This week we have welcomed 15 students and their teachers to our College from Japan. My family has a sixteen year old boy, Takuma staying with us. It is interesting to see that despite our inability to speak Japanese and Takuma’s basic English, we have managed to communicate. I arrived home after the P and F meeting on the first night and found my boys and Takuma playing NBA Basketball on the X box, laughing and obviously enjoying themselves. Technology has been a wonderful tool this week, with the Japanese translator being worked overtime when our efforts at sign language is exhausted.

We have also welcomed Shellharbour Anglican College to our campus this week to participate in the Rugby and Netball gala day. The two schools are fairly even and we achieved two wins in the netball and one very close loss, whereas in the rugby, Shellharbour achieved two wins and one loss. (I must admit though that our Open team must have been inspired by the Commonwealth Games, winning their Rugby Sevens encounter by a large margin) Congratulations to all our students for the competitiveness and comraderie they displayed in all games.

We have also welcomed seven new students and their families to the College, including a new Italian exchange student, Francesco who joins our Year 11 cohort.

Mixing with students from other cultures and schools is not only valuable for those visiting but is beneficial for us. We begin to break down our own prejudices and we improve our understanding that the world is a much wider place.

It is very encouraging to see the way our students have welcomed all these individuals. It is our goal that we are a welcoming community and I hope that all families and students feel like they belong to our vibrant College.

On another note, I would also like to invite all parents to our upcoming One to One Learning Launch which will be held on Wednesday 13th August, 2014. With our focus on developing innovative strategies in using technology to improve learning, the College is developing a name for itself as a centre of excellence in this area. We recognise the improved learning outcomes that can flow from the use of technology in and outside the classroom and we believe that this initiative will make a positive contribution to maintaining the College’s reputation for improving the academic achievement of all its students. In 2015 all students in Years 7 to 12 will be required to bring to school an electronic device.

We are looking forward to seeing many parents and students at the launch when we will explain the specifics of this strategy.

Lorrae Sampson  
Executive Principal
The DNA of NAC: Courage to Excel, Compassion to Give

I’d like to draw attention to our College values for a little while. Our values are contained in the statement:

‘Courage to Excel, Compassion to Give’

These values are ones that all students may attain in their time at the College:
- **Courage** – to be resilient, to be determined, to persevere,
- **To Excel** – to set personal goals, to achieve one’s best, to improve,
- **Compassion** – to be Christ like, to be caring, to be forgiving,
- **To Give** – to be part of the community, to serve others, to make a difference.

We are on a journey of seeing these values as the DNA of our College, the essence of who we are and everything we do. These values all illuminated ‘In the Light of the Cross’ as proudly stated on the College crest worn by our students each day. Our understanding of Jesus and the Christian gospel profoundly shapes our understanding of these values.

When looking at ‘Courage to excel’ there are plenty of examples of how we live out these values every day. If you need convincing check out this newsletter and the College Facebook page. Join up today if you haven’t already! We see students trying many new things, doing their best even when they are uncertain and scared. Learning new things in class everyday takes great courage, so does experimenting with new and challenging co-curricular activities. Trusting and following Jesus takes resilience and persistence. We should encourage our students and be proud of their effort, achievements and faith.

The College community and values are shaped by our understanding of ‘In the light of the Cross’. We hear about the awards related to this phrase but how are we different from any school or organisation that courageously pursues excellence? Our understanding is shaped by Jesus and the message of the Christian gospel. A verse from Colossians 3:17 helps us here:

*And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.*

God isn’t just interested in the religious part of life but our whole life. He made you. He knows how you can best excel in life. We are made to give thanks to God for the great things we can enjoy in life. Thankfulness is an attitude that shows we are grateful to God: for our abilities and opportunities, for his guidance and strength. Being thankful to God is the most basic element of worshipping him. We can also thank Jesus for being our ultimate example of courageous excellence and compassionate giving.

May the DNA of our College community be shaped by the values of Courage to Excel, Compassion to Give in the light of the cross of Jesus.

Jim Dayhew
College Chaplain

Welcome back

I hope you have all had a restful holiday and are looking forward to Term 3. The term is full of many exciting events including the ski trip, X-NACtor and Foundation Day. On top of all this Year 12 will sit their Trial HSC exams in Weeks 3 and 4 and then look forward to their final weeks and the Valedictory Dinner.

Staff Conference

College staff participated in the annual Staff Conference at the end of the holidays. We focussed on Google apps for education which we plan on using with students next year. We benefited from the insights of four instructors from Google who shared some great tools that will be useful for our teaching and learning. I wish to thank Mr Graeme Ewing for facilitating these sessions. Every year the Staff Conference is a valuable time in which we further explore the vision and strategic goals of the College through effective professional development.

NAIDOC Week

Thankyou to our Aboriginal Education Mentor Mr Richard Luland for making NAIDOC Week such a success. We had a special assembly on Wednesday in which Mr Luland shared this year’s theme: “Serving Country: Centenary & Beyond” which honours all Aboriginal and Torres Strait Islander men and women who have fought in defence of country. Special guest and local dignitary Mr Tom Moore shared with us some stories from his time in the armed services helping out in Darwin in the aftermath of Cyclone Tracy in 1975. Our aboriginal students and their friends were also able to participate in some workshops during the afternoon.

CHAPLAIN’S CHAT

“Courage to Excel, Compassion to Give”

Welcome back

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FROM THE HEAD OF SCHOOL

“I look forward to working with parents and students to make this a worthwhile, productive and enjoyable term”
SENIOR SCHOOL

P&F Fundraising Focus 2014/2015

A little idea grew to be a big idea.... There was much discussion on a fundraising focus that would benefit the entire school community. After much discussion and obtaining quotes, the P&F have decided that the focus for fundraising for the remaining of this year and into next year will be towards the purchase of a weather proof shade sail in the main assembly area. The current shade sail would then be 'recycled' to cover the play area located near the Kindergarten rooms.

All monies raised by the various P&F events this year and next year will go towards the purchase of the equipment and installation.

We need your ongoing support and help to make this a reality so if you can pitch in when you can at the P&F events we would appreciate it.

Expressions of Interest:
The P&F would like to know if parent/carers would be interested in attending a dinner to celebrate the end of the school year. The evening would be a Friday in late November at a local venue and a child free evening. Before we begin planning we would like to know of possible numbers and if there is an interest in the NAC family community.

Being a huge task, we are also looking for interested parties in helping out to plan, organise and/or run the event.

Similarly, donations are also being sought after to be used as prizes on the night.

All monies raised will be put towards the P&F Fundraising Focus. If we all pitch in then we can make the night a success for everyone.

Cambodia and Vietnam

We welcome back the Year 11 students from their trip to Vietnam and Cambodia. It is clear that this trip had a tremendously positive impact on the students who went and I am sure they will remember their experience for many years to come. Thanks to Ms Felicity Reynolds for her organisation of this trip. This doesn’t just involve the trip itself but the many hours of fundraising that happens in the months prior to going.

Parent Portal

During the holidays the Parent Portal underwent an upgrade. When you login you will notice a new look and feel. Nowra Anglican College is one of the pilot schools involved in the rollout of this new version. As such we are offering feedback to the developers on suggested improvements as well as any bugs we notice. A number of things to fix have already been reported to us and these have been passed on to the developers who are working to fix these as quickly as possible. If you would like to leave feedback on the new portal then please feel free. When you login you will notice a feedback tab on the right hand side of your screen. Clicking this will give you the option to leave feedback on the site.

Playground Safety

Earlier this term I wrote to you informing you of changes that we were putting in place to enhance student safety and security at Nowra Anglican College. One of the measures we undertook to implement was the installation of CCTV at key points around the site. This has now been done. Initially, six cameras have been installed in key locations around the College grounds. These cameras will operate 24 hours a day and will be reviewed by the College executive staff when required. You may notice appropriate warning signs have been placed where surveillance is in place. This is one measure of several that we have taken in order to improve safety around our shared spaces at Nowra Anglican College. If you have any questions or concerns then please feel free to contact me on 44217711.

Class changes

A number of students have had class changes which begin this term and will remain in place for the rest of the year. These changes are based on Semester 1 results. It is a difficult task balancing the needs of all students and while we understand that for some students the changes are not desirable, they are necessary to ensure the best outcome for as many students as possible. If parents have any questions about the changes to their children’s classes they should contact the relevant Curriculum Leader:

- Christian Studies    Mr Dayhew
- English, Drama       Mr Richard Rebel
- History, French     Mr Michael Jones
- HSIE                Mr Wayne Pearce
- Mathematics          Mr John Day
- Music                Mrs Natalie Guile
- Science              Mrs Sophie Templeton
- PDHPE               Mr David Ball
- TAS & Visual Arts    Mr Graeme Ewing

I look forward to working with parents and students to make this a worthwhile, productive and enjoyable term.

Mr David Hamaty
Head of School

From the P & F

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If you are interested in attending and/or can help out with a donation or with the event, please email the P&F (see how to contact us) below with an indication of numbers and/or how you can assist by no later than 22nd August.

**MARK IT IN YOUR DIARIES:**
- Friday 22nd August Reply to expressions of Interest for End of Year Dinner for numbers, assistance or donations
- Next P&F Meeting to be held 25th August commencing at 7pm in the Staff Common Room. Everyone is welcomed!!
- Foundation Day: 29th August. The P&F will be running a stall and donations of cakes and cupcakes would be greatly appreciated!! If you could help out on the day please let us know
- Father’s Day Stall: 3rd September. A note will be sent home to students shortly. Donations and helpers to run the stand are required
- Second Hand Clothing Sale (including uniforms) will be held 9th September 2.30-4pm and Tuesday 2nd December 2.30-4pm in the Canteen area. Please email the P&F if you would like further information or would like to book a table

HOW TO CONTACT US:
Please email ParentFriend@nac.nsw.edu.au

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**Defence Families**
Welcome to all new and returning Defence families. I hope you all had a great break and are ready for the second semester of the school year. It is imperative that the College is updated with any changes in contact details and if either parent/carer is going to be away on training, posting or deployment, please let the College know so extra support can be made available for your child.

If you have any questions or concerns, please contact either David or myself.

Mrs Tania Markham Ext3448, Mr David Izard Ext3464
Defence Transition Team

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**HSCExam**
**Supervisors required**
Supervisors are required for the coming HSC exams at NAC.

These are paid positions and offer part-time employment during the 3 week period of the HSC exams.

If you would like to find out further details contact the HSC Presiding Officer, Michael Turner, on 0413 587 237.
The day dawned (as I cycled to NAC) with the most fantastic sunrise I’ve seen in a long time! What a great start to our inaugural ‘Tour de NAC’!

Students put in a fantastic effort in the 3 different events:

1. The Mountain Stage was held in Apex Park and the competition was fierce. A number of teams were determined to win. However, BMC Racing scored very highly. They also excelled in the additional challenge of the worksheets, were fabulously dressed and were continually encouraging to their team-mates. So their achievement of winning the polka-dot t-shirt for ‘best climbers plus’, was well merited.

2. For the time trials, each team member had 2 minutes riding as fast as possible on a bike and then the scores were averaged so that all teams had the same chance of success, regardless of the number of team members. Omega Quick Step powered through their rides and their team burnt the most calories on average: 24.4!

3. However, the final line honours and overall winners were the amazing ‘Trek Factory Racing’ team. They performed brilliantly in all sections and had that look of determination right from the start. They blitzed the road stage with 60 laps in the 35 minutes! May they wear their yellow t-shirts with pride!!

A big thank you to all teams for their efforts, to the year 9 and 10 students, without whom we couldn’t have run the event so smoothly, to Mr Schreurs for setting up and so much practical advice, to Mr Ball who brought in and set up his own exercise bikes so we could have computers to record results, to Mr Warfield for setting up the sound system as it made such a difference, to staff who helped and encouraged and finally to Mr Schreurs and Mr Sampson who cleaned up and packed everything away so that we could run off to class! We thank God for a save, happy and challenging event.

Madame Wilkinson/ Monsieur Riou.
Leadership Day

Recently I had the privilege of accompanying College Captains Nicola Panopoulos and Patrick Connor to NSW Parliament House and Government House in Sydney. Both Patrick and Nicola were impeccably uniformed and represented the College with pride.

The day began in the Theatre Room of Parliament House, where the students had a Q&A session with both Legislative Assembly and Legislative Council members, including Dr Andrew McDonald, NSW Shadow Minister for Health. Then, Patrick and Nicola were met by Member for South Coast Gareth Ward, who gave them a private tour of Parliament House (which included a visit to the Premier’s office). Below is a photo with Gareth, taken from his Level 12 office.

The students then sat in on both the Legislative Assembly and Legislative Council, which I’m sure left them both craving futures in the political life... :/

what was cool, was the fact they heard the Attorney-General speaking to a bill to the Legislative Assembly on privacy issues faced by filming court sessions.

After a nice lunch, all students were then escorted to Government House, where they were given a tour of the building before heading to one of the State Room for a meeting with Her Excellency Professor The Honourable Dame Marie Bashir. Her Excellency gave an interesting speech and followed with a Q&A session, and then joined the students in the gardens for Afternoon Tea. Below is a photo of the students with Her Excellency.

I was very impressed with the level of interest the students took in the events of the day, including the prior research they undertook to ask informed questions, and the enthusiasm they showed when representing the school. They are two fine young adults, and will do the College proud as alumni in the years to come.

Ms Rachael Tagg

NAC continues proud tradition of representation at National Youth Science Forum

The College is proud to congratulate Year 11 students, Lucas Logan and Louise Davison on their selection to attend the prestigious National Youth Science Forum, held at Australian National University, Canberra in January next year.

Following a strong tradition of NAC representation, Lucas and Louise were selected from more than 1,200 applicants. The forum is designed to help Year 11 students make informed decisions about courses and careers in the sciences and gain a professional skill set to help them realise their potential.

With their founding partner, Rotary International, the Forum has established an extensive partnership program with universities, government and non-government organisations and international companies such as Rio Tinto and GlaxoSmithKline to provide students with new insights into the worlds of tertiary study and research, and the many employment opportunities and career pathways that are evolving in our rapidly changing society.

We congratulate Louise and Lucas.

Silver Awards
Year 8
Jackson Balmer
Year 9
Nelson Bradley

Bronze Awards
Academic

Year 7
Nicholas Muzzall
Ellie Priest
Sébastien Riou x 2
Lana Zetovic

Year 9
Isabelle Cork
Hannah Jones

Year 10
Rachael James
Naomi Johns
Ailsa Schreurs

Service & Character

Year 8
Angélique Riou
Jackson Balmer

Year 9
Matilda Adamson
Isabelle Cork
Ethan Ford
Melanie Gibney

Year 10
Rosie Davidson

Co-Curricular

Year 8
Max Lans x 2
Year 9
Matilda Adamson
Isabelle Cork x 2
Year 10
Rosie Davidson

Awards
Congratulations to all award recipients this week

LIGHT OF THE CROSS

NACnews

Term 2 Week 6 2014

12

NACnews

13
My last holidays were spent on the east coast of the USA. I loved being in Washington DC for the Independence Day celebrations. I also enjoyed visiting New York, a busy and very exciting city. We stayed in a hotel which was close to the New York Public Library and I was delighted to see their current exhibition called ‘The ABC of it: Why Children’s Books Matter’. This exhibition is a celebration of children’s books and their ability to shape us and enrich our lives.

I was particularly excited to see the original stuffed animals that were given to Christopher Robin and which inspired the Winnie the Pooh series, a special favourite of mine.

Children’s Book Week

This term, at Nowra Anglican College, we celebrate children’s books in our Book Week celebrations (Tuesday 5 August). We encourage our students to come dressed as a book character.

We will be celebrating with special activities related to favourite stories and the books short listed by the Children’s Book Council for 2014 and a visit from D.C. Green, a published author.
Week 2
- Tues 29 Jul: ICAS English Competition
- Wed 30 Jul: NAIDOC Assembly
- Thu 31 Jul: Parent/Teacher Interviews, Parent Morning (Tweens & Teens, Understanding Girls' World)

Week 3
- Tue 5 Aug: BOOK WEEK (Children are invited to come dressed as a book character. This year’s theme is ‘Connect to Reading’.
- Fri 8 Aug: Taste of TAS (Year 6 students will experience a day in the life of the Senior School)
- Year 4 Soccer vs. Nowra Christian School

Week 4
- Tue 12 Aug: ICAS Mathematics Competition
- Thur 14 Aug: SASSA Athletics Carnival

Week 5
- Mon 18 Aug: Mid-term break
- Wed 20 Aug: Metro Cup Finals
- Thur 21 Aug: Parent Morning (Ready or Not-Here I come! School Readiness)

Week 6
- Mon 25 Aug: Literacy and Numeracy Week
- Thur 28 Aug: TIGS trophy
- Fri 29 Aug: Foundation Day

Week 7
- Wed 3 Sep: Fathers’ Day Stall
- Thur 4 Sep: Life Education program begins

Week 8
- Tue 9 Sep: GRANDPARENTS & SPECIAL FRIENDS DAY
- Wed 10 Sep: Bravehearts (K-2)
- Fri 12 Sep: CIS Athletics Carnival

Week 9
- Tue 16 Sep: Southern Schools Public Speaking Competition (Gib Gate)
- Thur 18 Sep: Year 12 Final Assembly

Susan Pearson
Nowra Anglican College

Rock and Water in the Junior School

Rock and Water is an activity-based program which aims to build on the complementary strengths of rock and water. The program is fun, competitive and physically orientated. The focus of the lessons have been on developing new skills and strategies. The program offers a framework of exercises and ideas to give students the opportunity to explore and increase their self-confidence, boundary awareness, self-respect, self-awareness, empathy and intuition. So what do the students think?

Rock and Water is great fun – Campbell 4B

I like Rock and Water because it makes you think – Bailey 3B

Rock and Water is great – I love the exercises and I learn lots from the discussion – Nicholas 3B

Rock and Water is action, exercises, discussion, learning and fun – Jason 4B

Mr Anthony Biswas

I like Rock and Water because it teaches you how to survive in the playground – Luke 3B

Mr Hale

My Home

I wake up below the starry night sky
Frozen while watching the soft snow fall
I walk down towards the small rustic coffee shop
And sit on the rough charcoal stool
Feeling the warm light slowly crawling upon me
While I sip the warm, gentle hot chocolate
I slowly walk down towards a small village
And knock on the door of a lonely cottage
As dusk comes and day ends
I sit outside watching the moonlight sparkling
On the soft white sand
This is my world, my home

By Alexander Lees

The Lion

Have nothing to eat
Starving for days
Black and white stripes
Seem to glow in the distance
Flesh ripping jaws with white teeth bared
Thirsty for juicy, raw, tender meat
His golden mane flowing behind him in the wind
Too bright to look at against the sun
Paws thudding on the dead, dry grass
He pounces on his prey
A net falls from a shady tree
A black and brown safari
Covered in brown dust
Kicks up the dirt behind him
White rope snakes across his skin
Getting tighter the more he struggles
Head bobs on top of the car
Taking out a gun
BANG!
The king of the beasts is dead

By Georgia Hamaty

Talented poets, Alex Lees and Georgia Hamaty with their Dorothea Mackellar entries entitled "My Home" and "The Lion".
Children’s author DC Green will be visiting NAC with his fun filled presentation for Years 3 -6 on the morning of Tuesday, 5 August.

Before he became a zany children’s author, DC was an award-winning surf journalist. He has written about shark attacks, life in Bali and profiled the likes of eleven-times world champion surfer, Kelly Slater.

In the past seven years DC has performed 800 school shows around Australia. His shows are funny, dramatic and full of great writing tips and ideas.

You can check out DC’s books at his website, www.dcgreenyarns.blogspot.com

I loved it when DC sang and rapped. I couldn’t stop laughing. I laughed my head off.’ - Milka, St Patrick’s School, Port Kembla, NSW.

Buying DC’s signed books

All DC’s books cost $15 except for Three Little Surfer Pigs which has been slashed to $10! Students who buy more than one book will receive a free signed poster!! Buy all three Erasmus James books for just $40 or all five DC books for a mere $60!! Simply bring in an envelope to the school with money inside and the title(s) of DC’s books on the front of the envelope.

Three Little Surfer Pigs
A hilarious picture book of the classic fairy tale, featuring gorgeous art by Simon McLean. Ten per cent of all proceeds go to CanTeen Australia. $10.

‘Evilly entertaining.... The rhyme is great fun!’ – Sally Ogders.

Erasmus James and the Galactic Zapp Machine
Erasmus James zaps to a weird world where humans, ninja horses and mutant chooks live in peaceful harmony. At least they all did ... until Erasmus makes a deal that could lead to galactic war! $15.

‘An awesome read from the literary giant of surf journalism!’ - Australia ’s Surfing Life.

Erasmus James, King of Kid’s Paradise
Erasmus James zaps to a tropical world where adults are banned, there are no rules and all the other kids want him to be their king! But what is the dark secret that lurks beneath Kid’s Paradise? $15.

‘Far out, funny and fabulous!’ - CoastKids magazine.

Erasmus James and the Grat Siege
Grats! Giant rats!! – surround my castle. My troops defend bravely. My mates - mutant chooks, ninja horses and grommets - are also out-numbered, starving and stinky. They turn to me for inspiration. To Erasmus James, the boy who doomed the universe! $15

‘Hilarious and action packed... an unforgettable book.’ – Kids’ Book Capers.

Stinky Squad
Oztrailer has mysteriously turned into a nation of brain-eating zombies. The only hope is five teens with revolting super-powers like acid vomit and super-sticky pimple pus: Stinky Squad! Ages: 10+. $15


Monster School
Monster School is filled with mafia goblins, joker giant spiders, socially-challenged zombies and snarky vampires. Humans are the endangered species! $19. Ages: 10 +

‘A wild, wise-cracking ride.’ – Ian Irvine.

The Junior School athletics carnival was held at Shoalhaven High School on Friday the 25th of July. We were extremely blessed with the weather as it was an absolutely beautiful day, perfect for some high quality athletics competition.

It was a great day of competition with excellent participation and encouragement from all the houses. The highlights of the day were the fierce competition in the eleven years boys between at least six different athletes and the twelve years girls, which was close all day between two athletes.

The final points scores were: Procter : 1308, Hargrave : 1213, Best : 1021, Trickett: 992

Congratulations to the following age champions:

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Champion 1</th>
<th>Champion 2</th>
<th>Champion 3</th>
<th>Champion 4</th>
<th>Champion 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 years girls</td>
<td>Sarah-Joy Day</td>
<td>Clare Murray</td>
<td>Zara Capner</td>
<td>Claudia De Rooy</td>
<td>Abbey Patrick</td>
</tr>
<tr>
<td>9 years girls</td>
<td>Ian Herne</td>
<td>Kane Slaytor</td>
<td>Toby Huard</td>
<td>Angus Templeton</td>
<td></td>
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<tr>
<td>10 years girls</td>
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<td></td>
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<tr>
<td>11 years girls</td>
<td>}</td>
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<td></td>
<td></td>
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<tr>
<td>12 years girls</td>
<td>}</td>
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</table>

Congratulations also to our record breakers:

<table>
<thead>
<tr>
<th>Event</th>
<th>Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>12/13 girls 100m</td>
<td>14.22s</td>
</tr>
<tr>
<td>12/13 girls 200m</td>
<td>29.22s</td>
</tr>
<tr>
<td>12/13 girls Long Jump</td>
<td>4.28m</td>
</tr>
<tr>
<td>12/13 girls + 8-13 girls Turbo Javelin</td>
<td>18.95m</td>
</tr>
<tr>
<td>11 boys 200m</td>
<td>31.06s</td>
</tr>
<tr>
<td>11 boys Long Jump</td>
<td>4.07m</td>
</tr>
<tr>
<td>8-10 girls Turbo Javelin</td>
<td>4.92m</td>
</tr>
<tr>
<td>10/12 boys Turbo Javelin</td>
<td>24.72m</td>
</tr>
</tbody>
</table>

Well done to all of our competitors on the day, we had excellent participation in every event. Thankyou to our parents that helped on the day and thankyou also to our Year 9 students who assisted as well, the carnival would not have run as smoothly without your help.

The SASSA athletics carnival will be help on Thursday 14th of August. Nowra Anglican College will be represented by a team of 44 students.
FAMILY FUN AND FITNESS
Little Athletics is a sport that provides an opportunity for higher levels of fitness and better health.

Little Athletics is not really about winning but about having fun, making friends and getting families involved in healthy activities. The emphasis is placed on participation and personal improvement.

The new season of Shoalhaven Little Athletics will commence on Tuesday September 2nd 2014.

Where: Ron Brown Sporting Complex
Behind Shoalhaven High School
Park Road, South Nowra

When: Tuesday’s 5.30pm – 7.30pm

Ages: Tiny Tots to 17 years of age

Registrations at Ron Brown Sporting Complex on:
- Saturday 23 August from 9.30am to 12midday
- *Tuesday 26th August from 5pm to 6.30pm
- *Saturday 30th August from 9.30am to 12midday

Costs: $80 for all age groups except tiny tots ($65)

Cash or cheque only, no eftpos facilities available.

Athletes not registered before must bring proof of age!

For more information contact the club at shoalhavencac@yahoo.com.au or go to our facebook page.

KNIT IN
@ your library
5th August 2014
10am- 12pm @ Nowra Library

The KNIT IN is an annual event where we encourage knitters and crafters to help support the local Wrap with Love’s pledge to provide warm wraps for people suffering from extreme cold.

Local knitters are encouraged to join like minded craftpeople from 10am to help create squares for the homeless.

Join in on this fun morning, meet some new friends, and do a good deed.

Morning tea will be provided.
No need to book, just turn up!
Scoliosis Self-Detection Program for Girls in Years 7 - 9

Scoliosis (spinal curvature) is an important health problem for adolescent girls and 25 per 1,000 are at risk of developing a significant curve. The National Self-Detection Program for Scoliosis was introduced as a preventative health measure. Please see the Self-Detection Brochure in our newsletter. This brochure has been emailed to all girls in Years 7 – 9. You can access more information and participate in forums at the Scoliosis Australia home page at www.scoliosis-australia.org. Through the forums, girls and their parents can obtain general advice from certified specialists who manage patients with spinal curvature. Otherwise, enquiries can be made to mail@scoliosis-australia.org.

BRING A BEANBAG, A CUSHION OR YOUR FAVOURITE PILLOW FOR A FUN FAMILY EVENING.

MOVIE WILL BE SHOWN ON A HUGE 6 x 3mtr SCREEN.

FULL CANTINE WILL BE AVAILABLE FOR DINNER AND SNACKS.

GET YOUR PIZZA, HOT DOGS, CHIPS AND DON’T FORGET TO PICK UP A CHOC TOP, POPCORN, JAFFAS BEFORE THE MOVIE STARTS.

DOORS OPEN 6.00PM
MOVIE TO COMMENCE AT 6.45PM
ALL TICKETS: $10 OR FAMILY OF 4 ($2 ADULTS 2 CHILD) $25 EXTRA CHILD $5
Tickets must be pre purchased.