



# LAKES GRAMMAR – AN ANGLICAN SCHOOL

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*“With heart, soul, mind & strength”*

Friday, 21 August 2015

NEWSLETTER

Issue 12

## MESSAGE FROM THE PRINCIPAL

It has been a big couple of weeks for creative and performing arts at Lakes Grammar:

### “VISIONS” ART EXHIBITION

The official opening last Friday of our annual art exhibition was very well attended. We were privileged to have the Member for Wyong, Mr David Harris, do the honours. I had the pleasure of choosing, announcing and awarding the prize winners. Students from every year group were awarded prizes. We introduced a new prize this year, to be known as the Cover Prize. This is a work chosen to be printed on the cover of the diary for Year 11 and 12, which is a larger format diary than the 7-10 diary. This prize was awarded to Jessica Angel for her colourful photograph, “Holden Kingswood”. I am also pleased to announce that the winner of the Acquisitive Prize this year is Peggie Pantosos of Year 11 for her photographic work, “Bathed in Paint”. The exhibition runs till next weekend at Gosford Regional Gallery. Already 450 people had called in to see the exhibition between last Thursday and Sunday. Typically, over 1000 visitors see our exhibition. What fantastic exposure for our school and our students’ art works.



### YEAR 12 MUSIC PERFORMANCES



I also had the pleasure of attending one of the two performance nights by Year 12 Music students who performed their HSC pieces for friends and family. I was impressed by the performances, which covered pieces for flute and piano, saxophone, piano, cello and guitar with voice. On the second night a rock band performed and we had flute and clarinet pieces as well.

### SHOWCASE

Showcase was on this Wednesday and Friday I attended the Wednesday night show and enjoyed it immensely. It’s amazing to see what children can do when they are coached well, practise enough and put their hearts into it. Congratulations to the staff and students and thank you to all the parents who helped with costumes and encouraged your children at home.

### A NIGHT AT THE MUSEUM – THURSDAY 10 SEPTEMBER

This is a showcase of a different kind. Students of History in the Senior School will be exhibiting the results of their research for their project-based learning. Last year’s was a big hit. Come along and see the library transformed into a very special museum; see the fascinating results of student learning. If you are a Junior School parent I encourage you to visit to see the kind of learning your child will do in History when they reach the Senior School.

### CONGRATULATIONS TO...

**Joshua Green (Year 11) and Lachlan Green (Year 10).** Joshua and Lachlan recently competed in the State Spearfishing Titles. They dived five hours on Saturday 22<sup>nd</sup> at Bass Point near Shellharbour and six hours on Sunday off Port Kembla. They experienced very tough conditions with few fish. Josh came 2<sup>nd</sup> in Juniors, 1<sup>st</sup> in 3-Man Teams and heaviest fish for a Junior; Lachlan came 3<sup>rd</sup> in Juniors. Both boys made the Top 10 in the State.

Their brother Malachi Green, who will join Lakes next year in Year 7, came 2<sup>nd</sup> in Sub-Juniors behind Hayden Montgomery (Year 9).

**Fletcher Cunningham (Year 11).** I wrote in an earlier newsletter that Fletcher had been selected for the Australian Olympic Hopes Canoe Sprint Team to compete in the Hopes Regatta in Poland. Fletcher will compete in several Kayak events. He leaves next Thursday for this and we wish him all the best. Fletcher will be an excellent representative of Australia, as he is of Lakes Grammar.

### FORMER STUDENT TRAGEDY

We have received the tragic news that one of our 2012 graduates, Jake Loadsman, passed away on Tuesday after suffering a brain haemorrhage about 4 weeks ago. The haemorrhage struck without warning. Jake then lay in a coma from which he never recovered. Jake’s siblings Paige and Harrison also attended our school until 2013 and his sister Sophie was here until mid-2014 in Year 8. Please pray for Jake’s family at this terrible time. Jake’s funeral will be held on Monday. Please note there will be a number of teachers attending the funeral so there will be some changed arrangements at school. A number of classes will be staffed by relief teachers.

**Michael Hannah (Principal)**

## HEAD OF JUNIOR SCHOOL

### SHOWCASE

It was truly outstanding to witness a community of people all pull together to create a wonderful experience that was Showcase Week. Congratulations again go to all of the students who were involved as cast and to the many staff who took on crew, backstage and front of house roles. The children all played their parts magnificently and were a true credit to themselves. My thanks again go to all of the teachers and parents who dedicated much of their time so willingly to assist in making Showcase the best performance it could possibly be. Particular thanks go to the Showcase Committee for all of their organisation, led by Miss Amanda Lutze, to our many administration staff who gave of their time behind the scenes and to all of our school families for your assistance with the amazing costumes!

### FATHERS' DAY STALL AND FATHERS' DAY BREAKFAST

It was truly a pleasure to celebrate Fathers' Day once again at Lakes Grammar and a joy to meet so many fathers at the Fathers' Day breakfast today. We had a wonderful time together and breakfast was enjoyed by all. It was enjoyable to watch a number of Junior School students enjoying breakfast with their fathers on the morning.

I would like to take this opportunity to thank all of our school families for their support and patronage of the Fathers' Day Stall this year and to the P & F for their organisation and running of the stall. You did a wonderful job and the work you do so tirelessly for the children is greatly appreciated by all.

### CHESS

Ashley Pernecker, Zaina Wadud and Abbey Wardrope represented Lakes Grammar - An Anglican School at the NSW Interschool Girls' Team Chess Challenge on the 20 August this term. The girls travelled to Sydney and competed against a large number of teams. They had a lot of fun and represented the school very well, both in score and behaviour.



### ASHLEY PERNECKER – CROSS COUNTRY

A huge congratulations to Ashley Pernecker who came 30<sup>th</sup> in the National Cross Country and received a silver medal in the teams event despite being quite unwell last weekend. We are incredibly proud of all that Ashley has achieved and it has been amazing to follow her journey this year. We pray that Ashley feels better soon and a huge well done on the amazing way you have represented us all!

### TAHLIA AND BRIELLA MOORE – BEAR COTTAGE FUNDRAISER



Congratulations to Tahlia Moore (Year 3) and Briella Moore (Year 1), who organised a fundraiser for the support of Bear Cottage, the only children's hospice in NSW and one of only two in Australia.

Located in Manly, Bear Cottage provides support, respite and end of life care for children with severe illnesses and their families. The children who visit Bear Cottage range from newborn infants to 18 years of age and accommodation is also available for parents, as well as siblings of the children staying. Having Bear Cottage available to families' enables them to focus on the important things, such as spending quality time together and making every moment count.

Tahlia and Briella were inspired by the work of Bear Cottage and wanted to help the families that use this remarkable service. The girls set themselves an Everyday Hero challenge of completing a 20km run over a 12 week period from 9<sup>th</sup> April 2015 through to 1<sup>st</sup> July 2015 and raised funds over this time.

Tahlia and Briella have now completed their 20km run and the generous

support of the school community has greatly assisted them in achieving their target goal of \$1200.

### OXFAM FUNDRAISER

Congratulations to the Craig, Lightfoot, Rumbel and Wilson families in Year 3 for all of their work in raising funds for Oxfam. Harrison, Liam, Boyd and Nathan held a guessing competition at school late last term and a fundraiser was also held in the June-July holidays. Last weekend the boys' mothers completed the Oxfam 100km trail walk in Sydney. The boys, along with their fathers, supported their mums at the eight checkpoints along the trail... a 43 hour and 21 minute journey! Well done as your team efforts have raised over \$2500 for Oxfam.

### BOOK FAIR

A wholehearted thank you to all of our school families for your support of the Book Fair last week. It was such a joy to see the boys and girls so enthusiastic about reading and selecting a variety of titles of quality literature. Our appreciation is also extended to Mr Summers and Mrs Tennant for their organisation of the fair and all of the work that went into running it.

### HRIS ART ON THE MOVE

Congratulations to the following students who have had their work selected for the HRIS 'Art on the Move' Travelling Art Show this year. A selection of the works have arrived at Lakes Grammar and are on display for the remainder of the term. A number of the works are also on display at St Phillips' Christian College at Newcastle at the moment as well. Well done on all of your efforts, it is fantastic to have your artwork on display so widely. Please take the opportunity to visit the Junior School Library before the end of term to view the artworks. The artworks will then move on to Bishop Tyrrell Anglican College for display next term.

- Thomas Anderson \* Emerson Flower
- Theodore Brown \* Noah Miller
- Chloe Collins \* Kenzie Millstead
- Halle Davis \* Harriet Peirce
- Charlotte Fisher \* Hollie Rowe
- Giselle Simon \* Alexander Voigt

### ULIMILIKO AWARDS

Completed Ulimiliko cards should be handed in to Mrs Nicole Walters, Co-ordinator of Teaching and Learning (K – 6) by Wednesday, 14 October (Wednesday Term 4, Week 2) in order for these to be processed in time for Speech Day.



**BUILDING LEARNING POWER**

Over the course of Term 3, we will be focusing on learning capacities associated with ‘Mind’ where students are able to look within and be reflective learners who examine the strategic aspects of learning.

**STARS OF THE WEEK:**

*Demonstrating our ‘Lakes Grammar Habit’ of reasoning well, thinking methodically and rigorously*

Corey Englebrecht, Fletcher Pigot-Irving

**UNIFORM AWARDS**

*Tahlia Shorten, Nicholas Squires, Emma Florimo, Donald May.*

**FINAL THOUGHT...**

*“Great theatre is about challenging how we think and encouraging us to fantasise about a world we aspire to”. – Willem Dafoe.*

**Will Wallace (Head of Junior School)**

**THE JUNIOR SCHOOL LOST PROPERTY BOX** is overflowing! Many of the items have been bought from the second hand uniform shop and do not have the name of the current owner on them. Any sad and lonely item remaining in the lost property box at the end of the term will be “gifted” back to the 2nd Hand Uniform shop. Please remember – if you buy a jumper from the 2nd Hand Uniform shop that previously belonged to a student who has left the school, put your child’s name on it!



**HRIS DEBATE REPORT**

Hands sweating, heart-racing, palm cards shaking, nervous tremors and the jitters slowly but surely slithering up your spine but amongst all this nervousness you still remember persuasive tones, confident look and a well heard voice.

On the 20 August Year five and six students from the OC class went to the HRIS debating gala day at St Phillips Christen College Cessnock. Two teams went but only one was victorious.

For the first debate of the day Kasey Young, Anupama Adikarimudiyanselage, Eloise Cliff and Richelle Armea had to debate that “Coal-generated electricity should be banned”. The Coal team put up a good debate against Scone Grammar, it was a close debate but the Lakes Grammar team just managed to scrape in a victory by one point.

For the last debate of the day Grace Barker, Jeremy Beale, Matilda Phillips and Madeline James had to debate that “Voting in state election should be optional”. The team debated well, spoke well and did their best but unfortunately did not come out on top.

Matilda’s thoughts on the debate were “It was an awesome day and I learnt a lot. Also. I am happy with how my team and I went”.

Eloise Cliff stated, “I had a great day and I made some memories; also I had a great experience”.

**Written By Eloise Cliff.**

**OC EXCURSION TO THE NEWCASTLE HERALD**

**How To Print And Bundle A Newspaper**

Click, click, click. Click, click, click. Newspapers are printed everyday. On Wednesday, 26 August the OC students went to see how their Newcastle Herald articles were printed.

Firstly, the students wrote six different articles including an editorial, took five photos and drew two drawings. Their teacher, Mrs Condie, then sent them to the Newcastle Herald writing competition supervisor.

Neatly formatted in a special formatting program, the newspaper articles were then sent to Fairfax Printing Press. There, two pages are printed in four different colours, cyan (blue), magenta (red), yellow and key colour (black) on aluminium sheets. These are then taken and placed in big machines that layer and print the newspaper articles to become newspapers.

The papers are then taken by grippers to have advertisements inserted by a round rotating machine. If any are missed, a special machine filters them out and they are inserted by hand. The newspapers are then bundled, in this case, into stacks of 90. Halfway through, the machine will rotate, giving the bundle an even top.

The bundles are then sent to be bound by strapping mechanism. Before entry a strip of brown paper is slipped under the stack, ensuring that if thrown the newspapers will not be damaged on the bottom. Thin, yellow straps are then strapped around the newspapers, horizontally and vertically.

Finally, the newspapers are put into crates and are transported to your local newsagents, ready for your enjoyment.



**By Grace Barker, OC**

**AFTERNOON MESSAGES** are given to students immediately after lunch. Please be aware that the school reception area is a very busy time at the end of school and it is unreasonable to expect that a message can be taken out to students who have already departed their classrooms for the day to stand in bus lines or parent pickup. **If you need to get a message to your child regarding alternative travel arrangements please contact the school reception prior to 1.30pm.** Students in parent pick-up lines who are not collected on time will be held in the office until your arrival.

## JUNIOR SCHOOL LIBRARY NEWS

### PRC 2015

Congratulations to all students who finished their 2015 PRC. All in all we had 150 completed. This is many more than last year. A wonderful effort! We hope to have the certificates by the end of the year for presentation early in 2016.

**Please note the PRC website has changed. Please use the following link now for any information on the PRC:**

<https://online.det.nsw.edu.au/prc/home.html>

### SCHOLASTIC BOOK FAIR

Our annual Book Fair was again a wonderful success! We have raised approximately \$3500 for our JS Library, which will be used to purchase new books for the shelves and some new resources for teachers.

Thank you to all the parents, caregivers and students who helped make this happen. We look forward to having this event again next year.

### WHEELERS eBOOKS

Has your child accessed our Wheelers eBook facility yet? If they are in Years 4-6 and have an iPad, Android or similar device, they can read our growing collection of eBooks either online or downloaded. They can also borrow an iPad from the JS Library at lunch. Please see library staff for more details or grab a brochure from the JS Library. Why not use this service in the Holidays??

### LIBRARY BLOG

Check out our latest JS BLOG and see what students have been learning about in the JS Library recently. This BLOG will be updated when needed. Access link below:

<http://danielsummers.edublogs.org/>

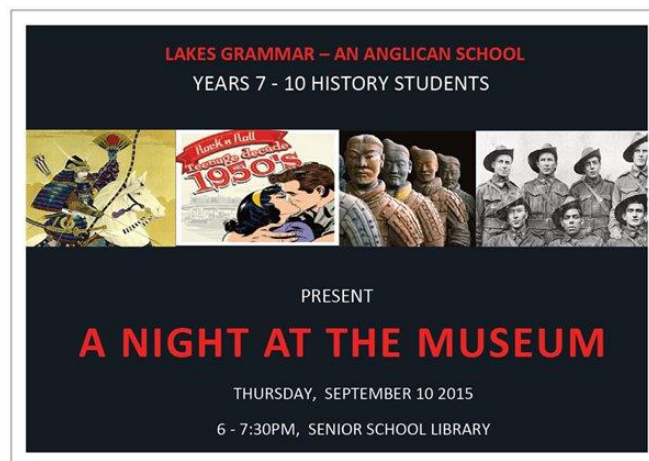
### COMING UP IN JS LIBRARY....

#### OPENING HOURS

The JS Library opening hours are from 8:30am to 3.30pm Monday and Friday and 8.30am to 4pm Tuesday to Thursday. Students are also welcome to use the JS Library at lunchtime (2nd half) each Monday to Friday. **PLEASE NOTE:** any student using the library between 3-4pm must sign in and be picked up from the library and signed out by their parents. This time is for RESEARCH / HOMEWORK / STUDY use only. It is not a place for parents to collect them in the afternoon

**Mr D Summers (JS Teacher Librarian)**

## UPCOMING EVENTS



**Maths tutoring in the Senior School Wednesday and Thursday mornings from 8.00am**

## CHAPLAIN'S CHAT

This week one of my daughters turned 10 and for her birthday party she wanted an 80's theme. She has been researching the music of the 80's and what people wore and asking us what sort of games we played at parties. For us as her parents we have been drawing on some very fond memories of growing up in an era of rapid change, questionable clothing styles, big hair and the very first home computers. The music was big too with bands filling stadiums to play power ballads or pop so sweet it was sickly...just think Bon Jovi through to Kylie Minogue. My favourite was U2 and especially the Joshua Tree album.

This week we have also been privileged to have our entire Junior School involved in putting on Showcase. It is a music, dance, drama extravaganza that allows for every child and staff member to be involved. Students in senior school still tell me what they did for showcase when they were in Junior School all those years ago. It is a wonderful opportunity for our children to work together and as a group to really shine. And would you believe there may well be music from the 80s involved as well. Over the coming weeks I am sure that many stories will be told about the performances.

Though the two big events of this week seem quite different they hold common ground in their ability to draw out stories. You see, stories for us humans are vital for building community. The church has for two thousand years been retelling the stories about Jesus and building a community of love as a result. Before that the Jewish people told stories of the ancient prophets, kings, queens and heroes of the faith. It is in listening to the faith stories and telling our own stories that we will see the connections being made. I pray that you may share your story with your kids, that we may all listen carefully to our children's stories and that you may allow God's story to connect with yours.  
Bless ya!

**Rev'd Matt Shorten (Chaplain)**

## ENGLISH / HISTORY NEWS!

This week the projects from Years 7-10 History have rolled in, getting ready for **THE NIGHT AT THE MUSEUM** on **Thursday 10<sup>th</sup> September**. This term of Inquiry Based Learning in History is very exciting! As teachers we are in awe of many of the projects and the creativity that exists amongst our student body. The projects have allowed the students to work in a collaborative team, build their academic resilience and plan for success, all of which are important skills for being accomplished 21<sup>st</sup> century learners. I encourage all parents and friends to come along to the NIGHT AT THE MUSEUM, 6-7:30pm at the Senior School Library, to see the wonderful projects students have produced! You will see: Ancient China come alive; Shogun Japan be explored; a Tribute to our fallen ANZACS and a testimonial to the decades which have shaped our lives!

**Michelle Smith (English/History Coordinator)**

## CAPA NEWS!

### VISIONS ART EXHIBITION

The Annual Art Exhibition, 'Visions' has been a resounding success again this year. Congratulations to all students who were involved in displaying their work in such a professional way. The show at Gosford Studio Gallery has been very popular with hundreds of people visiting already. Comments from the general public continue to be extremely positive with very encouraging words, praising students on their creative and imaginative subjects.

The exhibition was opened by the Local Member for Wyong, Mr David Harris. He kindly complimented the art students on their original choice of subject matter, their talent and commitment to developing their skills in such unique ways. Prizes and certificates were awarded to the following students:

Year 7 Sophie Ellicott, Ben Duncan, Naomi Palibino, Joshua Locchi

Year 8 Julia Areneta, Hayleigh Peachy, Bree Crosswell-Levy, Dylan Andrijic

Year 9 Art Julian Martin

Year 9 Photography Inde-Rain MacAskill

Year 10 Ashleigh Fitmaurice

Year 10 Photography Carli Van Der Wateren

Year 11 Melissa Best

Year 12 Kate Norgrove



Mr Hannah chose the annual, Acquisitive Prize which is purchased by the Art Department and displayed in the School. The 2015 prize was awarded to Peggie Pantosos. Her award winning piece 'Bathed in Paint', features two digital photographs of a figure painted with brilliant colours. One of the photos can be seen on the large exhibition banner and also appears on the invitations. A new prize has been introduced this year, called the 'Cover Prize' for Digital Photography. This is an award that is chosen by Mr Samways and will be printed on the cover of the 2016 Senior Diary. Jessica Angel's image of 'Holden Car', received the inaugural Cover Prize.

We greatly appreciate the support of the Archdeacon of the Central Coast Father Rod Bower who is also Chairman of our School Board, Rev'd Tim Waghorn, President of the P&F Tracy Stevens. The evening was attended by a large number of parents and students which made the event even more exciting. All students who exhibited work are commended for their outstanding contribution to the show and are encouraged to enter points toward their award tally.

The CAPA staff have joined together with students to present a very high standard of work. Special thanks must go to Mr Langejans and Mrs Lobregat for their tireless endeavours to hang such an inspirational show. Our office staff always assist teachers in bringing everything together and the help from Mrs Seers has been invaluable. The exhibition will continue over the weekend on Saturday 5<sup>th</sup> September between 10am – 4pm and Sunday 6<sup>th</sup> August 10am- 2pm. We are very proud of our young artists and hope that you may take the opportunity to view this excellent exhibition. Some of the work will be on show again at the Spring Fair next Term, in October.



## HSC MUSIC NIGHT

Congratulations to the 2015 Music students who presented their final HSC performance pieces, last Wednesday and Thursday nights. Miss Sylvia Mitchell guided the young musicians through two evenings of exciting repertoire with delightful results. It was quite heart-warming to see them play at their very best after years of study. On Wednesday night Gabriella Miles played beautiful pieces on Flute, Amelia Goodwin performed on Piano, Lara Timmis entertained her audience on the Cello, Jacinta Nicholls played Alto Saxophone and Patrick Rice closed the performance with some touching vocals. The following night featured Sallyanne Dudley, signing a range of styles, Mitchell Jackson wowed the audience with his guitar, Bronte Talbot, presented charming performances on Flute, Silas Collard played masterfully on Clarinet and Alex Gray was dynamic on Vocals. The class really did present two fantastic shows and should be very proud of their efforts. The CAPA department wishes them all the very best for their final performance examination at school on Thursday, 10 September.

**Anne Hobden CAPA Co-ordinator**

## SPORTS NEWS

**SENIOR SCHOOL SPORT:** Mr Andrew Jones [sssport@lakes.nsw.edu.au](mailto:sssport@lakes.nsw.edu.au) for all issues and questions concerning sport within the Senior School.

**JUNIOR SCHOOL SPORT:** Mrs Anne Gaul [jssport@lakes.nsw.edu.au](mailto:jssport@lakes.nsw.edu.au) for all issues and questions concerning sport within the Junior School

**SPORT CHOICES:** Mr Andrew Jones and Mrs Anne Gaul [sportchoices@lakes.nsw.edu.au](mailto:sportchoices@lakes.nsw.edu.au) to be used with regards to sport choices

**SENIOR SCHOOL ATHLETICS:** Congratulations to all of our students who competed at the AICES Athletics Championships on Monday. Results included:

**Bignall, Nicholas - Male - Age: 13** #15 Boys 13 Discus Throw 33.64m 1st

**Cliff, Hannah - Female - Age: 16** #71 Girls 16 Discus Throw 28.77m 3<sup>rd</sup>

**Drew, Samuel - Male - Age: 17** #39 Boys 17 200 Meter Run 25.54 6<sup>th</sup>, #83 Boys 17-19 Triple Jump 11.68m 2<sup>nd</sup>, #98 Boys 17 100 Meter Run 12.31 8<sup>th</sup>

**Duncan, Ben - Male - Age: 13** #62 Boys 13 800 Meter Run 2:38.21 10<sup>th</sup> #102 Boys 13 Long Jump 4.52m 9<sup>th</sup>

**Duncan, Liam - Male - Age: 14** #119 Boys 14 1500 Meter Run 5:03.33 6<sup>th</sup>

**Glanville, Olivia - Female - Age: 14** #49 Girls 14 800 Meter Run 2:48.04 6<sup>th</sup> #109 Girls 14 1500 Meter Run 5:50.64 5<sup>th</sup> #131 Girls 14 400 Meter Run 1:09.25 6<sup>th</sup>

**Kendall, Camryn - Female - Age: 15** #150 Girls 15 Javelin Throw 22.41m 3<sup>rd</sup>

**Kendall, Hayden - Male - Age: 16** #20 Boys 15-16 Triple Jump 11.91m 1<sup>st</sup> #38 Boys 16 200 Meter Run 24.03 25.54 10<sup>th</sup>, #97 Boys 16 100 Meter Run 12.22 13<sup>th</sup>, #115 Boys 16 Long Jump 5.93m 2<sup>nd</sup>

**Kranendonk, Bethany - Female - Age: 15** #8 Girls 15 High Jump 1.45m 2<sup>nd</sup> #101 Girls 15-16 Triple Jump 10.72m 2<sup>nd</sup>

**Liddle, Madison - Female - Age: 17** #152 Girls 17 Long Jump 4.03m 4<sup>th</sup>

**Macdonald, Matthew - Male - Age: 18** #60 Boys 18-19 Long Jump 5.61m 3<sup>rd</sup>

**Martin, Claudia - Female - Age: 13** #27 Girls 13 200 Meter Run 29.07 4<sup>th</sup> #86 Girls 13 100 Meter Run 13.78 3<sup>rd</sup>

**Robards, Trinity - Female - Age: 13** #76 Girls 13&U Javelin Throw 20.88m 7<sup>th</sup>

**Weber, Eric - Male - Age: 15** #57 Boys 15 Javelin Throw 27.73m 7<sup>th</sup> #81 Boys 15 Shot Put 4<sup>th</sup>

These are the best results as a school we have had at an AICES Athletics Meet. WE now have eight competitors who have qualified. Nicholas Bignall, Hannah Cliff, Sam Drew, Camryn Kendall, Hayden Kendall, Bethany Kranendonk, Madison Liddle, Matthew Macdonald and Claudia Martin will now compete at the NSW CIS Championships at Homebush on Wednesday, 16 September. Congratulations to all of these competitors and we wish them the very best at these championships.

**CROSS COUNTRY:** We congratulate Ashley Pernecker who recently travelled to Melbourne to compete at the School Sport Australia Cross Country Championships. Ashley has had a great Cross Country season being the Lakes Grammar Champion, runner up at HRIS, runner up at CIS, 5<sup>th</sup> at NSW PSSA. Ashley finished 30<sup>th</sup> in the 11 Years Girls at the School Sport Australia Championships. Ashley was a part of the NSW team that finished in 2<sup>nd</sup> place overall in the 11 Years Girls. This result is even more encouraging as Ashley was extremely sick all of last week and certainly did not run in the best of health. Great work Ashley we are very proud of your wonderful achievements.



**Ashley Pernecker – Silver Medal as a member of the NSW Team at School Sport Australia Cross Country Championships**



**SNOW SPORT:** Congratulations to both Phoebe Mayall and Georgia Wysman who competed at the NSW Interschools Snowsports Championships last week. Georgia finished 12<sup>th</sup> and Phoebe 10<sup>th</sup> in the Snowboard X and Phoebe 12<sup>th</sup> in the Snowboard. As a team the girls finished 4<sup>th</sup> overall which is fantastic. We have now received confirmation that the girls have been selected in the NSW Team that will compete at the Australian Interschools Championships next week at Mount Buller in Victoria. This is fantastic result – well done Phoebe and Georgia.

**Georgia Wysman and Phoebe Mayall – off to the Australian Interschools Snowsports for Snowboard Cross**

**SCHOOL REPRESENTATION:** It is a great honour to represent Lakes Grammar and HRIS. It is obvious a student has a talent in a particular sport if they are chosen for representative duties and as such should treat it as a privilege. Recently we have had far too many students withdraw from events without notice and for simple reasons, such as I did not want to go. Associations such as HRIS, AICES and CIS have introduced fines for students who withdraw without a medical certificate. Last year HRIS passed a motion that students withdrawing from a team event without sufficient notice or medical certificate will be suspended from HRIS selection for 12 months, I ask parents to assist us with ensuring their children meet their obligations for team selection. It really does hinder the performance if a team member is absent.

**AICES/CIS/PSSA/ALL SCHOOLS:** For those students who are selected in HRIS Teams that compete at AICES, NSW CIS, NSW PSSA or All Schools there are associated levies and charges. Typically students attending AICES will be charged \$10. Students attending NSW CIS \$22.50 and those going to NSW PSSA or All Schools \$30 - \$40. These charges are for administration and venue entry fees. Lakes Grammar covers all charges for HRIS events but charges at the higher levels are charged to parents.

**Andrew Jones (Sports Co-ordinator)**  
Ph: 43934168, Mobile: 0428 663766



## **JUNIOR SCHOOL SPORTS NEWS**

### **HRIS SOCCER / NETBALL GALA DAY – NEW DATE (15/9/15)**

The new date for the HRIS Soccer / Netball Gala Day is now Tuesday, 15 September 2015. This is after the original date was washed out. New permission notes have gone out to all students in teams. *Please note the venue for Senior B Soccer has changed back to Federal Park, Wallsend. We pray for great weather!*

### **SPORTING SCHOOLS PROGRAM – TERM 3**

The Golf sporting Schools Programs on Tuesdays is still running until the end of term. However, Rugby Union (Thursdays) has now concluded. Students enjoyed themselves immensely while learning new skills about the game. Thank you Jordan Goddard for all your efforts with Rugby Union.

### **RUGBY UNION – NEWINGTON COLLEGE 9/9**

Our 3/4 and 5/6 Rugby Union teams will be heading down to Lindfield against Newington College on Wednesday, 9 September. We wish Mr Wallace and the boys the best of luck.

**Training is on at 8am next Tuesday and Wednesday mornings.**

### **SCHOOL SPORT – TERM 4**

Our weekly Tuesday sport program for Term 4 is currently being organised. Notes regarding this will go home soon.

### **WEEKLY SPORT UNIFORM**

Please ensure correct sports uniform (including correct 'white' joggers and hats) are worn each Tuesday.

### **CIS ATHLETICS – HOMEBUSH 9/9**

Congratulations to the following students who have made it into the HRIS Team competing at CIS Championships at Homebush on 9 September: *Jackson Barnes, Samantha Cameron, Dylan Coyte, Madeline James, Lachlan Jones, Anna McKechnie and Ashley Pernecker.* Information notes have been sent home with further details about this event.

### **COMING UP:**

**9/9/15 - CIS ATHLETICS (Homebush)**

**9/9/15 – 3/4 and 5/6 Boys Rugby (Newington College)**

**15/9/15 – HRIS SOCCER / NETBALL GALA DAY (new date)**

**24 and 25/11/15 – Central Coast Mariners soccer clinic (Years 3-6 only)**

**Mr D Summers (K-6 Primary Sports Co-ordinator)**

## EQUESTRIAN TEAM NEWS

This week a big congratulations goes to Oliver Bartley and Ellie Rudder for their success at Arndell Anglican Grammar School Equestrian Championships. Well done to both of our Junior School students representing Lakes so beautifully.

Below is a listing of upcoming events, please get your entries in promptly to ensure you don't miss out

### Upcoming Events

12th September - Camden High school Equestrian Carnival, Entries close 28th August: Open to Years K-12  
<http://www.nominate.com.au>

17th-20th October Inter-Schools Horse Extravaganza Tamworth; AELEC; Open to Riders from 5 to 16+ years of age

[www.nominate.com.au/interschools](http://www.nominate.com.au/interschools) <http://www.nominate.com.au/interschools>



### World Retina Day 2015

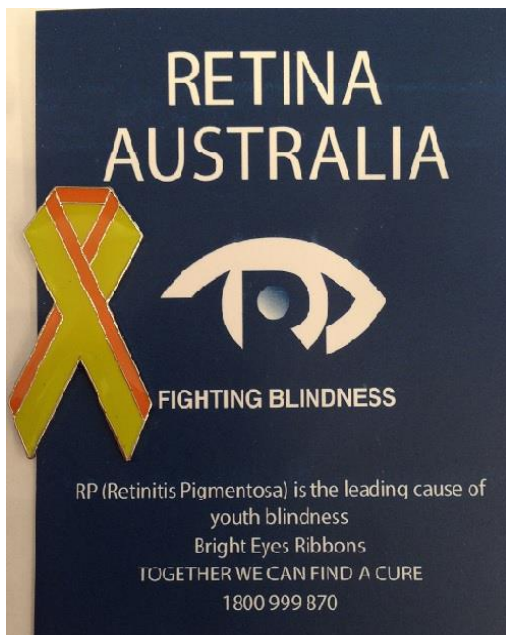
#### Give two hoots about blindness

An owl sees perfectly at night.

An early symptom of Retinitis Pigmentosa (RP) is loss of night vision, then loss of peripheral vision (tunnel vision) and eventual blindness. RP is the leading cause of youth blindness. 1 in 3,000 children are born with RP and currently there is no treatment or cure. Retina Australia is raising much needed funds for research, information and support for those affected by this inherited retinal eye disease.

As part of the Duke of Edinburgh Community Service, Year 9 Students Fred Rodak (diagnosed with Retinitis Pigmentosa) and Callum Scott will be selling merchandise for Retina Australia during September.

Therefore please look out around the school for World Retina Day merchandise for sale at \$5 per item.





YEAR 12 Music Performance Night



## CAREERS NEWS

This week we will have visits from the University of Newcastle to explain UAC applications for Year 12. Year 10 and Year 11 will have a talk from Central Coast Group Training with regards to apprenticeships and training.

For those interested in the Morrisby testing (Year 11) please make sure your notes are in and the money is paid to the office. Year 12 please keep an eye on Early Entry Offer schemes for the University of your choice; some have already closed and the rest will finish by the end of September. The University of Sydney and their E12 Early Entry Scheme closes on 11 September and has to be completed online via their website. All of you should complete an application for the SRS scheme if your choice of University is involved in the scheme- the list of Universities and how to apply has been sent to your school emails. Please apply to UAC before 30 September. The cost is \$32 after 30 September then goes up to \$157 and increases from there, depending on when you apply. A reminder to students to look at our job vacancies list on [lakesgrammarcareers.com](http://lakesgrammarcareers.com) as we have current apprenticeship opportunities listed.

Cathy James (Careers Advisor)

## 2<sup>ND</sup> HAND UNIFORM SHOP

Greetings from the 2nd Hand Uniform Shop!

The Second Hand Uniform Shop will be open on the following Thursdays during Term 3 from 8:00am - 10:00am

### September 10

If you know you must pay for purchases by credit card, please remember to register for Flexischools

at <http://www.flexischools.com.au/>

We are always in need of good quality pre-loved uniforms. If you have a pile of too-small uniforms at home and aren't sure what to do with them, please consider selling them to the 2nd Hand Uniform Shop! You can download the updated **2<sup>nd</sup> Hand Uniform Sales 2015** form from "Links" in Parent Lounge, accessible from the schools website.

As always, thanks to all who support the 2nd Hand Uniform shop through sales and purchases.

See you on a Thursday!



**The Uniform Shop**  
**(02) 4392 9128**

[lakesgrammar@alinta.com.au](mailto:lakesgrammar@alinta.com.au)

Uniform Shop opening hours during school terms are:

Monday 8.00am – 10.00am -  
Wednesday 8.00am – 10.00am  
Thursday 2.30pm – 4.30pm  
Friday 8.00am – 9.30am

The uniform shop can be contacted during these hours by phone or email:

[lakesgrammar@alinta.com.au](mailto:lakesgrammar@alinta.com.au)

Payments can be made direct to Alinta Apparel on the day of purchase. Alinta will take payments in the form of cash, credit card, or debit credit card.

Uniform price list & online shopping available at:

[www.alintaapparel.com.au](http://www.alintaapparel.com.au)

Fill a box for \$40!

# 50-90% OFF!

# HUGE CHILDREN'S BOOK SALE

Thousands of picture and chapter books, nonfiction and activity items.  
**2 DAYS ONLY!**

Wednesday 9 September 8am – 6pm	Scholastic Warehouse Gate 3, Building 2 76-80 Railway Crescent Lisarow NSW
Thursday 10 September 8am – 6pm	

\*Selected items only. Payment methods: EFTPOS, cash, VISA, MasterCard and school accounts. No trade resellers.  
[www.scholastic.com.au](http://www.scholastic.com.au)

**SCHOLASTIC**

The debut full-length album, Broken & Beautiful, by Mr Botfield.  
 CDs available directly from Mr Botfield from September 10. There are limited physical CDs available.  
 From late September, Broken & Beautiful will be available on iTunes (and other digital outlets).





**FAMILY AND CARER MENTAL HEALTH PROGRAM**

**NORTH ERN SYDNEY    CENTRAL COAST**



**FREE COURSE FOR FAMILIES AND CARERS OF THOSE WITH A MENTAL ILLNESS**

## HELPING PARENTS SUPPORTING TEENS WITH MENTAL HEALTH

- ### KEY TOPICS
- Adolescent Development and the Adolescent Brain
  - Adolescent mental illness (Depression & Anxiety mainly, can cover other illnesses upon request)
  - Beneficial Parenting Styles
  - Adolescent Psychological Needs
  - Rights & Responsibilities (Parents & Teens)
  - Strategies for supporting teens when unwell

- ### KEY SKILLS
- Strategies for supporting adolescents with Depression and thoughts of suicide
  - Strategies for supporting adolescents with Anxiety and Panic Attacks
  - Managing difficult behaviours (Self-harm, Aggression, Substance Mis-use)
  - Positive Parenting Strategies

**HELPING PARENTS SUPPORT TEENS**—This course is designed to help parents understand what is normal in adolescent development and what is mental illness. It offers strategies for parents to support their adolescent when they are unwell, and encourages self-reflection for parents in relation to parenting styles and supporting adolescent psychological needs.



### COURSE DETAILS

**LOCATION:** WADALBA COMMUNITY SCHOOL LIBRARY  
ORCHID WAY, WADALBA

**DATE/TIMES:** THURSDAYS: 20TH & 27TH AUG 2015  
5.45PM TO REGISTER, 6-8.30PM

**REFRESHMENTS PROVIDED**

Please phone Our office on 4322 1855 to sign up for this course or email : tanya.doyle@ucmh.org.au.

### ADDITIONAL INFORMATION:

*NOTE: No childcare is provided. Please make alternative arrangements for children if required.*

245 3.00 530

To register for training, or for more information please contact  
 UnitingCare Mental Health Family & Carer services at:

**NORTH ERN SYDNEY 8599 4855      CENTRAL COAST - 4322 1855**

## Considering Nippers this Summer?



Soldiers Beach SLSC  
Registration days for 2015  
Sunday 30 August 9 - 12pm  
Saturday 5 September 9 - 12pm  
Sunday 13 September 9 - 12pm



New and returning members can.....

- REGISTER ONLINE follow the links from the club's website
- REGISTER IN PERSON at the club on the above dates  
(Soldiers Point Drive, Norah Head)

[www.soldiersbeachsurfclub.com.au](http://www.soldiersbeachsurfclub.com.au)



**Get your ACT together!**

An introduction to common mental health issues and strategies for healthy emotional well being



Each week we will focus on a different mental health topic and will include general information and practical strategies. The basis of the group will be psycho-education & Acceptance & Commitment Therapy

- Topics include:
- Week 1: Anxiety & mindfulness
  - Week 2: Depression & mindfulness
  - Week 3: Healthy lifestyle (diet, sleep & exercise)
  - Week 4: Identification of personal values and setting goals (ACT)
  - Week 5: Dealing with difficult thoughts and feelings (CBT)

**When**  
5 week programme starting 21 August 2015  
Friday at 3pm—4pm

**Where**  
headspace Gosford  
(Gateway Centre, 237 Mann St., Gosford)

**Cost**  
free

**Contact**  
Emma at headspace  
02 4304 7870

*Rani Goodacre, Private Registered Psychologist will be facilitating the group with support from headspace clinicians Rani works at headspace Gosford providing counselling on Wednesdays and Thursdays*

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health under the Youth Mental Health Initiative.

**WYONG TENNIS COACHING**  
Tennis coaching is conducted at the Wyong Tennis courts every Thursday afternoon (3.30-4.30pm) by professional coach, Bill Griffiths. All standards are catered for and beginners are most welcome. For further information please call Bill on 0402 274646

**SPRING FAIR LIBRARY  
2<sup>ND</sup> HAND BOOK SALE!**



This year the Lakes Grammar Senior and Junior School Libraries will be holding their 2<sup>nd</sup> hand book sale at the School's spring fair next term. We will be selling both children's and adult books.

As always we would be thankful of any donations of second hand books that we could sell at our sale (or add to our Library collection). If you are cleaning out your bookshelves, please think of us! Any donations can be dropped into the Junior or Senior School Libraries.

And as always, THANK YOU to parents who have already donated books to us throughout the year. Our Library collection would not be as strong as it is without your ongoing support!

We hope you can drop in for a bargain at our sale on fair day. All proceeds go straight to the JS and SS Libraries.



**SPRING HOLIDAY CAMPS  
DON'T MISS OUT**

- ✔ New friendships
- ✔ Great value
- ✔ Fun
- ✔ Safe

Our popular Spring Kids' and Family Holiday Camps are filling fast. Find out what's on including our popular Cooking 4 Kids, Adventurer, Kids' Club and Duke of Edinburgh camps plus lots more.

Led by qualified instructors, you can rest easy knowing your kids are in safe hands. Our Kids' Camps are suitable for kids aged 7 and over and range from 1 to 5 days.



- Residential Kids' Camps include:**
- 24 hour supervision
  - Instructor led activities
  - Accommodation
  - Meals
  - Supervised transport

- Family Camps include:**
- Instructor led activities
  - Meals
  - Accommodation
  - Use of all facilities i.e. BBQ area, pool, tennis courts etc.

[sportandrecreation.nsw.gov.au/familycamps](http://sportandrecreation.nsw.gov.au/familycamps)  
[sportandrecreation.nsw.gov.au/kidscamps](http://sportandrecreation.nsw.gov.au/kidscamps)  
[fb.com/nswsportandrecreation](http://fb.com/nswsportandrecreation) 13 13 02





Sunbeams Out Of School Hours Pty Ltd

**September-October 2015**

**Vacation Care Program**

For Bookings please phone

Marg – 0408725439

www.soosh.com.au

mballam@bigpond.net.au

Monday	Tuesday	Wednesday	Thursday	Friday
<p>21<sup>st</sup> September</p> <p>Want to be a Zoo Keeper? with <b>fundayout</b></p>  <p>Want to learn more about caring for Reptiles, Frogs and Invertebrates?</p>	<p>22<sup>nd</sup> September</p> <p>Knight Quest with <b>fundayout</b></p> <p>Come on a guided quest with Sir Ian to hunt the dragon. Along the way brave kids will learn the skills of a knight by playing medieval games including sword fighting (foam swords), jousting (with hobby horses), tug of war and a tunnel run on the way to facing the dragon.</p>	<p>23<sup>rd</sup> September</p> <p>EarthBeats with <b>fundayout</b></p>  <p>Full of wonderful surprises, a love of music and a happy presence, Susie Hobday will ignite and engage children of all ages.</p>	<p>24<sup>th</sup> September</p> <p>Robot Riot with <b>fundayout</b></p>  <p>Using ready-built robots children will learn how robots really work.</p>	<p>25<sup>th</sup> September</p> <p>Built by Kidz with <b>fundayout</b></p> <p>This workshop gives children a hands-on exposure to creative woodworking in a safe, supervised environment.</p> 
<p>28<sup>th</sup> September</p> <p>Koori Kinnections with <b>fundayout</b></p>  <p>Fun experience learning about our first people! Bush Tucker, Resources and sustainability talk, face painting with ochre in culturally appropriate patterns, tradition dance lesson or indigenous games.</p>	<p>29<sup>th</sup> September</p> <p>Artrageoz Art with <b>fundayout</b></p> <p>Donna Gilbertson professional artist and published author of a multitude of Instructional Projects and Art Books takes children on a wonderful journey where they discover the joy of creating a "mini masterpiece".</p>	<p>30<sup>th</sup> September</p> <p>Superhero Day</p>  <p>Come as your favourite Superhero, design and create your own mask and cape!</p>  <p><b>AND SEGWAY for 9yrs +</b></p>	<p>1<sup>st</sup> October</p> <p>Arabian Magical Genies with <b>fundayout</b></p> <p>Children will morph into Genies - Genie Head Bands and Coin Belts for the girls and Fez Hats for the boys.</p> 	<p>2<sup>nd</sup> October</p> <p>Ashane Fitness</p>  <p>Mini WACKY Olympics Games.</p> <p>Children will spend the morning making banners and flags to represent their country. Then spend the afternoon competing for their country</p>
<p>5<sup>th</sup> October</p> <p><b>LABOUR DAY PUBLIC HOLIDAY</b></p>	<p>6<sup>th</sup> October</p> <p><b>SCHOOL IS BACK</b></p>			

**Important Information**

Sunbeams provide morning tea, lunch and afternoon tea. If your child wants to bring own food they are welcome to do so, we would prefer no junk food.

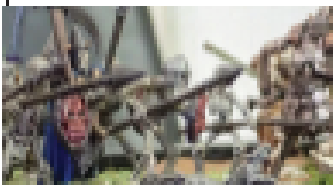

*Please ensure your child has a water bottle with them.*

Children **MUST** wear **sun safe clothing, enclosed foot wear and a wide brim hat.**

**NO** singlets or tank tops, **NO** thongs.

If your child is allergic to our sunscreen please provide your own.

## September School Holiday fun @ your local library

Monday 21 <sup>st</sup> Sep	Tuesday 22 <sup>nd</sup> Sep	Wednesday 23 <sup>rd</sup> Sep	Thursday 24 <sup>th</sup> Sep	Friday 25 <sup>th</sup> Sep
	<p><b>Kings of War goes sci-fi</b>                      @ Lake Haven Library                      10:30-12:30 pm                      For ages 9-14 years                      \$3 per child</p> <p><b>Girl Power – it's all about me</b>                      @ Lake Haven Library                      4:00-5:00 pm                      For girls aged 11, 12 or 13 years                      Free</p>	<p><b>Story Time Craft</b>                      @ Lake Haven Library                      11:00-12:30 pm                      For ages 3 to 7 years                      Free</p>	<p><b>Springtime Craft</b>                      @ Toukley Library                      10:00-11:00 am                      Cost: \$2 per child                      For ages 5 to 8 years</p>	<p><b>Cartoon Workshops</b>                      @ Tuggerah Library                      Crazy Cartoon Animals                      10:00-11:00 am                      Cartoon with just five shapes                      11:30-12:30 pm                      Ages 5 to 10 years                      \$2 per child</p>
Monday 28 <sup>th</sup> Sep	Tuesday 29 <sup>th</sup> Sep	Wednesday 30 <sup>th</sup> Sep	Thursday October 1 <sup>st</sup>	Friday October 2 <sup>nd</sup>
<p><b>Sean Murphy Comedy Show</b>                      @ Toukley Community Hall                      10:00-11:00 am                      For ages 10 and over                      \$2 per person</p>	<p><b>Springtime Craft</b>                      @ Bateau Bay Library                      10:00-11:00 am                      For ages 5 to 8 years                      \$2 per child</p> <p><b>Lego Workshop</b>                      @ Lake Haven Library                      10:00-11:30 am                      For ages 8 years and over                      Cost: \$2 per child</p>	<p><b>Animals of the Rock Pool</b>                      @ The Entrance Library                      10:30-11:30 am                      For ages 5 to 8 years                      Free</p>		<p><b>Spring Jousting Tournament</b>                      @ Lake Haven Library                      2:00-4:00 pm                      For ages 9 to 14 years                      Cost: \$3 per child</p>

- Bookings are essential as spaces are limited and can be made in person at any library branch or by contacting the participating library
- Bookings must be confirmed with payment 48 hours before the scheduled event - fees are non-refundable
- Children under the age of 12 must have parent/carer attend to provide assistance. Children 12 and over must have a parent/carer remain on library premises during program