

TAS TALKS

WEEKLY NEWSLETTER

Wednesday 25 July, 2018 Term 3 Week 1

FROM THE HEADMASTER



Mr Murray Guest

Welcome back to all students, staff and families after what I hope has been an enjoyable and refreshing holiday break. That welcome back extends to Mrs Hawksford and Mrs Butcher who return this term after taking well deserved long service leave in Term 2 and it is good to have them back with us. I also especially welcome the 12 new students who begin their TAS education this week. This growth in our student population in the middle of the year is a recent phenomenon and it is a very encouraging one. The new students are joining Junior, Middle and Senior Schools and as both day and boarding students, but they all come with that sense of excitement and trepidation about starting at a new school that we have all felt. In our Middle and Senior School assembly yesterday I offered the familiar encouragement to our student body to keep a look out for those who are new and finding their feet and to offer them the friendly welcome that can make all the difference.

We also welcome 4 Round Square international exchange students from Canada, the USA and South Africa who will spend Term 3 as Year 10 boarders and I wish them well for that special experience of stepping out of their comfort zone and joining a new culture and community for a term. I have no doubt that the diversity and fresh perspectives that they will bring to Year 10 for the term will be appreciated by their new peers and teachers alike.

Holiday Activities

Whilst I hope that the break provided enjoyable family time for all (and plenty of study time for Year 12), a good number of our students were involved in school and representative activities through the holidays. Those activities began with Year 11 students Will Forsythe and Michael Harrell joining the annual Shakespeare Carnival in Sydney and entertaining and impressing the audience just as we would expect. At the same time our Year 10 and 11 rugby players headed to New Zealand for what was a very successful tour (though it is never easy over there of course). Back at school we hosted the annual Forensic Science Camp that brings together talented Year 8 Science students from across the East of the country and that was, again, a wonderful opportunity for those students.

IN THIS ISSUE

FROM THE

HEADMASTER

Finally, as I write, our senior shooters are competing at the GPS Championships at Hornsby and I look forward to joining them there today. This is the second day of competition and our First VIII will be very encouraged by their performance yesterday.

On an individual note, special congratulations are due to Year 12 student Sam Wright who played with the Combined Independent Schools hockey team at the NSW All Schools Championships in Sydney yesterday and was selected in the NSW All Schools Merit team. Congratulations also go to Mike Ball who coached the combined GPS/CAS team in the lead-up to the championships. Four of the five CIS players selected in the Open Merit team came from the side that Mike coached and that must reflect well on his work.

I enjoyed hearing reports on each of these activities at our staff day on Monday and appreciated the reports of performance beyond the competition as much as the results. It is a regular event for us to hear that TAS students carried themselves so impressively whilst away, but it is not something that is taken for granted or treated lightly and so I congratulate all who have represented their school so well recently.

Year 12

As our Year 12 students move into the final term of their school days I am sure that all in the TAS community will want to join me in wishing them well. They will be feeling a good deal of pressure as the Trial HSC exams approach in just a few weeks and they move into the final rounds of their various school activities, but I hope that they are also feeling the support and encouragement that I know is coming from across the community.

Community Service Award

We were joined in Middle and Senior School Assembly yesterday by the Member for Northern Tablelands, Adam Marshall, who came to present our chaplain Richard Newton with a Premier's Volunteer Recognition Award for his long and committed service to the Agape Home for HIV positive orphans and the McKean Leprosy Centre in Chiang Mai, Thailand. Many of you will know that Richard has led our senior Christian Service trips to Thailand since 2012 and that last year he took leave without pay for a full semester to travel to Agape to develop their new English language program that now offers so much hope to the children there. Mr Marshall spoke to the assembly about the commitment made by Richard and his family in this important work and the fine example that he has set for our students. The award may have been a surprise to Richard, but it is not to us and it is richly deserved.

Tuesday 14th August, 2018

'The Connection' Mind Your Body

Documentary screening featuring world leading experts in mind body medicine and remarkable true stories of healing 5:30pm for a 6pm start (70 minute film)

TAS Hoskins Centre, The Armidale School

TAS Hoskins Centre, The Armidale School Entry by donation to Tour de Rocks Charity Register: tdrwellness1408.eventbrite.com.au

Thursday 23rd August, 2018

'Mind Body Connection for Wellness and Peak Performance'
A/Prof. Craig Hassed, Mindfulness Coordinator Monash University
5:30pm for a ópm Start - Please join us for networking and canapés
TAS Hoskins Centre, The Armidale School
Entry by donation to Tour de Rocks Charity
Register: tdrwellness2308.eventbrite.com.au

Saturday 25th August, 2018

'Mindfulness-based Stress Management'
Half-day Workshop: 8am-11:30pm
Quality Hotel Powerhouse, Marsh Street
Entry by donation to Tour de Rocks Charity
Register: tdrwellness2508.eventbrite.com.au

Contact 0404 418573 or TdRwellness@gmail.com facebook: Tour de Rocks



Tour de Rocks is committed to engaging and inspiring communities to raise awareness in relation to wellness and cancer prevention, assisting those battling the disease, and raising funds for cancer research.









CALENDAR OF EVENTS

WEEK 1	
Wednesday 25 July	UN Youth Evatt and Voice (Memorial Hall /
	McConville Centre)
Thursday 26 July	UN Youth Evatt and Voice (Memorial Hall /
	McConville Centre)
Friday 27 July	Boarding Schools Expo (Narrabri)
	Rugby departs for Sydney
Saturday 28 July	Boarding Schools Expo (Narrabri)
Saturday 20 July	
	TAS v St Joseph's College (Sydney)
WEEK 2	
Monday 30 July	Experience Day Years 6 to 11 in 2019
Wednesday 1 August	2:00pm - Year 10 Parent Teacher Interviews
	6:15pm - Year 10 Parent Information Session
Thursday 2 August	11:45am - Year 10 Parent Information Session
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	National Schools Mountain Bike Challenge -
	Gold Coast
Friday 3 August	National Schools Mountain Bike Challenge -
	Gold Coast
	Rugby departs for Sydney
Saturday 4 August	TAS v Sydney Grammar School (Sydney)
	Nyngan Ag Expo

P&F 80TH BIRTHDAY PARTY – SATURDAY 1 SEPTEMBER

Did you know the P&F has turned 80 this year??!

To celebrate an amazing milestone and all the hard work people have put in over the years we will be having a function on Saturday night 1 September 2018. Apologies for the confusion on the dates but 1 September is the night! Details are yet to be worked out but more information will be coming out later this week.

Our first planning meeting is being held tonight at 7pm If you would like to be involved in helping – please come along to Big School.

RESULTS OF ANNUAL FUNDING MEETING

We spent our hard earned money at the last meeting in Term 2... Around \$30,000 was allocated – that's a lot of cupcakes and sausage sandwiches!! Thanks to everyone who helped, baked, donated time and effort, prizes or gifts throughout the year. Without you we wouldn't be able to fundraise this money and use it for the betterment of TAS and our students.

Money was allocated to two big projects, refurbishing Hoskins Centre Foyer and the Gym Foyer and then smaller amounts were granted for:

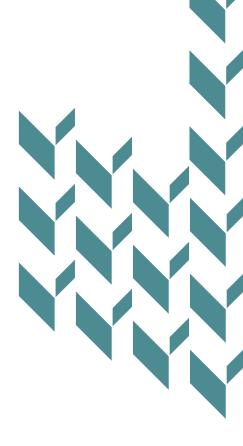
- Embroidery for music stand covers
- Hockey masks and goal keeping kits
- Junior School sandpit cover, toy box and toys and worm farms
- Middle School playground equipment and storage

BECOME A VOTING MEMBER OF THE P&F

In line with our new Constitution if you wish to be on the Committee or Executive or vote at our meetings you must now become a Voting Member. To be a Voting Member you just need to fill in a form and send it to Jo Neilson jneilson@as.edu. au. Forms can be filled in at any time, including if you pop in to a meeting.

Link to Voting Membership Form

goo.gl/PgatcN



FROM THE CHAPLAIN

MR RICHARD NEWTON

1 Corinthians 13 "Love is the Greatest"

Muhammad Ali said, "I am the greatest, I said that before I knew I was... I'm not the greatest, I'm the double greatest.

Not only do I knock 'em out, I pick the round.... I'm so fast that last night I turned off the light switch in my hotel room and was in bed before the room was dark. "He was gifted – no doubt, but can he claim to be the greatest?

What defines true greatness?

There is another claim to be the greatest in our School reading, "and now these three remain, faith, hope and love, and the greatest of these is love."

This is the conclusion of our School Lesson, the special part of the Bible that our founders decided on as the cornerstone in the building of the TAS student. It speaks of gifts that each of us may possess, and those qualities of faith, hope and love, where love is the greatest.

What a mushy bunch our forebears must have been. Why were they so into love? Were they the sort of guys who got together and hung out in their PJ's, scooping out ice cream from a common tub, while watching *When Harry Met Sally?*

Why were they so into this reading? Why is love so great?

The primary reason is that love is the only of these characteristics that God himself demonstrates. Further, without this love we have no basis for our faith or our hope. When God demonstrated His love, he sent Jesus to die for us. Through this act of sacrifice, sin and death are defeated, it is in this we put our faith, it is this which gives us

hope of eternal life. This is not a soft, romantic view of love, but a gutsy, bloody, costly love for the unlovely – hardly the Hollywood type. Thank God, that we have a regular reminder of God's love for us in our school lesson.



Mr Richard Newton



ACADEMIC

Year 10 Parent Teacher Interviews

Year 10 Parent Teacher Interviews will be held next week on Wednesday 1 August (3.30pm - 6pm) and Thursday 2 August (2pm - 5.30pm).

Two Parent Information Presentations are planned on Wednesday 1 August, beginning at 6.15pm and a repeat session held on Thursday 2 August at 11.45am. These information sessions will be very important to attend as Mrs Wark will outline the significant changes that have occurred in the HSC. It will also focus on choosing electives for Year 11 2019 and the pastoral and academic support available to students in the senior years.

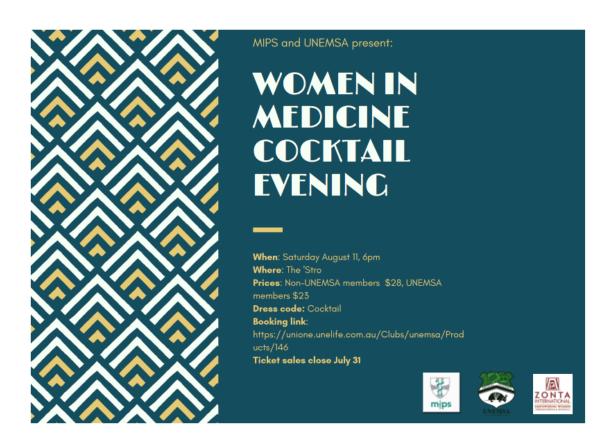
Parents have been sent the weblink and personal code to login and select suitable interview times. If you have not received this please contact Vickey O'Brien on 6776 5806 or vobrien@as.edu.au

The Parent Teacher Interviews will be held in the Memorial Hall and the Parent Information Presentations will be held in Big School (inside the main school building).

Mrs Seonia Wark
Director of Studies

FROM THE CAREERS ADVISOR

MR MARK TAYLOR



LEADERSHIP, SERVICE AND ADVENTURE

Hawkesbury Canoe Classic 2018

I am very excited to be able to be a part of the long tradition that is the Hawkesbury Canoe Classic (HCC). TAS students have been involved in this 111 km, overnight paddle for nearly 40 years and have used it to fulfil their obligations for the Triple Crown.

The HCC is a challenge with fundraising at its heart and adventure at its soul.

Since the beginning students, parents and friends of TAS have had the opportunity to challenge themselves in the paddle that can take between 9 and 20 hours to complete - if you can complete it! Many people have tried and succeeded in completing the event and some have completed it in record time. We recommend that students complete the HCC in pairs before attempting the challenge on their own. We also strongly advise that students have completed a night paddle prior to the HCC.

The HCC is an event that has raised over \$4 million dollars for the Arrow Bone Marrow Transplant Foundation and other charitable organisations. The TAS/NEGS/ PLC team of paddlers has contributed significantly to this total. There are a number of different competition events to enter as well as local trophies to celebrate the fastest junior/adult paddlers, fastest three kayaks from one school, biggest fund raiser for adults and juniors as well as a trophy for the paddlers that demonstrated the most grit and determination to get through to the finish. All of these are awarded to paddlers from the TAS/NEGS/PLC paddlers at a presentation night in Term 4.

To be part of the HCC, you must be over 15 years of age. Training will be held at Malpas Dam on Sundays of Term 3 (schedule to be published), from 1:00pm until 4:00 pm. At this stage it is anticipated that one session will be extended to accommodate a night paddle. Although not compulsory, it is strongly recommended that all students attend. Afternoon tea will be served at the conclusion.

All paddlers require at least one landcrew support person. Your choice of landcrew support is very important and will generally be a parent or guardian.

The 2017 costs for the HCC was approximately \$836 for an adult paddler and \$814 for a student (including the HCC entry fees which are not charged by the school). Landcrew costs were approximately \$264 per person. The approximate costs are broken down more completely on the expression of interest form.

An expression of interest form can be completed online at:

goo.ql/cD9eUV

Once an expression of interest has been accepted, participants will be notified and you can expect the initial membership and season hire charges to be billed.

Mr Alasdair Hey MIC Hawkesbury



2017 HCC

DIRECTOR OF CO-CURRICULAR

MR WILL CALDWELL

TAS Blue

In the words of Kurt Hahn:

"There is more to us than we know. If we can be made to see it, perhaps for the rest of our lives we will be unwilling to settle for less".

The TAS Blue was developed with this philosophy in mind. The framework for the TAS Blue encourages students to serve, to lead, to challenge themselves and to discover themselves. As a result, they are better equipped to contribute to their world both now and beyond school.

Year 12 students have been invited to submit applications by Friday 10 August. Link to application form - goo.gl/EfXy9Z Year 10 and 11 students are encouraged to view the application and begin to translate these words into actions.

Challenge Yourself

Term 3 offers students the opportunity to embark on several challenges. Please note dates and contacts below:

City 2 Surf - 12 August

Mr Jim Pennington

Kokoda - 30 September - 7 October

Miss Emma Channon

Hawkesbury Canoe Classic – 27-28 October

Mr Alasdair Hey

Term 3 Sport

Please see Training Schedule and Coaching Allocation attached. There are a few minor changes to Term 2. Please contact the MIC / Co-ordinator of your sport if you have any questions or concerns.



Mr Will Caldwell

New Zealand Rugby Tour a Success

A win against the school that has produced the second highest number of All Blacks was among the highlights for dozens of rugby players from TAS that took part in the a cross-Tasman development tour during the holidays.

The 46-man squad of under16s and Year 11 Opens players gained insight from their action on the field and in specialised training sessions with elite level coaches during the 11-day visit.

Having kicked off the tour with training sessions at the Queenstown Event Centre at the foot of the Remarkables mountain range, the first fixtures were held at Cromwell, north of Queenstown on 1 July, with the TAS 16's defeating Cromwell College 38-19 and West Otago U18s taking the honours against the Opens, 44-31.

Fortunes were reversed in the second set of fixtures against Christchurch Boys' High, played two days later in the late afternoon crisp Canterbury air in fading light. The Opens stepped up with a 33-20 win over the rugby nursery, which has produced 46 All Blacks. The 16s found it tougher, going down 12-40.

It was to be a similar outcome two days later in the final matches against Shirley Boys' High, with the Opens showing some class on the paddock to finish with a 36-17 flourish while the 16s encountered a 12-57 loss to a physically much larger side.

During the tour the players benefited from coaching sessions with elite level coaches from the Canterbury super rugby franchise and had breakfast with the current All Black captain Sam Whitelock and teammates Codie Taylor and Jack Goodhue. They then saw them play two days later against the Crusaders in a Supers game against the Highlanders. Just as important as the results was the growth in skills and teamwork throughout the tour.

Off the field, the entourage enjoyed jet boating, hot springs and other New Zealand cultural activities. It was a shame that a day of skiing had to be cancelled due to bad weather but the boys took to the replacement high ropes course with enthusiasm.

CONT. FROM THE

DIRECTOR OF CO-CURRICULAR

MR WILL CALDWELL

Thanks to fellow staff members Ms Symons, Mr Pennington, Mr Holland and coach and parent Mr Scott Bremner for helping make it such a success, and also to the many parents who travelled to support.

Mr Todd Currell MIC Rugby



TAS squad on their departure



NZ Opens v Otago Haka

Juniors also crossed the Tasman

Following the Country Championships at Bathurst in May Ben Burwell and Ethan Crosby were included in a squad of junior rugby players who spent part of their holidays attending the International Rugby Academy New Zealand (IRANZ) at the NZ Sport and Rugby Institute at Massey University, Palmerston, North Island. Coached by former All Blacks, the boys, who came from several countries, played with the IRANZ representative team which defeated All Blacks nursery Palmerston North Boys 75-20. Ben and Ethan were presented with awards by the coaching staff for their efforts and teamwork on the field.



Ben Burwell and Ethan Crosby

Football					
	Richard Newton (MIC)	Hockey	Tania & Michael Ball (MIC)	Rugby	Todd Currell (Co-ordinator)
	Luke Polson (Co-ordinator)	OPENS A Grade Mens	• Mens Caleb Dobos/Suzie Wright Mgr	1st XV	Alan Jones / AJ Whalley
Opens Manager	Julie Flanagan	B Grade Blue	B Grade Blue Mens Michael Ball, Heather Williams Mgr.	2nd XV	Clarrie Moran/Mick Barry
Fitness	Michael Keenan	B Grade White Mens	• Mens Sebastian Etheridge, Rachael Nicoll Mgr		
1st XI	Christian Nexo/Thomas Hyatt	C Grade	C Grade Mens Annabel Sheehan/Alex Alker	16s Manager	Todd Currell
2nd XI	Cameron Patrick	2nd Div. We	2nd Div. Womens Alex Portell, Anthony Hillard, Jo Neilson Mgr.	16s Coaches	Michael Holland/Scott Bremner
3rd XI	Christian Gill	3rd Div. Womens	omens Catey Curtin/ Tania Ball Manager		Jordan Lucas
4th XI	Rami Bahnas	Fitness	Michael Keenan		Ben MacDougall
16A	Alan Shortt	U16s Mixed Y	Year 10 Barney Buntine	Student Assistant	Ben Hamparsum
16B	Patrick O'Connor/Daniel Bailey		Year 9 Michelle Jackson/David Toakley Mgr	15s Manager	Jen Goldsworthy
14A	Liam Treavors		Year 8 Jaime Curran/Pip Malone	15s Coaches	Matt Crosby
14B	Jacob Hunt/Matt Rankmore	U16s Girls	Fiona Porter		Ben Spence
Juniors Manager	Hannah Lo	U13s Mixed	Year 7 Alexandra Murray		Angus Roxborough
12 (Year 6)	Michael Baumgartner		Year 6 Elaine McKellar	14s Manager	Harriet Symons
12 (Year 5)	Kirsty Brunsdon	U13s Girls	Phoebe Wood/Barney Buntine Mgr	14s Coaches	Jamie Brauer
10 (Year 4 Blue)	Tania Hardin	U11s Mixed	Tania Ball, Norm Cowan		Will Bourke/ Craig Norrie
10 (Year 4 White)	Veronica Waters	U9s	Donella Tutt		Nick Murphy
10 (Year 3)	Stephen Thompson/Nick Jackson	Student Assistants	its Lily Neilson,	Student Assistants	Max Qorovarua, Bailey Simmons
88	Thomas Powell/Lana Hawkesford		Georgia Kaynes, Belle Perrottet	13 Manager	Amanda Robins
7s	David Drain		Georgina Watson, Sam Behrend	13 Coaches	Mark Taylor
	Emerson Browning/Keanu Rhoades				Ardene Ruhone
6 s	Gill Downes/ Millie Bonnici	Netball	Rachel Harrison (MIC)		John Goudge
Student Assistants	Emerson Browning		Alice Hudson (Admin.)	Student Assistant	Nick Flannery
	Millie Bonnici, Nicholas Jackson	TAS#1	Dakota Scott	Rugby Travel Staff	Rachael Edmonds
		TAS#2	Zach Hocking		Chloe Prado
Shooting	David Lawrence (MIC)	TAS#3	Emma Channon		Karen Hutton
	Alisdair Hey	TAS#4	Kaitlin Staniforth, Charlotte Hunt		
	Angus Murray	TAS#5	Alex Pollit		
	Mark Morton	JS Netball	Anna Frost		
	Lewis Wilde	Student Assistants	Harriet Wickman, Georgie Orman		
			Ellen Coote, Amelia Griffiths	JS Sports Co-ordinator Christine Wright	r Christine Wright
Extra Sports					
Cross Country	Jim Pennington	Girls 7s Rugby	Alix Goudge	Weights Room	Chris Doherty
Dance	Jane Chivers	Student Assistant	nt Sophie Tongue		Ben Buckland
Equestrian	Gen Geyle-Chick	Water Polo	Todd Currell	Hawkesbury CC	Alasdair Hey

Middle School/Senior School Winter Sports Training Schedule- Term 3 2018



Extra Sports	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
CROSS COUNTRY		DBT	3.45pm-5.15pm Moran Oval	TBC		TBC Comps
DANCE			3.45pm-5.00pm McConville			
GIRLS RUGBY 7s			Training 3.45pm-5.00pm Cricket Oval		Games	
SWIMMING		TAS Pool 6.15am		TAS Pool 6.15am		

CREATIVE ARTS COORDINATOR MR ANDREW O'CONNELL

A very creative welcome back to Term

The first weekend of the holidays saw Year 11 students Will Forsyth and Michael Harrell competing at the NSW Shakespeare Carnival in Sydney at the Seymour Centre. The two-day event saw them working with professional actors refining their Twelfth Night duologue before performing on Sunday to a large audience. While they didn't win their section they were, without question, the audience favourites and Michael was recognised as the standout performer of the carnival, invited to do an internship with Sport For Jove Theatre Company at the end of the year. I commend them both on their hard work and commitment and the incredible standard they set on the stage.

Term 3 is the term that is the highpressure test for our HSC students as their Drama and Music performances and projects and the Visual Arts Body of Works are all due. Throughout the term there will be showcase events for audiences to enjoy the hard work of our Year 12 students and the first of these is the Drama CurtainUP evening on Wednesday 8 August at 6:30pm. More information about the scheduling of CurtainUP will be released next week and I encourage all of those with an interest in theatre (or who are simply very supportive of their friends and family members) to get along to that showcase. I wish all our HSC Creative Arts students the very best for this term and those submissions and performances and I encourage them to be using the academic support of their teachers to make sure they are staying on top of

not only their Creative Arts subjects, but all the demands the HSC makes of them this term.

Big news comes from Junior School today with the announcement of the Junior School musical for 2018 - Alice in Wonderland Jr. The zany, dreamlike world of Wonderland is surely going to be an exciting place for our young performers to explore and the buzz at Tuesday's announcement guarantees this will be another tremendous undertaking by TAS Junior School. Auditions will be held at the end of Week 3 and throughout Week 4 with more information and the audition booklet soon to be sent out so keep eyes peeled on TAS Talks and emails.

We had some lovely news from the University of New England School Acquisitive Art Prize from last Term with three students selected to be part of the Let's Hang It! Exhibition. Works by Kathryn Allen (Yr 11), Aeukan Udompitisup (Yr 10) and Emma Ward (Yr 11) will be on display from 27 July to 12 August with the awards and prize giving ceremony this Friday at NERAM from 6pm with friends and family members warmly invited to attend the event

As Mr Cornford is still overseas on his theatrical holiday we won't be having the Middle School or Senior School Technical Production Club this week but be sure it will be on next week (with some amazing stories to hear about shows in New York and London and a short course at RADA).

The Visual Arts Club with Mrs Xeros starts back up this Thursday and will run every Monday and Thursday



Mr Andrew O'Connell

afternoon 3:30pm - 5pm. And Junior School Drama Club is running every Tuesday 3:45pm - 4:45pm and I welcome aboard Ms Brus, who will be assisting Mrs Cleaver with those sessions.



FROM THE

HEAD OF MIDDLE SCHOOL

MR MARK HARRISON

Welcome to Term 3. We've already had our first whole school assembly, a Town Meeting and also a staff meeting and your children look fine. Their willingness suggests they've had a really good semester holiday and this is the best way to start something that will, like its predecessors, be very busy. To be frank, this last break from general routine was excellent and clearly everyone benefited because everyone is smiling, everyone (we need to be careful of absolutes, so I qualify this by adding 'within reason') is prepared to listen, everyone has a neat uniform. We've even come back to strange weather – days can be warm, nights, freezing, and clouds, I'm afraid, are few and far between. It's not been easy, has it – so, we just hope.

Nevertheless, I hope yours has been a good break and that you're happy (enough) with Semester Reports. If, for some reason, you wish to ask questions and make comments please contact us as Homeroom staff and we'll do our best to address issues arising from the reporting period. I've already seen some students and this is probably a good thing. We need to work together on improvements, adjustments and even attitudes as they relate to exams.

I indicated that we're in for a busy time this term: we have 'away games' for sports and of course, the pace of life here will test us, but it's better to be busy that its alternative.

While it is not a formal examination term, this one is important in that it will be succeeded by a small window of opportunity next term before the next battery of examinations. New timetables for the term were issued during lesson 1 today. Students need to be gainfully employed during prep time. We'll continue to 'work on' boarders and we want you to 'work on' day students at home. What do I mean by this? We need students to be vitally aware of the fact of work and the necessity of keeping them on task. We need also to continue to work together.

It's only a brief one this week.

I hope you are well,

Mr Mark Harrison Head of Middle School



Mr Mark Harrison

HEAD OF JUNIOR SCHOOL

Welcome back to Term 3

Welcome back to Term 3 and I hope that the school holidays provided the opportunity for all to have family time (away from the cold) and to recharge the batteries. We have another very busy time ahead of us and I encourage everyone to read the Junior School calendar section each week as we attempt to advertise Junior School activities and events well in advance. Major events include the New England Sings concert, the da Vinci Decathlon, PSSA and NCIS Athletics, Hanna Shield Swimming, Jump Rope for Heart and Year 5 will be involved in hosting their PYP Exhibition. We welcome some new faces to our classrooms and look forward to them settling quickly and easily. Mrs Lana Hawksford returns onto Year 3 after a term of Long Service Leave and we have two new Gap students assisting, Ms Michelle Jackson and Pip Malone.

End of Year Junior School Musical

We are very happy and (after today's assembly) very excited to announce that Junior School will be performing Alice in Wonderland this year. It will be another major production with a wide array of opportunities for those who are keen to carry a main role. We have attached descriptions of these roles for your information and students have been asked to discuss their intentions with parents and teachers. Auditions for students in Years 3, 4 & 5 will be held in Week 3 and 4 and material to help with their preparation will be distributed by the end of this week.

Jump Rope for Heart – Term 3

Jump Rope for Heart is a fantastic physical activity and fundraising program that has

been run by the Heart Foundation for 35 years. It is a great way for your child to keep fit and learn new skills and it also helps raise funds for vital heart research and education programs. Since Jump Rope for Heart started in 1983, schools like ours have raised more than &75 million for the Heart Foundation's lifestyle work. We will once again be participating in this very worthy cause. Lead by our SRC, we will also be extending our engagement in this program by establishing a group of students who are keen to take their involvement one step further by joining a team of like-minded jumpers. The launch of the program will be in a few weeks and we will keep you posted.

Arriving at School

While we understand the pressures of getting children off to school in the mornings, the morning routine at school is an important one. It is widely recognised that children benefit from playing with friends in the playground before school, but it can also be disruptive when late arrivals occur once



Mr Ian Lloyd

a lesson has commenced. If your child is late please escort them to the Junior School Reception desk prior to heading to the classroom and sign them in, as it is likely that they have been reported absent. It is also timely to mention again that the Junior School playground is not supervised before 8.15am in the morning. While there may be occasions when children need to arrive at school earlier than this, it should only be for an activity or occasion which would be associated with the appropriate supervision.



FROM THE

HEAD OF JUNIOR SCHOOL

Sport in Term 3

Our Winter sports program continues this term with Netball, Hockey and Football teams all recommencing this week. Please contact your child's coach if you require any information on games this weekend.

Dates for your diary

PSSA Athletics Carnival in Armidale –
Friday, 17 August
NCIS Athletics Carnival in Coffs Harbour
– Tuesday, 21 August
Jump Rope for Heart Jump Off – 27
September
Hanna Shield (Swimming relay event)
TBA

More information about these events will be sent out closer to the dates.



LOOKING AHEAD

TERM 3

WEEK 1

Mon 23 Jul Staff Day
Tue 24 Jul Classes Resume
Wed 25 Jul No Assembly

Thurs 26 Jul NE Sings Rehearsal 3-5 choir

WEEK 2

Tue 31 Jul ICAS English Exam

Wed 1 Aug Yr 5 Assembly – Hoskins Centre

2.45pm

WEEK 3

Wed 8 Aug Yr 4AF Assembly – Hoskins Centre

2.45pm

WEEK 4

Tues 14 Aug ICAS Maths Exam

Wed 15 Aug Kindergarten Assembly - Hoskins

Centre 2.45pm

Fri 17 Aug PSSA Athletics

Happy Birthday

We would like to wish Hugo Broun, Harry Brownlie, Ruby Ogilvie and Lachlan Litchfield a very Happy Birthday.

COMMUNITY NEWS



Wrap with Love comes to TAS

Mrs Kerry Behrend, Mrs Leanne Bremner and myself are all working together to bring you the opportunity to learn to knit and support TAS to participate in the Wrapped with Love program during Term 3.

About Wrap with Love

In 1992 Wrap with Love began with the idea to help as many people as possible by providing warm wraps to ward off hypothermia and in the past 23 years they have sent more than 400,000 Wraps to people in over 75 countries, including Australia, with the help of hardworking and generous volunteers; "Cold humanity is our concern, people caring about other people."

Why knitting?

Not only is wrapping people in love from the warmth of a hand knitted blanket an amazing and awesome thing to do, the practice of knitting is a very therapeutic thing to do and it's a form of mindfulness practice!

- * The rhythm of it regulates movement and arousal levels which keeps us calm, reduces hyperactivity and increases hypoactivity.
- * The repetition of it creates predictability, meaning less processing is needed, allowing the brain to 'switch off' for a while and take a well earned break.

- * The creativity of it allows a non-verbal expressive outlet, vital for those who don't 'love' spoken communication, or for those who are struggling to put thoughts and feels into words.
- * Mindfulness, fine motor coordination, sensory input, meaningful self-interaction, pleasure, self- confidence and the list goes on...

I LOVE THIS!!!!

If you would like to join us to knit, we can help to teach you and we are great company! You can also accrue community service hours!

Over the holidays, please check out the pattern link and some Youtube lessons to get you started, or refresh those dormant skills, then join us in the library at lunch times and after school.

Mrs Behrend will be available each lunch time and Mrs Bremner is available to help after school. I will be available in the library to help teach knitting during Middle School lunch time on Tuesdays and Senior School lunch times on Fridays.

Pattern:

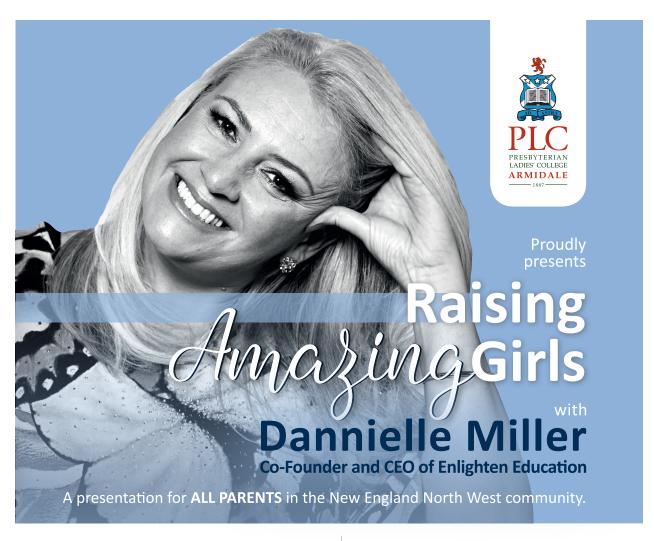
http://www.wrapwithlove.org/knittingpatterns/

Please bring your knitting needles or crochet hooks to school with wool - if you have any wool you'd like to donate for the project, all is gratefully received! If you have any questions about the project, how to donate wool or are interested in helping to teach or sew up blankets, please contact me.

We look forward to seeing you there!

Just to prove knitting is also a manly pastime, check out this bloke: https://www.brooklynboyknits.com/media Happy knitting!

Ms Alix Goudge



Wednesday 8th August 2018

5:30pm ASTRA ARTS CENTRE for 6pm start PLC ARMIDALE

TICKETS \$5.00 pp Including a light

supper provided by the

PLC Armidale P&F

RSVP Purchase tickets online www.try.booking//WLRH

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Educating successful women of tomorrow in a Christian environment

Dannielle is Australia's leading provider of empowering workshops for girls and parents. Author of five books, including the best selling *The Butterfly Effect:* A Positive New Approach to Raising Happy, Confident Teen Girls, and also regularly writes for leading Australian print and online publications.

She has also been named as the NSW/ACT Small Business Champion Entrepreneur and was one of four finalists this year for the NSW Premier's Woman of the Year Award.

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