Cyclone Pam devastates Vanuatu

Last week the biggest registered cyclone ever to hit the South Pacific had a devastating impact on the nation of Vanuatu.

Many of you will be aware that Laura Turner, our Drama teacher and Year 11 Pastoral Leader, and her husband Michael Turner, our new bus driver, have been involved in helping people from Vanuatu for quite some time now. They have been the driving force behind the building of a library for the people of the Mele Village. We have had a part to play in this venture. Last year we helped to stock the library by donating old textbooks when we upgraded to new course material and many people donated medical items.

Last year Laura and Michael helped to set up a registered charity called Givhans to support the people of Vanuatu. Givhans is an Australian interpretation of Bislama, the language of Vanuatu, meaning “helping hands” and funds raised go to help support the needs of villages, hospitals, schools, special groups, aid stations, libraries and women’s groups.

As a result of Cyclone Pam, the library has been destroyed, books waterlogged, the people have very little water and food is scarce. The devastation has been severe.

I would like to think that we can open our hearts to help the people of the Mele Village.

Our students will participate in a mufti-day next Friday, 27th March, 2015 to raise money for the people of Vanuatu.

In particular, Laura has asked for children’s picture books to help restock the Mele library. Please bring second hand books to the front office and we will organise for them to be sent to Vanuatu.

I am hoping that our NAC community will help our South Pacific neighbours.

Mrs Lorrae Sampson
Executive Principal

“Suppose a brother or sister is without clothes and daily food. If one of you says to him, “Go I wish you well; keep warm and well fed,” but does nothing about his physical needs, what good is it? James 2: 15
VANUATU MUFTI DAY FUNDRAISER FRIDAY 27th MARCH

Cyclone Pam has recently devastated Vanuatu and the students of NAC would like to help the people get back on their feet. Many of you will be aware that the Turner family and others have been actively supporting people from the Mele Village and in December 2013 a library was opened with many donations of books from the NAC community.

Mele Village was devastated as a result of the recent cyclone, with most families left homeless, currently with no food or water. The library has been ruined with only the shell of the building left.

To support Givhans ("Helping Hands"), a registered charity, we are holding a Mufti fundraiser for both Junior and Senior Schools and we are aiming to contribute as many supplies as we can to Vanuatu. This will require all students who wear Mufti to bring in a gold coin donation for the cause.

The Turners have particularly asked for donations of good quality second hand children’s picture books. Please bring these to the front office.

We are hoping to use any money raised to send the books to restock the library and open it again in June this year. The rest of the money will be used to buy emergency supplies.

The Mufti Day will be held on Friday 27th March, 2015.

Imogen Riordan and Daniel Hockey College Captains
Lorrae Sampson Executive Principal

Half Time – From Success to Significance

I had a great time on the Year 11 Camp in Week 7. What a great group of young people who must make you very proud as parents.

I had a special moment where I was photographed in the tranquil bush chapel where I attended a camp at the same venue when I was in Year 10. It has been 30 years since then and I returned to deliver the devotions rather than hear them! Time flies and we reach the ‘half time’ in our life quicker than we realise!

Many of us will resonate with this sentiment as we work hard to establish our careers and families. At time it seems that no sacrifice is too much to achieve our goals and dreams. The hope of reaching our goals, achieving financial stability, receiving the respect of others will spur us on to achieve. The interesting thing is that in order to achieve success our lives can become unbalanced. It is frustrating that our desire to achieve in our careers or hobbies can be at the cost of our families and other relationships or our physical, mental and spiritual health. This can result in much regret and disappointment just as the person who climbs a great peak begins to realise they are on the wrong mountain!

“Teachers, parents and carers all have this opportunity to make a difference that will carry on in the lives of others.”
A breakthrough finding came for Bob Buford, author of Half Time – Changing your Game Plan from Success to Significance as it does to many. As we get a little older and a little wiser, we realise that life is more about significance than success. Significance relates to the legacy that we will leave. This becomes the focus for us as we move into the second half of our lives. Bob, a Christian man, considered that he wanted to make an impact for the things of God, so he increasingly used his skill and influence in business to assist churches and charitable organisations to achieve their purposes. Teachers, parents and carers all have this opportunity to make a difference that will carry on in the lives of others. This is particularly the case for what we leave on the lives of the ‘next generation,’ our students and children. While we want the best for our children in this world, that they will enjoy a measure of success and comfort, these things cannot be taken for granted. Might we also consider the eternal perspective, reflecting on Jesus’ words:

“Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moth and rust do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also.” Matthew 6:19-21

For more information about Bob Buford please check out www.activeenergy.net or about Half Time go to http://www.halftime.org/

Jim Dayhew
College Chaplain

I would like to take this opportunity to wish Year 12 all the best for their Semester 1 Examinations. These exams provide students with more exam experience which is valuable as they get further on in their HSC courses. While thorough preparation and hard work is of course important, it can be easy to forget to take care of oneself. Diet and exercise are important for wellbeing in stressful times.

Last week saw camps take place for Year 9 and Year 11. Year 9 Camp was held at Coolendel. Students undertook a variety of activities such as abseiling, canoeing, mountain biking, archery and rope skills. A number of ‘soft’ skills are also experienced on camp such as how to live with others in close quarters, how to serve others rather than ourselves, how to deal with discomfort and appreciate the good things in life. Some twenty students camp experience was centred around The Duke of Edinburgh Award Scheme. This camp experience was used as a qualifying expedition for their Bronze Duke of Edinburgh Award.

Year 11 Camp was held at Fitzroy Falls. Like year 9 this camp was held in an outdoor setting and centred around various outdoor challenges that teams needed to overcome. Leadership and teamwork were central themes for the camp and are good themes to focus on as these students enter their Collegian years.

My thanks to the staff involved, in particular the Year Patrons Mr Daniel Toole and Mrs Laura Turner for organising such memorable experiences for our students.

Mr David Hamaty
Head of School
Nowra Anglican College is supporting the 2015 National Day of Action against Bullying and Violence on Friday 20 March.

At Nowra Anglican College, we aim to create a safe and supportive school community for everyone. We do this through promoting a positive whole-school culture based on Christian values of respect, kindness and compassion and the need to seek forgiveness and reconciliation. We seek to intervene early in suspected or identified bullying issues and communicate clearly with all involved.

We respond to bullying incidents as outlined in our Responding to and Preventing Bullying Guidelines and our Behaviour Management Policy.

We also adopt a range of bullying prevention strategies in line with current research that include:

1. Having a regular Homeroom time where students can develop a pastoral relationship with their Homeroom Teacher and so tell them about their concerns,
2. Raising awareness about bullying (at Year meetings, assemblies, newsletters, staff in-services, in Pastoral Care programs and Pastoral days),
3. Reporting and tracking bullying incidents at school (through the Edumate computer system),
4. Counselling and pastoral interventions for children who bully and who are bullied,
5. Peer mediation, resilience, positive relationship and conflict resolution skills to address bullying (in Year meetings and Pastoral days),
6. Curricula focussed on bullying (in PDHPE, Christian Living and other subjects such as English),
7. Bullying prevention programs (in Year meetings and Homeroom groups),
8. Workshops and programs on cyber bullying.

Sometimes, it can be difficult for parents or carers to know what to do when their child talks to them about bullying. You are an important part of our work to prevent bullying and to respond effectively if it happens. Stopping bullying involves everyone.

If your child talks to you about bullying:

1. Listen calmly and get the full story.
2. Reassure your child they are not to blame.
3. Ask your child what they want to do about it and how you can help.
5. Contact the school.
6. Check in regularly with your child.

If you are looking for support for yourself to deal with a bullying situation, you will find ideas on the Bullying. No Way! website for parents. As well, please contact Mrs Keturah Jones, Coordinator of Pastoral Care, if you would like to discuss any aspect of our approach to preventing bullying.

Thanks for your support to make our College a great school for everyone.
**Parents & Friends**

**Bunraiser**

With Easter fast approaching please make sure you grab your Hot Cross Buns through the P&F. We have teamed up with Bakers Delight to ensure we have the best Buns at Easter and your Buns will raise funds for the school.

- Traditional Hot Cross Buns (6 Per Pack) $7.00 per 6 pack
- Choc Chip Hot Cross Buns (5 Per Pack) $7.00 per 6 pack
- Mocha Hot Cross Buns (6 Per Pack) $7.00 per 6 pack
- Fruitless Hot Cross Buns (6 Per Pack) $7.00 per 6 pack

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Money has to be collected by the 18th – 20th of March. Bun deliveries will be made on the 25th of March and the Buns will be sent home with the students.

**Cutting Edge Technology for our TAS and Visual Arts Departments**

The TAS department recently took delivery of a new Universal Laser Systems laser cutter. Laser cutting is a technology that uses a high powered laser to cut materials such as timber, acrylic and fabric. The unit was commissioned last week with staff undertaking an induction and training course. The new technology opens up countless possibilities for our students’ projects and artworks and is already being used in the classroom. Students can produce creative designs with a high level of accuracy and quality.

Last year one of our HSC students used laser cutting for his major design project and received a nomination for the Board of Studies Design Tech exhibition. At the time he had to travel to Sydney to access a laser cutter so to have this technology in our school will be a real benefit. We also plan to use the laser cutter for various projects around the College such as signage.

Graeme Ewing  
Coordinator of Learning Technologies  
TAS and Visual Arts Head of Department

**Nowra Coaches change to School Bus 18**

Effective Monday, 23 March, all students that currently travel on Bus 18am from Vincentia and Huskisson will be required to travel on Bus 26am

Bus 26am will travel along:

Left Beach Road, Right Argyle Street, Left Elizabeth Drive, Left Berry Street, Left Keppel Street, Right Currambene Street, Left Owen Street, Right Sydney Street, Left Tomerong Street approximately the same time as Bus 18am.

Parents and students wishing additional information or clarification, please contact Nowra Coaches on 44235244.

Mrs Jones demonstrates the new laser cutter to year 6 students.
A message from Serena, P&F President.

It’s great to see the turn out at the P&F meeting on Monday night we had record numbers. Getting involved with the P&F is a great opportunity to support the school and our children. The more the merrier.

Executive:
1. President – Serena Copley
2. Vice President – Alison Western
3. Secretary – Giosefina Sims
4. Treasurer – Sharlina Mead
5. Publicity Officer – Caton Hicks
6. School Banking – Tracey Pybus
7. Book Club – Kylie Hayes

Mark it in your diaries:
- Second hand uniform sale Tuesday 31st March commencing at 2.30 in the canteen area. Sell your own items, buy others, donate unwanted items to the P&F.
- “Open Door to a School of Opportunities” Calling all BBQ guru’s: can you spare some time to help sizzle some sausages at the college open day on 28th March? If so, please contact us so we can get a roster up and running. Let us know what times you can make it. We need people from 9.30am – 2.30pm (to set up and pack up as well)
- 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
  - Term 3: Monday 20th July and Monday 24th August
  - Term 4: Monday 19th October and Monday 16th November

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.

‘Wired’ Performance

Have you ever felt so stressed that your heart beat fast and you struggled to breathe?

Or felt so miserable that you just wanted to climb into bed and hide away from the world?

Today Years 10, 11 and 12 watched an award winning in-school performance called ‘Wired’, where two actors played out scenarios faced by many students in their final years of school.

Many students were touched by the performance and some said, ‘Our parents need to see this!’ Students learnt about how to notice and respond to signs of stress, anxiety, and depression, how to make positive life choices, avoid extreme behaviour and focus on positive relationships.

Our students were a fabulous audience and the actors enjoyed their participation.

In Year Meetings, students will be talking further about ways to cope with stress and depression.

Keturah Jones
Coordinator of Pastoral Care
CSSA Cricket

Nowra Anglican College defeat Inaburra Christian School in thrilling Grand Final.

Many hailed the showdown as the match of the century, they were wrong. That match is yet to take place when Nowra Thunder attempt to even the odds against Mark Edward’s “Seven & a Half Men”. However, the clash against the two rival schools was one that will be remembered by many as the Nowra underdogs rose to defeat the ever-confident Sydney powerhouse.

NAC’s skipper, Blake Huard won the toss for the second time in a row and immediately elected to bat. The hosts, already demoralised from losing the toss twice in a row sought to take the attack to the visitors a magic Autumn day.

NAC opening duo, Tom and Gerry (Tom King, Gerry Thompson) approached the crease with a malevolent intent seeking to take the game away from the hosts early on. However, it was the hosts who would have the last laugh as both openers were dismissed for 2 and 3 respectively.

Callum Mckay and Lloyd Herron sought to rebuild NAC’s innings; both batsman played technically sound and disciplined strokes for their 28 and 16. Lloyd’s departure brought the young master to the crease (Luke Huard) whose innings (2) was undone by a loose ball outside off-stump.

NAC’s tail end resembled the Indian test team collapsing like a house of cards; their innings falling five short of one hundred. The hosts strike bowler finished with an incredible 6/6 off 10 overs.

The innings lunch break was absorbed like a mouldy Vegemite sandwich. The skipper reminded the team of past victories, whilst the coach reminded the team to have fun and win.

The Dane Train’s mission to destroy the opening opposition was derailed when he was picked off by a young Jackson Sweet. Sweet took to every bowler he could lay hands on clearing the boundary for three maximums and two four’s. In only the third over, the hosts were 0/35, that was until NAC’s X-Factor was handed the bowl.

Hockey claimed a devastating ¾ in his opening spell sending the opposition dressing room into disarray. Hockey was well supported by spin king, James Baccarini who claimed the wicket of Sweet from his first bowl then another when Herron took the catch of the season in the outfield (diving one hander). After 9 overs, the hosts were 5/41. The damage inflicted by Hockey and Baccarini had the opposition dressing room sweating.

The much anticipated return of NAC’s skipper (Blake Huard) triggered a healthy injection of 20 runs. Huard played some aggressive strokes, including a powerful maximum, but was undone by a loose ball outside off-stump.

NAC’s tail end resembled the Indian test team collapsing like a house of cards; their innings falling five short of one hundred. The hosts strike bowler finished with an incredible 6/6 off 10 overs.

The boys played with great humility and celebrated with slushies all round.

Jordan Hockey was awarded “Man of the Match” and the “Starc” award for most devastating bowler.

NAC was ecstatic with the victory. The skipper claimed that the match was the most intense of his career (obviously forgetting his match against Nowra Thunder earlier in the season).

Netball Girl’s Bring Home the Trophy

On Friday the 6th March NAC took SIX teams to the SASSA Netball Carnival in Nowra. Two teams each for Junior’s, 15’s and Open’s. There was a dual purpose for the day; firstly selectors were watching and recording the numbers and positions for the possible and probable selections to be held at the end of the day and secondly the day was a competition within itself. Our girls played hard all day, showing great enthusiasm and sportsmanship. The 15’s A team ended the day as runners up and the Open A team won after being down by four at half time and then coming back strong to win by one.

Congratulations go to the following girls who were selected as part of the SASSA netball teams to compete at the next level in Sydney.

Open’s Team:
Lara Spelta, Erin Hughes, Mia Davidson.

15’s and Under Team:
Megan Hamaty, Isabella Hoskin, Emily Duncan, Georgia Pollard.

Thanks also to Rachel Hagerdoorn for coming along to umpire for the day. It’s great to have a National Netball Umpire at our school. Thanks also to Mr Mitchell, Mrs Stewart and Mrs Middleton for coaching and taking the teams on the day.
**Year 11 Legal Studies Students attend their first Mock Trial**

Our Year 11 Legal Studies students attended their first Mock Trial round today at the Shoalhaven City Council Chambers. Led by barristers Aliza Watson, Emily Grundy-Hyam and solicitor Alisa Schreurs, the students competed as the defence team in a criminal trial over the death of a young woman, poisoned via a cup of coffee.

The NAC team examined, cross-examined and objected their way to a nail-biting final score, delivered by acting magistrate Lorraine Hayward. With the help of testimonies from our defendant Gus Lasker and witness Jarrod Nangle, the team narrowly defeated Bomaderry High School, who put up an incredibly strong fight. Both teams are to be commended on their first round of the Mock Trial competition.

Yet there is little rest for our team, as the next round begins on Monday! Congratulations to all involved.

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**Eleanor aiming to Fly High**

On Wednesday the 4th March Eleanor Paech attended the Australian Women Pilots Association baton relay and presentation to celebrate the International Women of Aviation Week.

The aim of the association is to develop public interest in aviation, particularly among women.

Eleanor’s keen interest in aviation also led to her participation in the HMAS LongLook program at HMAS Albatross last year – Eleanor attended the program once a week during Term 4 receiving tuition from leading pilots and engineers at Albatross.

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Throughout 2015, the University of Wollongong will be communicating with year 12 students about University admission, important dates, their Early Admission Program etc. All students who registered for the UOW Discovery Days (with a legitimate mailing address) will automatically receive this information in the mail. Any students who did not register for Discovery Days and would like to be included in UOW’s mailing list should log onto www.uow.edu.au/future/school and click the ‘Register for Updates’ tab in the top right of this page. This will be a very quick form to fill in with mailing details etc.

If you are the parent of a Year 12 student and would like to receive information each month about UOW programs and upcoming events, please join ‘Parents Future Students’ by registering at www.uow.edu.au/future/school/advise/ and Click the purple ‘Sign up Parents E-News’ tab to complete your details.
This Friday 20 March is the National Day of action against Bullying

This annual day provides a focus for all schools to say Bullying No Way! and to strengthen existing everyday messages that bullying and violence at school are not okay at any time.

In the Junior School teachers will be using Stand Together resources for their Personal Development lessons.

The National Day of Action provides a focus for schools and the wider school community, including parents and carers, to strengthen their everyday messages against bullying and violence.

What is bullying?

Bullying is an ongoing misuse of power in relationships through repeated verbal, physical and/or social behaviour that causes physical and/or psychological harm. It can involve an individual or a group misusing their power over one or more persons. Bullying can happen in person or online, and it can be obvious or hidden.

Bullying of any form or for any reason can have long-term effects on those involved, including bystanders.

Some conflicts between children are a normal part of growing up and are to be expected. Single incidents and conflicts or fights between equals, whether in person or online, are not considered bullying, even though they may be upsetting and need to be resolved.

Bullying can happen:
• face-to-face (e.g. pushing, tripping, name-calling)
• at a distance (e.g. spreading rumours, excluding someone)
• through information and communications technologies (e.g. use of SMS, email, chat rooms).

Identifying bullying can sometimes be difficult. Bullying is often conducted out of sight of teachers and children may be reluctant to report bullying.

Online bullying (sometimes called cyber bullying) is bullying carried out through the internet or mobile devices. Children who are bullied online are also often bullied face-to-face.

Examples of online bullying include:
• repeated hang up calls
• sending insulting or threatening text messages
• publishing someone's personal or embarrassing information online
• creating hate sites or starting social exclusion campaigns on social networking sites.

Online bullying is one potential cyber safety issue for children when they use computers and mobile phones.

Pamphlets for parents provided by ACMA (Australian Communications and Media Authority) will be distributed to families soon.

If you are concerned your child is being bullied, harassed or physically hurt, please bring your concerns to your child’s class teacher. For more serious matters please contact the Stage Coordinator or Head of Junior School. The best outcomes for your child are achieved by you and the school working together.

Stage 1 Coordinator: Ms Lucia Piazza
Stage 2 Coordinator: Mr Ashley Hale
Stage 3 Coordinator: Ms Joanne McLeod

Open Day

NAC is having its Open Day on Saturday 28 March from 10.00am-1.00pm. This is an opportunity for families to visit and to see what our school has to offer. Our students are most welcome to come along in their school uniform and to participate in the activities. As part of their responsibilities, our student leaders will be helping to show families around the College. Thank you for encouraging your children and helping to support our school in this way.

Year 1 and Year 2 Invitation- Wednesday 25 March 2015

As part of their Personal Health and Development program children in Years 1 and 2 have been learning about their feelings and actions through a mindfulness program. They want to share with their parents what they have been learning, helped by our counsellor, Ms Humphreys and their teachers. We encourage parents to partner with us so that your children can continue what they’re learning at home. Parents and carers are invited to the Library at 10.00 for a 10.15am start.

Spelling Bee

Over the last few weeks children have been honing their spelling skills leading up to the Spelling Bee finals to be held on Tuesday 31 March in the Recital Room. Parents are very welcome to attend.

Susan Pearson
Head of Junior School
Introducing
our 2015 Pastoral Care Leaders

Lucia Plazza
Stage 1 Coordinator

Ashley Hale
Stage 2 Coordinator

Joanne McLeod
Stage 3 Coordinator

What are the best things about your job? I love how we acknowledge the uniqueness and potential of each individual child and develop partnerships with the families and community. I love how at NAC my colleagues support individuals personal strengths, professional experience and diversity which we all bring to our work. Im thrilled we strive to build collaborative relationships based on trust, respect and honesty.

What's the best piece of advice you could give someone? Judging a person never defines who they are. It defines who you are. If you judge them then you have no time to love them.

What's the skill you'd most like to have? Outstanding time management.

What's your favourite quote? We think sometimes that poverty is only being hungry, naked and homeless. The poverty of being unwanted, unloved and uncared for is the greatest poverty. Mother Teresa

What was the worst piece of advice you've been given? If pulled over by police and breathalysed place a beer label on your forehead and tell the officer your on patches.

What’s your favourite pastime? Depending on the season – I enjoy all of these pastimes with family and friends - snow skiing, water skiing, mountain bike riding, remote camping, kickboxing, chilling out to music, 4WD and exploring locations that aren’t familiar to me.

What did you want to be as a child? I wanted to be either a teacher, vet, ranger or physiologist.

Describe yourself in 3 words: Loyal, hardworking and persistent.

What are the best things about your job? The most rewarding thing is making a difference in the lives of students, from academics to just catching a ball.

Have you got any hidden talents? I won 2 NSW soccer titles, I played the lead role in a musical once, I have written over 200 songs and next year I will be doing an Ironman triathlon.

Who’s influenced your career most (and why)? My dad was a teacher for 42 years and he has taught me so much. He taught me to be organised, creative, student centred and to allow students to enjoy their education.

What’s the skill you’d most like to have? I’d love to be a great cook.

What are you passionate about? I am passionate about my family. My wife and 3 kids mean the world to me and I love spending time with them being the best husband and the best dad I can be.

What’s your favourite quote or motto? My favourite quote is “Live simply, Love generously, Care deeply and leave the rest to God”.

What was the worst piece of advice you’ve been given? The worst advice is definitely “If someone pushes you then push them back”. This part of Australian culture is why we have so much violence I think. What about asking the person why they pushed you and talk to them rather than becoming instantly physical?

What’s your favourite pastime/relaxation activity? Definitely exercise. At the moment it’s training for triathlon and playing soccer.

What’s your favourite music/musician? I absolutely love all music. My favourite musician is an English singer/songwriter named Billy Bragg.

What’s your all-time favourite book (and why)? The Power of One by Bryce Courtney. It’s such a great story about strength and integrity.

What’s the thing you hate the most? When people are late.

Name one person you’d like to have dinner with (and why)? I would love to have dinner with Mohammad Ali and talk about his civil rights work, sporting achievements etc.

If you weren’t in your current role, what would you be doing? I’d be a professional soccer player for Tottenham Hotspur in London.

Describe yourself in 3 words: Sense of humour, organised and empathetic

What are the best things about your job? Working with wonderful Christian people and being able to share God’s word and share our Christian walk growth from each other’s experiences.

Have you got any hidden talents? I love teaching the students basic sign language. They always seem to respond and enjoy learning and using this form of communication.

Who’s influenced your career most (and why)? My children. I loved watching their faces when they were younger and they had a light bulb moment especially if they had been struggling or working hard to understand a concept.

John Cornford was the senior minister at All Saints Albion Park and was such an amazing Christian man. He led by example and in the most humble of ways.

What’s the best piece of advice you could give someone? Know you are made in God’s image and respect yourself.

What’s the skill you’d most like to have? I’d like to be more proficient at playing the piano as music reaches so many different people in a variety of ways.

What are you passionate about? Those moments when your skin gets goose bumps and tingles and you are so aware of the Holy Spirit inside of you.

What’s your favourite quote or motto? The overflow of your heart is what comes out of your mouth.

What’s your favourite pastime/relaxation activity? Stand up paddle boarding especially at sunrise with friends.

What’s your all time favourite book (and why)? The Bible: It’s a book you can read more than once as a whole book or you can read favourite books found...
What's the thing you hate the most? Bullies or passive/aggressive people as they hide behind the passive.

What's the thing you hate the most? Bullies or passive/aggressive people as they hide behind the passive.

What did you want to be as a child? As a child I wanted to be a nurse or teacher.

What can't you live without? Prayer and independence

If you weren't in your current role, what would you be doing? If not a stage coordinator I'd be a classroom teacher.

What was your worst mistake (and what did you learn)? Holding onto anger. I learned that it is so destructive and not just to yourself but to everyone around you when you fill your heart and mindset with bitterness rather than concentrating on having a positive outlook.

What are the best things about your job? As the Junior School sports coordinator I get to see a different side of the kids. You get to see kids who sometimes struggle academically excelling and you also get to see them working together as a team.

Have you got any hidden talents? Yes....

What's the best piece of advice you could give someone? Have a go. You never know what you are capable of if you don't try. Never stop learning and trying to improve yourself.

What's your favourite gadget? I love my iPad. I am a knowledge junkie and to be able to look something up immediately is great.

What's your favourite quote or motto? "You see, in this world there's two kinds of people, my friend: Those with loaded guns and those who dig. You dig."

What's your favourite pastime/relaxation activity? I love playing on the Playstation with my kids and watching sport or movies.

What's your favourite music/musician? I have recently discovered a band called NEEDTOBREATHE, I also like Gavin Degraw and a band called Sister Hazel. When I was growing up I loved Bon Jovi.

What's the thing you hate the most? I really can't stand coriander and people who run red lights.

What did you want to be as a child? I really wanted to be a Cartographer (map maker), in fact when I left school I did a two year TAFE course that was basically computer mapping.

What can't you live without? My family

What was your worst mistake (and what did you learn)? It was more a regret than a mistake. I didn’t try out for the High School cricket team when I was at school. I learned that I should have a go at everything that I can.

Soccer Gala Day

NAC started the day with a game against a barbarians team made up of players from SAS, NAC and SAC. This was an excellent warm up with the boys being able to rotate through a number of positions on the field. The highlight of the game was undoubtedly when our keeper John Spyrakis surfaced forward and latched on to a lovely cross, sending it sailing into the corner of the net. The final score was NAC 17 def Barbarians 0.

Our next game was against last year’s champions St Peters. Again the boys were able to rotate through a number of positions and worked on their crisp passing skills. The final score of this game was NAC 10 def St Peters 0.

The soccer gala day was always going to be a grudge match between NAC and Shellharbour, with the two teams playing each other twice. Once in the rounds and again in the finals. With a certain match up against Shellharbour in the finals looming the coach made some tactical changes for the last pool game resting some of our most important players and again rotating players through a variety of positions. NAC had a number of excellent scoring opportunities but were unlucky to hit the woodwork a number of times. The final score was NAC 0 def by Shellharbour 2.

Having seen Shellharbour’s master plan the boys were now confident going into the final despite losing their previous game. NAC was unlucky to go down 1-0 early as Shellharbour curled in a lovely free kick from close range. This seemed to ignite the boys as they launched raid after raid on the Shellharbour goal and in a five minute burst had not only clawed back a goal but had taken the lead thanks to two long range wonder strikes from Tully Dennis. This meant that we went into half time with all the momentum. The second half of this epic struggle saw both teams giving it their absolute all. Isaac Ball was everywhere for NAC and did the business at both ends and it was his crisp passing exchange with Jack Walsh that saw the latter curl a beautiful shot into the top left corner. The final five minutes saw both coaches and substitutes pacing the sidelines and chewing their finger nails. The final whistle was greeted with raucous cheers and celebration as NAC 3 def Shellharbour 1.

To top off an excellent day NAC had 8 players announced in the SASSA team to compete at the CIS carnival in April. They were: Tully Dennis, Isaac Ball, Jack Walsh, Jack Sweet, Troy Sweet, Toby Huard, Jayden Kerr and Harry Evans.

Mark Edwards
Junior School Sports Co-ordinator
Junior AFL

64 teams from around the Shoalhaven participated in the Junior AFL gala day at the Shoalhaven Showground in Week 7. NAC had 9 teams from Stage 2 and had a great day learning new skills and competing against other schools. With the emphasis on fun and safety, where players tipped each other rather than tackling, our students were able to enjoy a really well run day. With a number of the teams undefeated, we showed a natural ability in AFL as well as great sportsmanship in every game. Well done to all of the Stage 2 students who played so well at the carnival.

Mark Edwards
Junior School Sports Co-ordinator

Year 4 take on NCS in Cricket

Last week some Year 4 students participated in an 8 a side cricket game against Nowra Christian School. The game was played under cloudy skies at South Nowra. The NAC team was very enthusiastic if not somewhat inexperienced and they had their work cut out against a fairly experienced NCS team. NCS won the toss and decided to bat first. Our bowlers toiled hard and took regular wickets, however some massive hitting from the final two NCS pairs saw the compile a very healthy 8/133 from their 16 overs. Best of the bowlers for NAC was Ian Herne with 2/11 from his two overs. Five other bowlers also took a wicket each. The NAC batting innings started with some promise with Harvey Mclean smacking a six and a four in his stay at the crease. Unfortunately regular wickets fell which slowed the scoring rate. Our remaining pairs tried gallantly, but could only manage to move the score along to 59 at the end of their 16 overs. It was a fun day and allowed quite a few boys to represent the school for the first time.

Mark Edwards
Junior School Sports Co-ordinator

Nowra Anglican College defeat all comers in SASSA swimming championships triumph.

With possibly our strongest ever swimming team at the SASSA championships hopes were high for a positive result. What followed was an unbelievably dominant performance across most age groups. The day started out in spectacular fashion with Sarah-Joy Day blitzing the field by 9 seconds to win the junior girls medley. We then had a second and a third place finish in the junior boys’ medley. This was followed by a one/two finish in the senior girls’ medley and a two/three finish in the senior boys medley.

The dominance continued in the 50 metre freestyle races with a NAC student finishing in the top three in all but two of the races and NAC students winning five of the ten races. We then had students in the top three for all of the 50 metre breaststroke races with NAC students winning three of the six races. Next was the backstroke where we had top three finishes in all but one race with NAC students winning two of the six races. The biggest story to come out of the butterfly was the massive improvement of Isabella Janezic who bested her school time by an amazing 19 seconds!

The 100 metre freestyle was the final individual event of the day and NAC had a win in the girls to Ella Hughes and a fantastic third for last minute replacement Georgia Duncan. Kaylam Tytherleigh, Lily Fellows, Troy Sweet, Georgia Hamaty, Isabella Janezic, Georgia Duncan, Jasmin James, Jack Sweet and Toby Huard.

The relays are the events that get everyone’s blood pumping and induce wild cheering from even the most sedate of characters. NAC dominated these events winning three out of four with the junior girls being pipped for second in their race. The standout relay team was our senior girls team of: Jasmin James, Georgia Duncan, Ella Hughes and Claudia De Rooy who won their race by an enormous 17 seconds. It was no surprise after such a display that Nowra Anglican College was crowned SASSA swimming champions for 2015. Congratulations to Thomas Fraser, Sarah-Joy Day and Ella Hughes who were all age champions.

NAC now has a huge team of nineteen swimmers representing us at the CIS swimming championships in Sydney on the 19th of March. They are: Emily Pybus, Sarah-Joy Day, Arielle Gomez, Thomas Fraser, Cade Missingham, Bella Sebbens, Harrison Fillery, Lachlan Hird, Ella Hughes, Claudia De Rooy, Kaylam Tytherleigh, Lily Fellows, Troy Sweet, Georgia Hamaty, Isabella Janezic, Georgia Duncan, Jasmin James, Jack Sweet and Toby Huard.
Preschool Happenings

Term one 2015 has seen many investigations taking place at preschool. Some of these have included:

What is the difference between a crocodile and an alligator? (This has resulted in an excursion to the Shoalhaven Zoo). Does an umbrella bird get wet in the rain? What is a Saunders case moth? Do Octopus' have gills? What is a reptile? How are rainbows made? How do planes take off and fly?

All of the above topics of investigation have arisen from the children’s questions and interests.

‘Children develop understandings of themselves and their world through active-hands on investigation. A supportive active learning environment encourages children’s engagement in learning which can be recognised as deep concentration and complete focus on what captures their interests” (EYLF 2009:33).

As educators we are responsible for valuing and building on children’s strengths, skills and knowledge to ensure that each child is motivated and engaged in learning. Learning takes place when educators ask open-ended questions, provide feedback and challenge the children’s thinking.

Learning in early childhood occurs in social contexts, hence interactions and conversations are vitally important for learning. All of the above questions have involved amazing conversations and active-hands on investigation in our learning environments. We hope you enjoy the photos displaying many of the investigations we have been engaging in.

Alison Bowe and Bernice Mathie-Morris
Bomaderry Community Preschool
**Robo Camp**

**BUILD SOME NEW FRIENDS!**

Students (aged 7+) learn to design, build, and program LEGO® MINDSTORMS® robots – and have a lot of fun in the process!

Hosted by the University of Wollongong (Shoalhaven Campus)

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- **INTRO TO MINDSTORMS®,** Apr 9 - 10, $130 (Inc. GST)
- **CROSSES & CATAPULTS:** Apr 9 - 10, $160 (Inc. GST)

Presented by Project Bucephalus and sponsored by the University of Wollongong

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**Nowra Athletics Club**

Our family friendly cross country season starts with an open day Saturday 21st March at Willandra, Brown’s Mountain Rd, Tapitallee.

Registration 1:30pm-2:15pm prior to the first event at 2:30pm during March.

1km, 2km, 3km, 4km and 8km races for all ages and abilities.

For more information visit [www.nowraathletics.org.au](http://www.nowraathletics.org.au)

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**Looking for more players to join our club in the following age groups:**

under 7, 12, 13, 14, 15 & 16 Years.

Looking for more 10-14 year old girls to join our newly formed Girls League Tag team.

**Registrations are still being taken**

Tuesday’s - Friday’s at the Bomaderry Sporting Complex 3.30pm - 5.00pm

or Register on line now at http://swampies.leaguenet.com.au

Shorts, Socks and Training Shirt/ Singlet are included in Fees. For more information contact the President Steve on 0403591014.

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**Vacation Care at Coosh Cambewarra**

At Coosh we provide quality holiday care for all school aged children that includes play, art, music, dance, competitions, cooking, games, sports, excursions and fun for everyone.

Open Monday to Friday 7am-6pm throughout the Easter school holidays.

For an information package and bookings please email Michelle at cooshcambewarra@hotmail.com or call 0419 487 660

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**Survey for Parents and Kids**

Researchers at the University of Western Australia are looking for parents with children or teens between the ages of 8 and 16 to help us find out more about the relationship between the personality trait, narcissism, and children’s emerging understanding of who they are (their sense of self and self-esteem).

The survey can be done over the internet and at home, it takes about twenty minutes of your time (10 mins parents, 15 mins children). Parents are given the opportunity to enter a draw to win one of twenty $50 gift certificates to Coles/Myer.

To participate go to: [www.tinyurl.com/3SBParents](http://www.tinyurl.com/3SBParents)

For more information please contact Kate Derry at 6488 3259.

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**Bomaderry Junior Rugby League Football Club Inc Est 1956**

Looking for more players to join our club in the following age groups:

under 7, 12, 13, 14, 15 & 16 Years.

Looking for more 10-14 year old girls to join our newly formed Girls League Tag team.

**Registrations are still being taken**

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