It gives me great pleasure to introduce two new staff members to our NAC community.

At the end of last year our Head of Music, Mrs Natalie Guile, moved to Canberra Girls Grammar School. As a result we have restructured our Music department and I would like to welcome Mrs Carolyn Brown as our new Head of Music and Performing Arts.

Carolyn is a highly experienced teacher and leader in education and music. Carolyn comes to us from The Illawarra Grammar School where she held the positions of Director of Performance, Director of Performing Arts and Dean of Students Years 7 to 12. She has extensive experience in music and the performing arts, theatre and events productions and the P to 12 environment. Carolyn’s students have achieved outstanding results in the Higher School Certificate Examinations with 92% of her students in the Performing Arts faculty achieving Band 5 and Band 6 results over the past five years. We are very pleased to have Carolyn join us and we are looking forward to a new era in this vital area of learning in our College.

I would like to thank those staff members who filled the void whilst we were looking for this position to be filled. I would like to thank Mr Richard Hodge and Mr Ross Sadler for taking the Junior and Concert Bands. Thankfully, Richard and Ross will still be with us in the capacity of Peripatetic tutors, teaching brass and woodwind instruments.

Secondly, I would like to thank Mrs Jenny Cork for the wonderful work she did with the Junior School students in both the classroom and with the Junior Choir. Thankfully Jenny will also continue to be a part of our community as a parent and we look forward to seeing Jenny, Ross and Richard on the campus.
Due to growth in our enrolment numbers, we have taken the step to put on another Junior School class. Mrs Melea Rainnie is well known to many Junior School families and she has stepped in to take our new Kindergarten class. Melea is a highly experienced Junior School teacher and her specialty is in Early Stage 1. We welcome Melea in this role. Already our Kindergarten students are enjoying their lessons with Melea.

Over the recent holidays, plans for our Stage 1 playground have been finalised. These plans outline our new natural learning environment which has been designed to stimulate our children’s inquisitive nature with the outdoors and will help our students to engage in play which will stimulate their imaginations, extend their questioning of the natural world and develop their physical bodies. Copies of the plans are on display in the Student Services entrance and in the Kindergarten foyer. You are welcome to view these documents and I thank the community for their input into these plans.

Our Senior Studies Centre is also on track and building is scheduled to commence halfway through Term 4 once the HSC examinations are complete. You are welcome to view these plans which are also on display in Student Services.

Finally a warm welcome to the eleven new students and their families who have commenced this term. I encourage you to take an active part in the College and encourage all students to join in the many co-curricular activities that are offered which will have an added benefit of helping you make new friends.

Mrs Lorrae Sampson

WANTED: Wooden Boat

Parents & Carers,
The redevelopment of the Kindergarten playground is scheduled for the Term 3 school holidays. This exciting project will see the land behind the Kindergarten building and between the Kindergarten and B block transformed into a playground area with a very natural feel, similar to Apex Park. It will include a dry river bed with a wooden boat. If you have an old wooden boat that you would be willing to part with for this purpose, please contact the College on 4421 7711 or via email at admin@nac.nsw.edu.au.

Worth the Risk?

Mick Fanning’s great escape is almost unbelievable. Most of you would have seen the video which has gone viral on the internet or read of the incident.

Australian Mick Fanning is a 3 times World Surfing Champion. He is a veteran of the tour at 34 years of age but it is no understatement to say he was as close as you can get to not adding to that tally!

It is a miracle that he survived given the size of even this young Great White Shark who seemed to be displaying the curiosity of a child rather than predatorial attack behaviour. Nevertheless, Mick’s response was telling: “I count my lucky stars and if there is someone up there, thanks!”

The near fatality was deeply felt by the close knit surfing fraternity as they oscillated between tears and laughter. Yet, they will be back in the water to surf, because it is what they do. They have calculated the odds and see the rewards of surfing as being worth the risk.

The concept of Risk-Reward is very interesting. Basically it says, “I understand that there is some danger, that this thing might be uncomfortable, that I might be out of my depth...even that I might have an unpleasant encounter with a shark. But you know what, I think what I will get out of it is worth it.”

Risk-Reward is a concept all of us live by and usually it is an instinctive, intuitive thing. Those enjoying the ski season or playing contact sports do so knowing that an injury might not be far away. Think of the NRL player Alex McKinnon. However, it isn’t just a factor in high risk sports.

I think that many of us, as adults or students, hesitate to take the risk to stretch ourselves, to try something new, because we lack confidence or we are afraid of failure. This might be trying a new hobby, giving our best to our school work or in our relationships with others. I’d love to see the Christian walk has elements of Risk-Reward. The Bible refers to this as faith. We don’t know what life holds but we trust God. The writer to the Hebrews put it this way:

“The risk we take in following God is really no risk at all; we have a certainty that God is who he is and will do what he says. He is always the one who rescues those who turn to him for help and the rewards are eternal.”

Mr Jim Dayhew
Welcome back to all our students after what was hopefully a restful and relaxing holiday. This term will be a busy one especially for Year 12 in the lead up to the HSC exams and the end of school activities such as the valedictory dinner. This term also contains important school events such as NAIDOC and Foundation Day as well as the ever popular ski trip.

**Cambodia/Vietnam**

23 students, parents and staff spent two weeks of the holidays in Vietnam and Cambodia. Whilst there they spent their time in service to others, renovating a primary school in the Mekong Delta, building houses for those in need on the outskirts of Phnom Penh, Cambodia and planting mango trees further north in Siem Reap. Whilst there our students enjoyed some fantastic cuisine, great shopping and learned some of the tragic history of both countries. Our College’s mission is to provide “… a quality education that fosters gospel-shaped, confident life-long learners who improve the world.”

It is our hope that students who leave our school do so with the aim of continuing their learning in order to serve those around us and further afield. Trips like this one highlight the many good things that we often take for granted, as well as showing our students that we can all make a difference in the lives of those around us.

**Foundation Day**

Foundation Day will take place on 28th August. This years format will be a little different to previous years. The official proceedings will begin in Period 3 with our annual ‘X-NACtor’ talent quest. There will be an extended lunch from 12.50pm - 2.00pm involving rides and novelty events. After lunch students in Years K-4 and 12 will return to class. Years 5-11 will move to the oval to take part in the annual House “Box Car Rally” competition. Students over the course of the next 4 weeks will construct cars during their homeroom time. They will race these vehicles on Foundation Day over a challenging course and hopefully gain points for their respective House.

Mr David Hamaty
SENIOR SCHOOL NEWS

Chemistry Enrichment Workshop

We are excited to announce that the School of Chemistry is hosting the Chemistry Enrichment Workshop again in 2015. Students will gain the skills and knowledge designed to strengthen their understanding of Chemistry in areas relevant to the HSC. We aim to nurture your love of Science through a series of hands-on experiments and engaging lectures from some of our top academics.

- Who: The workshop is designed for students in Year 11.
- When: Monday 28 September to Thursday 1 October 2015 inclusive

Students will complete a number of mandatory practicals from the Production of Materials and Acidic Environment Modules and then take the experiments to the next stage by undertaking university-level open-ended investigations. You will gain new lab skills in Chemistry, and a broader understanding of evolving fields such as Nanotechnology and Medicinal Chemistry.

If you are looking for a great head start into HSC and university-level chemistry, please complete the form below and email it to outreach@chem.unsw.edu.au.

UNSW Chemistry Enrichment Workshop Application Form 2015 (PDF 192kB)

Applications close: Friday 17th July 2015.

NOTE: Students will need to be available to attend the entire 4 day workshop held at UNSW Kensington Campus. Attendance is free for successful applicants, however all food, transport, and accommodation expenses will be met by the applicants. The workshop will begin at 9:30 a.m. every morning with time off for lunch breaks, as well as morning and afternoon tea. The workshop will finish at 3:30 p.m. every afternoon.

For more information see Dr Marecic or use the link http://www.chemistry.unsw.edu.au/outreach/chemistry-enrichment-workshop

Rotary Tests the Student Speakers

The Rotary Club of South Nowra held the annual 4-Way Test Speaking Competition heat recently. The name of the competition is based on the Rotary ideals that are embedded in how Rotarians approach their tasks and decisions. Briefly these are, Is it the truth; Is it fair to all concerned; will it build goodwill and better friendships; and will it be beneficial to all concerned.

The three participating students were St John the Evangelist Catholic High School students Sarah Lawrence and Toni Mudditt, both in Year 11, and Nowra Anglican College Year 10 student, Bronte Heslehurst. The topics chosen were diverse and included managing climate change, impacts on world heritage sites in the Middle East and dealing with criticism of body image. The adjudicators were teachers Chris Martin, from Ulladulla High and Victoria Lynch from Nowra High. Feedback assessments of each speech were given by the adjudicators and the competition is a great opportunity for participants to speak in front of a new audience. The winner on the night was Bronte Heslehurst.

The club was pleased with the standard again this year and the preparations are a credit to the students. Each student was supported by a parent and the schools teaching staff. Club President, Peter Gell thanked each student for participating. Club member, Col Blundell gave a special thanks to the two adjudicators.

Mathematics Counts,
Mr John Day
Head of Mathematics

Mathematics

Year 7 to 10 students gain reinforcement and further instruction through Mathletics. Accuracy is an important part of their practice and our top three students for Semester 1 in this area were Cordelia Ewers (Year 8), Samantha Legzdin (Year 8) and Lily Morris (Year 7).

Congratulations also go to Jack Sweet (Year 6) who achieved a Bronze certificate in the invitational Asia-Pacific Mathematical Olympiad for Primary Schools.

HSC COACH

The University of Newcastle
HSC Coach


HSC Coach

The University of Newcastle
HSC Coach


HSC Coach

The University of Newcastle
HSC Coach

HSC Music Performance Night

On Monday night the year 12 Music 1 students played through their HSC program in a stunning concert showcasing their work. There was a huge variety of works ranging from Rachmaninoff to Kate Miller-Heidke. This performance evening may be their last public performance at Nowra Anglican as they now begin their final preparations for their HSC Performance examinations. All four students performed with finesse, creating an outstanding concert for those who attended.

I would like to wish Bronte Kent, Chloe Hannigan, Gabrielle Howe and Matthew Sampson the best of luck as they approach their HSC performance examination. Mrs Carolyn Brown.

JUNIOR SCHOOL NEWS

It’s always great to start a new term and to look forward to all the special things that are happening. This term is no exception.

It’s wonderful to welcome nine new students to the Junior School.

Kindergarten: Ava Feltham, Jok McGill
Year 2: Jack Feltham, Sara Duric, Edward Guest, Rahni McGill
Year 4: Marla McGill
Year 5: Georgia Rourke, Marla McGill

Enrolments & Staff News

As the school population has continued to grow we are very pleased to have created an additional Kindergarten class and to welcome Mrs Melea Rainnie back to NAC to teach KR.

While Mrs O’Donnell is enjoying some well-deserved long service leave Mrs Jodie Furlong is teaching Learning Support.

We also wish Mrs Mathew well as she takes long service leave. Mr Jason O’Neill is teaching 2M from the beginning of Week 2. Mrs Mathew returns on Monday 24 August.

We welcome Mrs Carolyn Brown to NAC, having been appointed Head of Performing Arts. Mrs Brown is a highly experienced musician and music teacher, having taught at The Illawarra Grammar School for many years and we look forward to her valuable contribution to the lives of our children.

Mrs Brown will be teaching K-4 Music. She will also be taking choir and band.

Book Week

The Children’s Book Council celebrates their 70 years birthday this year. The theme for this year’s Book Week is ‘Books Light up our World’.

At NAC Book Week celebrations will take place on Tuesday 4 August. Children may come to school dressed as their favourite book character or connected to the theme. There will be various activities including a costume parade, activities about short listed books, story time and an author talk.

FROM THE HEAD OF JUNIOR SCHOOL

“It’s always great to start a new term and to look forward to all the special things that are happening.

Awards

Congratulations to all award recipients this week

Bronze Light of the Cross

Academic
Year 8
Elena Domazar
Year 9
Taylah Narbeth (X3)

Co-curricular
Year 8
Lana Ztovic

Year 11/12 Entertainment Excursion

On Wednesday 23 July students from Year 11 and 12 Entertainment travelled to Sydney to explore first hand some of the possibilities ahead of them should they pursue a career in the industry. A visit to JMC Academy of Creative Industries saw them participate in an audio workshop and presentations on animation and midi sequencing. The afternoon saw the students attend Les Miserables at the Capitol Theatre with an opportunity to ask questions from one of the stage directions after the production.

Year 11/12 Music Performance Night

On Monday night the year 12 Music 1 students played through their HSC program in a stunning concert showcasing their work. There was a huge variety of works ranging from Rachmaninoff to Kate Miller-Heidke. This performance evening may be their last public performance at Nowra Anglican as they now begin their final preparations for their HSC Performance examinations. All four students performed with finesse, creating an outstanding concert for those who attended.

I would like to wish Bronte Kent, Chloe Hannigan, Gabrielle Howe and Matthew Sampson the best of luck as they approach their HSC performance examination. Mrs Carolyn Brown.
Public Speaking

Over the coming weeks our children will be honing their public speaking skills in class. They will be deciding on topics, writing their speeches and polishing their presentation. Public speaking is not easy. It needs plenty of practice and requires courage to stand before an audience. However, it is a great skill to master and it helps build confidence.

Children who have been selected at the class level will be invited to speak before a larger audience at the Public Speaking Finals on Thursday 3 September. I am delighted that Mr Lloyd Pitcher, a former teacher at NAC and a master of this art has accepted our invitation to adjudicate the Stage 2 and Stage 3 event. Parents are welcome to attend.

Leaders

Year 5 students will also be practising their public speaking when they are given the opportunity to nominate for leadership positions. Nominees are expected to give a short speech on one of our cookies to introduce themselves to their peers and to canvass for votes.

Procter House Captain

As Ben French has gone back to England with his family we are pleased to announce that the new Procter Captain in the Junior School is Troy Sweet.

Special Guests

It was my great pleasure to welcome two guests to NAC this week. Mrs Laraine Lucas from ACARA (Australian Curriculum and Reporting Authority) brought Dr Tha Tri a Mathematics and Science educator who works for the Ministry of Education and Training in Vietnam. Dr Tha has played a key role in developing a new curriculum in Vietnam and he is particularly interested in the Australian model.

Dr Tha was particularly interested in the way Australian students learn and he was most impressed with our Stage 3 Enrichment class who demonstrated their ability to collaborate with each other, to communicate their ideas and to reflect on their learning. Dr Tha was also keen learn about how teachers in Australian schools handle the challenges of curriculum change. Mrs Lucas and Dr Tha were very impressed with our students’ warm and welcoming hospitality and their perspicacious answers.

Susan Pearson

Junior Ensembles

The Junior School Ensembles have commenced again for Term 3 and all students in these ensembles are preparing for their next performance at Grandparents and Special Friends Day. I would like to encourage all students to be involved in the musical life of The College by joining these ensembles. The details for these ensembles are as follows:

The Junior Band
This band caters for students from years 3-6 who learn an instrument. The band meets every Monday at 2.10 in the MPC and is conducted by Mrs Brown.

Junior Choir
This choir caters for students from years 3-6 who love to sing. The choir meets every Tuesday at afternoon tea time in the Junior Music room and is conducted by Mrs Brown.

Junior Guitar Ensemble
This ensemble caters for students from year 6 who learn guitar and are able to read notation and TAB. This groups meets in period 1 every Wednesday in the senior Music study area. This ensemble is conducted by Mr Panopoulos.

I look forward to meeting your child at these rehearsals and would encourage you to phone me on 44217711 if you have any questions.

Carolyn Brown
Head of Music/Performing Arts

Athletics Carnival

Due to the closure of the Shoalhaven High School grounds and the persistence of the wet weather the 3-6 Athletics Carnival will be run as a modified event this year.

This will take place on Friday 31st of July from 9:30.

The running events will take place at Artie Smith Oval and the discus and shot put events will be held on and around the College oval (high jump and turbo javelin have already been run).

Because we do not have access to a long jump pit this year, students will be selected for the SASSA carnival based on results from the 100m races and the long jump results from last year.

The SASSA carnival is due to be run at Beaton Park on Wednesday 12th of August.

Bonjou! French exchange students are coming!

In 2013 a group of students from NAC had the privilege of visiting a High School in Nouméa. Their students were learning English and our students practised their French. Excitingly those students are coming to visit us here in November giving our community the opportunity to repay the hospitality our students experienced! There will be 25 students and 3 teachers.

You don’t need to be able to speak French because they are coming to practise their English.

Wednesday to Tuesday, 2nd - 8th September 2015

This is a fantastic opportunity for a multicultural experience. Can you help us by hosting a student? Please let me know if you can help!

Yours sincerely

Yves Riou
French teacher

Helpers for Book Covering

We have purchased lots of new reading books for the Junior School and we would be very appreciative of your help in covering them—a job which you can do at home. If you have the time and can help, please drop into the front office and ask for a bag of books. The contact is supplied.

Thank you for your help

Term 3 Dates

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PRESCHOOL NEWS

Nursery Rhymes: Why they are great for language development.

I shared a story called ‘Dear Mother Goose.’ The story visits well known (although, it seems there were many children who weren’t familiar with many of these) ‘Nursery Rhymes’ and the main characters write a letter, to mother Goose, to ask for advice when they need help. Nursery rhymes have a simple melody, basic rhythm and often funny or bizarre story and they still have a place in the lives of many families.

In her book, Reading Magic, acclaimed Australian author, Mem Fox states that “Experts in literacy and child development have discovered that if children know eight nursery rhymes by heart by the time they’re four years old, they’re usually among the best readers by the time they’re eight.”

Paediatric Speech Pathologist and literacy specialist Rebecca King from Kids First Children’s Services in Sydney agrees. She says that “international research has shown that children who learn nursery rhymes and songs reap numerous language, learning and social rewards.”

“Studies show that children learn more in their first eight years than at any other stage in their lives. Songs and nursery rhymes give kids the chance to develop the language and learning foundations needed for good reading, writing and literacy skills later on.”

Rebecca says that rhyme is important in developing phonemic [hearing] awareness in children.

“I support many primary school aged children who have literacy problems because, as preschoolers, they missed out on receiving the oral support that nursery rhymes offer. Nursery rhymes are part of kids’ pre-literacy skills and their value to children’s cognitive development cannot be under-estimated.”

Along with building memory, articulation and understanding of concepts, Rebecca says that nursery rhymes help children to paint pictures in their heads.

“In this age of TV, video games and handheld digital devices, the importance of building kids’ imaginative skills has never been more critical.”

“A parent or teacher who tells stories, recites rhymes and sings songs helps kids to develop creativity and this is a very powerful learning tool. Many children’s later literacy problems could be averted if parents simply took the time to read and talk with children from birth so that the child gains a solid oral language base.”


After the story, I shared another old nursery rhyme that we acted out. After I demonstrated, the children took turns ‘writing’ on the letter, placing it in the basket and dropping next to another child, who continued the game. It was really lovely to see all children, confidently, have a go at ‘mark making’ on the paper. There were varying degrees of literacy development, but all the children were patient and encouraging as their peers had a turn.

It is important to provide many opportunities for children to engage with literacy; both planned and spontaneous. We strive to provide a ‘Literacy Rich’ environment at preschool, to support children’s development. “Literacy is the capacity, confidence and disposition to use language in all its forms. Literacy incorporates a range of modes of communication including music, movement, dance, storytelling, visual arts, media and drama, as well as talking, listening, viewing, reading and writing” (DEEWR, 2009:38)

Kate Bramley
Early Childhood Educator
Bomaderry Community Preschool
Tuesday 7 July 2015
Back-to-school breakfast critical for children
The Dietitians Association is Australia is calling on parents to make eating breakfast ‘non-negotiable’ for school-aged children after recent research highlighted the huge pitfalls for students who start school hungry.

The research, released by Foodbank, found teachers noticed most students who skipped breakfast had low energy levels and difficulty concentrating.

It also showed three children in every classroom were arriving at school hungry or without breakfast, and for many of these students, this happened more than three times a week.

These alarming figures are something nutrition experts do not find surprising.

Kate Di Prima, Spokesperson for the Dietitians Association of Australia, said skipping breakfast will make children feel ‘fuzzy’ in the head and lethargic because their brains are being starved of energy.

‘The brain requires energy in the form of glucose to function at its best throughout the day. Nutritious breakfast foods such as grainy bread, breakfast cereals, fruit and milk provide healthy sources of glucose.

‘A healthy breakfast gives kids the right fuel to start the day, helping them to fully participate in class and achieve the best grades possible,’ said Ms Di Prima, an Accredited Practising Dietitian.

In fact, research shows eating breakfast to be linked with an improvement in literacy and numeracy skills in school children, potentially impacting their long-term employment options.

‘Breakfast should not be optional for school children. To put it simply, their growth and development depends on getting enough of the right nutrients – and without breakfast, they will really struggle to get their daily quota,’ said Ms Di Prima.

She said the best breakfast for growing children is one that is high in fibre, contains low Glycaemic Index options, and includes protein.

Top options for a brain-boosting breakfast
• Wholegrain cereal with reduced-fat milk, topped with fresh fruit
• Wholegrain toast (or if time is tight, a sandwich made the night before) with reduced-fat cheese, avocado and tomato, and a piece of fruit
• Wholemeal muffin or crumpet with baked beans and a low-fat yoghurt
• Poached or scrambled eggs on wholemeal toast with a glass of reduced-fat milk
• A smoothie made from reduced-fat milk, fresh fruit and yoghurt

Apple & Sultana Bircher Muesli
Makes 4 serves
Ingredients
2 cups rolled oats
1.5 cups unsweetened apple juice
2 cups vanilla yoghurt
1 cup sultanas
1/4 teaspoon nutmeg
1/2 teaspoon ground cinnamon
2 apples (peeled and grated)
Peptitas to sprinkle on top

Method
1. Place the oats, sultanas, yoghurt, apple juice, nutmeg and cinnamon in a large bowl and mix well.
2. Leave to sit in the fridge overnight, or for at least six hours.
3. Once the bircher has soaked overnight, stir through all of the apple.
4. When serving, top with a small handful of peptitas. The bircher will keep for a few days.

This recipe was provided by Anna Mau, Accredited Practising Dietitian.

For more information visit www.daa.asn.au.
A parent's guide

- Support and encourage your children in their career making decisions
- Introduce them to the world of work
- Explore occupations to make the most of their interests and skills

Does this sound familiar?

- How can I help my child plan their future?
- My child doesn’t know what they want to do when they leave school. How can I find out which options are available?
- My child wants to be a forensic scientist. What do they need to do?
- What training is available in our local area?
- I don’t understand the career my child has chosen.

Talk to them about careers helps introduce your child to the world of work and guides them through the first steps of their career.

Exploring interests, skills and occupations helps your child connect their interests and skills to related careers. By working through My career profile, they will:

- learn about their skills, interests, values and aspirations
- compare a variety of career options
- plan their career pathway.

Help your child with courses and training connects you to information on thousands of available courses and training programs across Australia.

Help with work experience and job applications helps your child to build job seeking skills and provides advice on volunteering and work experience to give them a competitive edge in the workplace.

Got a question?

Contact us via the myfuture website or connect with us on social media

Australia’s career information and exploration service