FROM THE PRINCIPAL

“All these events highlight that NAC has developed a niche in the Shoalhaven as a centre of excellence in the performing arts.”

Our students shine at CAPA concert

Beautiful music is the art of the prophets that can calm the agitation of the soul; it is one of the most magnificent and delightful presents God has given us.

Martin Luther

Last week I attended the HICES Music Festival at the Sydney Town Hall where seven of our students were selected to participate in the Symphony Orchestra, String Ensembles, Choirs and Concert Bands. The standard of the performances was outstanding.

HSC music rehearsals are in full swing and our students are ready for their performances. A band of Year 11 students debuted at the “Sleep Out Shoalhaven” event and today we have been treated to X-Nactor our annual K to 12 talent quest.

Last Thursday the Creative and Performing Arts concert was held in the College gymnasium. Our students wowed the audience with a wide variety of musical styles from classical to folk, traditional to heavy metal. I was particularly impressed by the debut performance of the Junior Band and I congratulate Natalie Guile on her work in preparing our younger students.

The drama performances were also outstanding and I am sure they will impress the HSC examiners.

Added to this were the Design and Technology and Visual Arts exhibitions displayed in the library and gym. The range of styles and artworks was impressive and again showcased the diversity of talent that our students possess.

All these events highlight that NAC has developed a niche in the Shoalhaven as a centre of excellence in the performing arts.
Sometimes we have the courage of the lion in The Narnia Chronicles, Aslan; other times it’s like the lion in the Wizard of Oz. We would like to be the courageous one who takes on what seems like insurmountable challenges but we can as likely cower in fear.

Young surfer Bethany Hamilton lost her arm to a shark as a teenager. She stills surfs professionally and has a strong Christian faith. Her website is www.soulsurfer.com. Bethany reflects:

“Courage doesn't mean you don't get afraid. Courage means you don’t let fear stop you”.

What is it with you; sharks, spiders, crocodiles? Some Year 9 students recently commented a distinct fear of cicadas, clowns and balloons! As we grow older, our fears often concern the more mundane matters of life, things which our students face even at their tender age. They are anxious about the state of their friendships and families. They are concerned about what they will do with their life; what job they might get, who they might marry. Recent graphic acts of terrorism cause them to question where it will all lead. These concerns have all come up in class over the past week or two. It is important that we listen, reflect with and reassure our children.

We also need to establish a sense of courage and hope, what is often referred to as resilience. The analogy of building muscles helps us here: muscle grows as a result of being worked under pressure and strain – much the same as courage and resilience. Rather than rush to protect our children at all costs, they build courage and resilience as they face life’s challenges, with the support of caring adults to nurture them.

God also enables us to have the courage to face the challenges of life. As the Israelites faced the prospect of entering the promised land of Canaan, they became overwhelmed by exaggerated reports of giants who inhabited the land. In the beginning of the book of Joshua we read that on three occasions in only 9 verses God says these or similar words:

“Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go”. Joshua 1:9

This assurance provides great courage, builds resilience, and more importantly trust, that God cares and goes before his people. As we trust God with the uncertainties of life we see that he is real and is ever present in the challenges that life throws our way.

Jim Dayhew
College Chaplain

**Why do we focus on the creative and performing arts at NAC?**

Research shows involvement in the arts has wide-ranging benefits for young people. A joint study by the University of Sydney’s Faculty of Education and Social Work and the Australia Council for the Arts (2013) has found that engagement in the arts benefits students not just in the classroom, but also in life. Students who participate in dance, drama, music and visual arts show more positive academic and personal wellbeing than students who were not involved in the arts.

Students who are involved in the arts have higher school motivation, engagement in class, self-esteem, and life satisfaction, researchers discovered.

Those who participated in the study were shown to have higher levels of motivation, homework completion, class participation, enjoyment of school and educational aspirations. It was also shown that these students had higher personal well-being measures including higher self-esteem, life satisfaction and a sense of meaning or purpose.

This seems the perfect time to promote our musical for 2015. Next term sees the start of rehearsals for the musical Hairspray. Can I encourage all of our Senior students to become involved in this venture. Auditions are commencing soon.

Lorrae Sampson
Executive Principal

**“Courage doesn’t mean you don’t get afraid. Courage means you don’t let fear stop you”**

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Lorrae Sampson
Executive Principal
Sporting Success

Many of us know of Rosie-May Davidson’s athletic prowess and have been following her with interest over the last several years as she has gone from strength to strength achieving success at local, state and national levels. It was a real thrill watching her compete at the 2015 Youth Olympics in the 2000m Women’s Steeplechase. Rosie came 8th out of 17 athletes, a great achievement in her first international event. This is a real credit to her and shows the hard work she has put into training. I would also like to thank her coach, Mr J Downes for the many hours that he has generously worked with Rosie, and other NAC athletes, helping them achieve success.

Year 11 Subject Lines

The subject lines for Year 11 2015 have now been finalised. Over the next few weeks students in Year 10 will spend time talking through their proposed pattern of study with parents and staff. It is important to remember that subject lines are produced purely on the basis of student demand. This is gauged through two rounds of online surveys and the results from these surveys are used to construct subject lines that satisfy as many students as possible. Of course, it is impossible to satisfy everyone’s desired pattern of study. This is one reason why we offer courses via eLearning as well as face to face. Our eLearning courses often mean that students are able to follow their desired pattern of study even when there is a clash of subjects on a line.

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<tr>
<td>Biology</td>
<td>Economics</td>
<td>Mathematics</td>
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<td>Drama</td>
<td>Engineering Studies</td>
<td>General Maths (Class 1)</td>
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<td>Modern History (Class 1)</td>
<td>Modern History (Class 2)</td>
<td>General Maths (Class 2)</td>
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<td>English Extension 1</td>
<td>Mathematics Extension 1</td>
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<td>Information Design &amp; Technology#</td>
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<td>Construction*</td>
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<td>Electro Technology*</td>
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# VET Courses situated at Nowra Anglican College

*VET Course situated at Shoalhaven Anglican School (Milton). Transport is provided.

Foundation Day

Unfortunately due to the poor weather and soaked ground the rides and Box Car Rally that were planned for Foundation day were not able to go ahead as planned. We are looking for an alternative date for these early next term. Monies that have been collected will be held in anticipation of the rides being rescheduled. More information regarding this will be made available in the coming weeks.

David Hamaty
Head of School

Its here!...National Shoe Box Collection 2014

Operation Christmas Child is underway at NAC again now. Every year the NAC community sends hundreds of boxes to refugees of war, survivors of natural disasters or victims of extreme poverty.

Examples of filled shoe boxes are on display in student services and the library. Shoe boxes are available if you do not have your own, just see your classroom teacher / care group leader.

Go to www.samaritanspurse.org.au or see Mrs Jo Barnes-White for more details.

Boxes will need to be brought to school on Tuesday 16th September.
Tuesday 9th September - 2pm until 4pm
Undercover in Canteen Area.
Any donations of uniforms to the P&F are welcome, please leave at student services.
Please…. feel free to come along and sell your own uniforms – No charge.
We have a great range of Junior, Senior and Collegians uniforms.
Contact 0421 389267 for more information

Australian History Competition 2014
The History Teachers’ Association of Australia in conjunction with The Giant Classroom prepares the annual Australian History Competition. It is an opportunity to provide a quality resource that demonstrates approaches to the assessment of knowledge, skills and understandings and promotes a broad view of history.

Now in its third year over 20,000 students Australia wide entered the competition, which saw them undertake a 50 multiple-choice question source based test under examination conditions. The questions focused on key elements of the Australian Curriculum: History – sound historical knowledge, historical skills and historical understandings.

This year, 30 Year 8 and 32 Year 10 students participated. A large number earned merits and credits, which was very pleasing. However, the following students received Distinctions or High Distinctions. The following students will receive their awards at our next presentation assembly.

Year 8
Benjamin Herne  High Distinction
Dan Bardsley-Divina  Distinction
Elouera Marshall  Distinction
Andrei Patrushev  Distinction

Year 10
Samuel Dover  High Distinction
Dimitri Kalderimis  High Distinction
Eleanor Morrison  High Distinction
Eleanor Paech  High Distinction
Jamason Searle  High Distinction
Lachlan Capper  Distinction
Matthew Giffard  Distinction
Emma Pearson  Distinction
Liliahna Rayner  Distinction
India Shepherd  Distinction
Aliza Watson  Distinction
Phoebe Whyte  Distinction

In the Year 10, 38% of NAC participants achieved High Distinctions or Distinctions as compared to only 15% Australia wide. Furthermore, their average mark was 11% above the national average. These are fantastic results and our warmest congratulations go to these and all students who participated in 2014.

Michael Jones
Head of History
Day 2 of Elevate, hosted by the University of Wollongong, was a fantastic and highly inspirational & encouraging experience. The day was based around the topic of being ‘Socially Responsible’ leaders; aiming at how we can take a stand and make a difference in the world.

We heard from two main speakers: Amelia and Chantelle. Amelia spoke about her career and involvement in the Australian Youth Climate Coalition and what she does to help prevent and raise awareness about climate change in Australia. Chantelle spoke about how she founded the organisation One Girl, and what she does in order to provide girls in Sierra Leon with an education.

In their talks, it was Amelia and Chantelle’s aim to get every student at Elevate to in some way stand up against something that they are passionate about. I believe they achieved their aim, and all students left with a sense of conviction and a motivation to make a difference.

Overall, Day 2 of Elevate was outstandingly rewarding and enjoyable. The program provided a chance for all students to interact and build great friendships, and a burning passion to stand up as leaders in our schools, our communities and our Earth.

From 15th – 17th August 2014, Zach Gordon, Amy Thomson and I went down to Canberra to represent Nowra Anglican College in the Model United Nations Assembly (MUNA). MUNA is held every year and it’s organised by the Rotary Club of Canberra Sunrise. Each school is given a country (we were given Indonesia) and the 10 resolutions, 5 of which appear throughout the debating sessions during the weekend. One of the novelties of being Indonesia were the costumes we had to wear which were funny and relatively accurate.

When we reached the accommodation (after getting lost on Bidges Rd. thanks to Amy’s iPhone) we found that we had to endure creaky metal bunk beds and dodgy showers for the weekend. Debating in the Old Parliament House wasn’t the only thing we did that weekend. We also visited the Governor General’s house – which was the biggest house I’d ever seen. We learnt all about the Governor General and what he does. The power and responsibility that comes with the job would probably be too big for me to handle.

Throughout the weekend, whilst representing Indonesia, we tried to improve our relationships with other countries, an attempt which was ultimately unsuccessful. But whilst the world still disliked Indonesia during the assembly, Zach, Amy and I improved our interpersonal relationships with everybody there.

We have many friends that we now keep in contact with. Whilst we didn’t win any prizes for the competition, we had one of the best experiences of our lives and I’d love to do it next year.

Corey Bate

Our next Parent Forum is on Tuesday 2nd September
The topic is:
**Careers and Tertiary Education:**
Planning now for your future

The Forum will be chaired by our Careers, Pathways and Partnerships Coordinator,
Mrs Natalie Witenden

Please come and share a light afternoon tea and hear how to proactively plan for your child’s future career and how to identify and pursue training opportunities. This Forum is of particular relevance to parents with students in Years 10, 11 and 12. Students in Years 10, 11 and 12 are also welcome to attend this Forum.

### Upcoming Forums

**Tuesday 2nd September**

**4th November**
Technology in the classroom: Why we need to go One-to-One
David Hamaty

**2nd December**
Can computer games really help my child learn?
Graeme Ewing

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**Bronze Awards**

**Academic**

**Year 7**
Zoe Hutchinson
Kasey Smyth
Mia Colombet
Ridley Smith
Samantha Legzdin
Alexander Halank
Harrison Shepherd
Lily Watson
Lachlan Sutton
Ellie Priest
Caleb Timbs
Nathan Ball
Ellie Priest
Nicholas Muzzall
Cordelia Elwers
Nathan Welling
Tamika Buttigieg

**Year 9**
Ross Carter
Blake Calderon
Year 9
Hannah Jones
Year 12
Aaron Miller
Year 12
Aarun Miller

**Service & Character**

**Year 7**
Caleb Timbs
Sophie Emery
Georgia Pollard

**Co-curricular**

**Year 7**
Bella Chapman-Martino
Abbie Macdonald
Ellie Priest
**Grandparents’ and Special Friends’ Day**

Grandparents’ and Special Friends’ Day is one of the most important dates in our school calendar. It’s a day that children look forward to with eager expectation. They love to show their special relations their classroom, their playground and introduce them to their best friends. Of course it’s a very special occasion for grandparents too!!

Grandparents’ and Special Friends’ Day is on **Tuesday 9 September** beginning at 10.00am.

The program is as follows:

<table>
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<tr>
<th>Time</th>
<th>Activities</th>
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<tr>
<td>10:00 AM</td>
<td>K-6 Concert in Gymnasium</td>
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<tr>
<td>11:00 AM</td>
<td>Morning Tea</td>
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<td>Book Sale &amp; Art Display</td>
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<td><strong>Library</strong></td>
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<td>12:00 to</td>
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Grandparents play a significant part in our lives. They are the people who have time to just sit and talk and enjoy the day. I’ve always liked this poem by Walter de la Mare which seems to typify the kind of memories that we treasure about our grandparents.

**The Cupboard**

| I have a small fat grandmamma,      | I have a little cupboard,                      |
| With a very slippery knee,          | With a teeny tiny key,                        |
| And there’s a jar of lollipops      | And there’s a jar of lollipops                |
| For me, me, me.                     | For me, me, me.                               |

It has a little shelf, my dear,       | And I’m very good, my dear,                   |
As dark as dark can be,               | As good as good can be,                       |
And there’s a dish of Banbury Cakes.  | There’s Banbury cakes, and lollipops          |
For me, me, me. (Walter de la Mare)   | For me, me, me.                               |

We are asking children to bring a plate of cupcakes or muffins to school for our visitors to enjoy with their tea and coffee.

Children should bring their plate of cakes to the canteen in the morning when they arrive at school.

Thank you for supporting this event.

Susan Pearson
Head of Junior School

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**Board of Studies WriteOn Compellion**

This year, every student from K-6 participated in the WriteOn competition. Because each school can only submit one entry per stage, we held our own ‘in school’ competition. Students whose writing reached the shortlist received a merit certificate on assembly.

The standard of writing was wonderful and we especially congratulate these three students: Megan French (Stage 1); Elise Robson (Stage 2); Lily Morris (Stage 3)

**Harvey and the Hunters (by Megan French Year 2)**

Harvey glued his beady eyes to the black binoculars as the bright light of the sun rose in the breeze. He flipped his bamboo calendar to April. He read the word E-a-s-t-e-r. It spelt Easter. Then he yelled “Easter, it’s Easter!”

The jungle trees whispered “whoa whoa” and Harvey knew he was in for a good day as he saw a blue, black and red figure.

Tishkin and Rainbow were nearby. Rainbow was a fairy penguin and Tishkin was a gentle, imaginative girl. Harvey shouted “Come here, a cassowary is trapped.” Rainbow came with a blue diamond and grey bone sword. “The hunters got the graceful cassowary” said nervous Tishkin. They all went to a patch of long grass. There were ferocious lion seals. Rainbow used her sword to attract the lion seals and they took them to the hunters.

Bang, Boom, Pow! They all fought. Harvey said “stop”. They stopped, being too scared to fight and sailed away on their crimson boat called the Rosemary. The seals cut the thick ropes off the delightful cassowary and they all celebrated Easter with roast chicken and Easter eggs. Harvey read The Wind in the Willows and Harvey wondered if his father would come on his next adventure and they all retreated to their lovely homes, nice and fresh.

**Nature’s Worst (by Elise Robson Year 4)**

Hiding in the long stringy grass, peering out into the vast jungle, I hear a strange noise. It was time to start my adventure. I trudged through the thick, brown mud, whilst tangling vines grabbed my arms at every step of the way. Bugs, the size of your fist, flew around my head. My legs were getting heavy as sweat dripped from my forehead.

Suddenly, a startled growl came from the jungle. More growls came. It was getting closer. I ran faster than ever before. My heart beat, accelerating as I ran. I came to a sudden STOP! Standing on the edge of a cliff face with an immediate drop, I knew all was lost!

Cornered, as the beast with rippled stripes and jagged teeth prowled around me in a semi-circle. My chest pounding as I choked for air, my mind in a confused state. Suddenly, the beast turned around, and then dashed away in fright. The ground started to rumble. It turns out the creature was the least of my worries! A stampede of water buffaloes was heading straight for me. Their jagged hooves left pot holes at every step. I dived off the cliff.

Moments later my T-Shirt was caught on a thick root above a large cave. I crawled into it. It feels like the stampede goes on forever and ever. Finally, it stops. I peer up at where the stampede was. It was a wreck.

I wandered back through the jungle led by my compass. Miraculously, I made it back before sundown. I found the rest of my crew and went back home.

But the beast is still out there. I won’t return to meet it.
Time after Time (by Lily Morris Year 6)

As I gazed into the misty distance, screams and shouts filled the cove as the brigs smashed against the shoreline. BANG!! Another one gone! My body shuddered uncontrollably at the thought. Macquarie Island, my island, my secluded, windswept island was now a war zone filled with hatred and selfishness.

Monstrous footprints were branded into the treacherous terrain, and clotted, red blood stained the silky white sands. “Josie, Fran, Sam – where are you?” My voice quivered and was weak. I couldn’t control myself. Where were they? AGHHHH!!! My foot slipped and I went plummeting down the cliff. I reached out and grabbed a thin branch. My life was saved, but not safe. Blood trickled down my unsteady legs. I had to stop searching. I was going to kill myself.

A dark gargantuan figure towered on top of the hill. I found my feet and staggered over to it. There was a deep gash right on top of its back and it wept in pain. I suddenly remembered my parents, my heart throbbed and tears blurred my vision. I wanted them back, and badly. I slowly began to regain my confidence and, as I peered at the mysterious horizon, I saw yet another slim, spindly outline. This could only mean one thing – death. The bushes prodded my unstable legs. I couldn’t leave, but I knew I had too. There was nothing I could do to help; his oblivion was inevitable. I scampered back to my hut, and observed the war once again. I knew I had to assist these helpless creatures and fast.

As I woke, the blinding sun shone through the thick branches and the wind whistled past my ears. My body ached but my heart screamed louder. I clambered out of my hut and began searching for lost seals. One by one, I assisted critically injured seals; healing, curing and calming them. Finally, as the sun faded away and the temperature started to drop, it was time to conclude my mission for the day. I strolled back to my hut and began planning for the day ahead.

BOOM!!! I jumped and stumbled to my feet. I burst outside, only to see five muscly figure torturing seals. I screamed at the top of my lungs "STOOOOOOP!!! WHAT HAVE THEY EVER DONE TO YOU?!! My voice was weak and tears were gushing down my face. The gun shots stopped immediately and the figures stood there awe-stricken.

One by one, they placed their guns on the rocky terrain, bowed their heads, turned and glided away. A sense of accomplishment surged through my body, and once again tears of joy flowed down my rosy cheeks. A smile spread from ear to ear and my heart boiled with happiness.

In my mind I was overwhelmed, but in my heart I knew what I had achieved. I had hoped and prayed for so long. Finally my excruciating mission was over.

TERM 3 Junior School Calendar

Week 7
- Wed 3 Sep Fathers’ Day Stall
- Thur 4 Sep Life Education program begins
- Fri 12 Sep Operation Christmas Child (collection day)

Week 8
- Tue 9 Sep GRANDPARENTS & SPECIAL FRIENDS DAY
- Wed 10 Sep Bravehearts (K-2)
- Fri 12 Sep CIS Athletics Carnival
- Tues 16 Sep Southern Schools Public Speaking Competition (Gib Gate)
- Thurs 18 Sep Year 12 Final Assembly

Finally, we welcome new student Kaitlyn Murray to Year 6.

Susan Pearson
Nowra Anglican College

NAC Maths Fun Day

When NAC held its first ever Maths Fun Day on Tuesday, the students participated in some of the most engaging, enjoyable maths classes of the year. Students all over the College celebrated National Literacy and Numeracy Week by participating in various maths challenges.

Inspired by the hard work of Ms Schroder, Stage 3 students prepared a wide range of mathematical activities and designed games that they could use to teach the Stage 1 students that visited their classrooms for the Fun Day activities.

Students from Stage 1 spent their maths lessons learning about a range of mathematical concepts, all taught by the older students in the form of enjoyable games. The biggest challenge was finishing up the fun at the end of a highly entertaining maths session. Year 5 students commented that “I was teaching him all different skills to add and subtract” and “we did division word problems and I showed them strategies to share amounts.”

Well done to all of the students who had such good fun at the first NAC Maths Fun Day and a huge thank you to Ms Schroder for working so hard to make it happen.

Mr Hale
Stage 3 Coordinator
How does a challenging obstacle course support a child’s ability to learn?

“Proprioception is the process by which the body can vary muscles contraction in immediate response to incoming information. It is crucial to our sensory feedback mechanisms for motor control and posture, movement and balance. Proprioception, also often referred to as the sixth sense, was developed by the nervous system as a means to keep track of and control the different parts of the body.” (http://www.spdaustralia.com.au/the-proprioceptive-system).

Proprioceptive experiences (deep muscle work outs), are an important part of a child’s day, especially in an educational setting where we want children to be able to engage and learn.

With this in mind, and valuing the importance of these, physical experiences are planned each and everyday for the children. This occurs not only during free play but also during other parts of our days, including transitions.

An example of these experiences include;- physical challenges involving climbing, jumping, crawling, jumping on the trampoline, walking along a rope, throwing a ball into the hoop or kicking it into the soccer net. We design and set up obstacle courses that challenge the children not only physically but also cognitively as well.

Children develop at varying rates within the physical and cognitive domains and hence, not all children feel comfortable engaging in all the challenges provided and may require support. One of the most challenging obstacles, where support was needed was the jumping down from a height off a wooden platform, while others required assistance with holding onto and balancing along the rope course. There are some children who love to test their physical ability and thrived on the challenges. Providing this type of challenge is a fun way to strengthen and use the large muscles.

We will continue our obstacle course challenges throughout the year, varying the degree and type of challenge. We recently created a challenge where the children had to work out how to get up onto the wooden reel, without using a step. With persistence, most were able to pull, wriggle or swing their legs around to get themselves up. Then everyone jumped off the other side of the reel.

“All students can benefit from movement activities in the classroom that provide input to the proprioceptive receptors in the joints and ligaments. In addition to providing exercise, these types of “heavy work” movements make it easier for the student to focus and attend.” (http://www.pisp.ca/strategies/documents/HeavyWork.pdf).

Heather Norwood
Early Childhood Teacher
Bomaderry Community Preschool – Nowra Anglican College

SASSA Junior School Athletics

The SASSA Junior School athletics carnival was held on Thursday 14th of August at the Beaton Park Athletics Centre.

We were blessed with a perfect day for a carnival and an excellent time was had by all as a result.

Nowra Anglican College was represented by a team of 46 athletes on the day. Each athlete participated and behaved in an excellent manner. As a result the college managed to finish 2nd overall behind a very dominant St Peters team.

The following students have gained selection in the team to represent SASSA at the CIS state athletics carnival by finishing first in an event.

1st Place:
- Issac Ball 10 years boys 200m
- Harry Evans 8-13 years boys Turbo javelin
- Bridie Harris 11 years girls Shot Put
- Bridie Harris 11 years girls Discus
- Toby Huard 11 years boys 200m
- Alexander Lees 11 years boys High Jump
- Lily Morris 12 years girls Shot Put
- Abbey Patrick 12 years girls 100m
- Abbey Patrick 12 years girls 200m
- 8-13 years girls Turbo Javelin
- 12 years girls Long Jump
- 12 years girls Discus
- 11-13 years girls relay
- Hannah Stone 12 years girls 800m
- 12 years girls High Jump
- 11-13 years girls relay
- Lily Monaghan 11-13 years girls relay
- Lily Markham 11-13 years girls relay

Congratulations to Abbey Patrick who was named 12 years girls age champion.

The CIS carnival will be held at Homebush on Wednesday 10th of September.

Preschool Newsletter

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Preschool Newsletter

How does a challenging obstacle course support a child’s ability to learn?

“Proprioception is the process by which the body can vary muscles contraction in immediate response to incoming information. It is crucial to our sensory feedback mechanisms for motor control and posture, movement and balance. Proprioception, also often referred to as the sixth sense, was developed by the nervous system as a means to keep track of and control the different parts of the body.” (http://www.spdaustralia.com.au/the-proprioceptive-system).

Proprioceptive experiences (deep muscle work outs), are an important part of a child’s day, especially in an educational setting where we want children to be able to engage and learn.

With this in mind, and valuing the importance of these, physical experiences are planned each and everyday for the children. This occurs not only during free play but also during other parts of our days, including transitions.

An example of these experiences include;- physical challenges involving climbing, jumping, crawling, jumping on the trampoline, walking along a rope, throwing a ball into the hoop or kicking it into the soccer net. We design and set up obstacle courses that challenge the children not only physically but also cognitively as well.

Children develop at varying rates within the physical and cognitive domains and hence, not all children feel comfortable engaging in all the challenges provided and may require support. One of the most challenging obstacles, where support was needed was the jumping down from a height off a wooden platform, while others required assistance with holding onto and balancing along the rope course. There are some children who love to test their physical ability and thrived on the challenges. Providing this type of challenge is a fun way to strengthen and use the large muscles.

We will continue our obstacle course challenges throughout the year, varying the degree and type of challenge. We recently created a challenge where the children had to work out how to get up onto the wooden reel, without using a step. With persistence, most were able to pull, wriggle or swing their legs around to get themselves up. Then everyone jumped off the other side of the reel.

“All students can benefit from movement activities in the classroom that provide input to the proprioceptive receptors in the joints and ligaments. In addition to providing exercise, these types of “heavy work” movements make it easier for the student to focus and attend.” (http://www.pisp.ca/strategies/documents/HeavyWork.pdf).

Heather Norwood
Early Childhood Teacher
Bomaderry Community Preschool – Nowra Anglican College

SASSA Junior School Athletics

The SASSA Junior School athletics carnival was held on Thursday 14th of August at the Beaton Park Athletics Centre.

We were blessed with a perfect day for a carnival and an excellent time was had by all as a result.

Nowra Anglican College was represented by a team of 46 athletes on the day. Each athlete participated and behaved in an excellent manner. As a result the college managed to finish 2nd overall behind a very dominant St Peters team.

The following students have gained selection in the team to represent SASSA at the CIS state athletics carnival by finishing first in an event.

1st Place:
- Issac Ball 10 years boys 200m
- Harry Evans 8-13 years boys Turbo javelin
- Bridie Harris 11 years girls Shot Put
- Bridie Harris 11 years girls Discus
- Toby Huard 11 years boys 200m
- Alexander Lees 11 years boys High Jump
- Lily Morris 12 years girls Shot Put
- Abbey Patrick 12 years girls 100m
- Abbey Patrick 12 years girls 200m
- 8-13 years girls Turbo Javelin
- 12 years girls Long Jump
- 12 years girls Discus
- 11-13 years girls relay
- Hannah Stone 12 years girls 800m
- 12 years girls High Jump
- 11-13 years girls relay
- Lily Monaghan 11-13 years girls relay
- Lily Markham 11-13 years girls relay

Congratulations to Abbey Patrick who was named 12 years girls age champion.

The CIS carnival will be held at Homebush on Wednesday 10th of September.
The Nowra Cricket Club is running MILO "In2Cricket" Program for girls and boys aged 5-9 years. It’s fun way to learn new cricket skills. The cost this year is only $65 - includes, Milo Back Pack, Cricket Bat/Ball, Shirt, Hat, Water Bottle and other great goodies.

Starting October 9th
held on a Thursday afternoon
5-6:30pm at Nowra Showground.
Runs for 11 weeks.
Contact David Schofield - 0425 204 276

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“LOOK A LITTLE CLOSER”
The SEF committee would like to invite you to an art exhibition “LOOK A LITTLE CLOSER” in which 40 or more watercolour paintings will be displayed by a new artist, Ronelle Faulks. Ronelle’s expertise in the use of watercolour is exceptional and her attention to detail is remarkable. She offers paintings of interest to both children and adults alike and her works include unique views of microcosms as well as landscapes of the Shoalhaven and environs. All paintings will be for sale.

A typical artwork appears below.

The beautiful garden at the AUGHISKIA dairy farm, lovingly cultivated by Jann and Murray Watts, will also be opened to the public. This is a must see. The exhibition and Open Garden (close by) will aid the fund-raising efforts of the Student Educational Fund (SEF), a not for profit organization.

The SEF charter is to raise funds in the form of grants to assist youth in the Shoalhaven giving selected candidates a chance to pursue further education either at TAFE or University.

“Look a little Closer”
ART EXHIBITION AND OPEN GARDEN
PYREE SCHOOL OF ARTS (red building)
Cnr Greenwell Pt. Rd. and Pyree Lane.
ADMISSION $5.00
Saturday October, 4th
10.00 am to 4.00 pm
Sunday October, 5th
10.00 am to 4.00 pm
The SEF Committee would be delighted if you could attend.

Shoalhaven Football will be holding School Holiday Clinics at Shoalhaven Heads 22nd 23rd September & 5th Nowra 1st & 2nd October – 9 am – 12 noon Cost $70 For More information mjonno1@bigpond.com.au or 0488034500

Creating Awesome Job Applications

This FREE two-day workshop will cover:
- Developing skills to write effective resumes
- Addressing criteria in job applications

Wednesday 10th September
and
Wednesday 17th September 2014
from 10.00am to 2.00pm
at Nowra Family Support Service
Cottage 1, 80 Park Road, East Nowra
FREE CHILDCARE FOR 0-5 (PRESCHOOL) AGED CHILDREN

To book, please call
Nowra Family Support Service on 4421 5499
Bookings essential as numbers are limited
For more information please visit:

Fantastic opportunity for a local young person who has a passion for agriculture and who is interested in learning all that the dairy industry has to offer.

We are interested in taking on a full time Trainee in 2015.

Our dairy farm business runs two dairies, one at Terara and one at Brundee on the Shoalhaven flood plain. We are a family owned and operated local business and we currently employ around 30 staff. We currently have 4 local high school students who work on weekends and during some school holidays. We are interested in the ongoing education and employment of any young, motivated and capable students who are interested in pursuing a career in the dairy industry.

Genuine interested students please email your resume, along with a covering letter to:

David & Sue Boyd
RH Boyd & Son Pty Ltd
office@rhboyd.com.au