From The Headmaster’s Desk

Recently parents would have received from me a letter welcoming you back to Winter Term and outlining the changes I have made to the Senior Staff to come into effect from January 2013 as a result of Mr Wallace’s resignation.

Like me, I am sure you are saddened to see Mr Wallace leave Macarthur to take up his new role, but I am delighted with the change in role of Mr Davies to replace Mr Wallace and the subsequent appointment of Mr Scott Bedingfield to the role of Head of Senior School. This new team, along with Mrs Elling will work together very well - we are blessed to have such good staff at Macarthur.

Monday night saw the first performance of Beauty and the Beast Jnr. Once again the students’ hard work and attention to detail has paid off with a wonderful set of performances. Tonight and Saturday sees the final performances to what has been yet another Macarthur Musical triumph.

There are too many people to acknowledge, but special praise must go to Miss Coleman for overseeing the entire show and building a team of volunteers around her: staff, parents and students, who supported her and assisted in this wonderful production.

It is again a joy to welcome visitors to our school. On Tuesday we were able to welcome staff and students from Nihon University the Third High School, our link school in Tokyo on their annual English language study tour. No doubt it will be a successful trip for them again this year.

In addition we have Mr Josef and Mrs Maria Boda, staff from Lévay József Református Gimnásium in Miskolc in Hungary arriving shortly for a fortnight visit to Macarthur. It is always good to welcome staff and students from our link school.

Macarthur’s Annual Appeal is well underway and I have been very much buoyed by the number of families that have seen fit to further support the School through donating to the Annual Appeal. There are a significant number of families that have contributed so far, with many making small but significant donations. I am very appreciative of the families that are willing to stretch themselves that little bit more by way of further support to the students of Macarthur.

Welcome to our guests from Japan and Hungary
From The Deputy Headmaster

There is an old saying, ‘It takes a village to raise a child’. The older I get the more profound this saying becomes. As children get older they sometimes test our authority as parents and question our judgements. At such times it is important to have other role models in their lives whom we can entrust to echo the values of our home.

It is one of the chief reasons that I send my own children to Macarthur. And it is not just the teachers and Administration staff who I hope my children will look up to, but the many senior students who are exemplary role models and servants of Christ in our school community.

There are always bumps on the path of any educational journey. But when I survey our school leavers at the end of any year and observe their career paths as citizens in our community I am reminded to keep my eye on the prize. And I am thankful for the ‘Macarthur Village’ and its ability to raise children into fine young men and women.

Andrew Kokic

From The Dean of Studies

Teacher Quality Matters

Research shows that a student’s achievement is heavily influenced by the quality of the teachers that he or she has. At Macarthur we are deeply aware of the importance of quality teaching and are highly committed to providing our staff with professional development to enrich and extend their teaching practice. All staff attend (or present at) conferences, workshops and in-services throughout the year, including after school and in the holidays. Teachers return from these professional development sessions reinvigorated and equipped with new ways to teach our students. The long-term benefits our students gain from this are extensive and far outweigh the short-term absence of their class teacher.

Quality teaching is also being advocated by the Australian government. Last year the Australian Institute for Teaching and School Leadership (AITSL) was established to foster and drive high quality teaching across Australia. Teachers will be expected to demonstrate that they have achieved national professional standards at different points in their career. Some of our Junior School and Indonesian staff have been selected to provide AITSL with models of quality teacher practice to demonstrate teacher accomplishment at varying levels. The Headmaster, Mr William Wallace, Mrs Susan Byers and I are also involved with AITSL in different consultative capacities. This helps Macarthur keep closely abreast with national developments.

In our recent holidays, all staff attended a two day staff conference and were enriched by the learning about innovations in ICT, best practice in assessment and feedback, strategies for teaching literacy and gifted and talented students as well as ways to enhance how we can embed a Christian world view in our teaching. All of the presenters were Macarthur staff, a strong testament to the extensive expertise and professionalism of our teachers.

Melissa Gould-Drakeley

NATIONAL SELF-PROTECTION PROGRAMME FOR SCOLIOSIS (NSDP)

August is the month when it is recommended that all girls in Years 7 and 9 participate in the NSDP by downloading a Self-Detection Brochure.

This brochure can be accessed directly via a link on the Scoliosis Australia home page at www.scoliosis-australia.org.
**CHAMP CAMP: INFORMATION FOR YEAR 12 PARENTS**

All Year 12 students have been issued with forms for Champ Camp, which will be held at Port Hacking in the first week of the October vacation, (24 September to 28 September) just before the HSC examinations. The camp offers students the opportunity to study for approximately thirty-five hours without distractions and most teachers of Year 12 will attend at some point to run sessions and mark work or offer individual consultations where necessary.

The camp gives students an excellent opportunity to hone their skills and receive feedback from their teachers at a crucial time in their preparation and many former students have testified to the way it helped them to focus and succeed beyond even their own expectations. There will also be time for relaxation and fun during the breaks and we have organised a cruise around Port Hacking on the Wednesday night.

To secure a place, a deposit of $100 should be paid to the Accounts Department by 1 August, the balance of $350 being due by 31 August. The forms, which include medical and dietary forms and a parent declaration, should be handed to Mrs Low by 31 August. Adherence to these deadlines would be appreciated.

Any questions can be directed to Mrs Low at school.

**MATHEMATICS WINTER TERM HOMEWORK HELP**

From Week 2 in Winter Term (Thursday 2 August) the Mathematics department will be running homework/study help afternoon on Tuesdays Week A and Thursdays Week B. (Homework help does not run in the first and last week of term).

All students 7-12 are invited to make use of these times from 2.50pm–4.00pm in Patrick 5. Students should be prepared to, work on their mathematics homework, ask questions of a member of the Mathematics Faculty or use the computers to access Maths online or other sites that might help with Mathematics.

As this is a drop in room, students will be required to make their own arrangements to be picked up from school at 4.00pm. Should you have any questions please contact Mr Bedingfield or your son/daughters Mathematics teacher on 4647 5333.

Scott Bedingfield  
Faculty Head of Mathematics

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**YEAR 7 NETBALL GIRLS DO MACARTHUR PROUD**

Year 7 Netball girls had the recent opportunity to play at a NASSA event. As coach I was extremely proud of their efforts. The girls played exceptionally well, supporting and encouraging each other in their various positions on court. After starting of a little slow the girls pulled together to win the following three games placing them in third position for the day. The team was comprised of: Laura Cusumano, Sophia Sefton, Tahlia Darby, Daisy Morphew, Claudia Kennett-Smith, Rebecca Mortier, Kaitlin Taylor and Kiara Watson. Congratulations and well done girls!

Angela Daley
Interim Acknowledgement

To all who have supported by donating to the Annual Appeal - thank you. Your collective philanthropic support will enable us to provide the very best for your children.

This year has already seen more families, staff and community members taking up the opportunity to give toward the Annual Appeal. The Appeal has generated just under $8,000 to date. Our students also thank you and ask for further consideration in our quest to raise funds for the 2012 Annual Appeal. You can download the giving insert from the web or donate online.

Funds raised this year through the Annual Appeal will be directed toward additional outdoor seating, Chapel refurbishment and a digital information system.

For queries or information please contact Sharon Pascoe-Thomas at spascoethomas@macarthur.nsw.edu.au
Woolworths *Earn and Learn Programme* has been extended until 12 August. Please continue to collect stickers.

M@M will recommence their BBQ breakfasts during August. The first for this term will be held on Friday 24 August from 7.00am. The location will remain adjacent to Café Macarthur. Please use this opportunity to meet with other school family members.

M@M will be hosting the Annual Butcher’s Workshop on Saturday 8 September. Online bookings for this event will commence on 6 August. This event booked out quickly last year so please book early. Families are welcome.

Father’s Day Stalls will be held on Tuesday 28 and Wednesday 29 August. Please send in your gifts as soon as possible. These gifts should be wrapped in clear cellophane to make selection a little easier for students. Thank you to Sandra Pash for co-ordinating this event.

W@M are starting to plan a *Pink Ribbon Luncheon*. Watch this space and the website for more information regarding this event.

**Congratulations!**

**Daniel Robinson** (Year 11) competed in the Regional GKR Karate Tournament last Sunday. Daniel received a Gold medal in the 15-17 Yr Kata event and a Bronze medal in the 15-17 Yrs Kumite (sparring) event.

A hearty congratulations also to **Kaylie Ekinci** (Year 11) who won three State medals at the Surf Lifesaving NSW Pool Rescue Championships held at Woy Woy on the 29-30 July. Kaylie is part of the Bulli Surf Lifesaving Team and is one of Macarthur’s star swimmers.
**Snowsports 2012**

During the recent school holidays thirty-six students headed to the snow to be involved with the Macarthur Snowsports Programme and Northern Region Inter-school’s Snowsports Championships. The competition emphasises the importance of fun, participation and being part of a team, with a number of the students taking part in the competition for the first time.

Once again Macarthur had great success in this competition. In our category, Macarthur finished second overall in the boys and third in the girls.

The Macarthur Snowsports programme starts with a camp from the 1–3 July 2012. This camp gives all students from Years 3-12 an opportunity to be on snow for two days and learn or develop their skiing or snowboarding skills. Students across all ability levels are catered for from first timers to competition racers. This camp was held in Jindabyne with skiing and boarding taking place in Thredbo.

All students thoroughly enjoyed these two days, with fantastic weather on both days. Special thanks to our Snowsports Captain Rebecca Cosier (Year 12) who was an excellent example to our younger students.

**Regional Inter-Schools**

Following the snowsports camp twenty-six students stayed on in Jindabyne from the 4–7 July 2012 to participate and compete in the Northern Regions Inter-schools Snowsports Competitions. This year the event was held at Thredbo.

The Inter-school Snowsports Championships are a series of competitions in the following disciplines. **Alpine** – Skiers are timed on a modified giant slalom course, **Skiercross** – Skiers are timed on a slope-style course, **Moguls** – Skiers are scored on a bumps and jumps course, **Snowboard** – Boarders are timed on a modified giant slalom course and **Snowboard Cross** - Boarders are timed on a slope-style course. Competitors from all ability levels are encouraged to enter with an emphasis on fun and participation at the regional level. As the competition moves into the State and National event the level of competition and the degree of difficulty increases.

Inter-schools is a team-based competition for students attending the same school, although individuals can enter when insufficient competitors are not available to form a team. Teams and Individuals compete in their school divisions: **Division 1** - Years 11 & 12, **Division 2** - Years 9 & 10, **Division 3** - Years 7 & 8, **Division 4** - Years 5 & 6, **Division 5** - Year 4 and below.

Competitors can compete up a division to make a team. However, a primary school competitor cannot race in a secondary division. Females can compete in a male team.

The top three teams and individuals are awarded in each event. The top five teams and top ten individuals from an event are considered for an invitation to the next competition round. To achieve a team score, teams need to include:

- **3-4 competitors for Alpine** - fastest three times in each run needed to achieve a team result.

- **2-3 competitors for Skiercross, Freestyle Moguls, Snowboard Giant Slalom and Snowboard Cross** - Fastest times/scores in each run needed to achieve a team result.
Results

First Places

Teams

Division 2 Female Snowboard Cross
– Emma Cosier, Tegan Bremner and Bessie-Lucile Platt

Individuals

Division 1 Female Snowboard Cross
– Emma Cosier

Second Places

Teams

Division 2 Female Snowboard
– Emma Cosier, Tegan Bremner and Bessie-Lucile Platt

Individuals

Division 2 Female Snowboard
– Emma Cosier

Division 2 Male Snowboard
– Nicholas Masjuk

Division 2 Female Alpine
– Montana Byers

Division 2 Female Skiercross
– Montana Byers

Third Place

Teams

Division 2 Skiercross
– Montana Byers, Emma Cosier and Bessie-Lucile Platt

Fourth Place

Individuals

Division 1 Male Snowboard Cross
– Luke Kennedy

Fifth Places

Teams

Division 2 Male Snowboard
– Nicholas Masjuk, Addison Kubik and Edward Oliver

Division 1 Male Alpine
– Alexander Lintern, Elliott Russell, Jackson Bartlett and Matthew Egan

Individuals

Division 2 Male Snowboard Cross
– Nicholas Masjuk

Other Top Ten Individual Performances

6th Place – Division 1 Male Snowboard
– Luke Kennedy

6th Place – Division 2 Female Snowboard Cross
– Tegan Bremner

7th Place – Division 2 Female Snowboard
– Bessie-Lucile Platt

8th Place – Division 2 Female Snowboard Cross
– Bessie-Lucile Platt

8th Place – Division 2 Female Snowboard
– Tegan Bremner

8th Place – Division 2 Female Snowboard Cross
– Bessie-Lucile Platt

8th Place – Division 4 Male Snowboard
– Callum Masjuk

9th Place – Division 5 Female Snowboard
– Sascha Masjuk

State Inter-Schools 2012

Congratulations to the following fourteen students who have been selected by NSW Inter-schools to represent Macarthur at State. Jackson Bartlett, Alexander Lintern, Elliott Russell (Year 12), Matthew Egan, Luke Kennedy (Year 11), Tegan Bremner, Montana Byers, Emma Cosier, Nicholas Masjuk, Bessie-Lucile Platt (Year 10), Edward Oliver (Year 9), Addison Kubik (Year 8), Callum Masjuk (Year 6) and Sascha Masjuk (Year 1).

This competition will be held at Thredbo from the 23 – 26 August 2012.
The Scots Cup and Redlands Cup
Following the Inter-schools competition ten students stayed on to compete in two further competitions, The Scots Cup (an individual event) in Perisher and The Redlands Cup (a team event) in Thredbo. The top ten results from these competitions are as follows.

Teams
Fifth Place – Division 1 Male Snowboard – The Redlands Cup – Luke Kennedy and Nicholas Masjuk

Individuals
2nd Place – Division 6 Snowboard – The Scots Cup – Sascha Masjuk
3rd Place – Under 39 Male Skiing – The Scots Cup – Mr. Scott Bedingfield
3rd Place – Division 4 Male Snowboard – The Redlands Cup – Callum Masjuk
3rd Place – Division 5 Female Snowboarding – The Redlands Cup – Sacha Masjuk
4th Place – Division 2 Female Snowboarding – The Scots Cup – Emma Cosier
5th Place – Division 1 Male Snowboarding – The Scots Cup – Luke Kennedy
6th Place – Division 4 Male Snowboarding – The Scots Cup – Callum Masjuk
9th Place – Division 2 Male Snowboarding – The Scots Cup – Nicholas Masjuk
9th Place – Over 39 Male Skiing – The Scots Cup – Mr. Mark Byers
10th Place – Division 1 Male Skiing – The Scots Cup – Elliott Russell
10th Place – Division 1 Male Snowboarding – The Redlands Cup – Nicholas Masjuk
(Nicholas competed up a division here to make a team for Division 1)

A special thank you to all the staff and parent helpers who assisted in the smooth running of the Macarthur Snowsports Programme. Thanks to this dedicated team the results in 2012 were fantastic.

Scott Bedingfield
Snowsports Co-ordinator
The boys and girls have started back at school well, with great enthusiasm for their learning. As I visited each of the classrooms on the first day back after the holidays I couldn’t help but notice how much the students had all grown in stature and in maturity. As we approach the second half of the year it is exciting to see how far the students have come since the beginning of the year. Curriculum letters will be sent home very soon. They will outline the units each of the grades are studying this Winter Term. Perhaps this information will be a great conversation starter at your house!

**MUNCH ‘N’ CRUNCH**

As part of a programme to teach children about healthy eating habits called ‘Live Life Well at School’ we are introducing a short break in our morning session called ‘Munch n Crunch’. Whilst K-6 have begun in Week 2, Transition will commence in Week 4. We ask that you give your child a small container of chopped fruit or vegetables and a drink of water to have during this break. Perhaps they might try some carrots, beans, celery, snow peas, capsicum, cucumber, cherry tomatoes or pieces of fruit.

**BEAUTY AND THE BEAST JR MUSICAL**

It has been a big week for many cast and crew members participating in the 3-6 musical ‘Beauty and the Beast JR.’ Each of the performances so far have been nothing but outstanding. The students should be extremely proud of themselves. A huge thanks goes to the Musical Director Miss Fiona Coleman and to Mrs Nadine James for all their hard work to get the show ready. These types of experiences are ones that will stay with our students forever.

**UPCOMING DATES**

**Monday 6 August**
Surfing Scientist Performance (Year 4)

**Tuesday 7 August**
T-4 Parent Teacher Interviews

**Friday 10 August**
T-6 African AIDS Fundraiser BBQ (Braai)
Please fill in order form and send in $2.00 for a sausage sandwich.

**Tuesday 14 August**
Year 3-6 UNSW Maths Competition
IPSHA Travelling Art Show Afternoon Tea

**Friday 17 August**
Opera Oz Performance (T-4)

**Friday 24 August**
Book Week Parade 9.15-10.00am
Annual Benefit Concert 7.00pm
Starting a new school can be a nervous time for some.

We always love welcoming new friends to our school. We have had four new students join us this Winter Term.

Each of the girls have settled in extremely well to their new school and class routines.
STUDENT ACHIEVEMENTS

Damon Fuller - Year 2

MARTIAL ARTS

On the 27 and 28 June Damon competed in the Kenpo 5.0 Fighter World Championships in Las Vegas Nevada. Damon placed second in the under 9 years.

What an outstanding achievement!

Sascha Masjuk - Year 1

SNOWSPORTS

Sascha competed in the Pymble/ Knox Grammar Cup on Tuesday 3 July and place 4th in Division 5. Sascha is the youngest student to represent Macarthur at the State Snowsports Competition.

Congratulations Sascha!

Alexander Giakoumelos - Year 2

Alexander represented Camden Little Athletics at the Zone where he came 2nd in the under 8’s 400m and 3rd in the Discus. Alexander qualified for the Regional Athletics in the under 8’s 400m and the discus.

Congratulations Alex!
At the end of last term Kindergarten were given a talk by Mrs Fin (Mother of Ella Fin in KH) about good dental hygiene. She brought in her puppet to demonstrate how to clean our teeth correctly. She showed us pictures of foods that make our teeth happy and healthy as well as foods that make our teeth sad and unhealthy. She picked two people to dress up in the dentist's gown and to wear the patient bib and glasses. We enjoyed her visit and promised to keep smiling happy and healthy smiles.

Mrs Hey

On our second day back at school this term we met Sunshine, well that was the name of Anne's dog. Sunshine is a golden retriever who liked meeting the children in K-2. Anne taught us safety rules to follow when you are around dogs. When meeting a new dog, ask the owner if you may pat the dog. If the owner agrees, then Anne and Sunshine showed us how to put your fist out for the dog to smell. When the dog has smelt your hand, stroke it gently starting at the collar, not the face. Sunshine allowed us to practice these rules on her. We also learnt what to do when in front of an angry dog. Stand still, hands by your side, be quiet as a mouse and look down. When the dog sees you doing this it will get bored and lose interest. Then you can move slowly away.

Rowan Hey 2D
Welcome to the Winter Term. The staff and I trust and hope that both you, and your children, had an enjoyable Winter break together.

The Winter Term is already looking extremely busy. We have many events and activities planned and only nine weeks to do them in.

**Beauty and the Beast JR Musical**

It was truly outstanding to witness a community of people all pull together to create a wonderful experience that was Musical Week. Congratulations again go to all of the students who were involved as cast, crew, and in backstage and front of house roles. The children all played their parts magnificently and were a true credit to themselves. My thanks again go to all of the staff and parents who dedicated much of their time so willingly to assist in making Beauty and the Beast JR the best musical it could possibly be. Particular thanks go to the many staff who assisted with rehearsals and behind the scenes backstage and to Miss Flona Coleman who directed a wonderful performance and the many other staff members, particularly Mrs Nadine James, the Macarthur IT staff and parents that were involved in so many ways in a wonderful production.

**Parent – Teacher Interviews**

All parents should have received their children’s reports late last term. Whilst reports are an accurate record of performance they are not the most comprehensive way of communicating detailed information to families. It is for this reason that I would encourage every family to attend Parent/Teacher Interviews. Our Parent/Teacher Interviews are being held on Monday 20 August.

Please ensure that you book the interview times that you require online as soon as possible. Please remember that whilst these formal interviews give you the opportunity to discuss your child’s progress with their teacher, you are most welcome, and encouraged, to speak with your child’s teacher at any time throughout the year.

**Term Letters**

All Year 5 and 6 Staff provided students with a copy of the Term Letter pertinent to the learning programmes of their class on Friday 3 August. These letters outline the curriculum content your children will be studying over the course of the Winter Term.
**Uniforms**

I would like to take this opportunity to remind all parents and students of our uniform expectations at Macarthur Anglican School.

Students are expected to wear hairstyles which are neat and tidy. Girls should wear ribbons, clips and the like that are either black, bottle green, yellow or Macarthur tartan in colour, whilst hairstyles should also be worn off the face. Boys’ hair should be above the collar and off the ears, with a number 3 clipper being the minimum hair length. I thank you for your assistance in maintaining our exemplary standards of uniform.

**Study Tips**

*Keep Track of your Study Plan and Reschedule Tasks as needed*

Each day when you come home, complete what you can of what has been scheduled for that day in terms of homework, study, parts of an assignment you have planned to work on that day and assessment preparation. Highlight the work you have completed in your Student Diary or Study Planner. Reflect on the work or tasks that you didn’t complete. Decide when you will now do that work. Maybe it will be tomorrow or maybe later in the week or next week. Write it in as homework in your Student Diary for when you will do it and cross it off today’s list. This means that you don’t need to keep looking back to see what you haven’t done, you have rescheduled the work for when you will do it.

**New Students**

Welcome to Kayla King who is joining us in Year 6 this term!
The Year 3 - 6 Rugby Union boys enjoyed their trip up to Blue Mountains Grammar, Wentworth Falls, on Wednesday 25 July.

The Year 3 and 4 boys played an enjoyable style of running rugby with Cameron Simmons, Bailey Gandy and Luke Platt dominating the rucks and mauls in the centre of the field whilst Dylan Offord, Frankie Nesci and James Rogan finding space out wide around the Blue Mountains defence and outflanking their opponents on the wing on a number of occasions. Blue Mountains put together a number of phases of play just before half time, ultimately scoring to reduce the Macarthur lead 2 - 1 at the break. After letting in a couple of tries after half time, Macarthur persisted with their expansive, running style of rugby to hold Blue Mountains to a 4 - 4 draw.

The Year 5 and 6 boys allowed Blue Mountains to run in an early try which proved to be Blue Mountains only try of the game. Harrison Stretton led a number of successful assaults on the Blue Mountains line, ably supported by barnstorming runs from Jarrod Webster, hard tackles from Jacob Beggs and Corey Pace contributing to a number of breaks with his pace. Lincoln Bartlett, Connor McNamara and Jacob McLean-Pauley also stood out.

Macarthur ultimately triumphed by 59 - 6, a record margin, and the Cockington Plate headed down the mountains with us for another year.
**AWARDS**

**Amelia Giakoumelos**
Congratulations to Amelia Giakoumelos of Year 5 who was recently selected for the Camden U/11 Netball Development Squad where she had enjoyed learning a lot of new skills and has competed in several carnivals.

**Head of Middle School Uniform and Mathletics Awards**
Logan Shepley
Dane McDonald
Jack Burns
Sofia Iorfino
Erin Bagley

**Martial Arts Achievements**
Congratulations to Kyah Fuller of Year 5, who, along with her younger brother Damon, competed in an international martial arts tournament. The Kenpo 5.0 Fighter World Championships were held in Las Vegas, Nevada on 27 and 28 June. They represented Australia competing against a range of countries including USA, France, South America and New Zealand. Kyah placed first in the world for self defence in the Under 10 - 12 yrs blue to green belt.

**Snowsports**
Well done to Callum Masjuk who competed in the Pymble/Knox Grammar Cup at Snowsports over the break, placing 3rd in Division 4.
Welcome back to school to a term full of activities and examinations for all students in the Senior School. This is the final academic term for the students, where the anticipation and excitement for Year 12 students preparing to leave is becoming real. Some are excited about what is ahead and others are not sure what is around the corner. But all of them will be glad when the 2012 Higher School Certificate concludes.

It was a working holiday for a lot of Year 12 students and staff and the school was a hive of activity as students finished off Major Works and prepared for their Trial HSC Examinations which started this week.

For a number of other senior students the holidays involved representing the School at Snow Sports and participating in the Silver Duke of Edinburgh Hike.

As with each term it is important to get into the routines that are associated with coming back to school. Such as arriving on time, and students packing their bag the night before school to make sure they are prepared for the day ahead. As the term involves examinations for all students early preparation is the key. Year 10 and 11 students should be undertaking ten and twelve hours of study respectively each week as indicated in their diary.

If you would like assistance with strategies to help your child and their preparation for examination or organisation skills, please make an appointment with Mr Davies.

There is support available for the students at Macarthur in a number of forms. Four I would like to bring to your attention to include.

- English and Maths after School Help.
- English Every Thursday (3.00pm-4.00pm)
- Maths Alternate Thursday Wk B and Tuesdays Wk A (2.50pm-4.00pm)
- Senior Study night $16/night register for the term. 4.00pm-7.30pm dinner provided

For more information on any of these please contact Mr Davies or the appropriate Faculty Head.
“GYLC was an unforgettable experience”

During my time in America, I explored the city and made friends from every continent (not Antarctica actually). Most beneficial of all though, I learned more about myself through these new experiences and of course the GYLC program. I learned that leadership isn’t always about being the front man, I learnt about possible careers that I had never thought of and I learned more about myself, thinking in ways I hadn’t done before. 

Elias Hordern

GYLC was an unforgettable experience! In the fourteen days of the Conference we built friendships with people from around the world, experienced the UN rather than simply hearing about it and were challenged not only by many great leaders of the World, but many great leaders of our generation. I have never been so inspired to make a difference and GYLC proved to be much more than I could have imagined.

Chloe Maric

"GYLC was one of the most memorable experiences of my life. It was a great experience which allowed me to meet people from all over the world. I learnt so much about other cultures and the way different people from around the world view various situations. GYLC was one of the greatest experiences of my life and I strongly encourage everyone who has the opportunity to go, to take it." 

Alex Tomasiello

GYLC was an incredible experience, that still feels surreal. Getting to spend two weeks with other teenagers with a passion for leadership and sharing our views, cultures and beliefs was such a privilege. We also got the amazing opportunity to hear from speakers from the US State Department, the United Nations and various other government and non-government representatives. Doing United Nations simulations was also a highlight, such as getting to roleplay a UN Security Council meeting about Cyprus and then a UN General Assembly where we voted to pass various resolutions.

Emily Mackie
STUDY SKILLS TIP FOR JULY: iDisorder

Dr. Larry Rosen, Professor of Psychology at California State University presented at the Young Minds Conference in Sydney last month. This month and next month’s newsletter items will be discussing some of the ideas he presented.

His new book ‘iDisorder: Understanding Our Obsession with Technology and Overcoming Its Hold on Us’ discusses changes that occur to the brain’s ability to process information and the ability to relate to the world due to daily consumption of media and use of technology. This obsession with technology can result in signs and symptoms of psychological disorders (which Dr. Rosen has labeled iDisorders) such as stress, sleeplessness, narcissism and a compulsive need to check-in with our technology. However Dr. Rosen is not anti-technology, far from it. Instead he argues that we need to become more aware of issues that can arise from over use of technology and implement strategies to deal with these. Self-awareness and a move towards restorative balance are essential.

Some of the ideas Dr. Rosen discusses are:

- Ensure your child gets a full night’s sleep and that mobile phones are switched off during the night. If a student wakes in the night and checks their phone, however briefly, this will interrupt the sleep patterns for that night and disrupt essential memory processing.

- Convene regular family dinners (3-4 times a week for 30-40 minutes) where technology is forbidden at the table – parents included! Dr. Rosen points to the fact that many parents are also obsessed with technology and are modeling these behaviours to their children, for example not paying full attention when their child is talking to them, instead answering email on their smart phone at the same time. Rosen believes we are massive self-interrupters and we are training our children that if something buzzes, beeps or vibrates, we should jump and immediately check to see if there is something we should attend to right now.

- Given the pervasiveness of technology in our lives as well as the fact that technology evokes high levels of mental activity, we need to start taking technology ‘time-outs’ to reset our brains and refresh our capacity to process information. It is important to recognise that the constant lure of multiple technologies and our obsession with them is overloading our brain. If we want to avoid iDisorder and ensure our use of technology does not make us exhibit signs and symptoms of psychological disorders, then we need to reset our brain on a regular basis. You may decide to take a ten minute break from technology every two hours or you may even decide to allocate at least one day a week where you focus your attention 100% on real life and shut off your technology for a significant portion of that day. During this time you could laugh or talk with friends or family, experience nature or do something active. The aim is to give the brain a chance to slow down and rest by doing something that does not involve electronic devices.

We live in a connected world and we can’t turn the clock back and take away all these fun new technological tools. So the message is, we need to learn to take care of our brains to avoid a potential iDisorder.

Visit the Dealing with Distractions unit at www.studyskillshandbook.com.au to learn more about managing your distractions.

Our school’s subscription details are -
Username: formasonly
Password: 27results

The School has further information and subscribes to other resources which are available on the Intranet.

If you would like further information please c
University of Wollongong Year 12 Information Evenings

Find out more about University of Wollongong at their Year 12 information evenings to be held in the coming weeks. Information will be presented on applications, scholarships, university life, degrees and more.

- Camden Civic Centre, Camden – 1st August, 6.30pm to 8.30pm
- UOW Southern Sydney Campus, Loftus – 21st August, 6.00pm to 8.00pm
- St George Leagues Club, Kogarah – 29th August, 6.30pm to 8.30pm
- Uni Hall, University of Wollongong – 11th September, 6.30pm to 8.30pm
- Campbelltown RSL Club, Campbelltown – 12th September, 6.30pm to 8.30pm
- UOW Shoalhaven Campus, Nowra – 18th September, 6.30pm to 8.30pm
- Cronulla Sutherland Leagues Club/Sharkies, Woonooware – 19th September, 6.30pm to 8.30pm

Bookings can be made online or by calling UniAdvice on 1300 367 869.

Charles Sturt University Principal’s Report Entry Program

PREP is an Early Entry Scheme designed to attract academically talented students from high schools and TAFE’s in non-metropolitan areas in NSW, ACT and Victoria.

Students are eligible for the program if they:
• are identified by their School Principal or TAFE Head Teacher as a consistent achiever with potential to succeed in university studies; and
• attend a High School in regional NSW, Victoria or the ACT; or
• attend a non-metropolitan TAFE in NSW, ACT or Victoria and are completing the Tertiary Preparation Course or are taking TAFE subjects as part of their studies at High School.

Applications due by 19th September.
http://www.csu.edu.au/oncampus/getting-to-uni/prep

Year 11 & HSC Preparation for Year 10 Students

This one day course for Year 10 students consolidates skills necessary for success in a wide range of subjects in Year 11 and the Higher School Certificate. The course will cover how to improve English skills and study methods/techniques for Year 11 and 12.

Courses held on 22nd July, 5th and 19th of August, between 9:30am to 4:30pm.

ADFA – Applications Open for 2013

Successful applicants are paid a salary, receive accommodation and meals subsidies, as well as their higher education tuition fees paid for by ADFA.

Applicants are required to complete two separate applications: one for ADFA – nominating a specific defence force career and another for admission into the University of NSW.

The ADFA website assists students to choose a career in the defence force that is relevant to their study interests with the Degree + Job Match tool.

For more information and to begin an application, visit: http://www.defencejobs.gov.au/education/adfa/

Open Days

University of Notre Dame - Broadway
• Saturday 25 August

UNSW at Kensington
• Saturday 1 September

Bedford College
• Saturday 15 September

University of Sydney
• Saturday 25 August

University of Western Sydney
• Sunday 26 August

Reminders

For Students interested in studying at UOW, Selective Entry closes on the 15 August at 5.00pm. See Mr Davies for more information.

For students interested in courses at Charles Sturt University, University of New England, Notre Dame University and Canberra University please see Mr Davies about Report Entry Programs and Early Entry.

To find out more about The Educational Access Scheme make an appointment with Mr Davies.

For queries or information please contact Neil Davies at ndavies@macarthur.nsw.edu.au