From The Headmaster’s Desk

This weekend is of course Father’s Day. I would like to take this opportunity of wishing the fathers all the very best as their families celebrate the essential and central role that fathers play in the life of children. The significance of fathers in the education of children is sometimes undermined and it was for this reason that quite some time ago Macarthur began the Father’s and Daughter’s camp and the Year 3 Sleepover. While the Year 3 sleepover is not essentially only a father’s event it does seem to ‘appeal’ to the Dads a little more!

Both these events are great ways to encourage the involvement of Dads in the education of their children and for those, like me, who have attended these camps, the benefits are plain to see. So once again, I do hope and pray that the weekend is a great opportunity for you to celebrate the role of fathers.

Last Friday evening saw the Annual Benefit Concert take place at the Camden Civic Centre. This year the number of people who attended almost doubled from last year and I believe this event has very quickly become part of the wider calendar of events at Macarthur. It was wonderful to welcome a significant number of members of the community who attended with no formal links to the School. It was wonderful to have Bongi, a Zulu lady from South Africa come and be part of the evening. I would like to encourage you to continue to support the African Aids Foundation in its various activities as it seeks to make such a difference in the lives of young children affected by the tragedy of the Aids epidemic in South Africa.

I would like to congratulate our Snow Sports Team on their extraordinary successes. The students who competed have represented the School at the Regional and State levels and once again a number of students have progressed to the National level and will represent Macarthur Anglican School at the National titles. To those parents who provide such wonderful support you have my greatest appreciation as does Mr Bedingfield whose passion for Snow Sports seems to know no bounds.

Please continue to pray for Year 12 as they make their final preparations for the HSC examinations and as their time at Macarthur draws rapidly to a close. God Bless Year 12.
From The Deputy Headmaster

I learnt a new word this week - ‘selfie’. According to teenage-speak, a ‘selfie’ is a picture taken of oneself while holding the camera at arm’s length. I can’t ever remember taking a ‘selfie’ on my box-brownie camera when I was young. ‘Selfies’ are very much a thing of the mobile phone generation. Instagram – a photo sharing site and a new favourite with teens is littered with such ‘selfies’.

At the risk of sounding like my own parents I must say this whole ‘selfie’ business makes me a bit uncomfortable - not with the photos as such, or the occasional ‘selfie’ for a bit of fun, but the motivation and the constant desire of so many to be so inward looking and the centre of others’ attention. ‘Look at me, look at me,’ the obsessive selfie is really saying.

There is a story from Greek mythology about a character named Narcissus who fell in love when he saw his own reflection in a pool of water. It’s difficult not to see parallels in our own society with such an unashamed emphasis on the self. The inane tweets documenting every mundane aspect of one’s life, the accumulation of ‘friends’ on Facebook, even the very names of our beloved toys (iPhone, iPad) and play spaces (MySpace, your abc etc) all scream out, ‘selfie’.

Like all human inventions our modern communication technologies can be used for both good and evil. Macarthur has always been on the cutting edge with technology…hey we were an ‘Apple Mac’ school long before the iPod was invented! But the values that underpin our school are Christian values and therefore counter-cultural to the ‘selfie’ worldview. Our motto ‘Enter to Learn, go out to Serve’ illustrates this beautifully…it is ‘other’ and not ‘selfie’ focussed.

Many Macarthur programmes, the hosting of Japanese and Thai students, The Duke of Edinburgh Scheme, the Thailand Outreach, the Tanzanian Trek, the North Queensland Outreach, the Community Service programme…just to name a few remind our ‘selfies’ including ‘myselfie’ that I am not the centre of the universe.

Car Park Matters
The safe delivery and collection of students in the Junior School remains a concern at the commencement and conclusion of the School day.

I would particularly ask parents to avoid collecting your children by parking on Lone Pine Drive. Please use the designated pick up and drop off point in the School car park. Alternately, please park your vehicle and walk your child to and from school. No student should ever enter the car park unaccompanied by an adult and please do not leave your vehicle in the designated pick-up and drop off zone.

The greatest obstacle to the effective flow of traffic is caused by the fact that many parents choose to park in the pick-up and drop off zone and on Lone Pine Drive, rather than parking in the designated car park.

Students are only to board cars on the far side of the pedestrian crossing, closest to the Café, as this enables the staff on duty to best ensure that this occurs in a safe manner as well as facilitating the smooth flow of traffic and pedestrians in the area.

Please continue to observe the speed limit of 20kph at all times when you are driving in the school grounds and carefully check the area around your car, particularly for small children, when entering and leaving your car parking space.

Observing these guidelines will continue to protect the safety of our students as they arrive and leave the school grounds. It will also ensure a smoother flow of traffic. I thank you in anticipation of your co-operation in this area.

Andrew Kokic
**Rest and Sleep is Essential for Learning**

I recently read an article in the Sydney Morning Herald about the importance of students getting sufficient sleep and rest. I am sure that we are all aware of the importance of sleep. It is clear that without adequate sleep, students have trouble concentrating in class and remembering information. Sleep deprived students are often irritable, overly emotional and have trouble reacting appropriately in stressful situations.

Scientific research has long confirmed the link between sleep and learning. Students need a minimum of six hours sleep per night (more for young children and teenagers) to ensure that what they have learnt goes to long-term memory. Scientists from Notre Dame University proved that students who had at least six hours sleep a night consistently performed better than students who did not. Moreover, the study confirmed that students who slept soon after learning something new had a better chance of recalling it. "This means that it would be a good thing to rehearse any information you need to remember just prior to going to bed. In some sense, you may be 'telling' the sleeping brain what to consolidate." Jessica Payne, Notre Dame University (Science Daily).

A study conducted by a team of neuroscientists at UNSW has shown that rest (not just sleep) is also an important factor in helping students learn. Certain kinds of brain activity actually increase during waking rest and help improve memory. "Many scientists believe the brain consolidates a new skill by making new connections between neurons." However, according to Dr Pearson from UNSW, "continued learning without a break can disrupt this consolidation process". He also said that if you don’t have a break, you won’t get the benefit of the learning transferring to long term memory. (SMH 16 August, 2012).

While I am not advocating that students should sleep during class, it is useful for all of us - teachers, parents and students to recognise the positive benefits of rest, downtime and reflection.

For students in Years 7-11 who are preparing for examinations, it is important to consider the message from this research. Studying in short bursts with rests in between each study session is the best pattern to follow. In an hour study session, the brain is the most effective during the first and last 20 minutes of learning. Ideally study sessions should be 40-45 minutes in length.

Students wishing further advice about how best to study, should contact the Head of Middle of Senior Schools.


**Melissa Gould-Drakeley**
House Fundraising
Throughout the year students from Kindergarten to Year 12 have been busily raising funds to meet their commitment in sponsoring a student to attend St Michael Secondary School in Kilolo, Tanzania. Through this support, children are given the opportunity to attend school and gain an education that may go some way in improving the society in which they live. Looking beyond the immediate needs of the sponsored students, the funds raised by students at Macarthur are in fact benefitting the wider community, as graduates from St Michael's further their learning and perhaps take back to their home villages insights gained from their education.

This year our Annual Tanzanian Trek will be held on Tuesday 18 September with all money raised contributing to the capital needs of St Michael Secondary School. It is my hope that all Macarthur students and their families will generously contribute to these efforts and build on the successful fund raising of previous years.

Debating and Public Speaking
The strength of Macarthur debating teams has once again been evident throughout the 2012 season. Students compete against other independent co-educational schools in a series of five debates within the Southern Division. Students participating in the Year 7 Team progressed throughout the series to finish their good run in the semi-finals in a debate against Central Coast Grammar. This was a hard fought contest and a credit to the young team that will no doubt be hard to beat, as their combined experience strengthens into next year.

Mention should also be made of Danielle Santos (Year 9), who has reached the semi-finals of the Legacy Public Speaking Competition. Danielle prepared a winning five minute speech and delivered a convincing two-minute impromptu speech gaining her selection to speak at NSW Parliament House. This is an impressive achievement considering the vast number of competitors and the quality of the speeches delivered. Results of the semi-finals will be announced after 14 September.

Vacation Club
Following the success of the Sports Holiday Vacation Care held during the July holidays, another exciting vacation programme is on offer for children between Kindergarten and Year 6. ‘Castle of Adventure’ is a bible based programme full of skits, songs and craft that will be held at the School between Tuesday 2 and Friday 4 October culminating in a family barbeque on Friday evening. This promises to be a fun-packed week and a well-trained team of students, volunteers and staff are preparing diligently to ensure that a quality presentation is delivered over the four days. Registrations and payment are necessary and can be made by visiting the Macarthur Anglican School website and following the links.
Thank you to all who continue to donate to the Annual Appeal. This Appeal has now generated $10,000 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 Appeal from the web, donate online or contact me for a giving brochure.

A successful Annual Benefit Concert was held last Friday night at the Camden Civic Centre. Proceeds for this event were directed to the local charity African AIDS Foundation. This event raised in excess of $2,500 for the Foundation. Thank you Mrs Marrable and Mr Cartwright for your assistance with co-ordinating this event. A special thank you to all students who participated both on stage and behind the scenes.

Fathers, please don’t forget to order your Father’s Day photos on line. Thank you Mrs Kylie Lyons and our photography students for once again assisting us with these photos.

Please remember to use our Community Partners where possible. Matthew from Chisholm and Turner Travel, Kylie from Handprint Photography and Ange and Matthew from MAD Excavations and Landscaping are always happy to assist you. Please support those who support Macarthur.

Please contact me if you would like to advertise in the 2013 School Calendar or if you would like more information. An advertising package will be available from next week.

Senior Cafeteria and Junior School Canteen

We are facing a critical shortage of volunteer staff in both the School Cafeteria and the Junior School Canteen. The School is now at the point where the opening times and services of both could be reduced if volunteer assistance is not forthcoming.

The Cafeteria and Canteen provide a service to the school community. All profits go towards funding projects that benefit the students. It relies on volunteers to function on a daily basis. There is a small group of helpers (including School Prefects) but we need more.

Cafeteria duty requires a small commitment of four hours (9.30am to 1.30pm) while the times in the Canteen are 8.30am to 1.30pm. Even one duty per term by available parents would overcome the shortage although the Canteen requires one duty per month.

If you are able to help please contact Judith Golding on 4629 6246 or Marilyn Rowe on 4629 6244 on Monday, Wednesday or Thursday.

For queries or information please contact Sharon Pascoe-Thomas at spascoethomas@macarthur.nsw.edu.au
Thank you for providing Father’s Day gifts for the stalls this year. It is always a delight to see the excited faces of the Junior School students as they choose their Father’s Day gift.

A special thank you to Mrs Sandra Pash for coordinating this event. Thanks to all parents who supported this event by helping out collecting, wrapping and selling gifts.

M@M re commenced monthly BBQ breakfast last Friday, thanks to those who supported this event. M@M will be hosting the Butchers Workshop Saturday 8 September. Please book early as spaces are limited, families welcome. Bookings are open online.

W@M are already planning the Pink Ribbon Luncheon. This event will be held on Monday 22 October, 11.30am-2.00pm at Bistro Calavia. Guest speaker will be Mrs Jennifer Reed. Jennifer is a parent and is also a National Breast Foundation Ambassador. Book online from Monday 3 September.

M@M Butchers Workshop
Saturday 8 September 2012
School Chapel
6.30pm for 7.00pm Lamb Workshop, conducted by local butcher Peter Francisco.
Enjoy a lamb spit BBQ to conclude the evening.
Cost: $10pp $30 family of four.

Bookings: www.macarthur.nsw.edu.au
Close: Tuesday 4 September
For more information contact spascoethomas@macarthur.nsw.edu.au
Congratulations to Matilda Offord (Year 7) for winning an under 13 years Bronze Medal at the Australian All Schools Cross Country Championships in Adelaide last weekend. Matilda has had a fantastic year in Cross Country running. She has also been successful at all racing levels, NASSA, AICES, CIS, NSW All Schools culminating in the Australian All Schools. Well done Matilda!

Benjamin Tisdale (Year 7) has been identified as a standout player by A-League club, Sydney FC, at the club’s recent High-Performance and Talent ID Clinic. Benjamin was chosen to attend the elite session under the direction of Sydney FC coach Ian Crook, at the end of the three-day clinic at Macquarie University. Benjamin is a member of the Skills Acquisition Programme Southern region under12 team. Well-done Benjamin!

Cameron Parsons (year 11) performed as vice-Captain of the NSW under 16 All Schools team recently. Cameron also had the opportunity to Captain NSW in the game against Tasmania. NSW won the titles and are now the School Sports Australia Under 16 National Champions. The titles were capped off by selecting Cameron as a team member of the Under 16 All Schools Australian Team. Well-done Cameron!

Kindergarten and Transition Enrolments for 2013

To assist us with our planning for next year it would be wonderful for any parents considering a Transition, Kindergarten or Year 7 enrolment in 2013 to book your enrolment interview with Mr Kokic. The best way to do this is by contacting our registrar Mrs Karen Alchin on 4629 6256 or emailing her at kalchin@macarthur.nsw.edu.au

With grateful thanks to our Annual Community Partners
Macarthur on Your Mobile Phone
In order to make key information more accessible to parents we have created an iPhone and Android optimised version of our website. You can create a Macarthur App Icon on your phone's home screen by following the instructions below.

iOS (iPhone)
• Navigate to our website on your phone www.macarthur.nsw.edu.au
• Press the action button (the box with the arrow)
• Press ‘Add to Home Screen’

Android
• Navigate to our website on your phone www.macarthur.nsw.edu.au
• Bookmark the homepage
• Open the browser bookmarks screen
• Long press the bookmark you want
• Select ‘Add to Home Screen’

Macarthur Show Team
Our Agriculture Department has been busy. The School recently took part in the Unischool Live Day. This event was followed up with our participation in the Central Coast Steer Show on Monday 20 August.

Following an early start from school (5.00am), fifteen students travelled to the Gosford Showground. Our steer and heifer were conveyed by truck and on arrival were weighed and tagged prior to heading to the washbay. Following the grooming session they were judged and though competitive did not receive any major ribbons.

Our students were kept busy participating in judging and parading competitions throughout the day. Parader classes were divided in to first time, novice, experienced and best of best categories. Following the first round eleven of our students were selected to participate in semi-finals and following this four gained entry to a final.

Virginia Glover and Daniel Pearce gained first placings in the First Time category while Tahlia Darby was placed third. Nathan Lutiger was placed fifth in the Novice category. These were the best results ever achieved from Macarthur students attending the competition. All students are congratulated for their efforts.

Milton Gower

[Image of students and a person at the show]

Type to enter text
A highlight of the past few weeks has been our collaboration with the Senior School students in the Bound for Books initiative. A T-12 school is a unique environment with many advantages and opportunities for our children and the interaction between Senior and Junior children is just one of them. One of the reasons parents send their children to Macarthur is because of the opportunities afforded to them at our school. Our families know that a great education goes beyond just what happens in the classroom.

Our co-curricular programme has seen over ninety-five students take part in Winter Term activities including Science Club, Model Club, Art and Craft Mania, Crafty Creations, Cupcake Decorating, Technology Club, Book Buddies and a card making club. It is so impressive to see the boys and girls engaging and grasping all the opportunities offered in a school like ours.

**EARN ‘N’ LEARN**

Thank you to all those shoppers who contributed stickers to our ‘earn n learn’ programme. We sent in a total of 66,360 stickers. This will enable us to purchase a variety of resources for our school.

**I-PADS**

I-pads are now in use in most of the Junior School classrooms. These will now become another teaching tool to assist us in developing 21st century learners.

**PLAYGROUND EQUIPMENT**

Last year a number of generous parents donated money to pay for a shed and equipment for our young students to play with in the playground. The shed is next to the 2D classroom and equipment has started to be placed in the shed ready for students to use shortly.

**BIG BOOKS - GRANDPARENT’S DAY**

The big books that were purchased for the T-6 classrooms with the money raised from Grandparent’s Day 2012 have arrived in time for Literacy and Numeracy week and are already being used in classrooms. A big thank you to all our grandparents for helping to promote Literacy in our school and for giving us enough money to purchase these invaluable resources.

**AWARDS**

It is wonderful to be able to report that we already have some of our Year 3 and 4 students who have received five Certificates of Excellence. The Junior School Green Award is the highest and most prestigious award of merit presented to students in K-4 at the Junior School end of year presentation assembly. Students who have received five Certificates of Excellence need to apply to me in writing to be considered for this award. The Dean of Students and I consider the students contribution to the whole life of the Junior School in making our determination. Students will receive a letter from me indicating whether they will receive this award later in the year. Applications for the Junior School Green Award need to be handed to me by Friday 12 October to be considered for the Junior School Presentation Assembly in 2012.
MARY POPPINS AND HER TRANSITION STUDENTS

FYNLAY, BAYLEY AND DYLAN

MRS FIELDER SPEAKING TO YEAR 3

BOOK WEEK PARADE - CHAMPIONS READ

The Baker family enjoying a story together

Amelia Bobbyreff and her family enjoying a relaxing morning tea in the sun

Year 3 and the Mad Hatter, Mr Wood

Mia Szalajko and her mum
Once upon a morning, a group of fairytale characters arrived at the Chapel…

This group of fairytale characters were a specialised operations group, consisting of twenty Year 10 and 11 students who had been working hard with Ms Holt for over a term to create the ultimate treasure hunt to promote a love for reading across the Junior School.

Year 3 students gathered to help Alice celebrate her twelfth birthday… that was, until her friend the Mad Hatter arrived to inform everyone that all the supplies had been stolen! Luckily, Alice called on her special friends to help her find everything that was needed for the special birthday picnic. The students travelled across the School, solving clues and participating in different magical activities which included helping Cinderella find her shoe, assisting Willy Wonka in unwrapping his supplies, stealing lollies from the evil witch, reattaching Pinocchio’s nose to his face and of course, helping the BFG to create George’s Marvellous Medicine in time to save the day!

At the end of the treasure hunt, all the students shared in a beautiful morning picnic on Headmaster’s Hill hosted by Alice and the Mad Hatter. The students’ played games, listened to stories and ate lots of delicious treats. The day was enjoyed by all and even served as a nostalgic trip down memory lane for many of the senior students, who commented on ‘how wonderful it was to feel magic again.’

Friends were made, laughter shared and the ultimate magic, the magic of literature, cast its spell once more over young and old.

Mrs Holt
Jasmine Sherrell - Year 3

UNSW Science Competition

Jasmine received a Distinction in the UNSW Science Competition

What an outstanding achievement!

IPSHA Travelling Art Show

Congratulations to the following students who had their art work chosen to be a part of the IPSHA Travelling Art Show. The pieces have been travelling to several different schools in New South Wales.

- Savannah Fuller - Transition
- Riley Newman - Transition
- Luca Bazdaric - Kindergarten
- Kennan Wallace - Kindergarten
- Paige Prpic - Kindergarten
- Caroline Psarris - Year 1
- Claire Cooper - Year 1
- Alyssia Tummarrello - Year 2
- Rose Jansen - Year 2
- Mikayla Elling - Year 3
- Frankie Nesci - Year 3
- Rhiannon Marshall - Year 3
- Lauren Ward - Year 3
- Madeline Mingay - Year 3
- Emily Szalajko - Year 3
- Poppy Townsend - Year 3
- Dylan Offord - Year 4
- Emily Moore - Year 4
- Katelyn Relyea - Year 4
- Isabelle Browne - Year 4
- Elyssa Stevens - Year 4
- Jackson Buda - Year 4
- Timothy Gidiess - Year 4
- Samuel Egan - Year 6
**GATEway 8**

GATEway 8 was again a busy and exciting competition with a number of Macarthur students from Years 5-10 involved in this occasion which was hosted by Macarthur. My thanks go to Mrs Rebecca Fitzpatrick who dedicated much of her time so willingly to make the competition a resounding success and to the Macarthur IT staff that were involved in so many ways in a wonderful production.

**UNSW Science Results**

Over one hundred and fifty Middle School students from Years 5-9 entered the UNSW Science Competition this year, achieving results well above the state average and demonstrating consistent improvement over time in their Science aptitudes and capabilities.

Particular congratulations to Tobias Howard of Year 5 who has achieved the commendable feat of attaining a **High Distinction**. His score on the test placed him in the top 5% on students who sat the test in NSW and the ACT.

**Distinctions:**
- Mitchell Biggart
- Jonah Gray
- Samuel Macdonald
- Alanah Monger
- Mitchell Robinson
- Kaitlin Taylor
- James Tegel

**Book Week**

It was a pleasure to welcome so many parents to the School to celebrate Book Week last Friday. The Year 5 and 6 students did a marvellous job with their organisation and MC work in conducting the parade for T-4 students and with the book trailers that they prepared to present. A big thank you to Mrs McLean, Mr Stewart and Mrs Cooper who were able to visit classrooms to share the varied ways that they used literacy in their occupations and everyday lives with the students.
Sophie Frankum of Year 6 represented the School proudly at the recent ‘Mayor for a Day’ Public Speaking competition. This competition is conducted by the Mayor of Camden, Mr Greg Warren, on an annual basis as a component of the Council’s celebrations of Local Government Week.

Sophie gave an excellent speech where she described the initiatives that she would seek to put into place if she was the Mayor of Camden for a Day and the manner in which she had designed and conducted a survey, evaluating the results to inform her ideas. Sophie’s approach to the speech was noted in the feedback given by the judges.
AWARDS

Head of Middle School Uniform and Mathletics Awards
Samuel Buda
Katelyn Biggart
Caitlin Sendt
Angus Munro
Kayla King
Harrison Gilligan

GEORGE TONNA VISIT

Year 5 and 6 students enjoyed a visit from George Tonna last week. George was born with cerebral palsy and attended a mainstream school in his childhood. He later guided a NSW Futsal team to a national title, took up athletics and coached an intellectually disabled athletics team. George also represented Australia in soccer in the 2000 Sydney Paralympic Games before founding the first rugby league association for people with physical disabilities. The students were inspired by George’s recount of his life and achievements to date. Thank you Mr Groves for your organisation of this opportunity.
BOOK WEEK
Friday 24 August 2012
Musical Wrap-Up
by Katelyn Biggart

The Musical was a great experience it seemed like the audiences loved it and all of the performers did a great job. Miss Coleman was really pleased with the way that we all performed. When my Grandma and Auntie came they thought it was outstanding.

There were a whole range of exciting characters in the performance - Gaston was played by Samuel Nockles, Belle was Paris Houghton, the Beast was Ryan Kennedy, Lefou was Isaac Smith and Harrison Barrett was Cogsworth. Lumiere was played by Jack Burns, Babette was Claudia Petrin and Madame De La Grande Bouche was played by Amera Sarkis. Chip was Olivia James and I was Mrs Potts.

We first auditioned two terms ago and since then have practiced Tuesday and Friday afternoons each week and have also had a number of full day rehearsals. We have been practicing for about fifteen weeks in total leading up to the performance week where we played six shows.

We really enjoyed performing for our visitors from Carrington at the Monday matinee. We were quite nervous as it was our first performance of the week and of course with the lights on we can only see the silhouettes of the audience!

I really enjoyed the feeling we had to be able to perform the play for people in the community for a community service and it really motivated us to get on a roll and to continue improving over the week.

I feel that my singing has really improved from my involvement in the musical along with my acting skills. I have made a lot of new friends and had great fun across the way.
UNSW Science Competition

Credits:

Year 5
Harrison Gilligan
Djannie Platt

Year 6
Emma Cooper
Sophie Frankum
Kathryn Keane

Year 7
Christopher Browne
Jack Cooper
Noah Gray
Joseph Hartono
Angus Hughes
Jack Jansen
Benjamin Johnson
Laura Perich
Dante Petrin
Jack Ridley
Ashleigh Sherrell
Benjamin Tisdale
Cate Ward
Kiara Ward

Year 8
Simon Cottee
Patrick Dickinson
Madeline Elliott
Jemima Henry

Year 9
Jacob Aakhus
Jacklyn Favretti
Tracy Gidiess
Ryan Gregory
Ellen House
Jhett Kellner
Sarah Stone
Brittany Taylor
Kate Thomas
Midway through the Winter term has seen the Senior School students complete a number of assessment tasks and now sees them preparing for the upcoming examinations.

All students should be making the most of the Intranet to access the past examination papers. By attempting past papers under timed conditions students are able to get a clear idea of what they know and where the gaps in their knowledge lay.

A reminder to parents that students in Year 10 are expected to attend school every day during the examinations. During the periods they do not have examinations students are expected to be organised to work independently doing private study. Year 11 students are able to attend only those days they have examinations.

Year 12 students have managed to complete a number of Major Works in Society and Culture, Design & Technology and Art, along with others performing in Drama and Music. With some students completing more than one project or performance. I believe these students would have some wise advice to those in Year 11 that have more than one major work for their Higher School Certificate.

Bound for Books 2012
Was one of the many fun activities that occurs as part of last weeks book week. With the organisation and support of Mrs Holt a group of students in Year 10 and 11 took Year 3 students on a magical journey where a number of activities and characters were brought to life around the School. It is great to see another opportunity where the curriculum and students come together across the schools.

The Characters in the Journey

Signing the Diary
Parents are reminded of the importance of checking and signing the student diary. This is one of the ways we are able to communicate. Making this a regular occurrence will aid in our ability to work together to assist the students.

Sharing in the story
The Uniform Shop
Summer Uniform Standards

SENIOR SCHOOL

GIRLS
Summer Uniform for Year 10, Year 11 and Year 12 includes a short sleeved white blouse with bottle green edging on the collar, Macarthur Tartan skirt and short white socks with green stripe.

Year 9 girls going into Year 10 should be aware that now is the time to purchase your senior summer uniform. Please come to the Uniform Shop before the end of term for your fitting, the items can then be put aside for you and be collected and paid for by the end of term.

BOYS
Summer Uniform for Year 10, Year 11 and Year 12 includes a short sleeved white shirt (not long sleeved), grey trousers, black belt, tie and grey socks. Short sleeved white shirts are now available, prices range from $24.00 to $27.50.

Year 9 boys going into Year 10 are required to bring in their Blazers during the first week of the school holidays for braid and a new pocket to be added for the changeover to senior uniform. Please have the Blazer DRY CLEANED and labelled with your name to enable us to return it to the manufacturer to be altered. The cost will be $72.60.

Mrs Sue McKell

Lindsay Jones - Year 11

Lindsay has been involved in Go-Karting since 2005 competing in Midget class. Since 2006 she has been able to obtain top five finishes in this class for NSW and Australia Titles. Lindsay is now racing in Clubman Light races where she competes against 16 to 40 year olds and the competition is very high. She finished first in a feature race/final in May 2012 in the Clubman Light class.

Lindsay hopes to continue in the Motorsport industry, with an aim for speed cars or sprint cars.

Students continue to do amazing things both at school and away from school. If you would like to share your child’s achievements with the school community please contact the school office.
STUDY SKILLS TIP FOR AUGUST: Myth Busting Multi-Tasking

Multi-tasking? Myth or reality? It all depends on who you talk to.

Ask any student and they will tell you they can multi-task with ease. Do homework, watch TV, listen to music and check their phone all at the same time, no problem. Ask the academic researchers though and a different story emerges.

Dr. Larry Rosen, Professor of Psychology at California State University, explains that what is actually occurring in this ‘multi-tasking’ is ‘task switching’. Instead of doing two things at once, students are actually switching their focus from one task to another and back again, in a parallel fashion, at high speed, resulting in them staying on task for an average of only 65% of the time period and for a maximum of only 3-5 minutes at a time. Constant task-switching results in it taking much longer to complete the individual tasks not just due to the interruptions, but also because there are delays as the brain switches between tasks and refocuses. This brief bottleneck in the prefrontal cortex delays the start of the next task and the more intense the distraction, the longer it will take the brain to react.

A study conducted by Dr. Rosen’s team sent varying numbers of text messages to students in a lecture then tested the students on the content of the lecture. The results were surprising, it was not the number of interruptions that negatively impacted results, it was the time taken by the students to react to the interruptions. Students who responded immediately performed worst on the tests. Those who considered when to check the message and respond (ie in a part of a lecture they deemed less relevant) performed significantly better.

What we can learn from this is that students need to become more aware of their ‘task-switching’ and make conscious decisions as to when they choose to shift their focus – instead of being enslaved by their technology and at its constant beck and call. We need to teach students that this constant mental task shifting (even thinking about the technology has the same effect as actually checking the technology) takes oxygen and brain activity away from what they are learning. We need to convince our students that it is ok and even necessary to wait, that they don’t have to respond immediately and do have the ability to delay their check-in with the cyber world. It is all about learning that we can control our selective attention and choose to ignore distractions.

We need to train the brain to stop thinking constantly about technology. However, resistance for too long can create anxiety and a fear of missing out, creating ‘continuous partial attention’ in students as oxygen is diverted to activate and maintain thoughts about social media at the expense of classroom material.

Dr. Rosen’s team has determined the best approach for students who find it difficult to pull back from their technology devices is to set an alarm on their phone for short regular ‘tech breaks’. They may start with 15 minutes and gradually increase this amount over time to around 30 minutes. The phone will be face down on their desk on silent mode or off, and when the alarm rings they let themselves check messages and status updates for a minute or two, then set the alarm again. Dr. Rosen’s studies found that knowing they can check in 15 minutes creates less anxiety, whereas depriving them of the phone completely did not stop them thinking or obsessing about possible e-communications which took away from their ability to focus fully on their homework. It all comes back to teaching the concept of focus.

Finally, Dr. Rosen argues that we cannot simply remove technology and other distractions; they are too intricately woven into students’ daily lives. Instead students should learn metacognitive skills to help them understand when and how to switch their attention between multiple tasks or technologies.

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.
Careers News

University of New South Wales Co-op Program
The UNSW Co-op Program offers industry linked scholarships and placements to high achieving students in the fields of Business, Science, Engineering and the Built Environment. Students who gain a place in the Program gain industry experience with leading employers, leadership and professional development training, networking opportunities, support throughout their degree and a scholarship valued between $67,000 and $83,750.

Any student expecting an ATAR above 90 and intending to study an applicable degree at UNSW should apply for the program.
http://www.coop.unsw.edu.au/co-op_experience/index.html

Macquarie University Open Day
8th September, 10am to 4pm
Macquarie University, Macquarie Park, Sydney
http://www.openday.mq.edu.au/

Macquarie University Engineering Information Night
29th August, 6 to 9pm
Learn about the engineering program at Macquarie university at this information night. Information will be presented about the engineering specialisations on offer, the internships and work experience programs they run and the graduate opportunities.
http://www.mq.edu.au/about/events/view/engineering-information-evening/

University of Newcastle Engineering Career Evenings
The University of Newcastle is hosting a range of engineering career evenings across different engineering fields for students interested in pursuing a career in engineering. August 30th, 6 to 7:30pm – Mechanical and Mechatronics Engineering
September 6th, 6 to 7:30pm – Chemical Engineering
September 13th, 6 to 7:30pm – Electrical Engineering and Computer Science
For more information and to register a place, visit:

University of Wollongong Women in Engineering Summit
7th – 11th January.
Applications close 31st August.
At this summit women can learn about career opportunities in the engineering industry, see world-class engineering facilities at UOW and visit local industry sites. Young women performing well in Mathematics and Science are encouraged to attend this event. Those with an interest in Engineering are also encouraged to attend. Please note that preference will be given to students commencing Year 11 in 2013. http://www.uow.edu.au/future/wiesummit/index.html

HSC Preparation Workshops at University of Technology Sydney
24th to 28th September.
UTS Kuring-gai & City campuses.
Students will have the opportunity to sit with a Senior HSC marker for a full day to revise all key course content, learn about all the tips and tricks for each exam and receive individual assistance in answering probable HSC questions.
For more info contact info@hscintheholidays.com.au or phone 1300 677 336.
http://datasetsearch2.uts.edu.au/undergraduate/events/detail.cfm?ItemId=30644

Camp America Info Sessions
Camp America information sessions are the best way to find out about the Camp America gap year program, find out how to make your application the best it can be and hear first-hand about what it’s like to take part in the program.
22nd August – The 2012 Arc @ UNSW Travel Expo
29th August, 6:30pm – Season 2013 Kick off – Wollongong
5th September, 6:30pm – Season 2013 Kick off – Newcastle
11th September, 6:30pm – Info Night – Sydney

Reminders
UAC applications are open for Year 12 Students. On-time applications close on 28 September.

Most institutions that participate through the Universities Admissions Centre (UAC) have an Educational Access Scheme for applicants who’ve experienced long-term educational disadvantage due to circumstances beyond their control or choosing, which has seriously affected their educational performance. A long-term educational disadvantage should normally be experienced for a period of at least six months.

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