

# Banksia Bulletin

Banksia Road Primary School  
 65 Banksia Road, Greenacre NSW 2190  
 Tel 9707 3423 Fax 9790 5607 Email [banksiaroad-p.school@det.nsw.edu.au](mailto:banksiaroad-p.school@det.nsw.edu.au)  
**Caring, creative, challenging and achieving**



Tuesday, 25 February 2025

## CALENDAR

### Week 5 Term 1 2025 February

Tuesday 25 <sup>th</sup>	Three Way Goal setting interviews
Wednesday 26 <sup>th</sup>	Three Way Goal setting interviews
Thursday 27 <sup>th</sup>	Leadership Induction Ceremony at 2.15pm
Friday 28 <sup>th</sup>	Uniform Shop 8.45 -9.15am

### Week 6 Term 1 2025 March

Monday 3 <sup>rd</sup>	Uniform Shop 8.45 -9.15am
Tuesday 4 <sup>th</sup>	School Photographs
Friday 7 <sup>th</sup>	Uniform Shop 8.45 -9.15am

### Week 7 Term 1 2025 March

Monday 10 <sup>th</sup>	Uniform Shop 8.45 -9.15am
Wednesday 12 <sup>th</sup>	NAPLAN begins for Year 3 and Year 5
Friday 14 <sup>th</sup>	Uniform Shop 8.45 -9.15am

### Future Dates:

April 2<sup>nd</sup> – Harmony Day  
 April 8<sup>th</sup> – K – 2 Easter Hat Parade  
 April 9<sup>th</sup> – 3-6 Cross Country

### HOMWORK FOCUS

Each Friday we will conduct random checks and reward students who have brought to school their completed homework.  
 We will keep a cumulative weekly tally and provide termly class rewards.

#### Homework Leaderboard

1 <sup>st</sup>	2E	81%
2 <sup>nd</sup>	5T	70%
3 <sup>rd</sup>	6N	68%
3 <sup>rd</sup>	2V	68%
5 <sup>th</sup>	1/2M	66%

### Attendance Top 5 Leaderboard for Term 1 as of W4 Including partials

Mainstream Classes	Inclusive Class Leader
1. 2E - 93.25%	IC - Blue - 90.48%
2. 4A - 92.95%	
3. 4S - 92.63%	
4. 3H - 92.28%	
5. 1/2M - 92.08%	

### LEADERSHIP INDUCTION

On Thursday 27<sup>th</sup> February, our school captains and prefects will lead the assembly and we will officially induct them with badges.  
 We will also induct our School House captains and SRC.

### HOUSE CAPTAINS 2025

Flinders	
Dyllan	Amara

Phillip	
Kerem	Sereen

Cook	
Muhammad	Sandy

Banks	
Luqmaan	Aminah

### SCHOOL PHOTOS ON TUESDAY 4<sup>TH</sup> MARCH

The School Photographer is encouraging all parents to pay online before the School Photography Day. Students are still required to bring their envelope on the day of the photography.  
 Sibling photos will also be available at the office.



## PSSA TRIALS - WINTER

We will have our 2<sup>nd</sup> PSSA trials this Friday.

- Boys League Tag – Mr Naser
- Netball – Miss Beer and Mrs Ahdab
- Girls Soccer – Mrs Iskandar
- Boys Soccer – Mr Iskandar
- Newcombe ball – Mrs Tleis

This year PSSA will occur on Gala Days. Teams will play four games in one day. This format will substantially reduce the cost of buses.

Gala Day 1	- Friday 9 <sup>th</sup> May
Gala Day 2	- Friday 30 <sup>th</sup> May
Gala Day 3	- Friday 20 <sup>th</sup> June
Gala Day 4	- Friday 1 <sup>st</sup> August

It will be the same for Summer PSSA.

## IMPORTANT REMINDERS

- Parents must provide an explanation for student absences within 7 days from the first day of any period of absence.
  - **Family holidays during the school term should be avoided if possible.** Days off for this purpose (an official exemption is needed) count as absences, are recorded on school reports and also disrupt schooling.
    - For safety reasons, the teacher's car park is **NOT** to be used as a thoroughfare by students or community members at any time.
    - If students bring mobile phones to school they must be handed in at the School Office before school and collected at the end of the day. Student phones must remain off whilst on school grounds. Failure to do so will mean your parent will need to collect your phone from the office.
    - Medication (apart from that stipulated in a Health Care Plan developed by parents, doctor and the school) is not to be administered by any school staff, without written permission by the parent.
      - Parents are reminded that students should not be chewing gum or bringing it to school.
      - Always remember Road Safety (see flyer)
- **The following styles of shoes ARE ACCEPTABLE**



## BANKSIA ROAD AND BORONIA ROAD GATES

Please drop students at school after 8.30am as gates are closed until that time. If dropping your children after 9.10am, please go to the Banksia Road gate, not Boronia Road. Afternoon gates are open from 2.30pm.

## CONTACT DETAILS and SCHOOL BYTES

Please communicate with the school office any changes to your contact details (including email) and phone numbers. We require our contact lists to be up to date.

Banksia Road uses School Bytes parent portal to:

- Easily make a payment online
- Download your receipt
- Sign and return permission notes digitally
- Use any credits on your account to make payment
- View your complete payment history electronic permission notes through the platform 'School Bytes'.
- View the status of all permission notes
- View all historical payments in one place



Download the School Bytes app for Apple and android.

## MEDICAL ACTION PLANS

It is important that Health Care Plans are updated annually and provided to the school. This applies to students whom require Medication, EpiPen and Ventolin as part of a health care plan. Please contact the school office if your child's medical condition needs updating.

## HIGH SCHOOL 2026

From next week, Year 6 students will have the opportunity to apply for High school. The process will be online. Information can be found on the link below <https://year7.enrol.education.nsw.gov.au/>

## ISRE TEACHERS

Islamic Special Religious Education are looking for new teachers to join their team. For more information, please call 9708 0880 or email [info@isre.org.au](mailto:info@isre.org.au).

## NSW EDUCATION STANDARDS AUTHORITY

NAPLAN 2025 parent and carer information Suggested school newsletter or email content Each year the National Assessment Program – Literacy and Numeracy (NAPLAN) is sat by students in Years 3, 5, 7 and 9. Students will participate in tests for writing, reading, conventions of language (spelling, grammar and punctuation) and numeracy.

NAPLAN 2025 will take place from Wednesday 12 March to Monday 24 March.

NAPLAN is just one part of our school's learning assessment program. The tests assess literacy and numeracy skills your child is already learning at school, so the best preparation is their everyday classroom learning. Our school will also undertake activities to help students become familiar with the types of questions and tools available in the online tests.

The public demonstration site <https://www.nap.edu.au/online-assessment/publicdemonstration-site> is available for you to see the format of the online tests. Further information about NAPLAN is available on the NESA website (<https://www.nsw.gov.au/education-and-training/nesa/naplan>) and the NAP website (<https://www.nap.edu.au/naplan/for-parents-carers>). If you have any questions about NAPLAN, please contact your child's teacher.

Mr Hamish Woudsma  
School Principal

### SRC 2025

Congratulations to the following students who were elected by their peers for the School Representative Council.

Class	SRC	
1C	Jana	Zayd
2V	Noah	Yasmin
2B	Ammar	Zara
2E	Bahaa	Lana
3N	Jaiyana	Nur El-Deen
3B	Taliah	Hasan
3H	Sophia	Zayn
4S	Malik	Alanna
4A	Khadijah	Amin
4FN	Mya	Samir
5I	Ava	Ali
5T	Mariam	Ahmad
5C	Jannah	Kingsley
6M	Syeda Safiya Zahra	Ishaq
6N	Anam	Mohammad
6I	Asma	Mansour
6S	Selena	Mustafa

### SCHOOL COMMUNITY CHARTER

The attached School Community Charter outlines the responsibilities of parents, carers educators and school staff in NSW public schools to ensure our learning environments are collaborative, supportive and cohesive.

## School Community Charter

 Collaborative. Respectful. Communication.

### DP HOME READING CHALLENGE

#### Challenge 1 – 25 Days

It won't be long before some students reach and achieve the first challenge set in the DP Home Reading Challenge – 25 Days.

Please encourage your child to bring in the reporting booklet and hand into Mrs Azzopardi to collect their prize, certificate and recognition.

Challenge 2- 50 days (next 25 days) recording booklets will be available as soon as Challenge 1 is complete and handed in. Keep Reading.

### INTEREST GROUPS

Over the following couple of weeks, the following interest groups will be commencing during lunchtime.

- Public Speaking
- Yoga
- Drawing and Colouring Club
- Gardening Club
- Lego.

### CLEAN UP AUSTRALIA DAY




## Clean Up Australia Day

BANKSIA ROAD PUBLIC SCHOOL



**We are cleaning up our school.**  
 Gloves will be provided for all students. You may like to send tongs.

Monday 3rd March 2025

Mrs Janice Azzopardi  
Deputy Principal

## COMMUNITY HUB NEWS

### Term 1

#### Introduction to cake decorating with Bankstown Tafe

**Tuesday's 9.30am-1.30pm in the Hub**

Improve your cake decorating skills with this 10-week course and learn new cake decorating techniques. This fun and creative program is designed to help take your cake decorating to the next level. Great for birthdays and celebrations **(Full, waiting list available)**

#### Playgroup –

**Wednesdays weeks 2 - 9 in school term  
9.15am – 11.15am in the Hall**

Play2 Learn is a fun time to share with your child. This playgroup is for children aged 0 and 5 years old with the program focused on fun play-based learning activities, music, story time with the opportunity to build friendships and connections in your community. The playgroup is staffed by a Child Development Worker and Family Support Specialist who prepare each week's program based on the interests and needs of the children. **We ask you to bring fruit, vegies, and a bottle of water for your children for morning tea together.**

#### Conversational English-

**Monday's 17/02/2025 – 24/03/2025**

**9.15am-11.15am in the Hub**

All levels facilitated by teachers from BRPS. Free Childminding available

#### Community Pantry –

**Available all school terms**

Non-perishable grocery items are in the Community Hub, for any families that need them.

#### Term 2 & 3 Bollywood –

**Monday's 9.30am-10.30am (TBC)**

Enjoy exercise through dance, free childminding.

**Register your interest now**

#### Term 3 & 4

#### Certificate IV in School Based Education (TBC)

On School site SLSO certificate facilitated by Bankstown Tafe.

Register your interest now

Woman's only Swimming (TBC)

Applying for grants to partner with Bankstown Community Hubs, Karitane and her-swim to have free Woman only Swim program including CPR and beach training day with childminding and transportation. Register your interest as limited spots will be available if successful.

If you have any questions regarding the programs running or any future programs/courses that you would like to have run at the hub, to register your interest or join in any of the classes.

You can contact me on the numbers and email below or pop into the Community Hub (next to canteen) for a coffee and chat.

*Nivek Aoun*

**Community Liaison Officer | Community Hub Leader |  
Banksia Road Public School | Mon, Tue, Weds 8am-  
3.30pm, Thurs 8am-12pm 65 Banksia Road | Greenacre  
NSW 2190 | 0401 712 793 | 📞: 02 9707 3424  
| ✉️: [nivek.aoun@det.nsw.edu.au](mailto:nivek.aoun@det.nsw.edu.au)**



# School Community Charter

 **Collaborative. Respectful. Communication.**

The following School Community Charter outlines the responsibilities of parents, carers, educators and school staff in NSW public schools to ensure our learning environments are collaborative, supportive and cohesive.

We treat each other with **respect**

## What our schools provide

NSW public schools work to create positive environments for students, staff and the entire school community that support student learning. We strive to ensure that every student is known, valued and cared for.

**The best education happens when parents and schools work together.**

The School Community Charter aligns with the NSW Department of Education Strategic Plan 2018 - 2022.



## Positive environments

It is important that our NSW public schools are positive environments and that parents and carers are kept informed of students' progress and school announcements.

Parents and carers can expect:

- To be welcomed into our schools to work in partnership to promote student learning.
- Communication from school staff will be timely, polite and informative.
- Professional relationships with school staff are based on transparency, honesty and mutual respect.
- To be treated fairly. Tolerance and understanding are promoted as we respect diversity.

We **prioritise** the wellbeing of all students and staff

**Unsafe behaviour** is not acceptable in our schools

We work **together** with the school

**Ensuring respectful learning environments for all members of NSW Public Schools communities.**



We create **collaborative** learning environments

We all play **our part**

We work **in partnership** to promote student learning

## Communicating with our schools

Our staff will find a time to talk to you when they can give you their full attention. Please remember that while our staff are in class or dealing with other matters, they may not be available to answer your questions immediately.

Our schools and communities will make sure that written communication is appropriate, fair and easy to read. We encourage you to use email and social media appropriately to connect with your school and stay up-to-date with up-coming events in the school community.

Our guide for parents, carers and students provides useful information about the complaints process:

[education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students](https://education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students)

## Respectful communication is a right

In all workplaces people have the right to feel respected. Unacceptable and offensive behaviour has no place in our school communities.

To ensure the wellbeing of students, staff and the community in our schools, steps will be taken to address unacceptable behaviour. This may include restricting contact with the school community or, in more serious cases, referral to NSW Police.

### Unacceptable behaviour may include but is not limited to:

- Aggressive or intimidating actions, such as violence, threatening gestures or physical proximity.
- Aggressive or intimidating language, including the use of obscenities, making sexist, racist or derogatory comments or using a rude tone.
- Treating members of the school community differently due to aspects such as their religion or disability.
- Inappropriate and time wasting communication.



**Collaborative.**  
**Respectful.**  
**Communication.**

**School Community Charter**

[education.nsw.gov.au](https://education.nsw.gov.au)

# Road safety



## Driving and parking safely near schools

The beginning and end of the school day are busy times around schools. That is why you need to take extra care in 40km/h school zones.

### Drive safely

- Slow down to 40km/h in the school zone and stay aware of crossings.
- At a supervised crossing, follow the directions of the School Crossing Supervisor. They help manage traffic and assist children to use the crossings on roads near and outside of schools.
- Always give way to pedestrians particularly when entering and leaving driveways.

### Park legally and safely

- Parking signs are planned with children's safety in mind.
- Park safely and legally, even if it means walking further to the school gate.
- Always park and turn legally around the school. U-turns and three-point turns are dangerous.
- Never double park as it puts children at risk.
- Never park in a bus zone or in the school bus bay.

- Don't park across the school driveway or the entrance to the school car park.
- Make sure your child uses the 'Safety Door' (rear kerb side door) to get in and out of the vehicle.
- Model safe and considerate behaviour for your child – they learn from you.
- It's always a good idea to use the drop off and pick up area suggested by your school. This will help keep all children as safe as possible during the busiest times of the school day.

**Children learn safe road user habits from you and will continue them when they are old enough to travel alone.**



For more information on keeping children safe in the road environment visit the families section on [safetytown.com.au](https://www.safetytown.com.au)



# **Banksia Road Public School**

## **Community Hub Timetable**

### **Term 1 2025**

<b>Day</b>	<b>Activity</b>	<b>Location</b>
<b><u>Monday</u></b>	<p><b>Conversational English</b> <b>Wk4 17/02/25 – Wk9 24/03/25 9.15am-11.15am</b> English class for all ability + fun interactive activities facilitated by BRPS Teachers. <b>Free Childminding for non-school aged children</b></p>	<b>Hub</b>
<b><u>Tuesday</u></b>	<p><b>Introduction to Cake Decorating</b> <b>Wk4 18/02/25 -Wk11 08/04/25 9.30am-1.30pm</b> Bankstown Tafe - Improve your cake decorating skills with this short course and learn new cake decorating techniques.</p>	<b>Hub</b>
<b><u>Wednesday</u></b>	<p><b>Playgroup</b> <b>Wk3 12/02/25– Wk10 02/04/25 9.15am-11.15am</b> Come and join in the fun of playing and learning together at Play2Learn playgroup. <b>Bring fruit, vegies, and a bottle of water for your children.</b></p>	<b>Hall</b>
<b><u>Thursday</u></b>	<p><b>Gentle Exercise</b> <b>10am-11am</b> Greenacre area Community program, all equipment provided, all fitness levels. <b>\$5 per person/class</b></p>	<b>Library</b>

Contact Nivek 0401 712 793 email [Nivek.aoun@det.nsw.edu.au](mailto:Nivek.aoun@det.nsw.edu.au)



## اخبار المدرسة

ايام الاثنين و الجمعة يمكن شراء الزي المدرسي قبل بدء اليوم الدراسي

### مواعيد مهمة

#### الاسبوع ٥

الثلاثاء و الاربعاء مقابلة تحديد الاهداف

#### الاسبوع ٦

الثلاثاء صورة المدرسة

#### الاسبوع ٧

الاربعاء ١٢ - ٢٤ / ٣ فحص اللغة و الرياضيات

### مواعيد اخرى

٤ / ٢ يوم التوافق

٤ / ٨ استعراض القبعات

٤ / ٩ مسابقة الركض

### فروض المدرسة

يتم جمع عدد من الفروض المدرسية لمعرفة الصف الرابع

### الاجتماع العام

يبدأ الخميس ٢٧ / ٢ بقيادة قواد المدرسة و مجلس المدرسة من الصف الثاني

### تنبيهات مهمة

يجب تفسير سبب غياب التلاميذ\*

عدم الذهاب إلى رحلات عائلية خلال فترة الدراسة و ستحسب غياب\*

عدم استخدام أماكن انتظار السيارات الخاص بالمعلمين\*

يجب ترك التليفونات الخاصة في إدارة المدرسة في الصباح\*

الأدوية يجب إعطاء تصريح للمدرسة\*

ممنوع أكل علكة\*

### توصيل التلاميذ للمدرسة

يجب توصيل التلاميذ بعد الساعة ٣٠، ٨ ص

بعد الساعة ١٠، ٩ يجب توصلهم من بانكسيا رود. الأبواب مفتوحة من الساعة ٣٠، ٢ م

### المعلومات الخاصة

يجب تصحيح المعلومات الخاصة في حالة اي تغيير. ايضاً اي حالة مرضية و الحساسية

### التقديم للمدارس الثانوية

يبدأ الاسبوع القادم

# Breast screening and you

20 minutes every 2 years  
could save your life.  
13 20 50



## About breast cancer

1 in 7

1 in 7 women in NSW will develop breast cancer in their lifetime.<sup>1</sup>

Key risk factors for developing breast cancer are being female and getting older<sup>2</sup> – 75% of women diagnosed with breast cancer are over 50.

The best way to find breast cancer early in women aged 50 to 74 is to have a breast screen.



9 out of 10 women with breast cancer have no family history of the disease.<sup>3</sup>

If found early, breast cancer is easier to treat and there is an increased chance of survival.

## Before your mammogram

- ✓ Book online at [book.breastscreen.nsw.gov.au](http://book.breastscreen.nsw.gov.au) or call 13 20 50.
- ✓ Ensure you know the address of your screening location.
- ✓ Bring previous mammogram x-rays (if your last screen was not with BreastScreen NSW).
- ✓ Wear a two piece outfit for your mammogram (you'll need to remove your clothes from the waist up).
- ✓ Let us know in advance if you have breast implants.
- ✗ Do not use talcum powder, deodorant or creams on the day of your mammogram, they can affect your x-ray.

## After your mammogram

- 1 At least two specially trained doctors will independently read your x-ray images.
- 2 You will receive the results of your mammogram in writing within 2 weeks.
- 3 With your permission, the results will also be sent to your doctor.
- 4 If there is something on your mammogram that needs further investigation, you will be asked to attend an Assessment Clinic for further tests. 90% of women called back for further tests do not have breast cancer.

BreastScreen NSW has over 200 locations in NSW. The program is especially recommended for women aged 50 to 74 years. However, all women over the age of 40 are eligible for free breast screening.

Book online at [book.breastscreen.nsw.gov.au](http://book.breastscreen.nsw.gov.au) or call 13 20 50

For interpreter assistance call 13 14 50 (TTY 13 36 77)

Find us on Facebook [facebook.com/BreastScreenNSW](https://www.facebook.com/BreastScreenNSW)

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Please note, a mammogram is the best way of detecting breast cancer early, but no screening test is 100% accurate. For more information, please visit [breastscreen.nsw.gov.au/limitations](http://breastscreen.nsw.gov.au/limitations)

<sup>1</sup>Annual NSW cancer incidence and mortality data set, 2016 (sourced from the NSW Cancer Registry, Cancer Institute NSW). <https://www.cancer.nsw.gov.au/understanding-cancer/cancer-in-nsw/data-calculations>

<sup>2</sup>Australian Institute of Health and Welfare 2018. BreastScreen Australia monitoring report 2018. Cancer series no. 112. Cat. no. CAN 116. Canberra: AIHW.

<sup>3</sup>Collaborative Group on Hormonal Factors in Breast Cancer. 2001. Familial breast cancer: collaborative reanalysis of individual data from 52 epidemiological studies including 53 209 women with breast cancer and 101 986 women without the disease. Lancet 2001; 358: 1389-99

## Breast screening

A breast screen, also known as a mammogram, is an x-ray of the breasts. Mammograms can detect very small breast cancers before they can be seen or felt.

The BreastScreen NSW program is **FREE** and specifically designed for women aged 50 to 74. Women are recommended to have a breast screen every two years.

Women aged 40 to 49 and over 75 are also eligible to attend. However, speak to your doctor first to see if screening is a priority for you.

All BreastScreen NSW radiographers are female, and use state-of-the-art equipment which ensures the highest quality mammograms with minimal radiation.

Book your free breast screen today, call 13 20 50 or book online.

A doctor's referral is not needed, however, you are encouraged to bring your doctor's details to your appointment.

Screening with BreastScreen NSW is for women with no symptoms.

If you are experiencing symptoms such as a lump, nipple discharge or persistent new breast pain, please see your doctor without delay.



## At your mammogram

- 1 Your appointment will take around 20 minutes.
- 2 A female radiographer will take you to a private room where you can remove your top and bra.
- 3 Please let the radiographer know if you have sensitive breasts, back or shoulder problems.
- 4 During your mammogram the radiographer will take two x-rays of each breast. It may be a little uncomfortable, but it is only for a brief time.
- 5 You can stop the mammogram at any time.

# فحص التصوير الشعاعي للثدي وصحتك

٢٠ دقيقة كل سنتين يمكن أن تُنقذ حياتك.

## نبذة عن سرطان الثدي

تصاب امرأة من بين كل ٧ نساء في نيو ساوث ويلز بسرطان الثدي خلال حياتهن.<sup>١</sup>

١ من كل ٧

عوامل الخطر الرئيسية التي تسبب الإصابة بسرطان الثدي هي كونك امرأة وتقدمك بالسن – إذ أن أكثر من ٧٥٪ من سرطانات الثدي تحصل للنساء فوق ٥٠ عاماً من العمر.<sup>٢</sup>

وأفضل وسيلة لاكتشاف وجود سرطان الثدي مبكراً لدى النساء البالغات ٥٠ إلى ٧٤ عاماً من العمر هي التصوير الشعاعي للثدي أو ما يُعرف بفحص ماموغرام. يُجرى فحص ماموغرام بتصوير الثدي بالأشعة السينية، ويمكن بواسطته اكتشاف وجود سرطانات متناهية الصغر في الثدي قبل أن يصبح بالإمكان رؤيتها أو الإحساس بها.



## ٩ من بين كل ١٠ نساء

مصابات بسرطان الثدي لا توجد في عائلاتهن سوابق للإصابة بهذا المرض.<sup>٣</sup>

كلما تم اكتشاف سرطان الثدي باكراً، زادت فرصة نجاحك منه.

## فحص الثدي

برنامج BreastScreen NSW لفحص الثدي مجاني ويتوفر خصيصاً للنساء البالغات بين ٥٠ و٧٤ عاماً من العمر؛ ويُمنح بأن تقوم النساء في هذه الفئة العمرية بإجراء التصوير الشعاعي للثدي (فحص ماموغرام) مرة كل سنتين.

كذلك بإمكان النساء البالغات بين ٤٠ و٤٩ عاماً من العمر والنساء اللواتي تزيد أعمارهن عن ٧٥ عاماً إجراء فحص التصوير الشعاعي للثدي. يرجى مراجعة طبيبك أولاً لبحث مخاطر الفحص وفوائده لك.

ولا حاجة لإحالة من طبيبك كي تأخذ موعداً لفحص التصوير الشعاعي للثدي.

وللعلم فإن جميع اختصاصيي التصوير بالأشعة لدى BreastScreen NSW هم نساء، ويستخدمن أجهزة تصوير حديثة تعطي أجود النتائج الخاصة بفحوصات ماموغرام وبأقل كمية من الإشعاع.

وإذا كنتِ أن فحص التصوير الشعاعي للثدي لدى BreastScreen NSW هو للنساء اللواتي لا يعانين من أعراض سرطان الثدي.

راجع طبيبك على الفور إذا لاحظت أية أعراض مثل ورم في أحد الثديين أو كلا الثديين، أو إفرازات من الحلمة أو الشعور بألم مستمر في الثدي لم تشعر به سابقاً.



[breastscreen.nsw.gov.au](http://breastscreen.nsw.gov.au) | 13 20 50

## وسيلة إجراء فحص الماموغرام

- ستستغرق إجراء فحص الماموغرام حوالي ٢٠ دقيقة.
- تقوم اختصاصية تصوير الأشعة بإسقاطك إلى غرفة خاصة حيث يمكنك نزع قميصك وحفالة الصدر.
- ثم يُطلب منك الوقوف أمام آلة تأخذ صورتين بالأشعة السينية لكل ثدي. يوضع كل ثدي على لوحة الآلة وتؤخذ صورتان بالأشعة السينية. إذا كانت لديك مشاكل تتعلق بحساسية في الثديين أو الظهر أو الكتفين فيجب أن تُخبري اختصاصية تصوير الأشعة بذلك.

قد يسبب فحص الماموغرام شعوراً بعدم الراحة، لكن الاسترخاء قد يساعد في تخفيف الانزعاج أو الألم، علماً أن عملية التصوير لا تستغرق سوى بضع دقائق.

وبإمكانك أن تطلبي من اختصاصية تصوير الأشعة إيقاف فحص الماموغرام في أي وقت، كما بإمكانك أن تأخذي استراحات قصيرة بين صور الأشعة السينية.

## بعد فحص الماموغرام

- يقرأ طبيبان مدربين على الأقل وبصورة مستقلة صور الأشعة السينية التي أُجريت.
- وبعد حوالي أسبوعين تستلمين رسالة تتضمن نتائج فحص الماموغرام الخاصة بك.
- كما تُرسل نتائجك إلى طبيبك بتصريح منك.

يُطلب منك الحضور إلى "عيادة تقييم" لمزيد من الفحوصات إذا كان هناك شيء في فحص الماموغرام الذي أُجريت بحاجة إلى المزيد من الاستقصاء. ويُشار إلى أنه يُتَّبع أن ١٠ من كل ١٠٠ (١٠٪) يتم استدعاؤهن لمزيد من الفحوصات غير مصابات بسرطان الثدي.

## حجز موعد لفحص ماموغرام

- 1 اتصل على الرقم 13 20 50 لحجز موعد خاص بك.
- 2 اتصل بخدمة الترجمة الخطية والشفهية 13 14 50 (TIS) إذا احتجت إلى مترجم (٥) لمساعدتك على حجز موعد. لا تقبلي الخط عندما تستمعين رسالة مسجلة، بل اذكري اللغة التي تتكلمينها بوضوح وانتظري لحين سماعك صوت المترجم (٥).
- 3 أخبري موظفة BreastScreen NSW عندما تأخذين الموعد إذا كانت لديك أية زرة تديبة.

## في يوم فحص الماموغرام

- ✓ تأكدي من عنوان مركز فحص BreastScreen NSW.
- ✓ أحضري معك صور الأشعة السينية لفحص الماموغرام السابق إذا لم تكني قد أُجريت فحص التصوير الشعاعي الأخير للثدي لدى BreastScreen NSW.
- ✓ أحضري اسم طبيبك وعنوانه ووسائل الاتصال به لكي يتم إرسال النتائج إليه.
- ✓ ارتدي ملابس من قطعيتين، إذ ستحتاجين لنزع ملابسك العلوية خلال فحص الماموغرام.
- ✗ لا تستخدمِي بودرة التلك أو العطور أو الكريم في يوم فحص الماموغرام، لأنها يمكن أن تؤثر على نتائج صور الأشعة السينية.

١. مجموعة البيانات السنوية للإصابات بسرطان الثدي ومعدّل الوفيات في نيو ساوث ويلز لعام ٢٠١٦ (المراجع: NSW Cancer Registry, Cancer Institute NSW). [cancer.nsw.gov.au/understanding-cancer/cancer-in-nsw/data-calculations](http://cancer.nsw.gov.au/understanding-cancer/cancer-in-nsw/data-calculations)

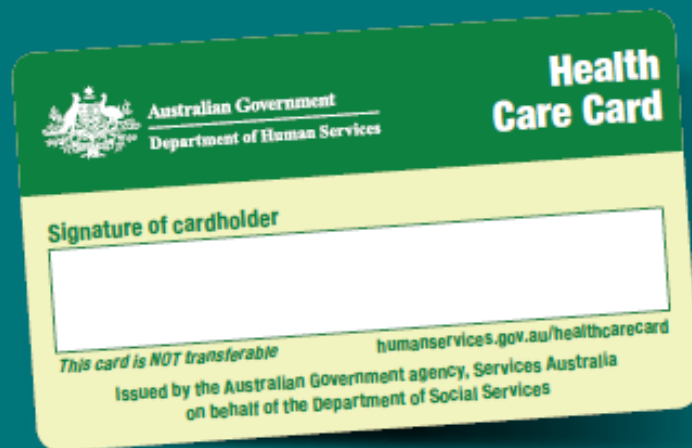
٢. المؤسسة الأسترالية للصحة والرفاهية ٢٠١٨. تقرير الرصد الخاص بـ BreastScreen Australia لعام ٢٠١٨. Cancer series no. 112. Cat. no. CAN 116. Canberra: AIHW.

٣. مجموعة العمل التعاوني الخاصة بالعوامل الهرمونية المتصلة بسرطان الثدي لعام ٢٠٠١. سرطان الثدي العائلي: إعادة التحليل التعاوني لبيانات فردية من ٥٢ دراسة وبائية شملت ٥٢٢٠٩ نساء مصابات بسرطان الثدي و١٠١٩٨١ امرأة غير مصابة بالمرض. Lancet 2001; 358: 1389-99



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اجري فحصك المجاني لتصوير الثدي الشعاعي للثدي اليوم للحصول على مساعدة مترجم (٥) المجرة الكلية للسمع (٣) (TTY) 13 36 77



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