“Leadership is about taking responsibility, not making excuses”

Who are the leaders at NAC?

Sometimes it is easy to see the leaders. They wear the badges of their office, they stand on the stage, they address the crowd or they draw the attention of the room without even trying.

Our students have elected great leaders for 2015, continuing the tradition of NAC promoting and supporting excellence in student leadership.

So far, so good but I have to ask, is that all there is to leadership? I hope not.

In this, the early days of 2015, I have seen and heard of leadership actions that do not match any of these definitions. I have been witness to our students being real leaders, stepping up to the mark, often without “position”, without seeking glory or praise but doing what they believe should be done.

I have seen students waiting for their friends - new to NAC- to make sure they not only saw a friendly face but felt welcomed.

I have seen students instinctively recognising new students who were not only lost but also confused and, without fanfare, helped them not only find their way to class but helped them feel that someone cared enough to stop and help.

I have seen students from Senior School looking after students from Junior School when they have fallen over and taken them to their teacher or parent.

I am so proud of our students and their efforts displayed on Open Day last Saturday. Many students took prospective families around the College and explained what we do at NAC.

I spoke to prospective parents last week about student leadership, that it is so much more than a name or a badge. I believe that the skills required for effective leadership can be learnt. Last week Year 9 and Year 11 students were involved in activities at camp designed to improve their teamwork and cooperation skills both vital for developing leadership qualities. Staff have praised these groups for the way that they have stepped up to the plate and displayed these aspects of leadership.
The Big Swap

It’s Easter time again and time for some much needed holidays! Easter means a great deal for many people, for others it is at least an appreciated long weekend. As we think about Easter this year as a College community, I would like you to consider how the message of Easter is about the Big Swap.

The overseas Rugby tour last year to Asia was a great highlight for our boys. I recall the story of how the junior team would play in the monsoonal rains, muddy grounds, stinking humidity and lots of sweat - great fun. Also, there were no clean jerseys at half time for our boys. A great combo that not even a full can of adolescent brut spray could mask! As the juniors were cheered off at the end of their game, they got to pass over their jerseys to the senior team to wear for their match. I bet a clean set of jerseys would have been a welcome treat.

Easter is a little like that. As humans we become dirty and need a good clean because of the selfishness and rebellion in our lives. We don’t live by God’s rules and delight in making our own rules to live by. Over time our sin builds up; even if we can’t smell it others might and God certainly can. Before we’re able to have a relationship with God we need more than a can of spray or a good wash; we need a whole new clean jersey!

On Easter Friday we remember that Jesus died on the cross to take the punishment for our sin. It is as though all our collective dirty jerseys were pilled upon him. All of our sin and rebellion against God is washed by Jesus on the cross. On the cross, Jesus makes available to us a clean jersey in exchange for our dirty jersey, a clean slate before God because he takes the punishment that we deserve. The scriptures remind us in 2 Corinthians 5:

"Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come! God made him who had no sin to be sin for us, so that in him we might become the righteousness of God."

I would encourage you to consider the Big Swap which Jesus has achieved and makes available to us; to have a clean start with God.

I also invite you to attend one of the local churches for Easter services in a town near you.

With best wishes to you and your loved ones this Easter,

Jim Dayhew
College Chaplain

These are but a few examples of the kind of students we have at NAC and the kind of positive attitude that is fostered in our culture. Some might call it simply being Christian, welcoming and decent but to me this kind of quiet, active leadership is the kind of thing that not only makes me proud of being a part of the College but optimistic for the future.

Mrs Lorrae Sampson
Executive Principal

ANZAC DAY SERVICE FRIDAY 24th APRIL

Nowra Anglican College will be conducting an ANZAC service in the Gymnasium on Friday, 24 April commencing at 9.30AM. The College is proud of its strong ties with the Defence communities located within the Shoalhaven and the Defence personnel and their families serving in this region. It is a privilege to unite together to honour our service men and women, both past and present. We wish to cordially invite you to join with us, particularly on this special occasion, the 100th anniversary of the ANZAC landings at Gallipoli to a service of remembrance for these gallant men and women. We look forward to joining with you on this day of commemoration.

Nowra Anglican College has also been invited to participate in Bomaderry RSL ANZAC march and service on Saturday 25 April 2015. The invitation to participate in this Official march is a privileged opportunity. We therefore request that, if available, your child attends.

It is a requirement that students wear full WINTER uniform including hats and that we assemble at the Bomaderry RSL Club, Bunderra St, Bomaderry at 8.45am

Regards
Lorrae Sampson
Executive Principal

Lest we Forget

Leadership is action, not position.
-McGannon

CHAPLAIN’S CHAT

“I also invite you to attend one of the local churches for Easter services in a town near you.”
Shoalhaven Anglican Churches Easter Services

St. Luke’s
68A Princess Street, Berry
GOOD FRIDAY
9.30am Service of Prayer & Reflection (with Kid’s program)
EASTER SUNDAY
8.00am Holy Communion (Traditional) 9.30am Easter Celebration (with Kid’s program)
Contact: 4454 1058
www.berry.anglican.asn.au
office@berry.anglican.asn.au

143 Moss Vale Road KV (opposite primary school)
GOOD FRIDAY
8.30am traditional service Easter
EASTER SUNDAY
8.30am traditional service with communion 10.00am all ages with communion and easter egg hunt for kids afterwards
Contact Andrew Paterson
4465 1585 or 0410760271

103 Fern St, Gerringong
Thursday April 2nd
(Maundy Thursday)
7.30pm Readings & Reflections
GOOD FRIDAY
8.00am Traditional
10.00am Family Service
EASTER SUNDAY
8.00am Traditional
10.00am family Service
7.00pm Youth Service
Contact
Andrew Glover - 42341069

Cnr Princes Hwy & West Birriley St, Bomaderry
GOOD FRIDAY
9.30am
EASTER SUNDAY
9.30am and 5.30pm
Contact Marty - 4441 2002 or sussexinletanglican.org.au

128 Scott St Shoalhaven Heads
GOOD FRIDAY
9:30 Communion; 6:00pm Youth
EASTER SUNDAY
8:30 Tradicional, 10:30 Contemporary
Contact 4448 8179 or 0414 394 886
anthonywodouglass@gmail.com
anthony@spsh.org.au

St Peter’s
Vincentia
GOOD FRIDAY
9am Family Service
EASTER SUNDAY
10am Family Service
6.30pm Modern Service
@ Sanctuary Point
St. Peter’s Anglican Church
43 Paradise Beach Rd (next to Library)
GOOD FRIDAY
9am Traditional Service
EASTER SUNDAY
9am Traditional Service with Communion
@ Huskisson
Holy Trinity Huskisson Anglican Church
Cnr. Hawke and Bowen St (opposite White Sands Park)
EASTER SUNDAY
8am Traditional Service with Communion
Contact: Ray Goldman 44415755
www. huskisson.anglican.asn.au

Cnr. Weber Ave & Beecroft Parade, Currarong
75A The Lake Circuit, Culburra Beach
Cnr Emmett and Hunter Streets, Callala Bay
GOOD FRIDAY
9.30am Traditional Easter Service
10am Easter service 5pm Modern Easter Service
Contact 4448 8179 or 0414 394 886
anthonywodouglass@gmail.com
anthony@spsh.org.au

Cnr Plunkett St and Berry St, Nowra
GOOD FRIDAY
9am
EASTER SUNDAY
8am Traditional Easter Service 10am Easter service 5pm Modern Easter Service
Contact 4412 1081

128 Scott St Shoalhaven Heads
GOOD FRIDAY
9:30 Communion; 6:00pm Youth
EASTER SUNDAY
8:30 Tradicional, 10:30 Contemporary
Contact 4448 8179 or 0414 394 886
anthonywodouglass@gmail.com
anthony@spsh.org.au

8 Iverison Rd, Sussex Inlet
GOOD FRIDAY
9.30am
EASTER SUNDAY
9.30am and 5.30pm
Contact Marty - 4441 2002 or sussexinletanglican.org.au

Jervis Bay and Basin Anglican Churches
GOOD FRIDAY
9am Family Service
EASTER SUNDAY
10am Family Service
6.30pm Modern Service
@ Vincentia
St Victor’s Anglican Church
Vincentia Public School George Caley Place off The Wool Road
GOOD FRIDAY
9am Family Service
EASTER SUNDAY
9am Traditional Service with Communion
@ Sanctuary Point
St. Peter’s Anglican Church
43 Paradise Beach Rd (next to Library)
GOOD FRIDAY
9am Traditional Service
EASTER SUNDAY
9am Traditional Service with Communion
@ Huskisson
Holy Trinity Huskisson Anglican Church
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9.30am Traditional Easter Service
10am Easter service 5pm Modern Easter Service
Contact 4448 8179 or 0414 394 886
anthonywodouglass@gmail.com
anthony@spsh.org.au
I would like to thank all parents, students and staff who made Open Day such as success last Saturday. Blessed by excellent weather, there was a constant traffic of parents and students moving around various activities. There were too many to list here but they included musical performances, archeological digs, scientific, mathematical and technology based exhibits, film viewings, gymnastics displays, art displays, outdoor education and trade skills displays, and of course musical rehearsals.

In my conversations with parents on the day I was overwhelmed by the number of people who commented on the positive way in which our students conducted themselves, demonstrating their learning with obvious enthusiasm. Thanks must go to the P&F for running the canteen on the day, thanks to our staff also who really went all out to produce excellent and engaging activities for display.

As we approach Easter we are reminded of the love that Christ displayed through his death on the cross.

Romans 5:6-8 summarises this very nicely:

“You see, at just the right time, when we were still powerless, Christ died for the ungodly. 7 Very rarely will anyone die for a righteous person, though for a good person someone might possibly dare to die. 8 But God demonstrates his own love for us in this: While we were still sinners, Christ died for us”

To all our families I wish you a very happy and restful Easter break.

David Hamaty

A message from Serena, P&F President...

It’s hard to believe the first term is over and we have Easter a few days away. It has been a busy past few weeks with many fundraising activities.

We had the Ice cream day on the 19th of March that helped raise $$$ for the school Relay for Life team: “Nac for Life”. A big thank you to Fiona Schreurs and her family for organising and running the day and also a big thank you to the families that supported the kids so they could have an Ice cream.

The Bundraiser was a hit with 114 packs of buns being sold and distributed to the families. Thanks to Vanda Da Silva and Tracy Pybus for helping to organise the event and getting the buns delivered to the kids. I just hope the buns made it home in one piece.

Thanks to all the families that attended and supported the school on the “Open Day”. It was a very busy weekend with the state election, Relay for Life and the Open Day so to have as much support as we did was amazing. The sausage sizzle was a hit and raised much needed money for the Relay for Life.

Lastly, thanks to all the support from the families that donated old school uniforms for the Pre-Loved uniform sale. Providing families the opportunity to be able to grab Pre-Loved uniforms is important not only for the families that buy them but it’s also great to know the old uniforms are going to a new home. Thanks to Toondra for making this day happen.

None of these fundraising activities would go ahead without the support from all the parents and friends at the school. A big thankyou to everyone that has supported the P&F and the fundraising activities this past term, it goes a long way to helping raise much needed money for the school.

The P&F wishes everyone a safe and wonderful Easter.

Mark it in your diaries:

• 6th of May is the Mothers day stall, more information and notes will come out closer to the date.
• 2015 P&F Meeting Dates – All welcome… come along and be part of the school community… Meetings commence at 7pm in the staff common room.
  Term 2: Monday 18th May and Monday 15th June

We have a new email address, if you wish to get in touch with the P&F please send us an email: nac-pandf@sras.nsw.edu.au if you have sent us an email in the past don’t forget to update your contacts.
Introducing

two of our 2015 Department Heads

Shannon Marecic

Head of Science

What are the best things about your job? It's a living experiment.
Who's influenced your career most (and why)? My children (Nathan and Jacob). I wanted to show them that learning was exciting, fun and a life long adventure.
What's the best piece of advice you could give someone? Do everything to the best of your ability and then there will never be regrets.
What are you passionate about? Science and particularly Chemistry, these subjects truly "Matter".
Who's your business or personal hero/heroine? My Mum, she was an amazing lady who always befriended people because she accepted people regardless of their flaws.
What's your favourite quote or motto? "Rust Never Sleeps"
What's your favourite pastime/relaxation activity? Walking along the beach.
What's your favourite music/musician? Sade
What's thing you hate the most? Wasting anything, materials, time or food.
What did you want to be as a child? A doctor.
Name one person you'd like to have dinner with (and why)? Heston Blumenthal. He's an inspirational chief who integrates cooking and chemistry.

Describe yourself in 3 words: Passionate, persistent and joyful

Jim Dayhew

Head of Christian Studies

What are the best things about your job? I love to hang out with a great team of colleagues and young people. They energise me and keep me young. We are in the trade of shaping young people and equipping them to be ‘gospel shaped’ citizens and hopefully followers of Jesus Christ. I love seeing young people test their values and beliefs and see how the gospel makes sense of life. I love seeing the Crossroads Christian group kids and especially the student leaders grow in their love and service of God.
Have you got any hidden talents? I've been known to preach out loud in my sleep!
Who's influenced your career most (and why)? My wife, who was teaching for 10 years before me despite finishing our education degrees together. Her selfless love, patience and care for students have been a quiet but powerful example for me.

What's the best piece of advice you could give someone? Ask yourself why you believe what you do. Have you considered the claims of who Jesus is and what he has done for us?
What are you passionate about? My work as Chaplain at NAC...seriously! It is a great role and place to work.
Who's your business or personal hero/heroine? Jesus, of course! He is the one who shows us what it means to be human and to live in this world and the next.
What's your favourite quote or motto? "I have come that they may have life, and have it to the full" Jesus in John 10:10
What's your all time favourite book (and why)? The Bible. It contains the truth of God and how we can have a relationship with him for eternity through Jesus.
What did you want to be as a child? A bus driver
What can't you live without? A coffee in the morning, the love of my wife and a God who gives grace, mercy and forgiveness.
Name one person you'd like to have dinner with (and why)? At the moment, Mike Baird, who is a committed Christian man serving as Premier. He has had to deal with the challenges and stress of leadership in a hostile environment, including the Lindt Café siege.

Awards

Congratulations to all award recipients this week

Bronze Light of the Cross

Awards

Academic

Year 8

Nicholas Shaw (x2)
Acelin Bobbermien
Elena Domozar

Co-curricular

Matthew Rayner
Acelin Bobbermien
**Art Express**

Students from Year 11 and 12 Visual Arts recently made the early bus trip to Sydney to visit two exhibitions. Firstly we visited the New South Wales Art Gallery for the annual Art Express exhibition. This exhibition features a selection of outstanding works from 2014 HSC Visual Arts students. There was a very high standard of work which was both terrifying and inspiring for the visiting NAC students. It is of great value to the students to see this exhibition; the featured works combine refined artmaking techniques, sophisticated concepts and are identified as some of the top Body of Works from NSW HSC students.

We also saw an extraordinary exhibition, Chuck Close: Prints, Process and Collaboration, which was on show at the Museum of Contemporary Art. This show successfully revealed the labour and some of the magic behind Close’s portraits. Close is one of the great portrait artists of contemporary art. The exhibition featured around 200 works from local and international collections, spanning from the photorealistic 1970 ‘Bob’ painting from the National Gallery of Australia’s collection, to a 2014 Japanese-style woodcut self-portrait. Close works from Polaroid photographs of people and reconstructs the image square by square, piecemeal. A fascinating influence on Closes’ practice is his lifelong ‘face blindness’, he stated “I essentially have no memory at all for people in real space. But when I flatten them out in a photograph I can commit that image to memory.” The life and works of Chuck Close are compelling. This was a fascinating exhibition and a perfect opportunity for students to delve into the nature of how an artist produces their artworks. Close and the curators revealed the process and some of the tools involved used. The inventiveness of Closes’ artmaking is staggering and fascinating to witness. Together, these exhibitions made for a great day for all of us.

Daniel Jones
Visual Arts and TAS Teacher

Recently, two students Abigail Johns and Angelique Riou, motivated by their own personal experiences with cancer decided to get involved with this worthwhile cause. The world’s greatest shave is one of Australia’s iconic fundraising events. Held in March every year more than 150,000 people take part to support people with blood cancer and fund research for the third biggest cause of cancer death in Australia. Each day 31 Australians will be given the devastating news that they have leukaemia, lymphoma, myeloma or a related blood disorder. That’s more than 12,000 people in 2015.

“Shaving your head is a powerful way to raise the funds needed to beat cancer” commented Angelique. “It supports the Leukaemia Foundation’s Vision to cure and Mission to care possible.

For the past few weeks the girls have been raising money and counting down to the last few moments with their lovely ‘locks’. Their friend Emily Nield gave this account “At lunch, they were both nervous but very excited particularly as the crowd started to build. Everyone encouraged the girls, cheering and clapping. Abigail was first and by the time Angelique sat down to be shaved, the crowd became very generous and the money being raised was going up by the minute.” Emily commented “Abigail and Angelique are two of the bravest girls I know. A massive congratulations from everyone. We are all very proud! You are both truly beautiful, with and without hair.”

“Shaving your head is a powerful way to raise the funds needed to beat cancer”
On March 17th, we were very lucky to have Ruben Meerman, The Surfing Scientist, as a guest presenter at NAC. He performed some very cool experiments using lasers and liquid nitrogen, which was enjoyed by all the students including supervising staff. Ruben is currently well known for his work on the well known ABC TV program, Catalyst. However, most of the students remembered him as Dr. Mo from “Roller Coaster”, the very popular ABC series with ‘Professor Slo and Doctor Mo’. He was also the first resident scientist on Preschool, and has made appearances on Studio 3 and Sleek Geeks. However, at the moment he concentrates mainly on traveling around Australia to various schools, educating and inspiring students into the wonderful world of Science. Below, is a testimonial from one of our students that watched Ruben’s show:

“The visit from Ruben was amazing. He demonstrated many experiments. He walked us through his life in science and told us how he has worked with many different people, doing many different things. Ruben told us about his experience with lasers and the safety precautions we should take if we ever use them. Although the show was extraordinary, my favorite part was the time I personally got to have a one-on-one discussion with him about how to get involved in chemistry after school. He encouraged me to peruse my passions and informed me that there are many ways to get involved. I am very grateful for this opportunity to talk to him. He was funny, intelligent and fully supportive to everyone he met”. - Kylie VanAltena

Linda Azad
Science Laboratory Technician
Senior School AICES Swimming Carnival
Homebush Aquatic Centre

On Thursday 12th March 2015 a team of 15 swimmers from NAC travelled to Sydney Olympic Park Aquatic Centre to represent SASSA at AICES swimming championships where they swam against competitors from 52 other schools.

There were many outstanding efforts on the day, with the following results:

- Sarah Barker, 29 Points
  50m Fly 13th, 100m Free 11th, 50 Breast 6th, 50 Free 15th, 200IM 13th.
- Max Bricker, 22 Points
  50m Fly 9th, 50m Back 13th, 100m Free 14th, 50m Free 11th.
- Max Buckham, 8 Points
  50 Back 14th, 50m Breast 14th, 50 Free 15th.
- Matthew Davison, 28 Points
  100m Free 10th, 50 Breast 7th, 50 Free 9th.
- Callum De Rooy, 22 Points
  50 Back 12th, 50m Breast 13th.
- Alyssa Dilley, 38 Points
  50m Fly 15th, 200 Free 14th, 50 Back 11th, 100 Free 13th, 50m Breast 14th, 50 Free 15th, 4x50 Relay 10th.
- Maddy Dunn, 22 Points
  50m Breast 11th.
- Lily Morris, 14 Points
  4x50 Relay 10th.
- Bridie Harris, 3 Points
  50m Free 16th.
- Sophie Jones, 15 Points
  50m Fly 9th, 50 Back 11th.
- Dante Hyam, 25 Points
  50m Back 12th, 50m Breast 4th, 50m Free 12th.
- Connor McLean, 31 Points
  50m Fly 10th, 50m Back 10th, 100m Free 9th, 50m Breast 13th, 50m Free 13th.
- Connor Tytherleigh, 13 Points
  50 Fly 13th, 200 Free 14th, 100 Free 12th, 50 Free 17th.
- Rylee Woods, 14 Points
  4x50 Relay 10th.
- Sally Woods, 63 Points
  50m Back 6th, 100 Free 6th, 50m Breast 6th, 50m Free 7th, 200 IM 7th.

The behaviour of students on the day was exceptional and they are considered worthy ambassadors of our school. It was fantastic to witness the high level of enthusiasm and sportsmanship from all of our students as they cheered and encouraged each other throughout the day. Nowra Anglican College students know what it is to be part of a team and value the privilege of representing their school and community.

Well done and thank you to the students, parents and relatives who provided great support to our swimmers.

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Rugby Report

Nowra Anglican College descended upon the beautiful fields of South Nowra Rugby park where the kangaroos deposit their body waste all over the fields. Having a look at the size of our opponents from our more sizable public schools some would say “were in for a hiding”. But not I. With strong vigor our boys warmed up and then took to the field against Vincentia High.

The action was intense and young men hurled their bodies into the fray with gusto. Vincentia came out of the corner swinging but NAC held this initial onslaught before going into half-time up 14-5. Great tries from Lachlan Mathie and the ever present Barnes boys were just a snippet of what was to come. The second half turned into a slaughter and NAC carved our opponents up 36-5.

“This meant we went through to the final. Great debuts were had from Lachlan Capner and the Backo himself, James Baccarin. Our Year 9 boys were not overawed at the size of their opponents and played with incredible confidence. After enjoying watching our next opponents beat Nowra Christian School convincingly we headed out to the fields again. A slow start from NAC and a fierce battle against Nowra High saw us behind 15-0 at half-time. The entire Nowra high team was from year 12 while we had boys from years 10-11. After an ordinary pep talk from their experienced coach at half-time the lads played with great spirit and mounting a huge comeback were unlucky to go down 20-12 after much carnage and bloodshed. Tristan Craig and Harry Vaughan shared the men of the match honours while everyone came home safely with new bruises and great stories to tell.

A highlight of the day was Hayden roach and Oskar Butt being incredible gear stewards. They managed to keep the water bottles, jerseys, team balls and my clipboard safe. They were so responsible and helpful.

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Term 1

Term 1 has been a busy and enjoyable one. The children have worked really well and have been enthusiastic to participate in many different activities. This week we had our Spelling Bee, where class champions had their final play off.

Year 1 and Year 2 loved welcoming their families to their special presentation about what they have been learning about mindfulness.

Year 4 concluded Term 1 by holding the 2nd Great NAC Biscuit Bake-Off. They planned and collaborated with their classmates and parents. They measured, sifted and stirred. They baked their biscuits and critically assessed their final product. The best part, of course, was the tasting!

We thank our parents, grandparents and friends for their invaluable help and for coming along to make the afternoon so special.

Term 2

Term 2 begins on Wednesday 22 April and students will be wearing their winter uniform.

Thursday 23 April is the rescheduled Cross Country Carnival at Willandra. The Cross Country Carnival is always a great time and we welcome parents to come along and enjoy the day.

Mother’s Day Breakfast

We’d love all mothers (and others!) to save to come along to our first ever Mother’s Day breakfast at NAC. Your children want to spoil you with a delicious breakfast served with their own fair hands! An invitation will come home early next term. We do hope you can set aside Friday 8 May between 7.45 and 8.30am.

As we celebrate Easter we’re thankful to God for his love for us shown so powerfully in Jesus’ death and rising.

“This is how God showed His love among us: He sent His one and only Son into the world that we might live through Him. 1 John 4:9.

I would like to wish everyone a Happy Easter and a safe and restful break.

Susan Pearson
Head of Junior School

11 Questions That Will Make Your Child Happier

This article by Dr Samantha Rodman has some helpful suggestions for parents.

Are you naturally carefree and happy? If so, it's likely a mix of your genetics and your personal choices about how to live your life. The field of positive psychology centres on the idea that people can make themselves happy just by changing how they think and act. Happiness is conceptualized as more of a habit than a God-given blessing. And while some of your happiness is biologically determined, there are many things you can do to be happier.

These 11 questions focus your children on how to make themselves happy. Eventually, your children will internalize these questions and ask them in their own heads.

1. What was your favourite part of today?

This is a good question to ask at bedtime, to help your child feel content and happy before sleep. It also instills a habit of focusing on the best thing that happened in any given day rather than the worst. If you make this part of your bedtime routine, it will become second nature.

2. What are you grateful for?

This is a good question for the dinner table. Every family member can take a turn saying what he or she is grateful for that day. There is a strong correlation between happiness and gratitude so this is very powerful.

3. What are you going to do about that?

When a child comes to you with a problem, ask this question in a warm and curious tone. Don’t just jump in and solve their problem; how does that help them in the long run? At least give them a chance to work it out on their own, and give them the gift of your confidence in them, which is evident by this question that implies that they can think of solutions to their own issues. If your child says “I don’t know,” you can say, “I am not sure either, let’s try to figure it out together.” Happy people are people who think of problems as surmountable, and make themselves happy just by changing how they think and act. Happiness is conceptualized as more of a habit than a God-given blessing. And while some of your happiness is biologically determined, there are many things you can do to be happier.

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4. How did that make you feel?
At the risk of sounding shrink-y, an essential part of happiness is being able to notice and express your own emotions. If you can verbalize what you’re feeling, you can make sense of it, you can process it, and you can obtain support from others. This is a great question to ask when your child comes to you with something “bad” that happened, instead of either dismissing it (“that wasn’t that bad”) or fixing it. It trains your child to be aware of his feelings, and to use that information effectively.

5. What do you think he/she feels?
In any situation, you can cultivate empathy by asking your child to wonder about someone else feels. Empathy will make your child a happier person; he or she will have stronger interpersonal relationships, feel better about himself for thinking of (and then, often, helping) others, and derive more meaning from life.

6. How can we look on the bright side?
In any situation, you can teach your child that there are positives.

7. What part of that can we learn more about?
In any TV show, book, trip outside the house, basically any situation at all, there is something to learn more about. And look at you, Super Parent, you already have your smartphone at the ready! So this time use it for teaching your child that life is full of learning opportunities. Happy people are people who are curious and always learning.

8. What do you want to do on the weekend?
Research shows that anticipation of positive experiences brings more happiness than the experiences themselves. Once your child is old enough to realise that tomorrow is not today, start instilling a habit of positive anticipation of small pleasures. A child who is excited all week to get frozen yogurt on the weekend is a happy child, just as an adult who plans a vacation six months in advance is happier during those six months.

9. What can we do to help/to make someone happy?
Bringing your child along to visit a sick relative, or someone recovering from surgery, or to volunteer at a soup kitchen is a wonderful gift that you can give to your child. Your child will feel even more proud of his behaviour if he is the one to think up the nice thing that can be done (e.g., making biscuits to deliver, drawing a card). Research shows that giving releases oxytocin and endorphins. Involve your child in your charitable activities, as giving charity is a form of altruism that is also linked to happiness. Incorporate a spirit of generosity into your child’s daily life. Whenever you’re out, buy something little for someone else. When you colour, make a picture for someone else. Giving things to others makes people happier than buying things for themselves, and enriches interpersonal relationships.

10. What do you want to do outside today?
Getting outside and engaging in physical activities with your child is a wonderful way to get him or her in the habit of not just sitting around. The most powerful way that you can teach your child about exercise is to do it yourself. Children whose parents exercise are more likely to exercise themselves. And sunlight can also help boost mood and regulate circadian rhythms, which means better sleep.

11. When do you feel happiest?
If you direct your children’s attention to the experiences that they most enjoy, they will start to realize that they can choose to proactively increase their time spent in activities that make them feel best about themselves. According to researcher Mihaly Csikszentmihalyi, “flow” is the state where people find an activity so enjoyable and rewarding that they become completely immersed in it, losing all sense of time and feeling completely in the moment.

NAC Students live out their dreams in the hall of champions.

The day started early for our largest ever contingent of CIS swimmers, as the bus departed the college at 5:15am. Each student on the bus took a moment of quiet introspection as they considered both how far they had come and the daunting challenge that lay ahead of them. Or they could have just been asleep.

As we walked into the venue of the 2000 Olympics you couldn’t help but feel inspired as you walked past the plaster moulds of the hands and feet of some of our finest ever swimmers, with names like Thorpe, Hackett and Trickett.

First up were the relays, NAC was represented in three out of four relay events. Our junior boys team of Lachlan Hird, Cade Missinham, Thomas Fraser and Harrison Fillery powered up and down the pool smashing their SASSA time by 11 seconds to finish a very creditable 19th overall. Next up was our senior girls team of Claudia De Rooy, Jasmin James, Georgia Duncan and Ella Hughes again the girls swam incredibly well smashing their SASSA time by 7 seconds to finish 9th overall and qualify for the final. The final relay was our senior boys team of Troy Sweet, Jack Sweet, Toby Huard and Kaylam Tytherleigh. Continuing the trend the boys demolished their SASSA time by 5 seconds to finish a fantastic 14th overall.

Onto the individual events and first up were the 50m freestyle races in which NAC had ten representatives across the ten races. Pretty much all students took great chunks of their SASSA times and Ella Hughes and Sarah-Joy Day finish 14th overall in their respective races.

Next up was the backstroke where we had five representatives across the six races. Again all students improved on their SASSA times, some by up to five seconds. Troy Sweet was having a great meet as he again managed to finish 15th overall.

The final event of the day was the 50m butterfly where we were represented by four swimmers. Not content with besting her school time by 19 seconds at SASSA, Isabella Janezic took another 5 seconds of her SASSA time! Admittedly after a very early start and a long day of competition my eye was half on the final couple of heats and half on the door. However Ella Hughes had different plans as she powered down the pool to finish 8th overall and qualify for the final. This managed to rouse the team from their post lunch slumber as we cheered wildly as Ella competed in the final. After such a long day and having already swum in six previous races, she managed to pull out all the stops and finish a fantastic 8th in the final.

After the delirium of the final it was on to the long journey home with many a swimmer declaring that they would be back next year, stronger and faster.
Supporting the development of ‘Self-Regulation’ and why it is so important in the early years.

“Self-Regulation enables children to manage their emotions and direct their attention, thinking and actions to meet adaptive goals. These skills enhance young children’s readiness to learn” (Williams & Lewin, 2015).

Better self-regulation skills in early childhood...
- better social skills across lifespan
- better parent-child/teacher-child relationships
- better transition to school
- less chance of obesity
- better academic outcomes—even long-term
- better mental health
- less risk-taking in adolescence
- lower risk of adult gambling
- higher wages, better long-term health and employment prospects

There are many ways adults (both parents and educators) can support the development of self-regulation.

- Self-talk –model it and allow it. They will internalise it as they mature;
- Emotion coaching- giving words to use, encouraging empathy;
- Book reading- time spent sharing books together results in (among many other things) higher attentional and emotional self-regulatory development; Discuss character’s feelings and give language to emotions (emotion coaching);
- Active Music sessions –helps to maintain attention, stop (inhibition), wait, take turns, motor coordination. We incorporate a lot of these types of musical games into our day.
- Experiences that join the brain and body together in activity –active music sessions (as above), Yoga, Martial Arts and Dramatic Play.
- Sleep- plays an important role. It represents a daily opportunity to practice self-regulation (for example: ability to get off to sleep when alone, if waking in the night—not needing an adult to help get back to sleep). Sleep is important because a lack of quality sleep results in higher reactivity, therefore, requiring more attention to emotional regulation. This then takes away from attentional, behavioural and cognitive regulation development.

For more information on the development of self-regulation in young children, there are some articles on the ‘kidsmatter’ and ‘raising children’ websites. You can also look up the work of Dr Kate Williams, who is an Australian researcher in this field.

Kate Bramley
Educational Leader

Tapping sticks

I was the conductor (we talked about the conductor’s job), and the children had to follow my lead. If I went fast, they had to go fast, if slow, they had to go slow. When the baton stopped in my hand, they had to stop. When it went on the mat, they had to put their sticks down.

These kinds of musical games require a higher level of cognitive thinking to master. Children used cognitive processes such as ‘inhibition’ and ‘working memory.’ ‘Inhibition’ refers to the child’s ability to stop and think before acting, for example, refrain from playing the sticks when we have stopped. ‘Working memory’ refers to the child’s ability to remember instructions, for example, ‘when the baton is on the ground, I have to put my sticks down.’ (ECA Webinar: Dr Kate Williams, 17TH, February, 2015)
"Family Day"

FUNDRAISING EVENT
@ Penwood Railroad

Experience the nostalgia of travelling on a steam railway through a
rural property at Penwood Miniature Railroad. All engines are working
replicas of the original trains. A fun day out for big and little kids!

SUNDAY 3rd MAY from 10.00am to 3.00pm
All families are invited to join us for our Family Day
Entry to Penwood is $5.00 per person
Sausage sizzle with drinks and a cake stall will run throughout the
day and all proceeds raised will go to assist families utilising
Nowra Family Support Service.

215A Prince Henry Highway, Jaspers Brush
Entry to the property is 250 metres north of
Crothers Road, on the Eastern side. Look for the
red letterbox and Penwood Miniature Railway sign

Please call
Nowra Family Support Service
on 4421 5499 to
register

Anyone riding the train (including children) must wear closed-in shoes

NOWRA FAMILY SUPPORT SERVICE INC.
Groups, Workshops and Courses
Term Two, April to June 2015
Cottage 1, 80 Park Road, East Nowra, NSW 2541
Phone (02) 4421 5499 Fax (02) 4422 0877 Email nowraf@shoalhaven.net.au

Supported Playgroup
Nowra Family Support Service invites
Parents, Grandparents & Caregivers
with children under 5 years of age
to come have fun with us!

Children Learn Through Play

A meeting place for parents.
Come along, make new friends,
share your ideas. We'd love to see
you at our Playgroup.

Our activities include:
Morning tea • Painting
Music • Story-telling
Playdough • Waterplay

Mondays from 10am to 12noon in May, 2015
4th May, 11th May, 18th May, 25th May

Bookings essential as numbers are limited

More inside!
"SEASONS FOR GROWTH"
UNDERSTANDING CHANGE, LOSS & GRIEF

The program is based on the principle that change, loss and grief are a normal and valuable part of life. The program will examine the impact of life changes such as death, separation and natural disasters on our lives.

The series of 4 workshops will explain how participants can learn to live with, and grow from these experiences.

Four sessions on Wednesdays, commencing April 2015
29th April, 6th May, 13th May, 20th May
10:00am - 12:30pm
FREE WORKSHOP, includes childcare for 0-5 (preschool) aged children.

"Triple P"
Positive Parenting Program

Six sessions on Tuesdays, commencing April 2015
21st April, 28th April, 5th May, 12th May, 19th May, 26th May

"Triple P" is an intensive positive parenting program for families with children at risk of developing behavioral problems.

"Triple P" can assist parents in developing effective management strategies for a variety of childhood behavioral problems and common developmental issues.

"Triple P" Group Work aims to promote positive caring relationships between parents and their children.

FREE WORKSHOP, includes childcare for 0-5 (preschool) aged children.

Keeping Kids In Mind
A Course for Parents Experiencing Conflict after Separation

FREE WORKSHOP, includes childcare for 0-5 aged children.

Parents love their children and want the best for them. However, after separation, parenting often gets much tougher. Keeping Kids in Mind is a 5 week course for separated parents who are experiencing on-going conflict.

The course is designed to:
- Assist parents to see through their children’s eyes the experience of parental separation.
- Develop greater understanding about how to support children following family separation.

The course covers the following topics:
- Grief and Loss after Separation
- The Hidden World of Children
- Rebuilding Resilience
- Bridging the Gap
- Looking Back and Moving Forward

Five Sessions on Wednesdays, 10.00am to 12.30pm
27th May, 3rd June, 10th June, 17th June, 24th June

All participants must register their interest in attending the course and participate in a pre-group interview prior to the course.

Justice of the Peace Service

Nowra Family Support Service now has a JP available Tuesdays, Wednesdays and Thursdays
BY APPOINTMENT ONLY
Please call 4421 5499 to make an appointment

If you need JP assistance urgently that cannot wait for an appointment time, please direct your enquiry to Nowra Court House

TO BOOK FOR ANY OF OUR GROUPS, PLEASE CALL NOWRA FAMILY SUPPORT SERVICE ON 4421 5499 OR EMAIL nowrafs@shoalhaven.net.au

Free childcare for children 0 to 5 years (and not yet attending school) available for all groups and workshops.
JUNIOR AFL

Last week the children from most local primary schools attended an AFL year 3 & 4 Gala Day. In non scoring games, concentrating on fun and participation these children, both boys and girls had a great experience.

Bomaderry Tigers & Shoalhaven Auskick have started their intra 10’s (no travel).

Bomaderry Tigers
at Artie Smith Oval
every Thursday afternoon
4.30 – 5.30pm.

Shoalhaven Auskick
at West St Oval
every Saturday morning
9 – 10.30am.

All boys and girls between the ages of 8 & 10 are welcome to come & try or join, cheap registration!

SCHOOL ZONE Offences – As at 1 February 2015

To avoid receiving a fine when you’re dropping off or picking up children from school please observe the road rules associated with signs around schools. These are a guide only and are subject to change without notice.

- SPEEDING OFFENCES
  There has been an increase to the monetary fine applicable to Speeding Offences in School Zones.
  - Maximum Penalty $3702
  - + 7 Demerit Points

- MOBILE PHONE USE
  You must not drive whilst using a hand-held mobile phone in a school zone.
  - Penalty $415
  - + 4 Demerit Points

- CHILDREN’S CROSSINGS
  Obey hand-held stop sign at Children’s Crossing or approach Children’s Crossing too quickly to stop safely.
  - Penalty $519
  - + 4 Demerit Points

- U TURNS
  Make a U-Turn without giving way to pedestrian or vehicle in a School Zone.
  - Penalty $415
  - + 4 Demerit Points

- NO STOPPING
  Under no circumstances are you allowed to stop here (unless there is a medical or other emergency).
  - Maximum Penalty $311
  - + 2 Demerit Points

- NO PARKING
  You may stop here for no more than 2 mins, but only when engaged in picking up or dropping off passengers and you must stay within 3m of your vehicle.
  - Maximum Penalty $173
  - + 2 Demerit Points

- BUS ZONE
  You are not allowed to stop your vehicle unless you are driving a bus.
  - Penalty $311
  - + 2 Demerit Points

- DOUBLE PARKING
  You are not permitted to stop or park your vehicle alongside another vehicle that is already parked parallel to the kerb.
  - Penalty $311
  - + 2 Demerit Points

For information about Australian Road Rules call 13 22 13 or visit www.rms.nsw.gov.au. This information was provided by Shoalhaven City Council’s Road Safety Officer. 30 March 2015. The information in this document is intended as a guide only, and is subject to change at any time without notice.

Mandarin

China is becoming a major player in the world’s economy; mastering Mandarin will enhance your resume for future employers. Being able to speak Chinese in a working environment will certainly give you a competitive edge.

We have an experienced Mandarin teacher Lucy (wei) Zeng who will provide Mandarin lessons from 3:30 – 4:30pm on Thursday.

Please contact Student Services or email Shoalhaven.chineselessons@gmail.com

Papercraft

Wednesday afternoon. For children in Year 1 to Year 6.

Children participate and make in a range of different projects from cards, scrapbook layouts, money boxes, door hangers, canvas plus lots of other great craft activities.

Please contact Student Services or email scrapbookingkatie@hotmail.com
Nowra Anglican College presents

**hairspray**

The Broadway Musical

At the Shoalhaven Entertainment Centre

Book by Mark O'Donnell - Thomas Meehan

Music by Marc Shaiman

Lyrics by Scott Wittman ~ Marc Shaiman

By arrangement with Hal Leonard Australia Pty Ltd, Exclusive agent for Music Theatre International (NY)

Based on the New Line Cinema film written and directed by John Waters

**Friday 1 - May 2015**

7.30pm

**Saturday 2 - May 2015**

2.00pm & 7.30pm

**Sunday 3 - May 2015**

2.00pm

Director ~ Laura Turner
Choreographer ~ Jessica Groves
Executive Producer ~ Matthew Mackenzie

[Website Link] www.shoalhavenentertainment.com.au