National Day of Action against Bullying and Violence

Today is the National Day of Action Against Bullying and Violence. We are participating with over 2100 schools taking a stand against these blights on our society.

Bullying can have a negative impact on students’ academic performance, self-esteem, coping skills, and can increase anxiety and unhappiness. It is important that students, staff and parents get involved to make a positive change.

Is Bullying Increasing in our Society?

Australian research suggests that up to one in four students have experienced some level of bullying. (Bullyingnoway.gov.au) This statistic is quite alarming and I wonder what impact our current batch of reality TV shows is having on our children.

A nightly check of the TV guide shows that Reality TV has come to dominate Australian entertainment schedules. Although these programs are seen as family entertainment, psychologists are becoming increasingly worried about their effect on children and teenagers. Some Reality TV shows have approximately 85 insults every hour. (www.mirror.co.uk) On screen, people are competing with each other to make the most cutting remarks in order to improve ratings and this is creating an ethos of nastiness and negativity. The message this sends our young people is that it is ok to undermine others and nastiness is normal.

We need to question what impact Reality TV is having on our children.

Many adolescents believe that reality shows are real and unscripted. Young brains are susceptible to suggestion because they lack the full ability of reason and logic. Research is now showing the potential correlation in violent behaviour, bullying and cyberbullying among adolescents who frequently watch such shows. (www.cyberbullyhotline.com)

I found an interesting quote from the TV personality Ellen Degeneres:

“Most comedy is based on getting a laugh at somebody else’s expense. And I find that that’s just a form of bullying in a major way. So I want to be an example that you can be funny and be kind, and make people laugh without hurting somebody else’s feelings.”

Perhaps our TV executives should take a leaf from Ellen De Generes’ book.

The fact that we are hearing a lot about bullying these days may well be a positive sign that we are taking it seriously and exploring ways to reduce it. Australian researchers have suggested we are more aware of the potential impact of ignoring bullying, and willing to take the necessary steps to stop it from occurring (Bullyingnoway.gov.au)

Bullying undermines the key values that NAC aims to promote in students including dealing with each other in a respectful and dignified manner.

I would like to conclude with some advice from the book of Ephesians.

*Do not use harmful words, but only helpful words, the kind that build up and provide what is needed, so that what you say will do good to those who hear you.* (Ephesians 4:29)

Lorrae Sampson
Executive Principal
St Patricks Day

On Monday 17th March the world went green, not just for Trickett House but for St Patrick’s Day. Those with an Irish heritage and those who wish they were partied about all things Irish: Leprechauns, 3 leaf clovers, a beverage called Guinness, Irish dancing, lame jokes and the wonderful saying “to be sure, to be sure”! As a half Irish man, whose mother was Patricia and grandfather Patrick, I have celebrated my O’Sullivan Irish heritage more as the years roll on, to be sure.

People might know about the myth of how Patrick banished all the snakes from Ireland but the real story is about what God did in the life of Patrick and, through him, to bring Christianity to pagan Ireland 1600 years ago. At the age of 16 he was captured from his home in Great Britain by Irish pirates and lived as a slave in Ireland until age 22. During this time he underwent an unexpected spiritual conversion. In his own words:

“I knew not the true God; but in that strange land the Lord opened my unbelieving eyes, and, although late, I called my sins to mind, and was converted with my whole heart to the Lord my God, who regarded my low estate, had pity on my youth and ignorance, and consoled me as a father consoles his children”.

It is interesting that his mother tried to instruct him in Christian faith but Succat (his original name) did not understand them. He was fond of pleasure, and delighted to be the leader of his youthful companions. Does this at all sound familiar to you?

This idea of conversion means that he now experienced the wonder of God’s grace and forgiveness through Jesus. He now lived not for himself but for God. He was committed to share the good news in Ireland and later returned there for 30 years as a missionary. Patrick was now captive to God’s purposes for his life, to make disciples, followers of Jesus. Ireland was converted to the Christian faith and the remnants of this exists today. This is a call which similarly motivates many today who seek to live out the final words of Jesus and share this good news with the world:

“All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.” (Matthew 28:18-20)

May the words of this much loved traditional Gaelic blessing encourage you in your own journey with God:

May the road rise up to meet you.
May the wind be always at your back.
May the sun shine warm upon your face;
the rains fall soft upon your fields
and until we meet again,
may God hold you in the palm of His hand.

With every blessing,
Jim Dayhew
College Chaplain
From The Head of Junior School

Friday 21 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. At Nowra Anglican College we will be involved in a number of activities to bring this topic into focus.

**What is Bullying?**

Bullying is repeated verbal, physical, social or psychological behaviour that is harmful and involves the misuse of power by an individual or group towards one or more persons. Cyberbullying refers to bullying that is carried out through information and communication technologies.

Behaviours that do not constitute bullying include:

- mutual arguments and disagreements (where there is no power imbalance)
- not liking someone or a single act of social rejection
- one-off acts of meanness or spite
- isolated incidents of aggression, intimidation or violence

However, these conflicts still need to be addressed and resolved.

**Positive Behaviour Management**

One key strategy from the Safe Schools Framework is an approach that promotes positive behaviour consistent with the school's values. NAC's Behavioural Support Guidelines place a strong emphasis on respect, kindness and compassion. Our children are being taught to take responsibility and learning how their behaviour can affect others. Here are some of the positive ways that these lessons are being explicitly taught and modelled:

- **Personal Development and Health lessons** Term 1’s program for K-6 is devoted to our Behaviour Support Guidelines. For example the children are taught what respect means and how to show respect for others.
- In **Chapel and Christian Studies** the children learn what Jesus says about how to show love one for another. When they hear the story of the Good Samaritan they learn that everyone is their ‘neighbour’.
- In their **Philosophy classes**, Years 5 and 6 are learning how to look at different sides of an issue and to understand the perspectives of other people. They are being taught problem solving skills and learning about empathy for the situations of others.
- Through **lunchtime clubs** which focus on social values (Chess, Debating, Green Thumbs Garden Club, Club 56 and God Squad), children are practically building and demonstrating their ability to show respect, compassion and fairness for others.
- **Year 6** students are valuing special responsibility in their role as buddies to our Kindergarten children. They are providing wonderful help and support to their younger peers in the playground.
- Participating in the **National Day of Action against Bullying**
- NAC has registered as a participant and students will be participating in class activities and discussions [http://www.bullyingnoway.gov.au/](http://www.bullyingnoway.gov.au/)
- Stage 1’s topic “**Getting along Together**” will be celebrated this Thursday with a special presentation for their parents by our College Counsellor, Mrs Jodie Robinson. Mrs Robinson's talk is titled “Helping our Children Thrive”.
- **Our Light of the Cross** program rewards and encourages children to work hard, to try their best and to help others as described in our College values Courage to Excel and Compassion to Give.

Susan Pearson  
Head of Junior School
Hi Everyone

At the P&F AGM the new executive was voted in:
Serena Copley - President  Angela Birch -Vice President  Giosefina Sims - Secretary
Jodie Armstrong - Treasurer and Book club

School banking is being looked after by Tracy Pybus and we are looking for a **publicity officer**, please contact me if you might be interested in this position. I would like to thank the outgoing P&F Executive for the wonderful effort last year and on achieving the goal of a new bus for the school.

**Calling all NAC Bakers**
On Saturday 22nd March at the College Open Day we will be having a cake stall and need any donations of baked goods. If you are able to help out please leave items at the canteen on Friday or drop off at the College on Saturday morning between 9.30am and 10am

**Bunnings BBQ’s may be cancelled**
The P&F is facing the loss of potentially up to $4000 per year in fund raising income!! The BBQ’s have been extremely well run for the last 6 years by Gordon Paech and Joe Schreurs who have now decided to pass on the project. So unless we can find some happy sausage sizzlers we will have to cancel our spot at Bunnings. NAC is allocated 4 BBQ days per year and each day often raises between $800-$1000 in sales. PLEASE contact the P&F or leave a message at the office if you feel that you could help. This would be such a shame to lose especially after 6 very successful and profitable years.

**Clean out your wardrobes...it's coming!**
The Ist NAC second hand clothing sale will be held in the last week of this term. Which day will be decided this week and notes will be sent out. Tables will be $10 and can be booked through Fiona Schruers on 0401 002 315.

**Next Meeting**
Our next P&F meeting will be Monday 19th May at 7pm in the staff room. See you there!

Warm regards
Serena Copley
President

A Big thank you to all who supported the NAC for Life cupcake day last week. We raised $630 which was an amazing effort. Thank you to Olivia Wilson for these stunning butterfly cakes which were extremely popular as were the hundreds of other cupcakes baked by our busy mums and dads! Relay is fast approaching and everyone in the school community is invited up to the showground on Saturday 29th March to visit the “NAC for Life” tent, walk a lap with us or just drop in for a cuppa and a chat. We would love to see you there!
New Enrolment

We welcome Matilda Clarke to Year 1.

SASC Leaders’ Day

Last Thursday, our Stage 3 Coordinator, Mr Hale took Captains, Lily Morris and Angus Templeton and Vice Captains, Ashleigh Yang and Matthew Trewin to Wollondilly Anglican College for the Sydney Anglican Schools Corporation Leaders Day.

Prior to their visit the students were given the task of creating a values shield which would be representative of their school’s values and which they could share with the other schools. Lily, Matthew, Angus and Ashleigh decided that the four corner stones of the shield from our school motto were faith, compassion, courage and excellence.

It was an interesting day where the students learnt about other schools and their values and were given the opportunity to meet with other student leaders.

Saturday 22 March: Nowra Anglican College Open Day

NAC’s Open Day provides an opportunity for the community to visit our lovely school and to show them what we have to offer. There will be lots of activities and things to see and students are welcome to attend. We encourage them to wear their school uniforms. Year 6 students, in particular, are encouraged to come and to help with events and tours.

Thursday 27 March: Kindergarten Twilight Tour

On Thursday 27 March the Kindergarten Twilight Tour is especially for parents who are interested in enrolling their children in Kindergarten either in 2015 or thereafter. Our Stage 1 Coordinator, Ms Piazza, together with our Kindergarten teachers, Ms Ng and Mrs Mathew, will be leading the tour. They will look at the Kindergarten environment, talk about the transition from pre-school and answer parents’ questions about our Kindergarten program.

Musical Program

Thanks to the keen efforts of our music staff (Mrs Guile and Mrs Reading), our children have opportunities to be increasingly involved in their music this year. Following last year’s concert where children learnt about the instruments of the orchestra, more children are enthusiastically learning an instrument and are keen to join the Junior School Band.

The Stage 1 Choir, the Percussion Ensemble and the Guitar Ensemble have all got off to a good start. In a couple of weeks’ time we will be welcoming a visiting band from Brigidine College. Our Year 3-6 children will also be participating in a ukulele workshop.

Term 1 Junior School Events Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Thursday 20 March</td>
<td>Parent Morning for Years 1 and 2</td>
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<tr>
<td>Friday 21 March</td>
<td>National Day of action against Bullying</td>
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<td>SASSA Netball/Soccer Day</td>
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<tr>
<td>Saturday 22 March</td>
<td>NAC Open Day</td>
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<td>Tuesday 25 March</td>
<td>Stage 2 Auskick Gala Day</td>
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<td>Wednesday 26 March</td>
<td>CIS Swimming</td>
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<tr>
<td>Thursday 27 March</td>
<td>Young Australia Music Workshop (’Ukelele-Oke’)</td>
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<td></td>
<td>Kindergarten Twilight Tour</td>
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<tr>
<td>Friday 28 March</td>
<td>Cross Country Carnival</td>
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<tr>
<td>Tuesday 1 April</td>
<td>Parent Morning- NAC’s Junior School Enrichment Program</td>
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</tbody>
</table>
Wednesday 2 April  Spelling Bee Finals
Friday 4 April  CIS Soccer
Tuesday 8 April  Presentation Assembly
Wednesday 9 April  JS Parent/Teacher Interviews
Thursday 10 April  Concert by visiting school Brigidine College
Friday 11 April  JS Easter Chapel

As you can see there are lots of things exciting things happening in the Junior School and we encourage parents to come along and enhance their children’s enjoyment of these events.

Susan Pearson
Head of Junior School

Junior School Anglican Leadership Day

What four qualities would you choose to represent your value system or school? Not an easy question.

The Junior School leadership team were asked this question when they travelled to a leadership day hosted by Wollondilly Anglican College. The students chose compassion, courage, excellence and faith. What wonderful choices.

The values were written on a shield and discussed with other schools along with numerous other activities in the event that was attended by Anglican schools from Sydney and the South Coast.

Our Junior School captains, Lily Morris and Angus Templeton, as well as vice captains, Ashleigh Yang and Matthew Trewin, were wonderful representatives of our College as they engaged with other students in similar leadership roles.

The day started with a chocolate, a great start, and students were asked to form groups based on the small chocolate they received. They spent the day in these groups getting to know students from other schools and engaging in activities with a new peer group.

There were guest speakers, motivational videos and some advice from great leaders in history. It was wonderful to see the leaders engaging in all sorts of discussions and activities designed to develop students’ leadership skills and their willingness to serve others in a respectful and effective way.

Our four student leaders displayed exemplary behaviour and excellent critical thinking skills throughout the day’s discussions and activities. They can be proud of their efforts at the leadership day and already have a few ideas for the future at NAC.

Ashley Hale
Stage 3 Coordinator
Minnamurra Rainforest

Minnamurra Rainforest is a beautiful Rainforest located near Jambeeroo. It is a scenic, green and lush environment. It is covered with plants, trees, animals and water. On the 5th of March Stage three students from Nowra Anglican College were lucky enough to explore and learn about this beautiful and interesting place.

The rainforest experience commences along a network of elevated walkways and paved tracks which meander through the rainforest. It is a 4.2km walk which is linked by suspension bridges across the rainforest that overlooks the river and the fascinating trees. It is a hard, long, captivating walk as the rainforest can be very hilly but it is all worth it in the end as you can experience the sightings of the beautiful waterfall, the sound of the water drizzling its way along the rocks is beautiful and the green, lush flora that surrounds it is magical.

You can see first-hand the fauna of the area such as the normally allusive Lyrebird, the Eastern Water Dragons, Swamp Wallabies and many other bird species which make Minnamurra Rainforest their home. On our walk we saw several water dragons, a lyrebird, eels and many more.

Over 90 different species of ferns and over 80 different species of native trees have been identified in the 400 hectares of rare bush, including the rare Illawarra Fig, Red Cedar, Cabbage Tree, Falms and Elkhorns. There are also fungi, epiphytes and many more.

Overall I believe Minnamurra Rainforest is one of the most beautiful and fascinating Rainforests ever!
On the 5th of March, Year 6 and Year 5 went on an awesome excursion to a dark, damp rainforest with heaps of exotic animals. Two of the animals are the cheeky lyre bird and the shy but cute wallaby. When Year 5 and Year 6 were walking back down to go get their school bags, they encountered a wallaby and a male lyre bird. I think that everyone enjoyed the beautiful Minnamurra rainforest. When you visit Minnamurra rainforest, you can always hear the water trickling down the waterfall.

**The lyre bird**

The lyre bird is a very naughty and different bird. Male Lyre birds have a ridiculous dance to attract mates. The lyre bird gets its name because of the beautifully patterned tail which looks like a lyre.

Diet: insects

Live: Australia

Cheeky: YES and they also make some pretty awesome sounds

**Water dragon**

Water dragons are basically lizards that are able to swim in water and walk or run on land. At Minnamurra, you will be able to see some awesome creatures and one of the awesome creatures you might encounter might be the cool water dragon.

I recommend that you should go see the wonderful Minnamurra rainforest and see it for yourself.

By Aidan Adams
Award Winners

Congratulations to the following award winners:

Silver Awards

Well done to the following Silver Awardees. These awards will be handed out at our end of term presentation assembly.

Naomi Brown (Yr12) (2 Silver Awards)  Jacob King (Yr 8)

Bronze Awards

Sarah Barker (Yr9) (Service & Character, Academic)
Rowan Schultz (Yr9) (Service & Character, Co-curricular)
Nelson Bradley (Yr9) (Academic)
Jacob King (Yr8) (Service & Character)
Peta Leahy (Yr9) (Service & Character)

Things Are Getting Busy

As the end of term approaches things are getting busier. Students are approaching deadlines for assignments and assessment tasks and we have a number of big events coming up. I would like to encourage parents to keep logging into the parent portal weekly to stay informed of events regarding their children. This is the best way to keep on top of the work that your child is currently doing. If you have forgotten your login details please contact our administration team on 44217711.

Camp

Next week Years 7-11 go on camp from 26th-28th March. A reminder that this is a compulsory part of our school curriculum and a key educational experience that your child should not miss. Camp is always a great time for students. Facing challenges together in unfamiliar settings extends our children, living together for a few days helps grow relationships within each year group. The shared memories of camp will last a lifetime. It’s definitely not to be missed.

Open Day

This coming Saturday from 10:00am – 1:00pm is our College Open Day. There are many events happening and your child may have been asked to help out with various activities or performances. I would encourage everyone to come along and make this a great day.

Mufti Day

This Thursday is a Year K-12 Mufti Day. All our mufti days are held in order to raise money for various causes. Usually our Term 1 mufti day goes towards funds for building houses in Cambodia/Vietnam however this term is a little different. Laura Boyd, an ex-NAC student (2007) suffered a stroke at the age of 17 which left her severely disabled. She is in need of a new wheelchair which will cost approximately $10 000. All proceeds of our mufti day will go towards the purchase of this new wheelchair. The NAC community have a great history of generosity and I would ask that we all give generously to help out one of our own.

David Hamaty
Head of School
Bundanon Art Camp 2014

During Week 7 students from the Visual Arts classes of Years 11 & 12 Art enjoyed an overnight excursion to the beautiful and scenic properties of Bundanon and Riversdale where iconic Australian artist Arthur Boyd lived and created so many of his artworks.

Included in the overnight stay were informative tours of the Boyd homestead and Bundanon Arts Centre, fabulous food, and art making workshops that guided the students in learning how to depict the Australian landscape; the two workshops challenged the students with combinations of artmaking techniques that were layered in unexpected ways to create beautiful works.

In the blue series you can see references to the Shoalhaven River and early maps; there are also personal observations of the environment recorded in various media.

The students gained a personal understanding of Australian art history with the immersive experience of guided tours of Arthur Boyd’s home and personal studio space.

At the Riversdale property we all stayed overnight in the Boyd Education Centre, whilst we refer to this as a camp, the accommodation facilities are extraordinary. The building was designed by Glenn Murcutt and has won numerous international awards. Of course this place fosters a sense of tranquillity and serenity that enabled the students to explore their creativity, make personal connections to Australian art history and enjoy the company of others on a similar journey.

The camp is a definite highlight of the year and an inspiration for all involved. The Bundanon Trust runs events open to the public throughout the year and is open for visitors – a great picnic opportunity too.


Daniel Jones
Visual Arts and Technology
Junior School Sport

The Junior School SASSA swimming carnival was held on Thursday the 6th of March at the Bomaderry Aquatic Centre. It was a perfect day for swimming, with slightly cooler overcast conditions.

Nowra Anglican College was represented by a team of 24 swimmers across all age groups. All students swam exceptionally well on the day and represented the college well also.

The overall point scores were exceptionally close all day and going into the relays there was only 21 points separating first from fourth, with a relay win being worth 16 points. After strong relay swims, where we placed in all four relays Nowra Anglican College ended up coming second overall by 19 points.

We had a number of first places on the day. They were:

- Sarah-Joy Day – 8 yrs 50m freestyle
- Claudia De Rooy – 11 yrs 50m breaststroke
- Thomas Fraser – 8yrs 50m freestyle
- Ella Hughes – 11 yrs 50m freestyle
  - 11 yrs 50m backstroke
  - 11 yrs 50m butterfly
- Troy Sweet - 11 yrs 50m breaststroke
- Senior Girls Relay – Alyssa Dilley, Lily Morris, Ella Hughes and Claudia De Rooy

We also had three age champions on the day. They were:

- Thomas Fraser – 8 years boys
- Sarah-Joy Day – 8 years girls
- Ella Hughes – 11 years girls

We will now take a team of eight swimmers to compete in the CIS state swimming carnival to be held in Homebush on Wednesday the 26th of March. They are:

- Cade Missingham, Thomas Fraser, Sarah-Joy Day, Troy Sweet, Lily Morris, Alyssa Dilley, Ella Hughes and Claudia De Rooy.
Senior School Sport

Australian Athletics Championships 2km Steeple Chase

Rosie Davidson gave up a guaranteed gold in the under 17 years steeple to compete in the under 18’s for better competition.

Three of the 18’s had better Personal Bests than Rosie and one of them, Tarinah Nazaroff, has never been beaten and is renowned for her powerful, fast and never give up finish.

Rosie settled into 2nd place and the leader, Georgia Winkup, was 40 metres in front with 3 laps to go.

Tarinah set out to catch the leader, Rosie followed and Tarinah caught Georgia with 600 metres to go. Rosie passed Georgia to move into second place.

Tarinah was 1.5 seconds in front of Rosie with 1 lap to go. With 200m to go she was still 15 metres in front. Remember, Tarinah is never beaten and has a blistering finish.

At the last water jump Tarinah was 10 metres in front and running strongly. Rosie was catching up but could she do it? At the final hurdle Rosie caught her and they jumped the hurdle together. The hard effort Rosie put in to catch the leader caused her to stumble at the last hurdle and she fell 2 metres behind.

With less than 70 metres to go it looked all over but Rosie dug deeply and gradually caught up, Tarinah surged again to lead, Rosie hit back again and on the line Rosie dipped to WIN.

Both Rosie and Tarinah ran PB’s, Rosie by four seconds and Tarinah by one second.

Jim Downes

NAC Shines at the NSW All Schools Triathlon Championships

A swim, ride and run event against the very best athletes in NSW is a challenging prospect but NAC students represented our school with wonderful determination and sportsmanship at the NSW All Schools Triathlon Championships.

NAC students travelled to the Sydney International Regatta Centre on Thursday of Week 6 to compete against the best junior triathletes in the state.

With a number of great performances, Tim O’Shea was our highest ranked competitor, just missing out on a top ten finish that would have qualified him for the national titles in Victoria later this year. Tim was 7th overall in the independent schools category and finished the Sprint Distance event (750m swim, 20km ride, 5km run) in a time of 1 hour and 58 seconds.

Zac Hale also performed well, finishing 22nd in the Independent schools category. He completed the Enticer Distance event (400m swim, 10km ride, 3km run) in a time of 39 minutes and 40 seconds.

A special mention must also go to Blake Cauldron and Troy Strickland, doing his first triathlon, who were both excellent representatives of NAC.

Triathlon is an outstanding way to get fit and combines three accessible, enjoyable sports that every student could try.

With the Shoalhaven hosting so many Triathlon events
throughout Summer and Autumn, there are opportunities for every student to participate. For more information about our local Jervis Bay Triathlon club, who race in beautiful Jervis Bay each month, please contact Mr Hale for more details or check their website.

Ashley Hale

Nowra Anglican College
Uniform Shop

EASTER HOLIDAY OPENING TIMES

April

Thursday 24th 9am - 4pm
Monday 28th 9am - 4pm
Tuesday 29th 9am - 4pm
Wednesday 30th 8am - 4pm

May

Thursday 1st 8am - 4pm
Friday 2nd 8am - 4pm
Coming Up

Sat 22 Mar  NAC Open Day
Tue 25 Mar  Yr 7 2015 Information Night
              Australian Informatics Competition
              Indigenous Student/Parent Information Session
              JS Stage 2 Auskick Gala Day
Wed 26 Mar  JS CIS Swimming Carnival
              JS HICES Debating
              Yr 7 Camp Begins
              Yr 8 Camp Begins
              Yr 9 Camp Begins
              Yr 10 Camp Begins
              Yr 11 Camp Begins
              Yr 12 Half Yearly Examinations Begin
Thu 27 Mar  Kindergarten 2015 Information Night (Twilight Tour)
              JS Shoalhaven Football Soccer Clinic
              JS Young Australia Music Workshop Ukelele-Oke Concert
Fri 28 Mar  JS Cross Country Carnival
Sat 29 Mar  Relay For Life Begins
Tue 1 Apr   SS Parent Forum
              JS Parent Morning - NAC’s Junior School Enrichment Program
Wed 2 Apr   JS Spelling Bee Finals
Thu 3 Apr   Yr 11 Design Tech Expo
Fri 4 Apr   JS CIS Soccer
Tue 8 Apr   Whole School Term 1 Presentation Assembly
              SS Yr 7 - 12 Parent/Teacher Interviews
Wed 9 Apr   SS Parent/Teacher Interviews
              Clelland Lodge Garden Party Performance
Thu 10 Apr  Concert by visiting school Brigidine College
Fri 11 Apr  Easter Chapel
              Last Day of Term 1

Community News

Parenting for Success (FREE)
In this realistic and practical presentation about parenting younger children, Carol Boland will talk about how children learn to cope in times of stress and how parents can use this knowledge to help kids grow into resourceful, confident adults. Development of effective strategies that build children’s self-esteem, confidence, effective problem-solving skills and positive communication between a parent and their child are key protective factors that reduce the likelihood of young people becoming involved in risk taking behaviours, such as substance abuse. These early years lay important foundations for building blocks for later life. SEE FLYER ON PAGE 16
Parenting for Success

If you have ever wondered.....
How can I best help my child to thrive in an increasingly complex and challenging world? Or
How can I help them avoid coping strategies that are harmful or which stop them reaching their full potential?
.............................................................................. then you are not alone

In this **FREE** realistic and practical presentation about parenting younger children, Carol will talk about how children learn to cope in times of stress and how parents can use this knowledge to help kids grow into resourceful, confident adults.

Development of effective strategies that build children's self-esteem, confidence, effective problem-solving skills and positive communication between a parent and their child are key protective factors that reduce the likelihood of young people becoming involved in risk taking behaviours, such as substance abuse. These early years lay important foundations for building blocks for later life.

**Carol Boland** B.A. (Hons), M.Clin.Psych. MAPS

Carol Boland is a clinical psychologist who has worked with parents, children and adolescents for over twenty-five years. Carol says that many of today’s parents face a range of daunting challenges that past generations rarely if ever experienced and that much of the knowledge she has gained about raising successful children has come from the parents with whom she has worked.

A past President of the NSW Family Therapy Association and now in private practice, Carol also specialises in consultation to government and non-government agencies and for private practitioners. She is also a Senior Lecturer in Child and Family Assessment and Therapy on the postgraduate programs at Macquarie University and has lectured in the UK and in South Africa. She writes and presents on issues relating to helping families thrive.

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**Monday 7th April 2014**

- Ulladulla 9:00am-11:00am: Dunn Lewis Centre, 141 St Vincent’s St, Ulladulla
- Nowra 12:30pm-2:30pm: Shoalhaven Entertainment Centre, Bridge rd, Nowra

**Tuesday 8th April 2014**

- Albion Park 9:00am-11:00am: Centenary Hall, Tongarra Rd, Albion Park
- Dapto 12:30pm-2:30pm: Dapto Ribbonwood Centre (Kurrajong Hall 2), 93 Princes Hwy, Dapto

**FREE**

A donation of $2 per person (at the door) to support local D&A education programs is appreciated.
Please arrive early to allow workshops to commence on time.

**Bookings Essential:** Ph. Tina Camitz: (02) 4254 2700
(Places may be limited) Martina.camitz@sesiahs.health.nsw.gov.au
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)

Suitable for both Primary and High School students

Bookings essential: Email coach@projectb.net.au or Phone 0403 390 547

Full information found at www.projectb.net.au

- Intro to MINDSTORMS®: April 16 - 17, $130 (Inc. GST)
- Grand Sumo: April 16 - 17, $150 (Inc. GST)

Presented by Project Bucephalus and sponsored by the University of Wollongong and the Dendrobium Community Enhancement Trust.

LEGO® is a registered trademark of the LEGO® Group of companies, which does not sponsor, authorise, or endorse this activity.

High Tea at St Luke's

10.00 am
Tuesday 8 April
St Luke's Hall,
68A Princess Street,
Berry.

Please rsvp by
Tuesday 1 April.
Phone 4464 2558
or 4448 6320 email
niesrob@hotmail.com

This is a free event –
bookings are essential,
donations welcome.
Child-minding is
available – please let us
know when you reply.

Uniform Shop Hours

<table>
<thead>
<tr>
<th>Day</th>
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<tr>
<td>Mon</td>
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Contact NAC

Phone: (02) 4421 7711
Web: www.nac.nsw.edu.au

Email: enrol@nac.nsw.edu.au
PO Box 2382 Bomaderry NSW 2541

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Come and join the Bomaderry Tigers Junior AFL Club!

Training has begun on Thursday afternoons from 4.30 till 6pm at Artie Smith Oval.

There is room for more Under 14's and Under 16's and we play on Sunday mornings.

Contact Heidi Gulliver for more info: 0429 441 900 or just rock up and register!