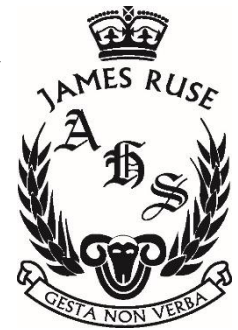


James Ruse Agricultural High School

NEWSLETTER



Web Site www.jamesruse.nsw.edu.au

Issue 23 of 2018

Friday 17 August 2018

Principal's report

Next Thursday, Mothers' Club will host their Food Day. This day is always a highlight of our school calendar and takes amazing organisation. Thank you in advance to Marissa Li and her team of wonderful parents who will be showcasing exceptional food from many different countries. Please make sure your children bring money on the day to buy a delicious lunch. The canteen will not be open. Please see the menu attached further in newsletter.

Mothers' Club will also be hosting their Annual General Meeting on Thursday August 30th in the Lecture Theatre. Mr Jason Driscoll, our Careers Advisor, will share his knowledge on scaling and how the HSC is scaled. We will also have the opportunity to hear from Year 10 students who have just completed an exciting week at work experience. Please read some of Year 10's work experience stories later in newsletter.

Drought Relief - As an Agricultural High School we feel a close association and connection to our rural colleagues and friends who are suffering from the NSW drought. As a school we have begun fundraising and hope to raise enough money to send a truck of animal feed to the Tamworth area. We have been donated the use of a truck. If families are able to donate \$20 each we would fill a truck with feed - if parents wish to donate via our POP system, please identify the payment with the words "DROUGHT appeal".

Today we held a mufti to raise funds for our farmers. We need a little over \$3000 to send a full truck of animal feed north to the drought stricken areas of NSW. Please help if you can.





Congratulations to Wayne Wong of Year 12 and Kim Zheng of Year 11 who have both earned Silver Medals in the Earth and Environmental International Olympiad in Thailand. A fantastic effort from the Australian team - 1 Gold and 3 Silver.



Save the date - Wednesday 26th September

Official Opening of the Gymnasium 4pm

Illuminate 5.30pm

Two incredible school celebrations will be held on the one afternoon. Our formal opening of the Gymnasium will begin the afternoon followed by our very own Illuminate, James Ruse's version of VIVID. Our students are working to create an amazing feast for our senses. Please schedule this afternoon in your calendar and bring your whole family.

Year 12 parents and students also need to "save the date" for our very special and inaugural Year 12 Graduation. As well as celebrating our award winners, in 2018 every Year 12 student will be honoured in our Graduation Ceremony and this will be followed by a light lunch for students and their parents.

Year 12 Graduation and Luncheon Monday September 24th

Last week I had the honour of sharing a 2 day camp with our new prefect body. As a team we worked on identifying our strengths, building our ability to collaborate and looking ahead in making plans. Special thanks to Ms Nancy Zhu, our Prefect Coordinator and Mr Sean Travers for ensuring the camp was so successful. Thank you also to our students who made the experience so rewarding.



Coming Events

Saturday / Sunday August 18th and 19th Silver Duke of Edinburgh Hike

Week 5B

Tuesday August 21 st	HSC Music Performance Night 6.30pm AMOC Year 8-11 students
Wednesday August 22 nd	PISA testing at James Ruse
Thursday August 23 rd	Mothers' Club Food Day
Friday August 24 th	Year 9 High Resolves program

Week 6A

Monday August 27 th	Year 12 Drama HSC Performances
Tuesday August 28 th	CoJR Meeting 6pm Booklovers' Café Year 11 History Debating
Wednesday August 29 th	School Assembly
Thursday August 30 th	Mothers' Club AGM 9.45am in the Lecture Theatre
Friday August 31 st	Ideas Forum

Have a wonderful week ahead

Megan Connors

Illuminate

Thank you to all of those students and teachers who are getting involved, sharing ideas, creating plans and working together to create something truly wonderful.

There are two more installation experiences we have on offer this week. The SASS staff have organised a Silent Disco with a DJ + 100 head sets for you to groove away & the Maths staff are creating the ultimate 'panic room' & the only way to escape is to solve, you guessed it, mathematical problems! Too great.

We will keep releasing a few more installations over the coming weeks and we will also keep some a secret for you to enjoy on the night.

Please keep Wednesday 26th September free (5:30-7:30). Week 10!

Also, if you get a chance, can you please contribute to one of our wonderful Year 10 MDC student's installations. Grace's experience for you is all about WONDER. In order to have your idea of wonder included in her work, can you please answer the question in the link below (it should take a total of 30 seconds).

https://docs.google.com/forms/d/e/1FAIpQLSeAhQ1wiv2RPWzu-bdFasV5grMu1RFaHE62k3kD1q2J-5RB-w/viewform?usp=pp_url

Amy Murphy
Head Teacher
Creative & Performing Arts

High Resolves

Resolve to Lead Summit UTS

Last Thursday three of our wonderful Year 11 students, Flora Lee, Calla Lee and Samprithi Raja, were invited to open the Resolve to Lead Summit at UTS for High Resolves. They spoke to an audience of local and international educational leaders on Global Citizenship. The girls were amazing, speaking from the heart and with great poise to an audience of about 500 people. Not only did they represent their school but they stood out as the next future leaders of their generation. Congratulations on your presentation.

Mrs J Bowen

Summit 2018: Resolve to Lead by High Resolves

Two years ago we were part of forty students from Ruse participating in an inter-school leadership conference hosted at UTS - part of a crowd of a few hundred fresh minds eagerly listening to talks about social justice, globalisation and cultivating change. Last week, we were given the fabulous opportunity of addressing an audience in the very same hall, this time instead sharing our own experiences and personal perspectives on an issue that matters to us greatly: global citizenship education. This time, we were speaking to a crowd of, we have to admit, quite intimidating, global educators and teachers, at the Ed Summit 2018: Resolve to Lead by High Resolves.



We were the very first speakers - and the only student presenters - to open the Summit. The air was electrifying. But our time in the spotlight flew by (not without a little mishaps with the mic's) and soon we found ourselves back in our seats to listen to the inspiring words of the professionals as they discussed the crux of the Summit: How do we act now to develop 21st century skills in Australian schools and ensure our students will thrive in a globalized world?



For us, global citizenship education is the mental shift from "I'm a part of the world" to "I'm a part of our world". It's the shift; from just a bunch of brunch-obsessed Millennials who have bought so many avocados that we can no longer afford houses, to a group of young passionate women and men with voices. It's about speaking up, making use of the endless possibilities that contemporary media presents us with, and spreading our ideas - and this conference was just the perfect opportunity for us to do so, and be heard.

All three of us learned so much from engaging with discussion and debate around our changing education, which has always been an issue of interest for us. All in all, it was an amazing opportunity, and we would love to do it again! :)

Flora Lee, Calla Lee and Samprithi Raja

Resolve to Lead Speech

Flora: I have 242 likes, 52 love reacts and 13 wow reacts on my Facebook display picture. The first thing I do each morning is to pick up my phone and scroll through my Instagram feed - to find out it's my kindergarten best friend's birthday, watch a quick lipstick tutorial and somehow acquire the all-important knowledge that *In Antarctica, Gentoo penguins propose to their life-mates with a pebble*. Just another technology-obsessed teen, whose mind is buried deep in my phone, literally walking into poles and absolutely unaware of anything that is going on in the world, right?

Well for us, that's wrong. Although the rise of social media has certainly had such implications on our generation, the key thing is, it's left us with a far more globalised and connected world. My kindergarten best friend who I haven't seen in 10 years now lives in Switzerland, but I can still wish her a happy birthday, I'm actually watching Reese Witherspoon and Elizabeth Arden launch the *Together we March On* empowerment campaign, featuring, it's Red on Red lipstick, and the real *fun fact*, is that *Gentoo penguins* are a near threatened species even though they are the third largest penguin species alive. Technology has brought us all closer, as a platform for advocacy and education, and this is why, ladies and gentlemen, when we were asked to speak on Global Citizenship Education - the first thing that came to our minds was exactly how much power each and every individual of our generation, has to create global change. In 2018, we have more opportunity than ever before.

Calla: So what are some of our personal experiences with global citizenship, and what have we learnt? During my term as vice-president of the Amnesty International club at James Ruse I've heard the stereotype that "it's hard to motivate teens", countless times. And it can be true - long-term engagement of our members was something we constantly struggled with. As teenagers, we've perfected the art of staring and nodding and pretending we'll understand, but it's all in one ear, out the other. I'll confess I've passed a couple of classes like this as well.

But at the same time, I've realised that if we care about an issue, or have an interest in it, it's almost impossible to stop us. It is in these moments that we realise we have voices. When our club began the theme 'celebrating our diversity' for a term, at first the reaction was lukewarm at best. But then we delved into confronting global issues - like Black Lives Matter, cultural appreciation vs. appropriation - we saw a change. We saw unexpectedly, students thinking that cornrows were just a hairstyle, the qipao, a dress, and of course, at peak maturity, Year 7s learning other languages just to swear in them. No one thought these actions could be cultural appropriation.

And this is why global citizenship education is integral. It provides an avenue for us to learn about the world bigger than our little pond. Without it, our club members probably wouldn't have thought twice about these actions at all.

Samprithi: At a time where most of us are still being shaped into the personalities that we will carry for the rest of our lives - it is essential we broaden our horizons beyond our own tiny bubbles, to find out what's going on in the world, what we want to learn more about, and what moves our heart, our passions.

For me, I'm still exploring what really calls to me. I've dabbled in a lot of different things, and I've realised how privileged my life is - a good education, no need to worry about running out of food or being attacked for my religion or race. But not everyone can say the same. And it was through global citizenship education, I discovered these truths. And it is through programs like High Resolves that I know I have a voice to be heard, and gone on to inspire others to do the same - between the three of us, ran Model United Nations clubs, Interact clubs, environmental conferences, and more.

To us, global citizenship is the mental shift from "I'm a part of the world" to "I'm a part of our world". It's the shift; from just a bunch of brunch-obsessed millennial who has bought so many avocados that we can no longer afford houses, to a group of young passionate women and men with voices. It's a shift, to ask ourselves global questions, and here I'm going to quote Macklemore; "When I leave here on this Earth, will I take more than I gave?"

PREFECT UPDATE (WEEK 4)

Hello again Ruse Community!

Before anything else, we'd like to thank the whole school for coming together and donating to help our farmers get through one of the worst droughts our state has ever experienced. Even though we are writing this before the event (although by the time you are reading this it will be over!), we are certain that the farmer hats, overalls, boots and five dollar donations will create an AMAZING Farmer Friday. Special thank you to Interact and UNICEF for helping us put this event together within the space of a few weeks. Thank you again and give yourselves a pat on the back for giving a much needed helping hand.



3 ON 3 SOCCER

As most of you probably know, 3 on 3 have kicked off with a BANG! Nutmegs, crazy shots and hilarious lowlights, we've already seen it all. HOWEVER, there's still so much more to come, including the FINALS and year 12 games! Games will be held over the next few weeks, so make sure you grab your friends and come down to the oval at recess and lunch for laughs and exhilaration!

PREFECT CAMP

Last week, we were lucky enough to go on the first prefect camp. It was an amazing experience where we participated in team building exercises, worked hard to plan events and even rode the giant swing. From watching Mr Travers' amazing acting with an energy ball, to everybody sharing their strengths in leadership, it was genuinely a great two days. Special thanks to Ms Connors, Mrs Zhu and Mr Travers for giving up their time to come along and teach us how to be better Ruse citizens and we're sure that after 2 days and 26 energetic prefects, they were pretty exhausted!



PREFECT NEWS

The wait is nearly over! Our very first prefect news is almost finished and trust us, it's something you haven't seen before. We can't give away too much, but expect dancing and procrastination.

James Ruse has got a lot to look forward to in the next few weeks so be excited! In the spirit of **Farmer Friday**, here's a nice little farm related joke.

How did the farmer find his lost cow?

He tractor down.

Until next time!

Ruse Prefects '18-'19

Agriculture Updates

Large Animal Handling

Each year we offer students who are looking at becoming future Veterinarians an opportunity to develop their skills in handling large animals on the school farm.

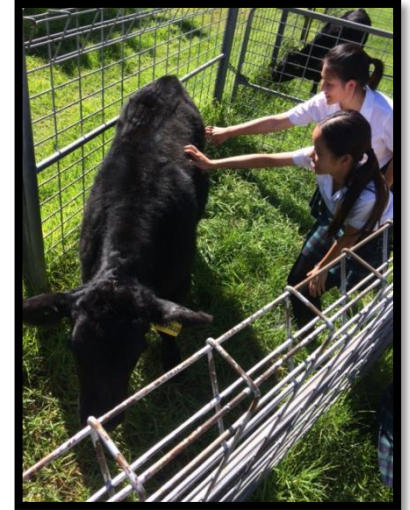
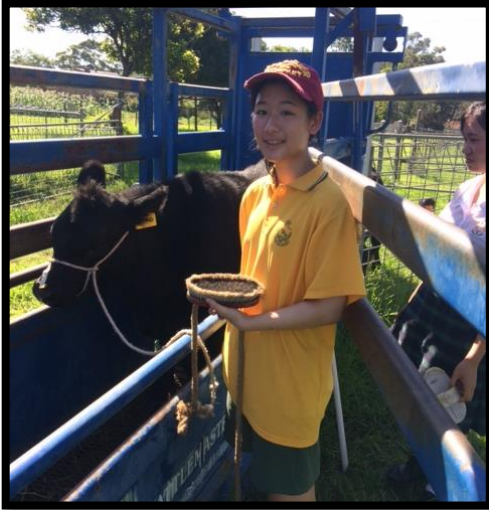
Over two terms, each Wednesday afternoon the group of 12 faced challenges of catching the unhandled, flighty roosters and moving the heavily pregnant ewes into the yards for health checks. The most challenging, but definitely the most rewarding was teaching the calves to happily wear a halter and be taken out of the crush to lead.

The students worked in groups, focussing on their same calf each week, showing great patience and skill to gain the trust of growing animals.

When we started the average weight of the calves was 280kg, by the time we finished the course they had gained another 50kg each on average. Not the sort of weight you can push around. So convincing a steer it will be a nice idea to walk around on a lead took a soft, caring approach and a competent understanding of the animal's natural behaviour and temperament. I have to add that at one point I did catch one of our team playing classical music, from her phone, to her calf as it waited for its turn in the cattle crush. Whatever it takes to give the steer a positive experience and entice it back the next time, huh? I'd like to think of it as a lovely example of a 'cross-curricular' activity!

As the course finishes for the students to focus on their HSC preparation, I would like to congratulate them all on their achievements and wish them all the very best in their chosen career path. There were certainly some very enjoyable and rewarding Wednesday afternoons on the farm with you all.

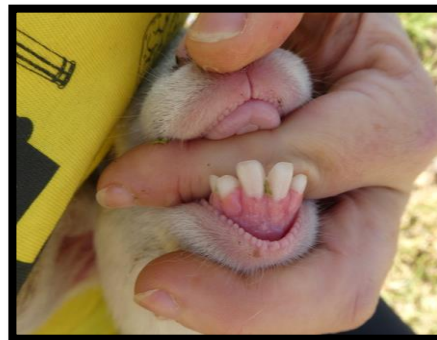




**Ms Twomey
Agriculture Teacher**

Update on our favourite lamb - Millie

Millie has been teething on sticks, fingers, fences and pens as her baby teeth have begun erupting. She has developed two central incisors and 4 more teeth partially through. She will develop 8 front teeth on her bottom jaw. Sheep have no front teeth on their upper jaw. Just a hard gummy pad as Millie is showing you. Note: evidence of a bit of green grass in her teeth.



Millie tasting many different things





She discovers a mouthful of grass!

Out and about at school & more teachers and students have also been feeding and cuddling our adorable little lamb & then an afternoon shopping at K-mart.



Millie has been out and about and meeting many people and having lots of new experiences this week.



She went to get some culture at the Lane Cove Youth Orchestra with Dr Zounis



Millie attended a nursing home with Mrs Ashhurst where she was an AMAZING hit. The lady feeding Millie is 99 years old and she thought Millie was the best thing that had happened to her in the last 10 years!



Crossing the street with Ms Ashhurst

More Agriculture Updates

Our latest lamb was born Tuesday morning and was suckling well from mum just a few minutes after birth.

This now means we have had 10 lambs born this year and one ewe yet to give birth.



Year 8 are studying peaches and what a lovely bunch of students these are in front of the beautiful peach blossoms.



Robbie Ashurst
Agriculture Teacher

COJR Update

CoJR P&C

What a busy school James Ruse is! There are so many opportunities for all sections of the community, from staff to students to family to contribute in one, some or all that are on offer.

As always, CoJR P&C fully supports all endeavours by the school and encourages everyone to do so too.

Our children had the chance to be part of a wider community effort by participating in the **Fiver for A Farmer Mufti Day** to help with the Drought Relief and as a family we can make further donations, with the amount of your choosing, through the Accounts Office in the **Drought Appeal**. \$20 can purchase a bale of hay.

Next week, the **Mothers' Club** headed by Marissa Li, will be hosting their **Annual Special Food Day** on **Thursday August 23** in the School Hall at Recess and Lunch. Weeks of preparation by wonderful hardworking parents make these Food Days happen. Please bring/send in plenty of money to buy the delicious food. Funds raised will go directly to the School Lab Refurbishment. Please refer to CoJR Mothers' Club section for more details on how else you can help with the day.

The amazing and dynamic CAPA led by Head Teacher **Amy Murphy** is hosting our school's inaugural **Illuminate Festival** on **September 26 5:30-7:30pm** where students and staff will be displaying their creative talents in ways we have never seen before at Ruse! No need to battle the traffic to get to the City - come see our very own Vivid on home ground! The role of families can be two-fold by simply enthusiastically supporting their efforts and attend this immersive experience and volunteering with the sale of food and drinks to the crowd on the night. Please email us if you are interested in helping out on the night!

However, the ultimate event in the Term 3 calendar will be the **Official Opening of the JRAHS Gym on September 26 4pm**, just before the Illuminate Festival. We truly believe every person that has worked or attended Ruse has helped make this 17-year old dream come true - from making a Building Fund donation to buying one food item on any of the Food Days, every time you participate in any of the school fundraising events, shows that it really does count.

We do hope that many of you participated in purchasing a \$50 engraved paver to create a new path near the Gym aimed at enhancing the special occasion of the official opening of the JRAHS gym. So come join us and mingle with past and present visionary Ruse staff members and Ruse families who initiated and carried through this impossible mission to completion - a perfect demonstration of our school motto **Gesta Non Verba**. Stay on after and enjoy Illuminate as well!

Claim Your Tax Back

Don't forget to claim your tax-deductible CoJR Contribution and Building Fund Donations! CoJR P&C welcomes all feedback so we can improve the experience we deliver to the School Community. If there are topics that you would like us to consider at YOUR future forum talks, do email us those suggestions.

Yvonne Lo
President, CoJR P&C
E: cojr12@gmail.com

Mothers' Club Update

Mothers' Club Special Food Day

The Mothers' Club will be hosting a **Special Food Day on Thursday 23 August (week 5) during lunch & recess.**

Many famous and delicious dishes will be offered on the day, all prepared from fresh ingredients by our parents. All profits from the day will go towards the Science lab refurbishment project.

Teachers and year 12 students are welcome to pre order.

The menu for this day can be found at the end of the newsletter.

Parents this is what you can do to help us:

1. Volunteer your services as a helper on 22nd and 23rd August
Contact us on cojrmothersclub@gmail.com
Or
2. Cook 1 kg rice and deliver to school hall before 9.40 am on 23rd August
Or
3. Donate money of any amount and send it to the uniform shop
Or
4. Contact us on cojrmothersclub@gmail.com

On behalf of the Mothers' Club, I would like to thank you all for the continued support in all our fundraising events.

Marissa Li
President, CoJR Mothers' Club

Mothers' Club's Annual General Meeting (AGM) will be held on

Date: Thursday, 30th August (week 6)

Time: 9:45am

Venue: Lecture Theatre

Topics: - **HSC subjects Scaling**

- **Ex-James Ruse students share their study experiences and their journey from school to different career paths.** If your children are not entirely sure on the many career paths available, this event provides information on various career paths that may interest them.

More details to come

At the meeting, we will hold our annual election of the 2018-2019 CoJR Mothers' Club Committee. The election is open to all James Ruse parents. The Executive positions comprise of the President, the Vice President, the Secretary and the Treasurer. The role of the Executive is to lead Mothers' Club activities and to ensure all Mothers' Club meetings run smoothly.

- | | |
|------------------|--|
| President - | The President presides at all meetings and regularly consults with the Principal and members of Mothers' Club on school and parent related issues. |
| Vice President - | The Vice President supports the President and presides over the meetings in the absence of the Mothers' Club President. |
| Secretary - | The secretary shall attend the meetings and records the minutes of all Mothers' Club meetings. |
| Treasurer - | The treasurer receives and deposits money, maintains records, draws cheques, present accounts to the Annual General Meeting of the Mothers' Club, and presents all records for auditing each year. |

The Executive is the "engine" of the Mothers' club. However, they cannot do everything without teamwork and the essential assistance of the other Committee members, and the generous support of the parents and carers. It is a Community, and it only works when we all work together!

All new committee members will be given full briefings on their roles, and will be actively supported by all the committee members.

We would love to see both fathers and mothers of different backgrounds to join Mothers' Club. To help you better understand Mothers' Club committee, you can contact any current Mothers' Club committee members or me at our email: cojrmothersclub@gmail.com

Entertainment Books

The 2018/2019 entertainment book sales has ended.

To those parents of year 7 and 8 who didn't purchase the book and haven't returned it yet, please return it to the office as soon as possible.

On behalf of Mothers' Club, I would like to thank those families who purchased the books, and also those who simply just donated money to support the fundraiser.

Marissa Li

President, CoJR Mothers' Club

2018 Mothers' Club Food Day Menu
23rd August 2018
James Ruse School Hall



Fried Wonton \$3/5



Takoyakiball \$2/3



Deep Fried Chicken + Prawn Cracker



\$6



Curry Chicken and Rice \$6



Stir-fried Korean Noodle \$3



Dim Sim \$3/3



Pearl Milk Tea \$3



Work Experience 2018

Work Experience gives students the opportunity to test their career choice and gain some experience in the world of work. All Year 10 Students completed a week long work experience as part of their Career's course in 2018. Students attended a variety of different occupations and workplaces as shown in the table below.

Enjoy the variety of student stories showcasing their workplaces and personal experiences.

Occupation	Workplaces	Number of Students
Healthcare	Physiotherapist, Dentist, Optometrist, GP/Medical Centre, Hospital, Cardiac Research Radiologist, Pharmacist	82
Education	Royal Institute for Deaf & Blind, various Public Schools and Tertiary Institutions	22
Business	Finance, Actuarial, IT, Government, Architect	13
Veterinarian	Vet, Vet Hospital, Taronga Zoo	10
Law	Various Law Firms	9
Other	Retail, Engineering, Science & Technology	6

Patrick Liu

I had my year 10 work experience at a dental clinic in Eastwood. The clinic provided me with useful information about possible career pathways as well as what to expect if I pursued a career in dentistry. I had the opportunity to observe various dental procedures including root canal, dental implants and extractions. I also had the opportunity to learn about sterilization equipment and all the paperwork dentists are required to fill out. By the end of the week I felt that I had learnt a lot about a career in dentistry.

Grace Li

I attended work experience at the Whitehouse Institute of Design, which although was not something I had a direct interest in pursuing in the future, was an industry I wanted to gain some insight into. Throughout the week, we had the opportunity to observe how classes were conducted and what the students there did in terms of their assignments and during class. We saw how the system operated and got to speak to a professional photographer who told us about his job, what he did and what a regular day looked like in his life. Overall, the week spent there was a great experience that allowed me to look at my options and things I might have been interested in (even if I wasn't really considering pursuing) and gain an insight into what pursuing that might look like.

Alexander Phan

I had my year 10 work experience at Campbelltown hospital, in the Medical Imaging department. This experience gave me the opportunity not only to watch and learn about the behind-the-scenes of X-rays, CT scans and much more, but allowed me to learn about different aspects of doing work in general, such as being flexible in cases of unforeseen circumstances. I also learnt about how different positions in the department worked together towards a common goal, for example, technicians accessing and adjusting incorrect X-rays sent into the hospital system. Many of the workers there were very willing to answer any questions I had and everything I observed was very interesting. I definitely enjoyed my work experience and would highly recommend it to anyone else interested in a medical career.

Mahesh Rajendran

I completed my week of work experience at Avantro, a smaller law firm in the city. While I was obviously unqualified to do most of the work at the firm, spending a week there allowed me to talk to the other lawyers and gain valuable insight into the field of law. I was allowed to write up letters to clients and sit in on certain meetings which allowed me to understand the work that a lawyer does on a day to day basis.

Sariena Ye

The Victor Chang Cardiac Research Institute Work Experience Program was a wonderful opportunity to learn about different areas of scientific research, such as cardiac regeneration and structural biology. We saw many specimens, including skeletons and embryos, and performed a wide range of experiments, such as plasmid DNA extraction and protein crystallisation. We also had the chance to talk to many inspiring scientists about their work, as well as learn about different pathways into research. Overall, it was a great week and I would highly recommend it to anyone interested in pursuing a career in science.

Kathy Li

In my week of work experience in the reptiles division at Taronga Zoo, I had the opportunity to undertake tasks in relation to the care of the animals, like feeding and cleaning, as well as tasks to make the visitors' visit more enjoyable, like cleaning windows. Every day had a busy schedule, but there was a very generous break time of an hour and a half a day to explore the zoo and talk to other work experience students. During the week, I learned the basics of reptile care, like feeding, watering and cleaning enclosures, and even got to work with some quarantined shinglebacks rescued from the illegal wildlife trade. The highlight of my week was the chance to participate in the reptile talk show on Tuesday. It was my job to hold a blue tongue lizard (named Kevin) and allow visitors to touch him. I enjoyed interacting with the visitors and answering their questions about blue tongues. Finally, the people I met were amazing. Everyone from my fellow work experience students (one was from Victoria) to the keepers I got to work with were friendly, helpful and open to communication. Work experience at Taronga Zoo was a once in a lifetime opportunity I'm glad I didn't miss. And next time you visit the reptiles at the zoo, please keep in mind that a work experience student, like myself, cleans the windows every morning.

Winston Huang

I had my work experience at The Valley Pharmacy. This was enjoyable and intense at times, allowing me to develop my initiative and efficiency in my activities, which mainly consisted of serving customers (a pleasant or unpleasant task). By the end of the week, I had developed my confidence in dealing with customers. Overall the experience was very tiring but rewarding.

Joshua Salama

Participating in the Victor Chang Cardiac Research Institute Work Experience program was an enriching experience, as it deepened my understanding of the field of scientific and medical research. After visiting many laboratories, I quickly came to realise that most scientists work in groups to investigate broad topics (e.g. inherited heart disease), while individuals or pairs may specialise in a particular area of this broad field (e.g. impact of a particular chemical/drug/hormone on the transfer of a gene which causes heart disease). Throughout the week, I developed teamwork skills, problem-solving skills and I learnt to adapt to sudden changes in the timetable (e.g. we need to start work 30 mins earlier the next day). Through participating in many experiments (including several unsuccessful experiments), I learnt how to refine my experimental technique by identifying and fixing the sources of error (e.g. sterilise the pipette with ethanol if inaccurate readings were obtained as a result of contamination from an unclean pipette). I also gained a multitude of new knowledge from visiting numerous laboratories and talking to scientists who work in many different fields. Overall, working at the Victor Chang Cardiac Research Institute was a thrilling experience that broadened my knowledge of science and developed many skills that will be useful throughout life.

Esias Feng

My year 10 work experience placement was at a major commercial law firm in the Sydney CBD. It allowed me to explore prospects of law and at the end of the week, I had a solid understanding of the legal practice and developed skills useful to both my daily life and skills that I can apply in the future as a lawyer. For example, I was given the opportunity to review employment contracts, work on a weekly update to clients on a dispute case and work on a report that outlined the legal documents necessary for a start-up business entering the market. I was even able to observe a land acquisition appeal in the Supreme Court of NSW. Overall, work experience has set the legal framework of understanding that I can build towards and it has definitely encouraged me to pursue a career in law.

Ellie Lum

I completed my work experience at Roselea Public School and it was interesting to be able to experience school from a teacher's point of view. I worked with three different classes - kindergarten, year 5/6, and a special needs class. Working in an environment where I had to interact with both young children and adults (other teachers) gave me the opportunity to improve my communication skills. Throughout the week, I performed a wide range of jobs, including reading to the class, supervising games, assisting in maths work, and other organisational jobs around the classroom. After my week of working as a teacher, I had developed my patience and communication skills, both of which are crucial in future careers.

Keyi Lau

Central Sydney Cardiology in Newtown hosted my work experience this year. Working at a cardiology centre provided an understanding of how technicians and doctor's work together to diagnose and treat patients using tests such as echo diagrams and more. They kindly allowed me to observe the diagnosis of patients using a variety of tests and devices, which was quite interesting. The secretaries working there also taught me the administrative side of their jobs and learned about what they did behind the scenes, such as phone calls, letters, filing, and scheduling. Overall, seeing how cardiologists, technicians, and secretaries as a whole worked, allowed an insight on how they interacted with patients, providing ongoing support and advice, as well as working collaboratively with colleagues both working in their centre as well as other specialties.

Joanna Zhu

After having work experience at Victor Chang, I realised that career paths aren't as fixed as I thought they were. From hearing personal stories from Nicola Smith who transferred from being a sports psychologist to being a molecular pharmacologist and also a professor who decided to become a medical researcher in the middle of his doctor career, I learnt that it is important to look out for and choose the subjects which you enjoy. Many professors guided us around and gave us insight to how their separate jobs are important to the discovery of new knowledge and how collaboration was important in their industry despite their different jobs. For example, the researcher looking after Zebra fish and mutations would be linked to the bioinformatic scientist who would analyse the results and find the exact mutation. One observation that I made was that although people with different ages were treated slightly differently, most workplaces have a friendly environment where the workers interact as friends. Overall, the work of the researchers helped me decide that medical research is not the right field for me. It made me realise that I would enjoy a job in the field of medicine that would cause me to interact with other people instead of the rigorous daily routines which the scientists perform with their experiments.

Akshaya Murugesh

My Year 10 work experience placement was with a soliciting firm Avantro Legal in the city. It allowed me to gain a new, insightful perspective into the field of law, and provided me the opportunity to act in a professional capacity. I undertook several & varied tasks, which included reading through settlement case files and contract work, reorganising folders and filing information, writing and editing opening letters to clients, and attending settlements at Mills Oakley. I participated throughout the week in observational activities, administrative work, and more hands-on, critical thinking tasks, which allowed me to gain more knowledge and the development of interpersonal and intrapersonal skills useful to a potential future in law.

Merideth Zhu

My work experience took place in a dental clinic in Carlingford. The workplace, Dr John Nguyen Family Dental Care, allowed me to experience the inner workings and ambience of a professional environment. The experience encouraged me to improve workplace skills, such as communication, teamwork and initiative. In this week, I was given the opportunity to overlook varying dental procedures, ranging from a simple clean to a two-hour long endodontics procedure. My role during the time was as an assistant, which included sterilising instruments using a specialised heating and a drying machine and wiping down the room after each patient left with alcohol wipes. This experience provided me knowledge about a professional workplace and developed skills which would help in a similar environment.

Amanda Shi

I was fortunate enough to have the opportunity to go to Bankstown Hospital for nursing work experience. While I thought I already knew what nursing was like, this work experience completely changed my understanding of nursing and the hospital environment for the better, and now I have so much respect for what nurses do. The best thing about the work experience was that I was able to visit a different ward every day to have a better insight of the job. I went to the cardiac, paediatric, emergency, surgical and medical wards. I was able to perform some tasks including performing an OBS (this is a regular observation of a patient to monitor their vital signs: pulse, oxygen, blood pressure and temperature) and sterilising equipment. I also had the chance to observe many procedures including an emergency resuscitation, ECG (an electrocardiogram tests for cardiac abnormalities) and a cranial CT scan. Overall, I gained a lot of knowledge and insight from this work experience thanks to my patient and helpful nursing supervisors. I would definitely recommend this experience to anyone interested in nursing or any other hospital careers.

Anahga Kanive-Hariharan

A week of work experience at the Victor Chang Cardiac Research Institute offered me insight into a career pathway of medical research, which had been a possible interest of mine. Throughout the week, I visited many labs, and conducted a variety of experiments, such as gel electrophoresis and detected heart defects in zebra fish using ultrasound-like machinery. I was also introduced to lots of new equipment, like centrifuges and cryostats. The scientists were very inspiring and engaged us during lunch breaks with scientific hangman. Work experience broadened my scientific knowledge in an engaging and interactive way, and I would recommend this program for anyone with an interest in scientific research.

Richard Huang

I completed my work experience at the dentist 'The Smile Spot' located in Dulwich Hill. The experience allowed me to learn about a wide range of dental procedures, such as root canals, fillings, extractions and denture making and introduced me to a variety of career options. Everyone working at 'The Smile Spot' was happy to answer questions about their work, which helped me understand the reasoning and process behind the steps of each dental procedure. Observing the process of making an impression which would be used to create dentures, and ultimately tried on patients was a very enjoyable experience. All in all, work experience at 'The Smile Spot' was an unforgettable opportunity, where I developed a more concrete idea about what becoming a dentist would involve - including not only the various procedures but also the interaction with the patients.

Kelly Ni

I went into work experience at Liverpool Hospital with excitement and anticipation, ready to follow around doctors, get an insight to the business of the hospital and watch surgeries being done in the operating theatre. My experience turned out to be completely different from what I had first imagined. Throughout the week, we followed and assisted nurses in the General Medicine, Speciality Surgery, and Neurology/Stroke wards. This involved helping with physiotherapy sessions, printing out telemetry strips and watching hospital staff giving medical handovers. Although we didn't get to participate much medically, the best part of the experience was definitely talking to the patients, and hearing their touching, inspiring stories. Going to Liverpool Hospital allowed me to take initiative, improve my communication skills, and gave me an insight into the hospital experience.

Anthony Hwang

My 5-day stay at Royal Prince Alfred Hospital for Year 10 Work Experience, was an insightful and exciting adventure into the 'real' world of the workplace. Being in the Department of Respiratory and Sleep Medicine, I was introduced to the clinical, hospitality and administrative side of working in a large hospital. With no prior knowledge in this area, I was given a concise introduction to the complex medicine behind sleep, ranging from the technology measuring REM (dream) sleep to the sleep (CPAP) masks utilised to help those with sleep problems. Through the week, I tailed skilled nurses and technicians in their daily activities. An example was connecting the patients to an EEG machine, which measures electrical signals in the brain during sleep, where I even got to hook my fellow work experience buddy, Jerry, to one of these sleep machines. However, by far the most rewarding experience was sitting in with doctors, watching them interact with patients in the clinic. Through chatting with these doctors, I got to truly understand what it is like to be involved in the medical field and to be a doctor and a specialist.

If you have ever wondered what being a doctor is like and if it actually suits you, going to a hospital would be an amazing opportunity to answer these questions, as I achieved in my eye-opening experience at Royal Prince Alfred Hospital.

Emilie Tan

I had the chance to work at Norwest Dental Centre for my Year 10 Work Experience. Working there allowed me to observe with some hands on experience of how a dental workplace is run. During the week, I was given the task of assisting the nurse, helping wash and sterilise the instruments and preparing the room for each patient. I was also able to gain knowledge about different dental procedures, such as root canals and teeth extraction, through observing. Work experience helped me improve my organization and communication skills and gave me a better understanding of the workplace. Particularly my work experience at Norwest Dental Centre provided insights into the dentistry profession which I may pursue in the future as a career. It was definitely a worthwhile experience!

Keiren Pirabhahar

I had the opportunity to work at St. George Private Hospital in the Renal Department. I was able to do tasks such as use the centrifuge to separate blood into its different layers and also had the chance to file away patient records. One of the most interesting things during my experience was that I had the chance to look at the key components of kidney dialysis. With the help of an assisting nurse, I was able to understand the true value of our kidneys. By the end of the placement, I was able to develop skills necessary for the job and I am grateful for the opportunity as it helped me improve my communication and knowledge.

Raymond Yu

I had an amazing time completing work experience at Macquarie University IT. It provided me with an insight into how an IT department worked with various teams creating a solution together that benefited staff and students at the University. This helped me develop skills in teamwork, communication and co-operation. We looked at the various tasks the IT department are responsible for, including coding, program development, upholding security and maintaining a fast, stable internet connection for the 50,000 people on campus. We also observed the roles technology played in other faculties, including performing arts, music and science, and even had a chance to participate in simulation and VR activities! All in all, Macquarie University is a great placement I would highly recommend to anyone interested in technology.

Vivian Wang

My work experience was at Whitehouse Institute of Design and I had the opportunity to work as an assistant. I participated in many various jobs and activities, such as helping to sort the photographic equipment, witnessing a book presentation and board meeting, observing many classes and learning about future pathways and courses at Whitehouse Institute of Design. I learnt many new things along the way and it was an enjoyable experience.

Jessica Zhang

I did my work experience at Macquarie University on Information Technology (IT). I had the rare opportunity to interact with the employees in a working environment, and ask lots of questions about their jobs. I also got the chance to witness many new pieces of technology, such as Robot Cranes and HTV virtual reality headsets. My favourite things about work experience included sitting through a simulation, exploring the Data Centre, and learning how big of a job it is to keep the internet running! Through this experience, I gained an interest in virtual reality and artificial intelligence. For anyone with even a slight interest in technology, I would highly recommend this course.

Christina Lee

My Year 10 work experience was at Maven Dental in Castle Hill. I worked as an assistant whenever the dentists needed simple tasks to be done, handling some of the instruments and helping out during some of the procedures used in practice, like surgeries, sterilising and organising. When dental procedures such as implants and implementing Invisalign were taking place, I was allowed to observe and talk to the dentists afterwards about the procedures. I was also allowed some hands-on task like playing around with composites and teeth moulds & in addition helping and experiencing firsthand some dental procedures. The dentists there also taught me about some dental procedures that I would never have known just as a patient, such as sterilising and treating patients. Overall, my work experience week provided me with a greater insight into dentistry and the experience of working in a similar atmosphere.

NIKKI NGUYEN

My year 10 work experience was carried out at a vet clinic in Dundas. I worked as an assistant to the vet nurses and had the opportunity to interact with many different animals - dogs, cats and rabbits. I also had the chance to watch and assist a variety of different procedures, such as surgeries, grooming and pathological analyses. The week of work experience allowed me to improve on life skills such as communication, especially with adults and other people I may not have met before and gain a wonderful insight into veterinary medicine.

RACHEL DAI

I had my work experience at Victor Chang Cardiac Research Institute and for a week, I participated in tightly scheduled activities and explored different branches of science such as embryology and cardiac regeneration. I visited the aquarium with zebra fish, examined how much germs were on my hands, and looked through microscopes to see different heart staining techniques, experiments with DNA and most importantly, lots of DRY ICE!

I even had the chance to play scientific hangman with the scientists during lunch and got Victor Chang merchandise!

Absolutely nothing was boring and I really got to see what actually happens in both wet and dry lab work, so if you are someone who really loves their white lab coat, then this is the right place for you!

Susie Yang

Rockie Woofit is a preschool for both community and hearing impaired children, so hence each day I was able to interact with children with hearing aids and cochlear implants as well as observe the bonds between them and their non-impaired peers. Whilst working at Rockie Woofit, I gained immense respect for preschool teachers especially those at Rockie who additionally care for children with hearing impairments. During my work there, I came to realise how important hearing aids and cochlear implants are to children with hearing impairments as they allow them to lead regular lives. I also learnt certain mannerisms to communicate better with hearing impaired children such as speaking slower and standing in front of them. I greatly value the time I spent at work at Rockie Woofit as I was able to better my communication with children and employers as well as interact with hearing impaired children for the first time in my life.

Alyssa Tran

My Year 10 work experience was at H B Advisory, an agency specialising in financial planning advice. I completed small tasks as would be expected in such a place, e.g. filing, stapling, photocopying, etc., however I also unexpectedly got to learn how to do a few other tasks that the employees did in the workplace, e.g. learning to use a program for electronic data recording, and answering and redirecting calls. I got to ask questions about unfamiliar terms, which the employees helpfully explained. It was a very pleasant and rewarding week as I learnt about a few things related to finance as well as developed useful skills that I am sure I can apply in the future.

Kevin Gong

Although the work experience placement I received was not the original placement I was after, work experience was an important lesson in how the world revolves and to be more specific, how medical centres revolve. From bandaging patients to measuring their blood pressure, I was able to experience a wide variety of activities that the medical centre offered. Moreover, I was able to engage in extensive communication with the patients as I aided them, a skill that I know will come in useful in whichever field I decide to go into. The hosts of the work experience were incredibly kind to me and helped me learn the basic ins and outs of a medical centre in the short span of 5 days. In conclusion, despite not being a field I am interested in, the work experience provided to me in Railway Street Medical Centre was an eye opening experience that undeniably broadened my understanding of how the medical field operates.

Aaron Yuan

"I was fortunate enough to attend my year 10 work experience at Nestle Australia Ltd.'s head office located in Sydney under the Business Excellence division. Being considered a new employee, throughout the week I had inductions with many different divisions including Sales/Marketing, Food Science & Technology, Consumer research innovation and Digital Activation amongst others. The Nestle confectionary items on the office floors readily available for consumption of staff were an awesome aspect. Attending the weekly business meetings with senior figures from different divisions was a nice opportunity to have a feel on how everything 'connects' as a cohesive network of different systems with different roles. Furthermore I was 'lucky' enough to experience a high-pressure environment at work when one specific product went missing from a very large spreadsheet equivalent to 1m AUD in sales. Additionally I received an unreleased gold packaged KitKat from KitKat's Brand manager which was very nice. Overall experiencing the lifestyle in a professional working environment was a very rewarding experience."

Bhavya

Doing work experience at Liverpool Hospital was an amazing and memorable experience and I thoroughly enjoyed every moment of it. I learned a lot after moving around the wards from aged health care, the miscellaneous ward and then to the neuro ward. First thing in the morning I attended the staff meetings, where for example the nurses discussed how they would further treat their patients and how they would try to get them discharged as early as possible to clear up the beds for other patients. I interacted with patients and learned their way of life with whatever disease, injury or illness they had and it helped me develop my interpersonal skills. The nurses were very understanding and answered all my questions enthusiastically and this definitely enhanced my learning experience. The highlight of my experience was spending time with the patients in the neuro ward where I met a patient who had Parkinson's, and he was an honest, humble and very knowledgeable old man. He knew everything about basically anything and he gave us good advice and tips for us and he enjoyed spending time with us and despite him being this incredible person, he had Parkinson's, which had affected his quality of life adversely. Overall, it was a great experience and I would definitely go there again and I hope one day in the future I would get the opportunity to work in a hospital.

Nanchahal

Keru Lau Fairfield Hospital was both an eye-opening and surprisingly fun place to have my work-experience. The time there allowed me to work under nurses and chat with patients and doctors. I worked in different wards such as surgical ward, rehab ward and the maternity ward. This allowed for me to have a deeper insight into different kinds of injuries and diseases, but more importantly how to look after each patient. Luckily for me, this also included playing with cute babies and talking to new mothers! Overall, being in the hospital setting has allowed me to have deeper clarity and insight into the potential career path that I would like to follow, and I definitely recommend this hospital placement for those that are looking to become doctors, nurses and physiologists.

Jerry Li

I had my work experience at a medical centre in Campsie. There, I was provided with an opportunity to work in an adult environment and learn about the jobs carried out by all workers to ensure the centre was well-run. Half my time was spent with the doctor, where I shadowed him as he worked with patients, performing routine consultations where he would listen to why patients were unwell and then provide methods of treatment. The doctor was also a skilled acupuncturist and I lucky enough to be able to observe him carefully place needles into the bodies of patient's. The rest of the time was spent at the receptionist desk, where I learnt skills such as triaging, managing the importance of treatment of patients. Overall, work experience was an interesting and useful activity.

Michelle Cai

I did my work experience at St George Hospital. I found it to be a really fun and interesting week because I got to see what working in a hospital was like. During this week, I realised the importance of having good communication and teamwork skills. I was able to assist and observe simple procedures such as aspirates and join the doctors on their ward rounds and clinic sessions, which gave me an opportunity to see the different types of work that are done in a hospital, and how each patient is different. All in all, work experience was quite an enjoyable week that allowed me to learn about medicine and different conditions, but also about being a doctor and the different tasks that certain doctors are expected to do.

Justin Chen For my work experience, I went to the Intensive Care Unit at the Prince of Wales Hospital along with my close friend Regan Tian. Being a completely new experience, it was quite daunting at first, however, the extremely nice doctors helped ease us into this workforce. Upon entering the door for the first time, we were greeted by the wonderful Dr.Figgis. She let us participate in the daily morning conference in the "handover room", which would then be a daily privilege for us to attend. We were then allowed to observe and learn about the daily roles of not only the doctors in the ICU but other professionals, such as social workers, physiotherapists and more. We repeated these activities for the entire week, making friends with junior doctors throughout our journey, who taught us valuable skills such as suturing. Ultimately, my work experience journey was a fascinating experience and definitely gave me a strong idea of the adult workplace and what I will become in the future.

Aneesa Abdu

After a week of last minute orders, consulting agitated customers, prying a ring off a swollen pharmacist's finger, visiting a new Nursing Home that was to open in 2 days and almost accidentally contaminating \$1000 worth of a 20mL chemical, I can say with certainty that work experience was NOT how I expected it to be. Anxious to start on my first day, I woke at an hour earlier than my alarm, dressed in my formal attire and arrived a little too early to my week-long occupation. On the first day they introduced me to the most exciting of activities (probably so I wouldn't begin regretting my decision before the week even began) this involved mixing and compounding the Pharmacy's unique hair lotion - this happened to be when I almost contaminated a very expensive small bottle of powder that was vital to the mixture. I later learned that the fun part of mixing the lotions took a lot less time than the tedious job of filling forty 100mL bottles and labelling each one. Throughout the week I had the regular job of dispensing, packing and distributing Websta-packs for elderly people who have difficulty taking medicines on their own. I was amazed by the amount of dedication and effort that the pharmacists put into giving these people that extra help that they needed. My week also had downs when I was handed large piles of paperwork to tick and staple but communicating with customers, rushing from one place to another to deliver urgent messages, compounding medicines and visiting a beautiful aged care home made up for that by making my week a memorable one and one that I could take with me numerous valuable lessons. For example; important communication is vital in preparing medicines, collecting orders and ensuring legal protocols are followed when it comes to prescribed or addictive medicines. Also, being prepared to drop everything and work on something urgent at any moment is a skill all the pharmacists in the small business had daily practice in. While my week was filled with fun, stress, excitement and precision, the highlight of the week was by far the sudden emergency where a pharmacist was rushed to the medical centre next door. No, she did not inhale a chemical accidentally, no she did not set her hair on fire and no she did not drop a box of heavy medicines on her foot - strangely enough, she accidentally got her 2 week old wedding ring stuck on her finger after sleeping with it on and the doctor next door had to pry it off.

Over my week I met inspiringly talented people, tried new and unexpected activities, and realised I am not good at waking up early consistently throughout the week. Overall, work experience was a week full of lessons that will help me in my future and memories I will keep with me forever.

Jennifer Du

Going to Fairfield Road Veterinary Hospital has provided me with an insight into what a work environment is like and helped me improve my team work skills. Over the course of the week, I helped with tasks including sterilising instruments, packing surgical kits, walking dogs, and watching over recovering animals. I was also allowed to observe a few surgeries, where I was able to ask lots of questions about procedures and some of the machines and equipment they used. Overall, it was a great learning experience and despite having to clean a lot of poop, I still had loads of fun!

Brianna Kim

I went to the Victor Chang Cardiac Research Institute (VCCRI) for my work experience placement. It was hands down one of the best weeks I've had. Seven others from my cohort & myself ventured to VCCRI for 5 days, and we were able to observe and experience life as a research scientist. We conducted multiple experiments and got some hands-on time with the equipment in the labs. We met lots of new people from all over the world including but not limited to Japan, Germany, Britain and France. We even started a new lunchtime tradition in one of the labs, scientific hangman! I would highly recommend others in attending work experience at VCCRI, it is truly an unforgettable experience.

Yasiru Jayasooriya

I enjoyed my work experience at the Academy of Interactive Entertainment in Sydney. It was fun using the 3D modelling software Maya to create a robot character and make an animation of it performing a backflip. I found creating concept art using Photoshop, a challenging but interesting experience. In our JavaScript programming lesson, I stretched my abilities and turned a simple pong game into an epic two player tennis match. I was amazed at learning how to construct a game environment in the Unity game engine using its terrain feature and use it to develop a thrilling 3D maze game. We were excited to get to play some virtual reality video games as a special treat on the final afternoon after all our hard work. I found work experience a fun and rewarding five days which gave me valuable insight into a possible career in the software industry.

Abhinayeni Kuhasri

I completed my work experience at my local physio clinic, Northern District Physiotherapy Eastwood. My time at this clinic allowed me to follow my passion for physiotherapy and observe what it really is like to work as one. I followed many different physiotherapists as they worked & who were all very welcoming and happy to answer all my questions. On some days, I had some rare experiences such as being part of a Pilate's class and going on home visits. I thoroughly enjoyed my time at the clinic and would definitely recommend this for any future

Palen Deng

My year 10 work experience was at Elite Dental Surgery in Auburn. The week provided a useful insight into the dentistry industry and provided me the experience of working in a professional environment. As I spent the week working with staff above my age range, I needed to utilise my communication skills which then allowed me to identify areas where I needed to improve in order to succeed in the work place. During the week I mainly worked as an assistant doing tasks such as sterilising instruments after they had been used, wiping down equipment with alcohol as well as assisting with filing at the reception. I also had the chance to observe some dental procedures such as root canal fillings. By the end of the week, I gained knowledge of the dentistry industry and recognised areas of improvement which would assist me in the future.

Soo-ji Hwang

My week at West Pennant Hills Vet was very fun and also educational. We watched a number of surgeries on different types of animals and we observed the processes before and after operations. The vets encouraged us into asking questions, even ones that seemed dumb, and we learnt a lot of useful information through them. When we weren't helping the vets we were either playing with the cats that were boarding at the veterinary while their owners were on holidays or with cats and dogs there for surgery. My experience at the vet was really great and I gained a lot of knowledge that I couldn't have gained without work experience. West Pennant Hills Vet helped me understand more about what actually happens at a work place, more specifically in a vet, and I'd recommend it to anyone who loves animals.

Sophie Dien

I had my work experience at Cabramatta Dental Care. I did mostly reception work but did observe some procedures. Over the week I scheduled in appointments, filled out patient details, picked up multiple phone calls simultaneously and talked to patients. Overall, the work experience allowed me to work on my communication, problem-solving and multi-tasking skills.

Jess Li

I went to Just White Dental in West Ryde for work experience. I was expecting to be working for five days straight, without learning anything - instead I was able to see how a small business was run and managed, while celebrating two birthdays: an employee's and mine. My fellow employees were extremely friendly, always looked out for me, and even pooled money to buy me a giant bouquet at the end of the week! I also had the opportunity to learn how to operate an autoclave. As such, I would definitely recommend Just White Dental for anyone seeking work experience.

Andrew Cui

I went to work experience at West Pennant Hills Veterinary Hospital and had a great time there while learning about the interesting routines and procedures they do there. The Vet was only a local one so it was not so busy. The things I did at the vet included, observing surgeries, caring for the pets, general maintenance and asking and answering questions. I would definitely recommend work at a veterinary hospital, as you get to see what it actually means to work in that occupation.

Christie Park

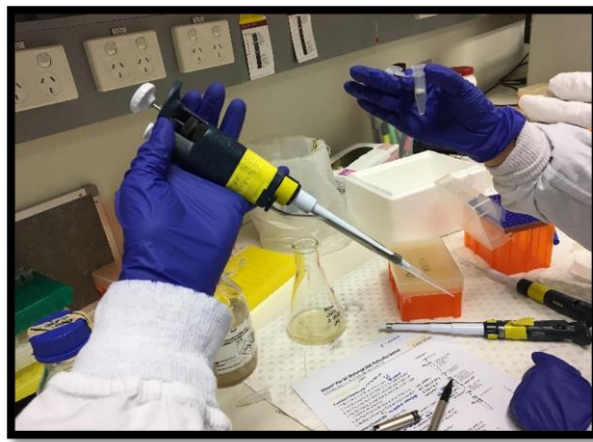
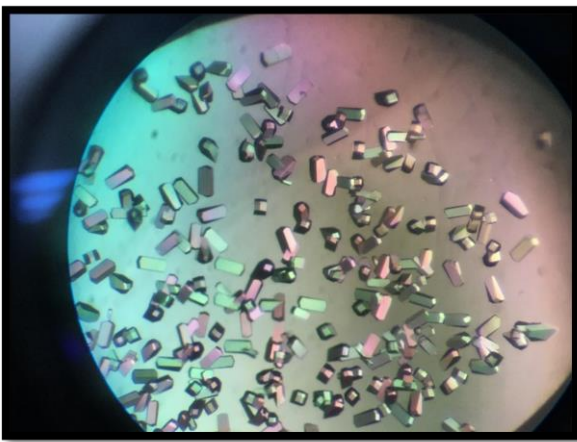
Work experience was an eye-opening opportunity where I was able to really understand and experience the job working in a hospital as a nurse. Growing up as a child who was interested in the field of medicine, I never really knew what it would feel like to work as a doctor and what they really did. With my limited knowledge and occasional visits to the GP, I always thought that working as a doctor was relatively easy- they would sit in a chair, quickly examine you and prescribe some medicine. However, through this experience, I was able to really understand the hardships working as a doctor and nurse. Throughout my journey at Liverpool hospital, I was able to observe and participate in medical practices such as helping wash patients to watching surgical procedures of removing things from a patients' body. However, the highlight of the experience wasn't watching cool medical procedures or learning to make hospital beds. What really made this experience worthwhile was the interaction with people- talking to nurses of all different ages, nationalities and abilities to talking with patients and their family. Through this experience, I was able to appreciate the work nurses put into caring for patients, and have the valuable opportunity to talk and interact with many new people.

Sally Sun

Victor Chang Heart Research Institute is a medical research institute founded by Victor Chang and focuses on heart research. This week introduced me to the fascinating world of scientific research and possible career paths in science. We were able to interact with Laboratory Heads, Research Assistants, PHD students, post-doctorate researchers and many more people all researching the human heart. We also learnt about the how amazing the heart really is and found out about the many lethal heart diseases which cause the death of countless lives each year.

The scientists gave us a tour of the Institute before we were given a chance to visit and experience every laboratory throughout the week. We were introduced to the research area of the labs and were able to conduct a few simple experiments. We were able to use many machines I would never have a chance to use in school or in the future in a non-scientific field.

We got a chance to grow our own crystals and purify DNA.



I learnt about new scientific concepts and was also able to relate some of the knowledge I previously learnt in this experience. Work experience at Victor Chang was a rewarding week as I was introduced to career paths in medical scientific research I was interested in, yet never knew about.

Alyssa Lubrano

My year 10 work experience was at the Royal Institute for Deaf and Blind Children (RIDBC) in North Rocks, a place I highly recommend for anyone doing work experience in the future. Throughout the week I spent time in each of the different ages. I worked as a teaching assistant, escorting vision impaired children and teaching them Braille. I was able to use a Perkin's Brailier during the week, a machine that types what you programme in braille. I also learnt some sign language and taught hearing-impaired children how to spell in Auslan. By the end of the week, I had gained knowledge and developed useful skills that would assist me in the future.

Leo Shi

My work experience placement was at PPS Physiotherapy at Carlingford. It was a really interesting experience as I got to see what happens at a real work place. The physios, James, David and Grant were very welcoming and informative and helped me in getting around the place. I was privileged enough to use many different physio machines such as the inferential machine and the ultrasound machine and also observe how the physios treated patients with their own unique injuries. The week I spent at PPS Physiotherapy allowed me to recognise what a workplace is and how it works. It was highly enjoyable.

Helena Wu

I went to the World League Protection of Animals (WLPA) in Gladesville for work experience so as to figure out whether or not I was suited for a veterinary career path. I would personally recommend WLPA for other students in later years who want to work with animals, especially the care of animals. The workers and volunteers there dedicate a lot of time with the needs of the numerous cats, including medication and feeding, getting accustomed to the individual situations of the cats. I personally participated in a lot of hands on work, including feeding, cleaning, socialising and the disinfecting of all the items in the room. There is a lot of responsibility involved when taking care of cats and the volunteers there had explained and demonstrated to me as of why, which was very educational. During the week I had arrived, they were actually in a stressful situation where a kitten that was adopted out had died from unnatural circumstances, causing a lot of paperwork that had to be done in a limited time. They had showcased their great sense of responsibility during times like this and I had greatly admired their resourcefulness in this sort of situation.

I would personally recommend this rescue for any student that wants to pursue work in animal care compared to other places involved with animals as I had personally done a lot more hands on work compared to other students that went to practices with animals.

Christine Li

During my week at Animal Tracks Vet in Homebush, I managed to tame a wild kitten. On the first day, I was met with nothing but a fearful, hissing kitten. Each day, I would look forward to cuddling the little bundle of ginger fur until he started purring. This was done to socialise the little kitten and prepare him for adoption, but it brought me so much joy that I was sad to part with him on Day 5. My veterinary work experience truly integrated me within the workforce and allowed me to confidently interact with all kinds of pets. It gave me the rare opportunity to watch surgeries and even inject antibiotics into dogs, something I'd never dreamed of doing myself.

Sabrina Fu

I-Care Optometrist:

I had my work experience at I-Care Optometrist, Lidcombe. I did mostly receptionist tasks; making appointments, calling patients, billing Medicare cards and the like. Doing this allowed me to see where I could improve; taking more initiative and improving my communication skills for example. I was also able to speak to a working profession in the field of optometry. My time doing work experience at I-Care Optometrist was a great time where I was able to gain insight about a possible career path.

NIDA:

I was lucky enough to do work experience at NIDA (National Institute of Dramatic Art). I was in the Staging course, but was able to also do a day in the Props Department. I helped build a hill, work with some 3-D printed materials and lots of other amazing things. Everyone was very accommodating, happy to answer any questions (I spent fifteen minutes getting a play explained to me!) and overall fun people. There was a great variety of people; fresh out of high school and professionals working in their fields, who I got to build stage sets and puppets with. My experience at NIDA was amazing, and I would recommend it to anyone!

Prashanthi Prabakaran

I had my work experience at Royal Prince Alfred Hospital in Radiology. It was an amazing experience which I recommend to anyone interested in a career as a radiologist or radiographer. Everyone was really friendly and happy to answer any questions I had, and I saw many different faculties such as Foetal Med, Interventional Radiology, and my favourite, CT. Even though I was just observing, I got to see some cool things- a smashed hand, a TACE (an operation in Interventional Rad. where a cancer cell is basically blasted with Chemotherapy), and cute babies in Neonatal ICU. In all, it was a fantastic experience where I learnt so much more than I would have in a classroom, about bones, confidence, and the importance of coffee (it's the solution to everything).