



## From The Headmaster's Desk

Week 2 has been a busy week in the life of the School. Year 12 began their Trial HSC Examinations and are now half way through. These examinations are a great preparation for the HSC and will no doubt assist the students and their teachers to better prepare for the final examinations later in the year.

All Year 9 students left on Tuesday for their History or Geography excursions, which both take place over several days. The Historians are exploring the historical areas surrounding Melbourne while the Geographers are examining tourism in the Gold Coast area.

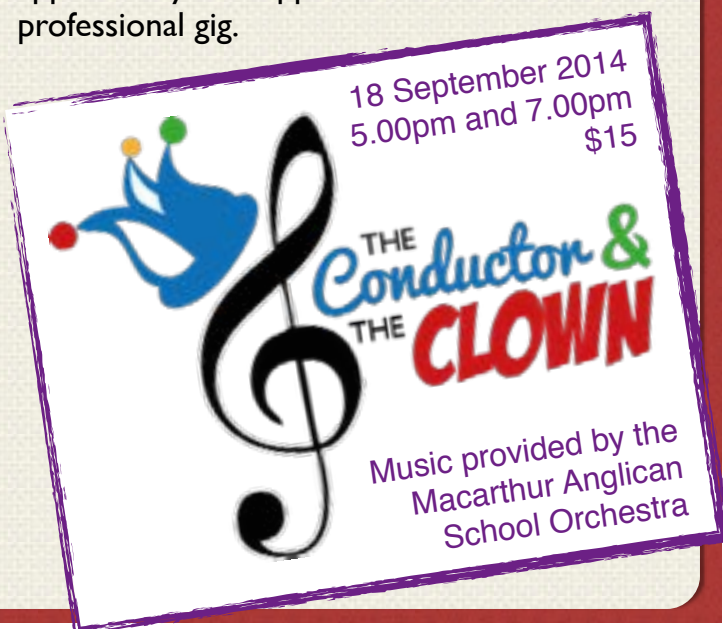
For students in the primary years, this week has seen the exceptional performances of 'Into the Woods Jnr'. Once again I am amazed by and feel very proud of the performance talent of the students at this school. What a wonderful display of talent we saw on stage as well as back stage where all the sound, lighting and props were overseen by students in the Middle School. Well done to all. I would like to pay tribute to Mrs Tuft, Mrs Bamford, Mr Palmer for their dedication to the students in preparing for the show. Of course special mention needs to go to Mrs James who directed and produced the show. Another Macarthur performance masterpiece.

At the end of last term I drew your attention to the Annual Appeal information you received in the mail. I would like to thank those many families that have made a further commitment to the School by donating what they are able towards the vision presented in the building Master Plan. Can I encourage you to make contact with either myself, Sharon Pascoe-Thomas or Jonathan Oliver if you would like any further information.

Can I also commend another wonderful opportunity for you to show your support for the School by attending the the 2014 Annual

Fundraising Dinner. Again, if you would like further details, please contact Sharon Pascoe-Thomas or visit the School website.

Finally I would like to draw your attention to a wonderful initiative this year. Mr George Ellis, as part of his role as Director of Orchestras, has given a truly wonderful opportunity to our students to be part of a professional performance of the Conductor and the Clown. This is a show that Mr Ellis has written and performs along with George Washingmachine (the clown) around Australia as part of his professional life. Mr Ellis has invited the School Orchestra to provide the music for two shows at the Campbelltown Arts Centre in September rather than his regular orchestra of professional musicians. What an amazing honour and opportunity! Details are available later in the Bulletin and tickets will shortly be on sale via the School website. The show is a fun introduction to classical music for toddlers and primary school aged children. This is a significant step up in performance for the School Orchestra as the repertoire is very challenging. I am sure the students performing in the Orchestra would appreciate your support in their first professional gig.



At Macarthur we often talk about 'the Macarthur family'. We would always hope that you and your children see the School as a community – your community, rather than simply a transactional relationship based on a fee for service.

For many people the 'family' nature of Macarthur is clearly evident. Did you know, for example, that we currently have thirty-five children from nineteen families in the School who have at least one parent who was once a Macarthur student? And a further twenty students of Alumni are enrolled for future years. Of our current staff, including casual teachers and music tutors, fifteen are alumni. I often joke that once enrolled at Macarthur, like the Hotel California, 'You can check-out any time you like, but you can never leave.'

Then of course there are children of staff in the sSchool. Currently on the roll there are thirty-two children of staff. However, if you were to count all the children of current staff who have been through the School it would number close to seventy! This is a great vote of confidence in our school, as who know a school more intimately than teachers – warts and all?

There is an increasing longevity of our staff in terms of years of service. All but a few have been with us for more than five years. Almost fifty staff members have been at the school for ten years or more. Incredibly six staff members have been with the school for twenty-five years. Some have taught the parents of the students they now teach! In the eighteen years I have been at Macarthur I have

spent more time with some staff members than I have with my family! In fact, some I regard like close family.

The key to community is participation. Even our local communities like sporting clubs and churches can't operate effectively without community participation. As students become older and more co-curricular opportunities become available, they spend more time with their friends, other students of varying ages and their teachers in very different and enjoyable contexts. This builds and deepens relationships that then crossover to the parent body and into our homes. Therefore, to enjoy the benefits of a community like Macarthur, encourage your children, especially your older children to get the most out of what the School has to offer by getting involved. Who knows one day they might be on staff!

In a similar way, the Headmaster's impetus over time to change parent involvement from attendance at formal meetings to a variety of possibilities of social engagement such as Men@Macarthur, Women@Macarthur, Talkback Thursday, The Headmaster's Golf Challenge and Playgroup allows busy parents to maximise their limited time building relationships rather than analysing balance sheets of canteen profits and losses. Engagement builds relationships and relationships build community. And it is community that builds the 'Macarthur family'. My hope and prayer is that everyone finds their place in the family.

**Andrew Kokic**



### **Do We Have The Correct Email Address For You?**

The Headmaster sent out letters last week to each parent showing the email address we have on record for you. If the email shown on the letter is not correct please let us know ASAP by sending an email to [correctemail@macarthur.nsw.edu.au](mailto:correctemail@macarthur.nsw.edu.au). As we will be moving to sending out all correspondence to parents by email from next term it is most important that you let us know the correct or best email to send that to you. If you did not receive a letter please contact Michele Willsmore on 4629-6204 to check the email we have on record for you.



# From the Dean of Studies

---

## Staff Professional Learning

In the recent school holidays, T-12 Staff were involved in a range of Professional Learning activities to enhance and deepen student learning at Macarthur. This professional development focussed on a range of topics including writing programmes for the new Board of Studies Australian curriculum, learning how to embed the use of iPads in our teaching and learning other new skills. This year, Macarthur became an endorsed BOSTES provider of professional development and was able to offer accredited courses for our staff. In all of the sessions, the overarching theme was determining how to provide students with critical and creative thinking skills and deepen their understanding. It was inspiring being part of the T-6 Mathematics session run by AIS consultant Kristen Tripet who led staff through how to teach Mathematics from this perspective, encouraging students to see themselves as mathematicians in the way they solve problems and explain their solutions to others. It was also wonderful hearing about how the PDHPE and Social Science Faculties have planned to use iPad technology with their classes. Staff spoke highly of presenters Quentin Hordern and Sarah Tor.

The Headmaster provided staff with a background into the importance and relevance of equipping our students with the ability to explore and understand information on a deep level rather than just memorising knowledge.

Enabling our students with the ability to develop understanding of concepts rather than just knowing facts is an important shift for our digital learners. Students are no longer just *passive* consumers of knowledge. Think about how we accessed information when we grew up. We watched TV, read newspapers and books and listened to the

radio. Young people today *interact* with this information.

Nowadays, students are knowledge creators. For example, they

- listen to YouTube and create YouTube videos
- obtain information from Wikipedia and can add to Wikipedia
- read websites and create websites
- read the news and add their comments to what they read
- read a book or publish their own book

At Macarthur, we aspire to impart deep, meaningful and lasting learning to our students. It is this 'enduring understanding' that survives when what has been learnt has been forgotten.

## Parent Teacher Interviews

On Thursday 7 August and Monday 11 August, Parent Teacher Interviews will be held for students from Transition to Year 11. T-4 Interviews will be held in their classrooms and Year 5-11 will be held in the Gymnasium. This is an important opportunity to obtain feedback on how your child is progressing and give them strategies to further improve. For any enquiries, please contact Sharon Donaldson or Anita Lesmana.

## Parent Helpers Urgently Needed

Are you in a position to assist us with being a reader or writer for the Yearly examinations from 4-11 September or the HSC examinations in October/November? The School is only permitted to use volunteers for the Trial and HSC examinations and we have a shortage of available helpers. Please contact Anita Lesmana or me if you are able to help us.

**Melissa Gould-Drakeley**

# From the Dean of Students

For many years Macarthur has given students the opportunity to develop their interests and skills in animal handling predominately through showing cattle and goats at various shows across the region. To further deepen this experience and to build upon the strength and vast knowledge base of our Agriculture staff, the School has decided to extend its agricultural pursuits by investing in fifteen White Suffolk ewes and register itself as a White Suffolk stud.

Students will find that the introduction of sheep into the curriculum will allow for a broad level of learning through the practical experience of developing a breeding plan that enhances the quality of the flock to the benefit of the School in years to come. Students will be able to take part in selecting specific gene qualities and apply their learning in a practical way in association with specialists in the fields of genetics and animal breeding.

All of the ewes are currently in lamb and are due to lamb in the first few weeks in August. This will be a wonderful photo opportunity for our Nihon visitors and our younger students to get close up to new lambs of our very own.

Six of the ewes acquired from Farrer Memorial High School in Tamworth have

already been judged in the top 5% of White Suffolk in Australia. In terms of an ATAR, that would mean a result of about 95%. This is an incredibly favourable beginning to our sheep programme and will form the basis of a very high level of competition from which the School will be able to gain immediate results. The remaining nine ewes have been purchased from the Glover family as stud ewes and will form the genetic base for the Macarthur stud.

The plan for our show team will be for the best of our ewes to be paraded at about four shows throughout the year - the first of which will be at the Canberra Royal in February 2015.

The strength of this endeavour is built upon the skill base of our Agriculture staff of Mrs Glover and Mr Baker who offer an enormous contribution to our student learning. Mr Baker is highly regarded in Australia as one of the leading judges of White Suffolk sheep and his experience and valuable insights are a wonderful asset to our school and our students. I look forward to witnessing the development of our White Suffolk Stud and am sure this investment will be appreciated by Macarthur students in years to come.

**Timothy Cartwright**





# Chaplain's Chat

## Parents (and their children of boundless energy)!

Many children and young people are energetic; sometimes very energetic! Most of the time this is well directed and it is a delight for me to engage with students showing passion and energy. In the first week of term this was in very diverse areas; the classroom, the Socrates forum for Year 9s, the Oasis meetings, the Wednesday student ministry meeting, or Bible studies, or on the basketball court, or in preparation for the Year 6 North Queensland Outreach or students getting excited about the Victorian High Country Adventure for years 7 and 8, and there have been some for whom the going is tough and needed a listening and empathetic ear. All of them are individual and have their own family contexts.

It's the family context that got me thinking for this bulletin article.

I recently read an article by Jason Helopoulos about Christian marriage.

[ **10 personalities that have no place in Christian marriage** by [Jason Helopoulos](#)

Published: July 11, 2014, <http://growingfaith.com.au/parenting/10-personalities-that-have-no-place-in-christian-marriage> if you want to read more]

He makes a number of points (10 in fact!) about matters that might challenge a marriage; eg. couples who point the 'finger' at

the other's faults instead of being uplifting and encouraging and standing together.

About children he said this...

"Most of us love being parents, but this cannot supersede our first calling as a husband or wife. It is a grievous mistake to place our children over our marriage relationship. If our marriage is suffering, our kids are suffering. If our marriage is thriving, the blessings cascade down upon our children like the oil poured out upon Aaron's head and

running down his beard (Psalm 133). It is like the dew of Hermon which falls on the mountains of Zion—it gives life."

Maybe a bit 'poetic' but I like his point.

Healthy, exuberant, energetic and life affirming children and young people thrive in homes where the parent's

own relationship is thriving.

Of course we are not perfect, and nor is any household, but sometimes, as parents, we need to take a 'health check' in our relationships, maybe make some adjustments, and the children will benefit.

As Helopoulos reminds parents, "Let us 'stir up one another to love and good works' ([Heb. 10:24](#)) and not against one another."

**The Reverend David Hayman**



# Community Chat

## Parents and Friends

The M@M have hosted their first BBQ breakfast of the term already. The attendance and support of this event was fantastic. A special thanks to Michael Banks, RAMS Home Loans for continually supporting this event by donating all produce. Batman and the Batmobile were special guests at the breakfast. Bonnie Stephenson was delivered to School by Batman, a once in a lifetime experience for her I am sure. Thank you Zac Mihajlovic (Batman) for making this wish possible for Bonnie. It was good to welcome Zac, an Alumni of Macarthur back to the School.



Batmobile with Mr Sinden's Morris

## Community Chat

Thank you everyone who has supported our 2014 Annual Appeal. The Annual Appeal has generated \$35,000 to this point in time. The opportunity to give to this Appeal is still available. You are able to donate online via our School website. If you would rather the opportunity to donate in person please see Jo Cane in Accounts. Funds raised through this Appeal will be directed toward plans for the next building phase along with support for our Library and Scholarship Funds.

The Annual Fundraising Dinner is only a few weeks away. Thank you to those of you who have already purchased your tickets. Tickets are still available online. If you wish to attend but are unsure where or with whom to sit please contact me and I will help arrange this for you.

This year marks our thirty year anniversary. Please come along and celebrate this wonderful occasion with us. The date is Saturday 16 August, tickets are \$95.00pp and Camden Civic Centre will be hosting the event. Thank you to all the businesses that have supported this dinner through sponsorship. Special thanks goes to our gold sponsor, Maneto Pty Ltd. Silver sponsors for the event are Wards Accounting Group, Hills Commercial Cleaning, Gentle Dental Care and Cut It Out Hair Design. Our dessert sponsor is Callebaut Chocolate.

Bronze sponsors for the evening are Exact Security, Grimes Finance & Mortgages, Fowlers Carpets, CCU Auto Trim, Select Wholesale Meats, Runnymede Group and MA Grant Services. Thank you to everyone who has supported this event so far. Without such generosity an event such as this would not be possible.

If you would like any further information about M@M or W@M or being involved with the Annual Fundraising Dinner please contact Sharon Pascoe-Thomas on 4629-6207 or [spascoethomas@macarthur.nsw.edu.au](mailto:spascoethomas@macarthur.nsw.edu.au)

Saturday 16 August 2014

# MOORLIGHT

*on the terrace*

**Macarthur Anglican Fundraising Dinner**

Tickets now available at [macarthur.nsw.edu.au](http://macarthur.nsw.edu.au)





# Robotics Team News

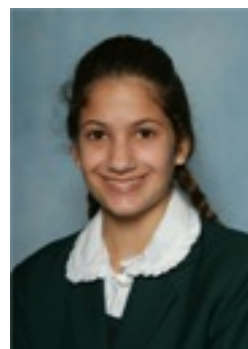
On 7-9 July our Robotics Team participated in the FIRST Asia Pacific Robotics Competition. After long hours of teamwork and discussion we had a robot ready for competition. Our team, the Mechanical Drop Bears, were striving for success. We travelled to Macquarie University and set up camp. All around us were teams from the Asia Pacific, including three Australian teams. The sight was unbelievable and amazing to take in; we were in the midst of countries coming together and forming alliances and strong bonds that would last years. Asia Pacific Invitation 2014 is an off season competition for teams in the Asia Pacific region and luckily for us this was the second year in a row where we have been invited. Some of the teams looked familiar from our trip to St Louis last year for Worlds. Teams from Japan, China, South Korea and more were there and we mingled over lunch and throughout the three days of competition. English for some was not their first language and communication had seemed difficult at times but we all had one thing in common that we all understood - Robotics = Love. Our team members who were able to compete - Ben, Stuart, Sam, James, Ethan and I were nervous. After a full day of competition, our team came fifth and we were the proud leaders of the fourth alliance teams. We chose the Tasmanian team Metal Minds and The Indivisibles as our alliance teams. We won the Connect Award which is given to the team who spreads the word about FIRST to their community and their school most effectively. Our team now mentors students from Year 5 to help them in their journey to strive to become the best they can be. FIRST means For Inspiration Recognition Science Technology. FTC means First Technical Challenge. These acronyms mean more than just words to us, they are our future, our present and our memorable past. Macarthur is not just a place to learn and go out to serve but a place to grow and succeed. The Macarthur Robotics Team has enabled us to seek new adventures in the technology arena and we are all thankful to Mrs Watson for giving up her valuable time for us as team coach and Ms Tor for running the lunchtime Robotics Club. Robotics is the future. This is the age of FIRST.

Grace Barrett - Year 11



# Student Achievements

Congratulations Rebecca Mathews Year 8. Rebecca was recently awarded Honours in Grade 4 Singing for Leisure along with Honours in Classical Grade 2. Well-done Rebecca!





**THE Conductor & THE CLOWN**



**Book online at**

[trybooking.com/96580](http://trybooking.com/96580)

or on the School website at

[macarthur.nsw.edu.au](http://macarthur.nsw.edu.au)

**Date:** Thursday 18 September 2014

**Times:** Two shows, 5.00pm and 7.00pm

**Duration:** Each show goes for 50 minutes

**Venue:** Campbelltown Arts Centre

**Cost:** \$15 per person

**Who's the main act?**

Is it the serious classical Conductor or the cheeky Clown? With all the Clown's hilarious antics, can the two ever become friends?

See how the Clown tries to trick the Conductor!

A wonderful light hearted introduction to classical music for 5 to 12 year olds written, directed and performed by George Ellis and George Washingmachine and supported by The Macarthur Anglican School Orchestra.

*"Music and comedy; a magic combination"* - The Australian

## From the Junior School Canteen

Many thanks to all the parents who have volunteered to help in the Canteen this term - without your help our Canteen would not be able to function.

Some new products in the Canteen include:

Gluten Free Banana Bread \$2.50 per slice - please call or come and see me if you would like the list of ingredients for this bread. If you have a child with food allergies please do not hesitate to contact me and I will be able to show you what food is available in the canteen for your child.

This term there will also be avocado for salads and wraps. This will also be listed on FlexiSchools. Salad ingredients available are: lettuce, tomato, cucumber, celery, beetroot, pineapple, capsicum, avocado and Spanish onion.

Marilyn Rowe - Junior School Canteen Supervisor



# Snowsports 2014

---

This years ski season started off very poorly with no snow on the ground a week before our annual snow programme was due to begin. Then it snowed with over a metre and a half falling within a three-day period, which meant we had the best snow on the ground since about 2002. It was truly remarkable. Then as if it had been ordered, the sun came out and we had amazing conditions for our programme.

One particular highlight for me this year was two of our students Nicholas Masjuk and Emma Cosier competing together on Snowboard in a boy's event at the Redlands Cup and coming first. This is a remarkable achievement in a State level competition.

## *Snowsports Camp 2014*

This year we had fifty five students from Years 3–12 venture with six staff to Jindabyne and Thredbo for a wonderful two days of fun, skiing or snowboarding. The camp this year ran from Sunday 29 July to Tuesday 1 June. Many students had never been to the snow before and some students had never seen snow. By the end of the two days all students were stating: "I can't wait for next year"! Many of these students would now be ready to also participate in Interschools.

Students who have been before were developing their skills with the aim of most of these students to make it up to Merritt's. For our ski team these two days were invaluable training for Interschools that was to follow. All students thoroughly enjoyed the fantastic weather and wonderful snow.

## *Regional Interschools 2014*

Following the Snowsports Camp twenty five students stayed on in Jindabyne from 2–5 July 2014 to participate and compete in the Northern Regions Interschools Snowsports competitions which were held at Thredbo.

The Interschool Snowsports Championships are a series of competitions in the following disciplines: **Alpine** – Modified giant slalom, **Skiercross** - Timed slope-style, **Moguls**, **Snowboard** – Modified giant slalom course and **Snowboard Cross** - Timed slope-style. Competitions from all ability levels are encouraged to enter with an emphasis on fun and participation at the regional level. As the completion moves into the State and National event the level of competition and the degree of difficulty increases.

Interschools 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

Particular congratulations must be given to those students who have been selected to participate in the State Interschools in August, Sascha Masjuk (Year 3), Joshua Hand (Year 7), Taylor Drayton (Year 8), Callum Masjuk (Year 8), Leon Vogeler-Schmid (Year 8), Montana Byers (Year 12), Emma Cosier (C) (Year 12), Nicholas Masjuk (Year 12), Bessie Platt (Year 12). As this Bulletin goes to print some other students may be selected by NSW Interschools. Should this happen it will be published in the next edition in Week 6.

Special thanks to our Snowsports Captain Emma Cosier (Year 12) who was an excellent example to our younger students and who was team manager for a number of our Division 3 teams.

### **Results**

Once again our students competed at the championships. All students should be proud of their results to help make Macarthur one of the leading snowsports schools in the Northern Region.

Below is a list of the highlights.

**Secondary Boys – 4<sup>th</sup> overall.**

**Secondary Girls – 5<sup>th</sup> overall**

### **1<sup>st</sup> Places**

#### **Teams**

**Division 1 Female Snowboard – Emma Cosier and Bessie-Lucile Platt**

#### **Individuals**

**Division 1 Male Snowboard – Nicholas Masjuk**

**Division 1 Male Snowboard Cross – Nicholas Masjuk**

### **2<sup>nd</sup> Places**

#### **Individuals**

**Division 1 Female Snowboard – Emma Cosier**

**Division 3 Male Snowboard – Callum Masjuk**

**Division 3 Male Snowboard Cross – Callum Masjuk**

**Division 5 Female Snowboard – Sascha Masjuk**

**Division 5 Female Snowboard Cross – Sascha Masjuk**

### **3<sup>rd</sup> Places**

#### **Teams**

**Division 1 Female Snowboard Cross – Emma Cosier and Bessie-Lucile Platt**

#### **Individuals**

**Division 1 Female Snowboard – Bessie-Lucile Platt**

**Division 1 Female Alpine – Montana Byers**

**Division 1 Female Skier Cross – Montana Byers**

### **4<sup>th</sup> Places**

#### **Teams**

**Division 3 Male Snowboard Cross – Callum Masjuk, Leon Vogeler-Schmid, Joshua Hand**

### **5<sup>th</sup> Places**

#### **Teams**

**Division 1 Female Alpine – Montana Byers, Emma Cosier, Bessie-Lucile Platt**

**Division 1 Female Skier Cross – Montana Byers, Bessie-Lucile Platt**

**Division 3 Moguls – Taylor Drayton, Jessica Turner, Jessica Hall**

#### **Individuals**

**Division 1 Female Snowboard Cross – Emma Cosier**



## ***The Scots Race and Redlands Cup***

Following the Interschools competition eleven students stayed on to compete in two further competitions, The Scots Race (an individual event) in Perisher and The Redlands Cup (a team event) in Thredbo. This was a fantastic time and there is no doubt that the students continued to improve their race skills. The top ten results from these competitions are as follows.

### ***Teams***

**1<sup>st</sup> Place** – Division 1 Male Snowboard – The Redlands Cup – Nicholas Masjuk, Emma Cosier

**7<sup>th</sup> Place** – Division 3 Female Skiing – The Redlands Cup – Taylor Drayton, Jessica Hall and Jessica Turner

### ***Individuals***

**1<sup>st</sup> Place** – Division 3 Male Snowboard – Redlands Cup – Callum Masjuk

**1<sup>st</sup> Place** – Division 5 Female Snowboard – Redlands Cup – Sascha Masjuk

**1<sup>st</sup> Place** – U39 Male Alpine – The Scots Race – Mr Scott Bedingfield

**2<sup>nd</sup> Place** – Division 1 Male Snowboard – Redlands Cup – Nicholas Masjuk

**2<sup>nd</sup> Place** – Division 5 Female Snowboard – The Scots Race – Sascha Masjuk

**3<sup>rd</sup> Place** – Division 1 Female Skiing – The Scots Race – Callum Masjuk

**3<sup>rd</sup> Place** – Division 1 Male Snowboard – The Scots Race – Nicholas Masjuk

**4<sup>th</sup> Place** – Division 3 Male Snowboard – The Scots Race – Callum Masjuk

**5<sup>th</sup> Place** – Division 1 Female Snowboard – The Scots Race – Emma Cosier

**6<sup>th</sup> Place** – Division 1 Male Snowboard – Redlands Cup – Emma Cosier

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 2014 were once again fantastic.

**Scott Bedingfield**  
**Snowsports Co-ordinator**

**Snowsport Captain - Emma Cosier**



**Emma Cosier racing Nicholas Masjuk**





Sascha Masjuk



Nicholas Masjuk



Montana Byers





## Welcome back to Winter Term

I enjoyed being able to welcome all the boys and girls back to Winter Term. I am always amazed as to how much they 'grow up', both physically and in maturity over each holiday period. Although it is relaxing being able to stay in your pyjama's for half the day, if you choose to, it is also nice to get back into routine and hear about all the holiday experiences.

## Making 'Connections' in the Junior School

It is important for all of us to make connections in order to help us understand things better and put them into a context that makes sense for us. Our focus this term is on helping the students **CONNECT** to their Learning by thinking and listening and connecting the new information they are learning with information they already know. **CONNECTING** to teachers and each other positively is crucial. The boys and girls can do this by listening to each other and being inclusive in the playground. We know this is how God would like us to treat each other. **CONNECTING** to God and talking to others about the Bible and His word is also part of this.

It is easy to connect in a school where there are so many opportunities to do this through co-curricular clubs, music groups, Oasis groups, devotions and teachers that care about the students in the way that they do.

## Positive Parenting Seminars

We are holding a number of seminars in the Cranmer Room towards the end of Winter Term and all Junior School parents are welcome to come along. Sessions will be held on the following dates/times:

### Tuesday 26 August 7.00–9.00pm

Seminar 1 - The Power of Positive Parenting (5 core principles)

### Tuesday 2 September 7.00–9.00pm

Seminar 2 - Raising Confident Competent Children

### Tuesday 9 September 7.00–9.00pm

Seminar 3 - Raising Resilient Children

These seminars will cover simple routines and small changes that can make a big difference to your family. They will help you to understand the way your family works and uses the things you already say, think, feel and do in new ways that build positive relationships with your children, so that conflict can be resolved.

The seminars will be run by Mrs Ruth Waters, a qualified facilitator, mother, grandmother and registered nurse with more than thirty years experience, specialising in Child and Family Health.

If you would like to attend these seminars please contact Belinda Fellows, Heads of School Assistant on 4629 6239 to RSVP.



THE BATMOBILE



SOME OF THE STUDENTS AT THE  
HOJS MORNING TEA



JOEL, LEAH AND LUKE AT THE  
EQUESTRIAN GALA DAY

## **HOJS Morning Tea - Autumn Term**

### **Learning Goals**

The following students enjoyed a yummy morning tea with me last week for trying so hard to achieve their Autumn Term Learning Goals.

Matthew Patterson, Bianca Dunbier, Matthew Ferguson, Kaitlyn Barrie, Lucy-Lei Mingay, Fynlay Gandy, Isaac Fry, Sienna Harris, Luke Doria, Amy Fairlie, Ethan Dobson, Jasmin Smith, Lillijana Zrno, Isaac Grimes, Tahlia Grounds, Harry Hughes, Hannah Davey, Ethan Perich, Claire Sich, Luke Stewart, Jayden Pace and Shelley Jones

Mrs Gould-Drakeley spoke to the students and congratulated them on their achievements and encouraged the boys and girls to continue to set goals and work towards them.

### **Student Achievements**

Congratulations to those students who participated in the 3-6 Athletics Carnival, the Equestrian Gala Day and the Snowsports Programme that ran over the holiday period.

Congratulations to Joel Offord (Year 3) for competing in the State Cross Country recently and coming 40th out of 80 competitors. What an outstanding achievement, especially seeing as though this was his first ever state race.

### **Skip 4 Bibles**

Year 4 have raised over \$1500 to purchase Bibles for Kindergarten by collecting sponsors to skip and sweat it out late last term. It is wonderful to see our older students 'serving others.' We are hoping to be able to purchase more bibles to use in different contexts and to spread His Word. Thank you Year 4!

Bibles will be presented to Kindergarten in a short Assembly on 26 August at 9.00am in the Chapel. All Kindergarten and Year 4 students are invited to attend this assembly.

We have had some queries about the lovely photos of Junior School children on the front and back of the latest issue of Tartan Ties. The photos were taken and donated to the School by Mrs Kylie Lyons of Handprint Photography, one of the school's Community Partners.

## **Important Dates**

### **T-4 Parent Teacher Interviews -**

7 August & 11 August

**UNSW Maths Competition - 12 August**

**NIHON Visit - 14 August**

**Book Week Parade - 22 August**

**Year 2 Excursion - 21 August**

**Skip 4 Bibles Presentation - 26 August**

9.00am in the Chapel (Year 4 and K)

**Father's Day Breakfast - 5 September**

**Kindergarten Excursion - 10 September**

**Year 1 Excursion - 11 September**

### **Superhero Visit**

Last Friday the students arrived at school and were given the opportunity to mingle with a superhero! Batman (Zac Mahalovic - former student) escorted Bonnie Stephenson to school in his Batmobile. Zac is involved in the Make a Wish Foundation and we would like to thank him for giving up his time to visit us and give the students (and parents) a thrill. I would also like to thank Rebecca Stephenson for organising this special visit.

Batman, Bonnie Stephenson (KH) and Mini Batman - J D Thompson (KH)





# READY! SET! GO! WITH YEAR 4

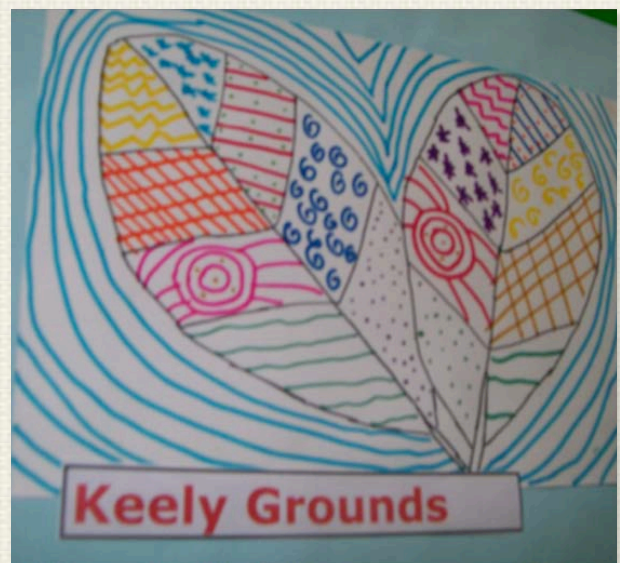
After a three week break, Year 4 is looking forward to a full term. They have already begun investigating the importance of memories, stories, poems, significant days, places and people that form our unique Australian history. Excitement is brewing over Book Week with various plans for costumes underway. Skip 4 Bibles is another reason for excitement. The pride the older students feel on this occasion is enormous.

Research skills, thinking mathematically, using a wide range of comprehension skills independently and refining information technology skills are high on Year 4's list this term.

It was pleasing to note how well our older students worked investigating scientifically with our Night and Day unit of work and Australia's system of government.

Impressive artwork is currently displayed in the St Thomas rooms.

**A Neaves and R Relyea**  
Year 4 Teachers





## TREE PLANTING WITH YEAR 2!





## Winter Term – Examinations Begin.

Welcome back to Winter Term. It is difficult to believe that this is the last term of the academic year. With this brings great anticipation for our Year 12 students as they begin the preparations for finishing their academic time at Macarthur. At the time of publication Year 12 is in the middle of completing their Trial HSC Examinations. We would like to wish our students (and parents) all the best for these Trials.

For our Year 11 students it is also a busy time as they prepare for taking over the leadership of our school. Over the last week students across the school have been voting for the School Prefects and the Headmaster will make his final decision later in the term. I would like to congratulate all students who put their name forward to be nominated as Prefect.

For Year 10 and 11 this term also brings with it their Yearly Examinations in Week 7 and 8. I would like to encourage students to think about preparing for their exams as early as possible.

### Once again a working holiday for the Senior School

During the recent school holidays there were a wide range of activities students in the Senior School, including:

- Fifteen Year 12 teachers volunteering their time to run more than 20 sessions to help prepare our students for their Trials or Major Works.

- Many Year 12 students attended a range of external study programmes to help their preparation for the Trial and HSC examinations.
- Twelve senior students involved with Snowsports and/or NSW Regional Interschools Snowsports.
- Sixty plus students involved in the Duke of Edinburgh's Award Silver and Gold Expedition on the Great North Walk.
- Two Year 11 students headed to the United States to take part in the Global Young Leaders Conference

### A Study Tip

With Yearly Examinations approaching many students ask *"what should I do to improve my results in tests and examinations"*. For many students it is not a question of studying harder but studying smarter. One of the most important things for students to know is how they learn as an individual and use techniques that work for that learning style. There is no point studying by reading your notes over and over again when you learn best through listening. On pages 56-57 of the school diary there is a short test to help you discover your learning style and some techniques that work for that particular style. A fantastic question to ask your child in the Senior School is: *"What is your learning style and what does this mean for the way you study?"*

# OLYMPIC ACADEMY DAY



BESSIE-LUCILE WITH HER  
AWARD

Congratulations to Bessie-Lucile Platt who has been awarded the Pierre de Coubertin Award. While this award will be presented at Speech Night, part of this award involved an opportunity to be involved in an Academy Day held by the NSW Olympic Committee at Homebush. Bessie was able to hear from past Olympians and participate in workshops discussing sport and the Olympic ideals. Bessie was a fantastic representative for our school and is a most deserving recipient of the award.



BESSIE-LUCILE WITH WINTER  
OLYMPIAN - STEPHANIE  
MAGIROS (HALF-PIPE - SOCHI)

## CHAMP CAMP

### Information for Parents of Year 12

All Year 12 students have been issued with forms for Champ Camp, which will be held in the first week of the October vacation, (22 September to 26 September) just before the HSC examinations. The venue is the KCC Convention Centre at Katoomba. 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.

To secure a place, a deposit of \$100 should be paid to the Accounts Department by 1 August, the balance of \$300 being due by 5 September. The forms, which include medical and dietary forms and a parent declaration, should be handed to Mrs Low by 5 September. Adherence to these deadlines would be appreciated.

Any questions can be directed to Mrs Low.





# OTHER HAPPENINGS

## SCHOOL CAPTAINS - NSW PARLIAMENT HOUSE VISIT

On the 18 June Maire Playford (School Captain) and Samuel Watson (Vice Captain) attended a day at NSW Parliament House followed by a visit to Government House (Photo with Her Excellency Professor The Honourable Dame Marie Bashir AD, CVO). It was a wonderful opportunity for our Captains to see first hand how government in New South Wales operates. Both students felt it was a fantastic day and they learnt a great deal.



## U TURN THE WHEEL

Just prior to the school holidays Year 11 students had the opportunity to be part of the fantastic programme organised and run by Camden Rotary. Its purpose is to ensure that the students understand road safety and how to be a responsible driver. Sessions included NSW Police, Party Safe, NRMA, Brain Injury Unit and visiting a haulage truck to gain an appreciation for larger vehicles on the road. We would like to thank Rotary for their continued involvement.



## GOLD DUKE OF EDINBURGH PRESENTATION

Congratulations to Benjamin Hackett, Zachary Clinton, Emily Mackie, Emily Newton, Reece Taylor, Tynan Williams (Year 12-2013) and Elizabeth Morgan (Year 12-2012) who were presented their Gold Duke of Edinburgh Awards. The awards were presented at a Vice-Regal ceremony in Sydney. To achieve the Gold Award is a great accomplishment and all these Macarthur Alumni are to be congratulated for their effort over the past four years.



ZACHARY CLINTON, BENJAMIN HACKETT WITH MR HUGHES FOLLOWING THE PRESENTATION

# REFLECTIONS ON GYLC

During the recent school holidays Danielle Santos and Ryan Gregory (both Year 11) attended the Global Young Leaders Conference in Washington DC. Below Danielle reflects on this wonderful opportunity.

## Post-GYLC Depression:

A terrible ailment suffered by those who have spent the past ten days at one of the most amazing conferences in the world with some of the most brilliant and inspiring leaders in the world.

## Symptoms may include but are not limited to:

- Sobbing whenever seeing something cultural
- Increase dependence on Skype calls at strange times (to account for time zone differences)
- A higher tendency to clap for no apparent reason

I stared at my blank page for hours trying to decide how best to quantify my GYLC experience, but honestly the more I thought about it the harder it got.

How does one describe in two hundred words the whirlwind of the past ten days, when each day could take up two hundred pages?

GYLC always presented itself as a bit of a paradox. For example as we walked through the Holocaust museum on the 4th of July we were reminded of our world's dark past. We were reminded of what happens when the good don't speak against injustice and how many lives will pay the price for the privilege of such silence. But then that night surrounded by over two hundred and fifty of the world's greatest young leaders, as the fireworks celebrating the ideals of freedom and liberty rang over the Washington monument I couldn't help but be filled with a great sense of hope for the future.

GYLC served as a great reminder of the need for us as future leaders to learn from our past and to reimagine our future. At GYLC I learnt the essential need for cross-cultural understanding. I learnt how easy it is to forget people are from all over the world when you all speak English. I learnt that every teenager whether they are from Zambia or Chile procrastinate on everything, and finally I learnt that once the superficiality is stripped away there is no 'us' and 'them'; there's just young people working to construct a better world.



DANIELLE SANTOS



RYAN GREGORY



## Winter Term

Welcome back for what is going to be an enjoyable and productive term. The staff and I hope that the holidays were an enjoyable time for families.

It was wonderful to have morning tea with the students, who teachers have recognised as working towards their goals in the Junior School and Year 5 and 6. It continues to be a valuable experience to develop the students ownership and focus on their learning.



This term consists of many opportunities for the students to be engaged and challenged. I am looking forward to Book Week and its theme of 'Connecting to Reading' and the experience of taking 24 students from Year 6 to North Queensland in September.

The 2014 Musical "Into the Woods" has just conclude and it was wonderful to see so many excited students participating in a Musical performance occurring at the school



The willingness and commitment of students, teachers and parent helpers is always amazing and this occasion is no different.

### T - 11 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 Thursday 7 August and Monday 11 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.

### North Queensland Outreach

The final Information Night for parents and students on the arrangements for North Queensland Outreach will be held on Monday 4 August, commencing at 6.00pm in the Cranmer Room.



Students enjoying the New Basketball Ring

## MORE MIDDLE SCHOOL MUSINGS

MR NEIL DAVIES  
HEAD OF MIDDLE SCHOOL

### Over the Holidays

Over the holidays students in the Middle School were involved in Snowsports and NSW Inter-Schools event at Thredbo producing some pleasing results.

Bronze, Silver and Gold Duke of Edinburgh students participated in a hike over the last week of the School holidays.

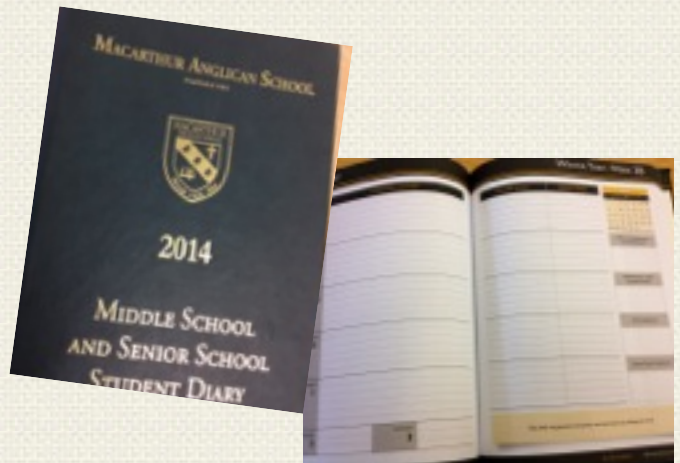


### Diaries

A reminder to parents of the need to sign the diary each week. This is a good way to see what students have occurring at school and things that are due and coming up. It is also a good way to communicate with teachers about matters relating to their child.

For students, it is important for them to be writing homework and reminders as well as their planning for the term. This way they can

ensure they don't miss deadlines. Developing organisation skills in the Middle School will assist them as they progress through school.



### Uniforms

I would like to remind all parents 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 three clipper being the minimum hair length. I thank you for your assistance in maintaining our exemplary standards of uniform.



# MESSAGES...

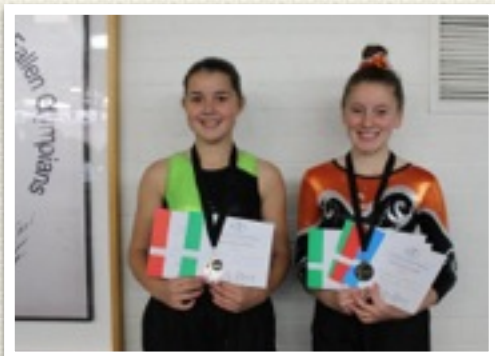
## **Examination Preparation**

With examinations occurring in Week 7 of Winter Term it is a good time to revisit some of the skills and resources that are available to the students in the Middle School. The School Intranet has a range of resources that can assist the students as they prepare. If you would like more information please contact the School or look out for the Information at Parent Teacher Night.

Mrs Fitzgerald and I have had the first of a few meetings with Year 7 to discuss ways they can prepare. We spoke to them about determining their learning style and strategies that work best for those learning styles. We also showed the students how to locate past examinations on the Intranet.

# ACHIEVEMENTS...

CSSA State Gymnastics Championships held at the end of June, saw Lauren Tisdale, Bella Henry, Imogen Harris, Isabella Tummarello and Grace Murphy who overall were very successful in the competition.



## **State Cross Country**

Joel and Matilda Offord competed in the State Cross Country, which is a wonderful achievement. Joel was competing in his first race at this level and demonstrated his perseverance and determination. Matilda achieved an outstanding seventh and has been able to secure a spot on the schools team in the Nationals held in August.

# STUDY SKILLS

## STUDY SKILLS TIP FOR JULY - MANAGING STRESS AND RELAXING

### Seven Quick Tips to Help you Relax

The daily demands of life, such as exams, peer pressure, and homework assignments, or the challenges of relationships, family, or not making it on a sporting team can lead to an overwhelming feeling of stress. What you need to learn is how to cope with these situations in order to live a successful, productive, and happy life. Here are some proven techniques to help you relax and eliminate stress from your mind and body.

#### 1. Eat in Moderation

Never skip a meal, especially breakfast. Breakfast replenishes your body and helps you start your day full of energy. Eat three main meals, and two to three snack meals a day. Eating five to six times in a day keeps your blood sugar levels balanced, giving you an overall sense of well-being needed for focussing on your tasks and responsibilities.

#### 2. Exercise Regularly

Regular exercise, at least three times per week for a minimum of thirty minute sessions, can virtually “soak up” stress chemicals in your body and help you to relax and even sleep better. Brisk walking, aerobic classes, swimming, bike riding, or jogging are great exercises to release stress buildup and relax your body and mind to either start or end your day right.

#### 3. Remember to Breathe

When you feel your body start to tense, especially in your shoulders, chest, and abdomen when faced with a stressful situation, stop and take a few deep, slow breaths. If you are entering into a stressful situation, breathe slowly and evenly, using diaphragmatic breathing. This is a technique where you focus your breathing on your diaphragm where your belly rises and falls with each breath. Diaphragmatic breathing allows you to calm your nerves and relax your body and mind as your attention is placed on your breath.

#### 4. Take a Time Out and be MINDFUL

As you go through your day, take little breaks, about two to five minutes, to relax and unwind. Whether it's sitting quietly, listening to relaxing music, or meditation, take a moment to place yourself in your own calm state.

#### 5. Pursue an Interest

Find something that you enjoy doing that is relaxing for you. When you find an interest that matches your personality, you can not only unwind and release stress, but engage your creativity in expressing yourself. This could be through painting, playing basketball, writing, playing a musical instrument, or signing up for a class that you have always been wanting to take.

#### 6. Have a Support Network

Create a support network of close friends or family that you can turn to in times of stress. Good and loving relationships are key for your well-being and happiness. It makes you realise what is important in life and where your energies should be placed.

#### 7. Avoid Bad Habits

When you are under stress, it is easy to turn to your established bad habits to deal with the stress. These habits are negative and will not take away stress, but only prolong it. The best way to avoid bad habits is to create new positive habits. Here is how to create a positive habit:

- Decide on the habit. Will you go for a walk each morning, go to the gym, take time out to do something special for yourself?
- Decide on where and when you will do this new habit. Choose a time and place and continue this new activity for three months (it takes around sixty-six days to establish a habit).
- Reward yourself each time you do this new activity. You may simply take a moment to notice how good it feels.

This month's tip is provided by Rocky Biasi from Human Connections ([www.humanconnections.com.au](http://www.humanconnections.com.au)) a secondary high school teacher and school counsellor currently in private practice. Rocky is a specialist in the field of peak performance and wellbeing. He has created a number of programs including his online wellbeing program: <http://hcsmc.com/dl>

*Learn more this year about how to improve your results and be more efficient and effective with your schoolwork by working through the units on*

[www.studykillshandbook.com.au](http://www.studykillshandbook.com.au) - our school's access details are:

Username: **formasonly**

Password: **27results**