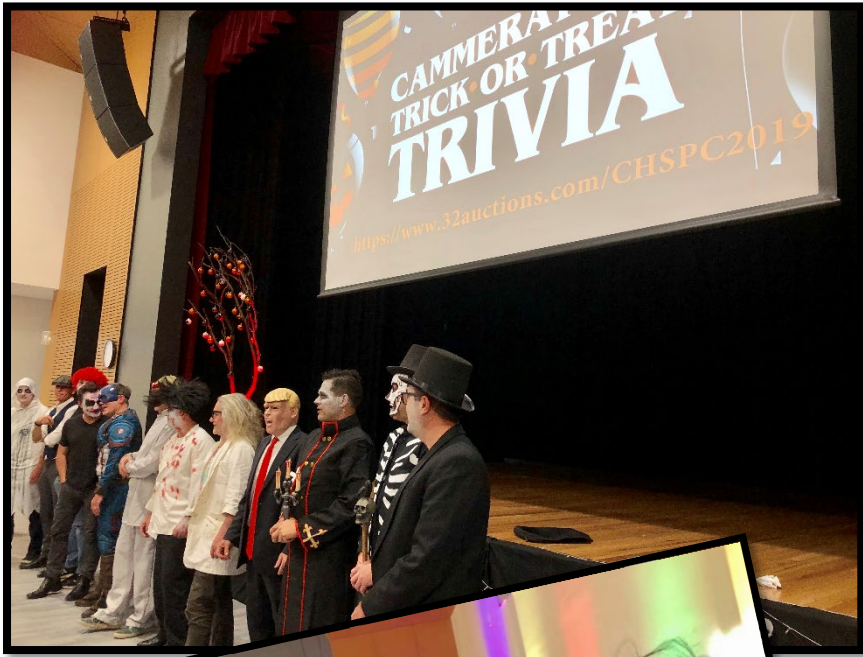
Call Flat Rock Brew Cafe for bookings on 9460 6696

P&C Trivia night

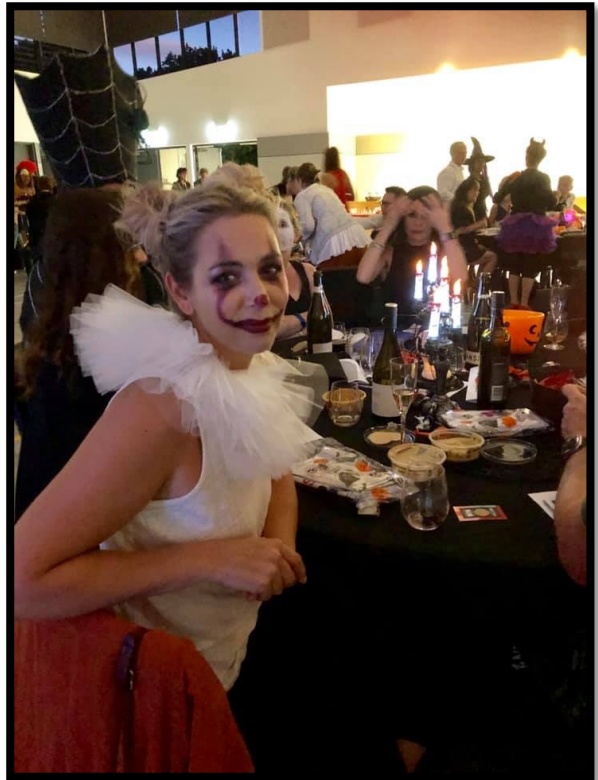
A **BIG THANKS** to our Cammeraygal community and local businesses who together raised over \$17,000 dollars in our Trivia Fundraiser!

This year's Trivia was a ghoulishly great night held in the new hall at the Sr. Campus. The theme was Halloween and Halloween was on display! 170 costumed guests were greeted by the Grim Reaper and an Aperol Spritz on arrival, to enjoy whilst decorating their Halloween tables. After a friendly chat the evening of trivia, competitions and fun began. The teachers loved judging the best table competition, and best costumes – female, male and couple. With so much creativity and fun on display, the decisions weren't easy but winners were announced and prizes awarded. The fun then continued as the teams battled it out to find our Trivia victors. It seems the night ended just as quickly as it began, and as we sent out ghosts and goblins out into the night, we heard a lot of see you next year's....so hopefully we do.

We would like to thank everyone who came on the night and for making such a great effort with your costumes and tables, the teachers and staff who joined us and judged us, the Cammeraygal community who participated in the online auctions and raffles, the tireless workers who made this all happen and to our neighbouring community who donated so generously, allowing us to raise the money we did. And a special acknowledgement to Century 21 who sponsored the night with welcome drinks, decorations and our Trivia Master. We encourage you to support our local businesses as they have supported us.







CHS P&C wish to thank our supporters

CENTURY 21



Community Announcements



EASTERN SUBURBS CYCLING CLUB JUNIORS

ESCC Juniors train and race every
Saturday at Heffron Park, Maroubra

Depart ESCC clubhouse at 1.10 pm
(opposite swimming pool car park) for
coaching on a closed track

All welcome:

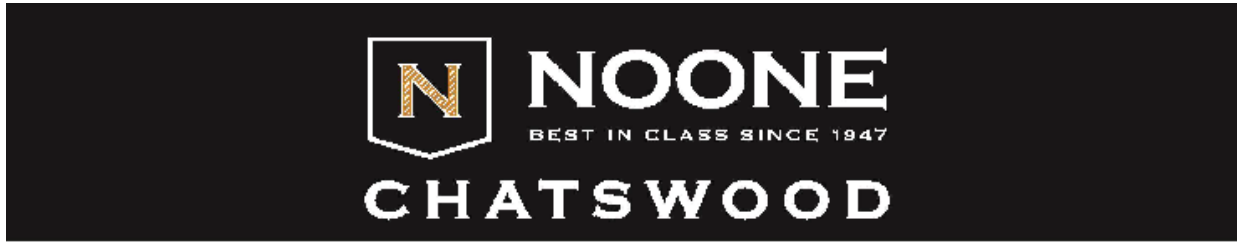
- U9 - U17 age groups
- Girls and boys
- No specialist bike required

Contact us on
ESCCJuniors@gmail.com for
more information

www.eastscycling.com.au



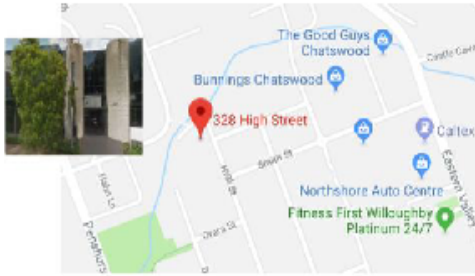
FYI...



Cammeraygal High School Uniform Shop has moved! Noone Chatswood Uniform Super Store is now open.

Ground Level, 328 High Street, Chatswood Hours: Monday to Friday 9-5, Saturday 9-1

Plenty of parking – on street and undercover. Located near The Sydney String Centre.



	Sydney Office Suite 1, 328 High Street Chatswood NSW 2057		Toll Free: 1800 339 570 P: 02 9436 1700 F: 02 9436 1244		E: sydney@noone.com.au W: www.noone.com.au
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