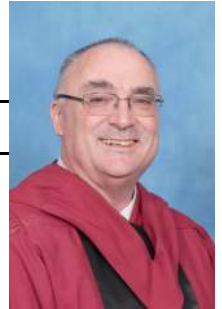




THE WARATAH WEEKLY

Endless is the Victory



Fear Ends Where Faith Begins

Jackson sat at his desk at home. He had not touched the pizza on the plate beside him. It was impossible to think straight, let alone concentrate on finishing his speech. The thought of saying something in front of the class paralysed him. Fear had him under its awful yoke. He had spent an hour at the desk so far and none of the time had been directed towards the speech. It had been spent thinking of ways to avoid making the speech - last year it was Sick Bay, the year before his mum had hastily written him a false excuse that the "dog had eaten the speech." He was running out of ideas - but anything was better than writing the speech.

It was the same thing at Soccer trials where Jackson feigned a foot injury and brought a note. It was the same at band tryout, musical tryout, camp - pretty much everything. He played it cool in front of his mates where it was easy to feign indifference. He hung out with a group that bought his excuses and delivered their own but the truth was that Jackson and his mates were all afraid of failure.

Jesus knew fear. Jesus conquered fear. His was one of the most gruesome, and certainly the loneliest deaths ever recorded in history and he knew it would happen. He knew it would happen when he said "Fear not" at many points during his three-year ministry on Earth. Coincidentally, the words "Fear not" are recorded exactly 365 times in the Bible - one for each day of the year.

Some 20 years later, Jackson sat at his desk, this time mulling over the application for promotion. "What if someone else was promoted instead?" Eventually he threw the form in the bin and went back to his X-Box. He rehearsed the age-old line in his head that "he never wanted a promotion anyway". He decided, once again, to aim at nothing. It was a target that he had never missed.

Tilly was Jackson's classmate. She sat at her desk at home. She was working on the fourth draft of her speech for the next day. Public speaking freaked her out but each time she did it she was a little less nervous. She really made a mess of it the first time and she was embarrassed but her teacher, her friends and her family urged her to learn from her mistakes and to try again. She was never a great public speaker but each time her fear was weaker.

Some 20 years later it was Tilly's time at her son's wedding to make her speech. She had prayed in the car and on her way to the microphone. She would rather do anything else but her son had asked her especially. It meant a lot to him so it meant a lot to her. As she stepped up to the microphone she remembered the faith of a little girl who kept on trying and she remembered the practice and the improvement. The speech went well.

Fear is based on the presupposition that you are not good enough; not smart enough; not confident enough; not fast enough; not popular enough; not brave enough. It is the devil's delight - untapped potential - hiding away God's gifts for fear of failure. Fear is FEAR - False Evidence Appearing Real. It is **the negative future** that has not happened yet.

Faith is based on the presumption that God thinks I am good enough - good enough to call His son or daughter - good enough to die for. Faith draws us into the world of positive possibilities where anything is possible in the strength of the God of the impossible. Faith shows us the **positive future** that has not happened yet.

Most parents and grandparents only want their kids to be happy. Jackson is happy - happy until he thinks of a life of opportunity missed. He wonders about his boyhood ambitions that were stolen from him by fear. I want my kids to be faithful.

Fear ends where faith begins.



Rory Steyn is Coming to Wollondilly!!



TONIGHT!!



What is it like to call the man of the Century a friend? What is it like to call the man of Eternity a friend. Rory Steyn, Body guard for five years to Nelson Mandela is being hosted by the Anglican Churches of Wollondilly and Wollondilly Anglican College

Rory Steyn - TONIGHT @ WAC 7.00 pm

Rory Steyn was Nelson Mandela's Chief Bodyguard from 1996 to 1999. Rory Steyn has spoken at many of Anglican Aid's events in the past about his time protecting South Africa's most famous president and his subsequent conversion to Christ. When Steyn first met Mandela he viewed him as a terrorist who would lead the nation into bloody civil war. However, Steyn began to see how Mandela's humble leadership began to lead the racially divided nation from the brink of bloodshed to unexpected levels of peace and stability. He now views Mandela as the man who epitomised the principles of forgiveness and reconciliation in his generation. Come hear Rory Steyn share stories of reconciliation from South Africa's recent history that will warm your heart, and Rory's own story of being reconciled to God that will stir your soul and strengthen your confidence in Christ. Invite, come, engage and hear how lives can be changed by the power of the Gospel of grace and reconciliation.

At: Wollondilly Anglican College.
Where: Clifford Warne Auditorium.
Time: 7.00 pm.
RSVP: Tuesday, 26 February on 4684 2577 for seating

(Minimum Gold coin donation for the work of Anglicare and African AIDS Foundation)



Guest Speaker - Henry Olonga
Sunday, 7 April @ Christ Church (WAC) 9.00 am: ALL WELCOME!

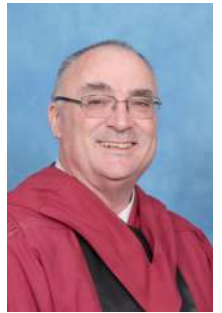
Henry Khaaba Olonga (born 3 July 1976) is a former Zimbabwean cricketer, who played Test cricket and One Day Internationals for a career span of eight years. In domestic first-class cricket in Zimbabwe, Olonga played for Mashonaland and Manicaland. When he made his Test debut in January 1995, he was the first black cricketer - and the youngest person - to play for Zimbabwe. He was a regular member of the Zimbabwe team from 1998 to 2003.

He was considered one of the fastest bowlers in international cricket, but his international career came to an end in 2003 after Olonga and teammate Andy Flower wore black armbands during an international cricket match in the 2003 Cricket World Cup to "mourn the death of democracy" in Zimbabwe. Death threats forced him to live in exile in England. Olonga announced his retirement from international cricket after Zimbabwe's final game in the 2003 World Cup competition. Olonga and Flower were given honorary life membership of MCC later in 2003.^[1]

Facebook@christchurchwollondilly
www.christchurchwollondilly.com
PO Box 43, Bargo NSW 2574
Reverend Stephen Swanepoel



NEWS FROM THE HEADMASTER



Picton Cemetery Restoration

Last week Dr Quarmby attended a ceremony marking the restoration of the Pioneer Graveyard at St Mark's Anglican Church Picton. You may recall that much of Picton township was devastated by floods in June 2016.

Many staff and students volunteered to lend a hand in the clean-up during the weeks that followed; families left homeless were supported with meals by the joint initiative of local Anglican churches and the College - the WAC Cares ministry; funds generously contributed by students during Foundation Day were donated to the restoration of gravestones which were knocked over or washed away in the Pioneer cemetery.



Rev Ben Boardman, from St Mark's Church, Picton unveils the sign marking the restoration of the Pioneer Cemetery and also thanks contributors including our College community.



Captains' Lunch

COMMUNITY SERVICE: THIRLMERE FESTIVAL OF STEAM



Wollondilly Anglican College is once again a proud partner of the Thirlmere Festival of Steam. The Festival will be held this Sunday, 3 March 2019 and it is a fun event not to be missed!

The Parade which is a big part of the Festival, will take place at 1.00 pm and we encourage students to join the Wollondilly Anglican College entourage (please arrive at 12.30 pm to have your name marked off and set up for the parade).

The Parade drop off and pick up points are:

Drop off point St Stephen's Anglican Church - Westbourne Avenue, Thirlmere
Pick up point Thirlmere Football Ground Car Park - Goodlet Street, Thirlmere
(please pick up promptly)

We will be handing out free helium balloons which we ask students to come and collect from our Marquee located in the Thirlmere Memorial Park to carry in the parade.

Come and support our talented students who will be taking to the stage from 10.00 am to 11.00 am in the Thirlmere Memorial Park on the corner of Oaks Street and Barbour Road to perform as part of the entertainment program.

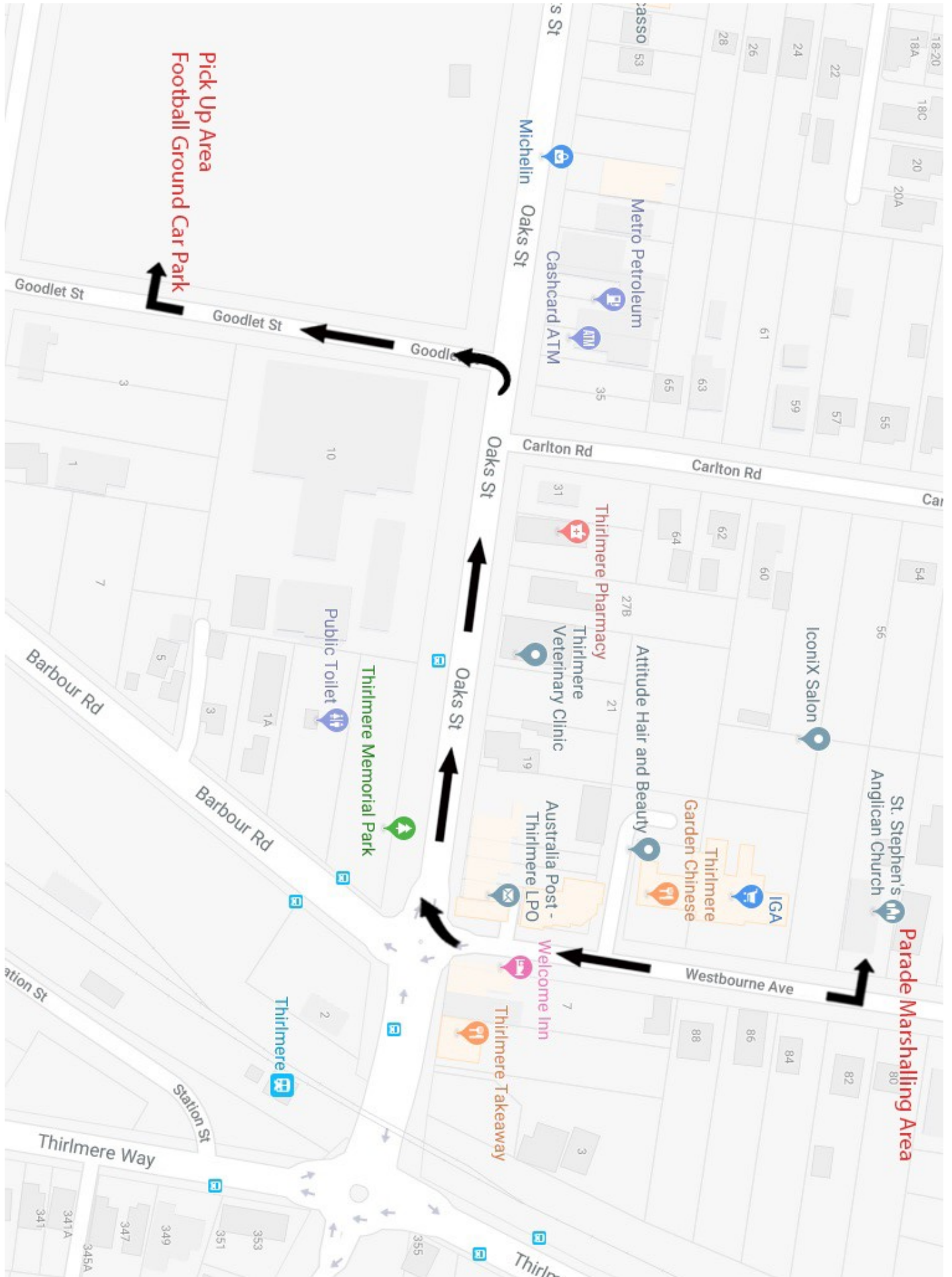
Students are to wear their summer uniform including their hat if participating in the parade.

We look forward to seeing you all on the day!

Mrs Kristy Biddle
Development Officer



THIRLMERE STEAM FESTIVAL PARADE ROUTE



FROM THE DEPUTY'S DESK



Unearthing kids' strengths

Personality strengths - our character - play a big role in helping us build our talents. Think about anyone who has built a talent and imagine if it could have been done without character. Imagine Einstein without curiosity, The Beatles without creativity, Mother Teresa without compassion or Neil Armstrong without bravery.

Yet for decades, Scientists were blind to character strength. We focused on talent, often on physical strength and skills. In fact, when I first ask young children what they think a strength is, they almost always point to their biceps or talk about being able to lift something heavy.

Once you get familiar with the language of strengths and a framework for seeing them, you'll see character strengths easily in your child. In fact, you may find your child calls on their character strengths more often than on talent to meet life's challenges.

Three key elements of a strength

You've probably seen a child joylessly perform at a piano recital. They may hit all the right keys, but there's no energy or enthusiasm. It's as if they don't want to be there. On the flip side, we've seen the child onstage who's clearly motivated and energised and who fearlessly flails through every mistake - of which there are many. It turns out that three elements come together to form a strength. For purposes of strength-based parenting, we need to keep our eye on all three:

1. Performance (being good at something).

Watch for when your child shows above-age levels of achievement, rapid learning, and a repeated pattern of success.

2. Energy (feeling good doing it)

Strengths are self-reinforcing. The more we use them, the more we get from them. They fill us with vigour. You'll notice your child has abundant energy when using a strength.

3. High use (choosing to do it)

Finally, look for what your child chooses to do in their spare time, how often they engage in a particular activity, and how they speak about that activity.

For true strengths, these three elements form a beautiful feedback loop: great performance provides the child with a shot of high energy, so the child naturally chooses to do more. In turn, high use - also known as effort or practice - improves performance levels. So, for example, if you notice that your child is energised when they play the piano, and you provide enjoyable opportunities for them to play, if they're mining a true strength they will likely practise more, which improves their performance, which then energises them...and so the loop continues.

Keeping this triad in mind will help you avoid pushing your child into an area that seems like a strength just because your child is good at it. It will also help you differentiate between whether your child is bingeing on an activity in an escapist way or expressing a true strength.

For example, when a parent asks me, 'My son is great at computer games and wants to play all the time. Is that a sign of a strength?' I reply, 'Observe his energy levels at the end. Is he drained and cranky? Or energised and full of life? Are you seeing the full triad?' Computer games can tap into a child's strategic and problem-solving skills or stimulate creativity (in some games, you invent whole new worlds). Or they might just be about filling time.

So look for all three signs. When you see your child do something well, with energy, and repeatedly, you'll know you've unearthed a strength.

Professor Lea Waters(PhD) www.parentingideas.com.au.

Duke of Edinburgh's Award - Date Change

Due to a clash with other activities, the Silver and Bronze Hike in Term 2 has been moved from Friday, 3 May - Sunday, 5 May to the end of Week 3 (Friday, 17 May - Sunday, 19 May for Silver and Saturday, 18 May - Sunday, 19 May for Bronze).

Flag Raising

Congratulations to Wollemi winning the College Swimming Carnival. This Friday, students can wear their Wollemi House Shirt and College Sports shorts for the Flag Raising at the start of Lunch 2.

P&F AGM - Monday, 4 March 7.00 pm in Deakin Staff Lounge.

**Mr Ian Croger
Deputy Headmaster**



Wollemi Anglican College
Parents' and Friends' Association

TEACHING AND LEARNING (7-12)



Homework in the Secondary Years

Two common questions at the start of each year are 'Should my child be doing homework?' and 'How much?'

Homework is an important component of learning and allows concepts taught during class time to be reinforced. It also allows parents to engage with the child around what they are learning, therefore fostering the three-way relationship between the parent, student and teacher. General guidelines for homework are below.

Year Group	Amount/Night	Amount/Weekend	Weekly total
7-8	60-90 mins	1-2 hours	6-9 hours
9-10	1-2 hours	2-3 hours	8-12 hours
11-12	2-4 hours	3-6 hours	12-26 hours

Students are reminded of the importance of writing all homework in their diaries and carefully planning their time to ensure it is completed. There may be times that homework is unable to be finished. In these instances, parents are asked to record the reason in their child's diary.

PAT Testing

The College is committed to identifying students' learning needs and differentiating learning activities. To assist in this, students in Years 7-10 will undertake PAT testing. These are short tests that are used to identify students' learning needs. The PAT testing will continue to occur during class time over the coming weeks.

Year 11 2019 Information Evening

The Year 11 Information Evening will be held in the Warne Auditorium on Tuesday, 5 March. This is an important evening for all Year 11 students and it would be appreciated if at least one parent could attend. There will be information about Assessment, NESA requirements, as well as developing good coping strategies to thrive in Year 11. Students are expected to attend in their College Sports Uniform.

Assessment Information Booklets

These have now been distributed to all students in Years 7-11. If your child has not received one, they can be collected from their Year Patron.

Mr Paul Burns

Director of Teaching and Learning 7-12



PASTORAL CARE - T-12

Resilience Practice 2 - Connect to yourself

Looking inwards and reflecting on life helps guide us about what we really want and value (Fuller 2017). It is important for our students to be aware of their energy patterns, what things provide spark for them or enliven them and what things tire or bore them. Students finding a creative spark and looking to engage in pursuits that foster and develop this passion is a protective factor for their mental wellbeing. Within the College context there are many opportunities for students to engage in activities that promote these focuses. Being reflective and purpose driven in their approach to life significantly affects wellbeing in a positive way.



Academic Prefect - Update

The College Prefects who have the Academic Portfolio in 2019 are Madilyn McKinley and Lachlan Wadling. One of the initiatives that they are working on this year as part of their role is attending and supporting students during Homework Club. This will be both at the Secondary and Primary Homework Clubs that operate on Wednesday afternoon each week from 3.00 pm - 4.30 pm. If your son or daughter could benefit from the support of these Senior students with regards to their learning I would suggest that they attend Homework Club and make themselves known to Madilyn or Lachlan.



Co-Curricular Prefect - Update

The College Prefects who have the Co-Curricular Portfolio in 2019 are Rylea Keen and Tim Nelson. As part of their role the first initiative that they are driving is a Volleyball Competition that will commence this Friday. The initiative is focused on building connection between Year 11 and Year 12 through sporting competition. Mixed teams of Year 11 and 12 students will compete in the competition. Tim and Rylea will provide updates on the progress of their first initiative in this role.

Mr Liam Toland

Director of Pastoral Care T-12





Encouraging Positive Self Talk

What we say to ourselves affects how we feel. Unhelpful self-talk can make problems much bigger than they need to be by increasing our anxious feelings. This can make it more difficult for us to manage our fears and worries. I am sure we have all heard from our own children at some point in time, the following phrase; 'I can't do this, it is too hard'. Ahh, the frustration (and resulting arguments!).

Positive self-talk can have a big impact on how we think and feel. Encouraging children to change the way they use self-talk can help them to become successful and strengthen their confidence, increase their motivation and help to improve their well-being by reducing their stress and anxieties. Changing the above example to 'I can learn new things and sometimes this takes a little more effort' is a more positive and helpful way of thinking about the situation.

Students in T-4 have been learning how to use positive self-talk as part of the You Can Do It program during their Pastoral lessons, focusing on strengthening their confidence and developing their understanding that success comes from their efforts, rather than someone else helping them.

www.thepathway2success.com lists the following strategies we can use to teach and practice positive self-talk with kids and young adults:

1. **Model positive self-talk:**

Practise using positive thinking skills aloud when talking about yourself and others. A simple way to start is with positive thoughts in the morning such as, "Today is going to be a great day" or "I'm ready for whatever the day brings me". It's helpful to highlight the positive, even in difficult situations or setbacks. Model positive self-talk.

2. **Create a list of positive self-talk statements:**

Having a pre-made list can be helpful to start discussing exactly what positive self-talk sounds like.

3. **Discuss the benefits to positive self-talk:**

Be open about what self-talk is and how it helps. Kids, and especially teens, might be sceptical about why they should change their thinking at first. Many psychology and self-help resources online can be worth reading and discussing together. Also know that practicing self-talk out loud might seem silly at times, but you have to change your words before you can really change the silent thinking in your head.

4. **Practice changing negative thoughts into more positives ones:**

You can do this with made-up examples or real-life situations. Using an example like, "I only did well on this test due to luck", challenge kids and young adults to turn the statement into a more positive one. Also, when a kid or young adult brings up a negative thought, encourage him or her to change it to positive self-talk.

5. **Talk about real life challenges and situations:**

Talk about the challenges kids and young adults are going through and how they feel about those situations. Ask questions like, "What can you learn from that situation?", "What could the positive to that be?", "What did you do right?" and "How could that help you for the future?". Try to focus on the positive, what went right, and what can be learned instead of dwelling on the negative. Setbacks and failures are great times to use positive self-talk because they are the prime time for feeling down. Use these real-life situations to show how positive self-talk can help you get back up again when faced with a difficulty or disappointment.

PERFORMANCE NEWS



Steam Festival

This Sunday, 3 March we have a number of performers participating in the Thirlmere Festival of Steam. Thank you in advance for your time and preparation and I look forward to seeing some high-quality performances on the day.

Performers should have received a note regarding their participation in this event this week. Notes can be returned to tutors/teachers.

Please Note: All performers should have their names marked off on the rolls held at the College tent or by the staff who are marshalling the parade.

Organisation is as follows...

Stage Performances

Performance Group	Performance Time	Meet
Stage Crew	9.45 am - 10.00 am	Meet Mrs Talbot at 9.30 am by the College tent in the park (near the performance stage)
College Band	10.00 am - 10.15 am	Meet Mr Grant at 9.15 am by the College tent in the park (near the performance stage)
Solo Musicians and Vocalists	10.15 am - 10.25 am	Meet Mrs Talbot or your tutor at 10.00 am by the College tent <i>or stage</i> in the park (near the performance stage)
Guitar Ensemble	10.25 am - 10.35 am	Meet Mrs Talbot or your tutor at 10.10 am by the College tent <i>or stage</i> in the park (near the performance stage)
Strings Ensemble	10.35 am - 10.45 am	Meet Ms Bridge at 10.15 am by the College tent in the park (near the performance stage)
Dance Company	10.45 am - 10.50 am	Meet Miss Valente at 10.35 am by the College tent in the park (near the performance stage)
Stage Crew	10.50 am - 11.00 am or thereabouts as required	Meet Mrs Talbot at 10.45 am by the College tent in the park (near the performance stage)

Please note that your performance time includes set-up and pack-up time.

Parade Performances

Dance Company, Elective Drama and remaining Elective Dance students will march at the rear of the Wollondilly Anglican College group in the main parade.

The Dance Company students will have a parade-dance prepared to Queen's *We Are The Champions* to promote our upcoming College musical with the same title.

Elective Drama and Dance students who are not otherwise involved in the parade are invited to participate by dressing in appropriate costume with a view to support the promotion of the upcoming musical. Please see the note for specific guidelines.

Year 7 2020 Information Night

On Wednesday, 27 February six performers attended the Year 7 information night held at the College. Thank you to these talented and reliable performers for your efforts.

Mrs Sarah Talbot
Performing Arts Coordinator T-12

LAST CALL FOR HOST FAMILIES (TWO STUDENTS LEFT TO PLACE)

I am delighted that we have had some very generous College families volunteer to host four students from our sister school in Germany. Thanks again for your generosity. We have **two** remaining students who are happy that their friends are coming to Australia but who would like to join them here.

Caitlin Dell is a lovely young lady who loves travel and plays piano. She only wants to stay for six weeks arriving at the end of July.

Ole Müller is a 15 year old boy who loves soccer and he is a vegetarian. He also enjoys board games and sport in general. He wants to come for three months.

Anyone interested in hosting any of these students should contact me as soon as possible by email at c.clark@wac.nsw.edu.au.

Remember “Monolingualism is curable! Learn a second language.”

Mrs Carolyn Clark
German Teacher



ROBOTICS CLUB 2019 - TERM 1

The Robotics Club will be commencing Term 1 - Week 5 during Friday lunchtime in B11.

If you registered your interest last year come along for our first meeting together.

Mr Ben Jones
TAS Teacher



CLEAN UP AUSTRALIA DAY 2019 - SUNDAY, 3 MARCH

Clean Up Australia Day is a simple way you can take action to clean up, fix up and conserve our unique and prized Australian environment. “33 million hours have been devoted by Australians, towards the environment, through Clean Up Australia Day removing the equivalent of more than 350,000 ute loads of rubbish.”
(CUAD website).

I would like to invite you to join me in participating in Clean Up Australia Day 2019. I am organising for a group from the College to join a clean-up site at Charlies Point Road, Bargo which runs from 9.00 am to 11.00 am on Sunday, 3 March. Finishing at 11.00 am means you can still get across to participate in the Thirlmere Festival of Steam, another important date in our College calendar.

Each person who participates must sign up on the CUAD website. To do so go to: <https://www.cleanupaustaliaday.org.au/fundraisers/judybaxter/baxter> and then click ‘Join this Site’.
(The site is run by the Baxters, one of our College families).

Please note that children 15 years or under need to be supervised by an adult/carer. For protection I recommend each person wears robust gloves, sturdy closed shoes, a hat and long pants.

Last year we were a team of approximately 40 and we, with some local residents, picked up two large skips in rubbish. I really hope we can repeat the feat this year. NOTE - If any students participate in CUAD, but at another site, please let me know. The College will be recognising those contributions to the community also. Please email me with any questions: j.hart@wac.nsw.edu.au

Mr Jay Hart
Humanities Coordinator



YEAR 9 CAMP

We are looking forward to taking Year 9 on camp from Wednesday, 13 March until Friday, 15 March. We will be going to Youthworks Koloona Conference Centre near Nowra, for three days of adventure, fun and team building. The focus of this camp is the hike and camp-out where they will have fun and learn valuable skills.



I would like to remind parents of the following information regarding medical needs, so that we can appropriately care for everyone:

- All medications need to be brought to the office two days prior to camp (Monday, 11 March) with a medication form filled in. These must be clearly labelled with instructions.
- Students are not to carry their own personal medication except for Ventolin and Epipens (daily medications will be administered by teachers at camp, as per the given instructions).
- Paracetamol and Nurofen will be taken and administered by a teacher if needed.

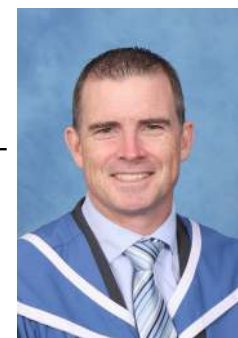
Separate to this, the students have been given a 'what to bring' list and reminded that they will be required to hand in any mobile devices upon their arrival at camp.

I am looking forward to spending this time with Year 9 and seeing them grow personally and as a group. If you have any questions regarding the camp please feel free to contact me at t.vannetten@wac.nsw.edu.au.

Mr Tim Van Netten
Year 9 Patron and
Secondary English Teacher

'MTTECH' LOAN DEVICES

There may be times when a student's device is damaged or not functioning properly. In order to ensure that students do not miss out on important learning opportunities, the College has a limited number of loan devices that students may borrow. In order for a student to borrow a loan device they need to fill out a 'MyTech' Student Loan Agreement.



This agreement can be downloaded from the 'MyTech' website at the bottom of the devices tab <http://mytech.wac.nsw.edu.au/devices.php> and needs to be signed by both the parent and student. This agreement then needs to be presented at student reception where, if available, a device will be loaned for a period of one week.

If you have any further questions about this or any other 'MyTech' issues please do not hesitate to send these to mytech@wac.nsw.edu.au

Mr Wayne Baulch
Secondary Learning Innovations Co-ordinator



YEAR 12 GEOGRAPHY FIELDWORK TO JAMBEROO ACTION PARK AND MINNAMURRA RAINFOREST - FRIDAY, 8 MARCH 2019



On Friday, 8 March students in Year 12 Geography will travel to **Jamberoo Action Park** and **Minnamurra Rainforest** to fulfil field study requirements as part of their final two topics for the HSC Course. At **Jamberoo Action Park** the students will complete a local study of an economic enterprise.

This will include consideration of the nature of the enterprise, constraints and the effects of global change on the enterprise. Students will then travel to **Minnamurra Rainforest** where they will make and record observations of an Ecosystem at Risk with a particular focus on human impact, adjustment to change and management practices. This excursion fulfils part of the Stage 6 Geography syllabus requirement for fieldwork.

Permission notes have been distributed and are due back to **Mrs Miller** by **Monday, 4 March 2019**.

Important information:

- Students are to meet their teacher at 8.10 am on the Lawn area (DO NOT go to Roll Call).
- We will be leaving the College at approximately 8.20 am and travelling by WAC College Bus to the two fieldwork sites.
- Students will be returning at approximately 5.30 pm (students will contact parents/care givers on the way home with a more accurate time of arrival) and will need to **make their own way home from the College at the end of the excursion**.
- Please wear appropriate casual clothing and footwear for the Fieldwork activities at Jamberoo Action Park (appropriate swimwear, footwear, towel & sunscreen) and Minnamurra Rainforest. Please ensure shirts cover shoulders and a cap **MUST** be worn. No jewellery as per College policy.
- Bring College diary, pen and pencil, camera (you will receive your assessment task on the day).
- An opportunity to purchase food will be available during the day but please **BRING** sufficient food and water in an appropriate bag.
- Cost of the Fieldwork activities and transport is included in the College Service Fee.

It promises to be an exciting opportunity to study Geography in the real world!

Mrs Trudy Miller
Geography Teacher



NEWS FROM THE INFORMATION RESOURCE CENTRES

Lunchtimes in the Primary Libraries

Due to the overwhelming popularity of the Libraries at lunchtimes we have made some changes to the days for each year group.

K-2 Lunch 2 in Elizabeth - Monday, Wednesday, Friday.*
Years 3-6 Lunch 2 in Elizabeth - Tuesday and Thursday.

*Years 3-6 are also permitted to attend Elizabeth Library Mon, Wed, Fri for homework.

Thank you for your cooperation and understanding as we work to make the libraries a pleasant learning hub for everyone.

Lego Club

Lego Club is on every Monday Lunch 2 Downstairs in Elizabeth for Years 1-4. We have a growing and dedicated group of "Master Builders" creating new constructions every week. We welcome any donations of Lego to Student Reception.



Mrs Justine Colombo
College Librarian



Year 10 Food Technology

Students have been studying and looking at the multicultural nature of the Australian Food supply, and how this diversity has come about.

Students retraced the steps of the Aboriginal people, whilst also

investigating what they ate and how their food supply relied upon natural resources. Students were able to investigate the use of modern bush tucker ingredients and how they can be incorporated into modern day meals.



Last week students focused upon the Asian cuisine and made 'Billy Kee' chicken which uses a range of ingredients. Billy Kee Chicken is a dish invented by a cook at the Tiaping restaurant in Haymarket, Chinatown around 1972 in honour of a Sydney Farm producer who organised business lunches at the restaurants for his market colleagues. It is based on Macow cuisine and uses tomatoes introduced to the Orient by the Portuguese.

Year 12 Industrial Technology - Furnishings

Year 12 Industrial Technology are busy finalising their

designs for their major projects which are due in Term 3. The major project is worth 60% of the course marks and the project itself is marked by external supervisors from NESAs.

Students are required to produce a work that displays their range of practical skills, has a clear link to planning and production, and demonstrates

the use of a range of materials, processes, tools, equipment and machinery. Students have been working on their prototypes and from the looks of their work, we can't wait to see the final items in August.



Year 12 Food Technology

The Year 12 Food Technology students have been continuing on with their study of preservation and this week made Kimchi and sauerkraut which relies heavily upon principles of preservation and uses fermentation to ensure food lasts for a longer period of time.

Both the Kimchi and the sauerkraut involved students squeezing the water from the cabbage before fermenting it with vinegar and salt.

Mrs Kelly Evans

Secondary Technology Coordinator (TAS)



CANTEEN NEWS



Our College Canteen is called FLOWERS. It is a standalone building located between White Cottage and the outdoor Shoulder to Shoulder Shelter. The Canteen operates a food and beverage service during College hours to students, staff, friends and visitors. All recess and lunch orders are processed online via flexischools.com.au.

Cutoff time for orders is 8.30 am on the day, however, there is a limited late order menu available up until 10.00 am on the day. No over the counter cash orders will be accepted, however we do have both recess, lunch and snack items for sale during the day.

If your child has no lunch they will be handed a voucher at Student Reception which they should bring to the Canteen to receive fruit at recess or a sandwich at lunch. This rule also applies if parents/carers forget to place recess or lunch orders.

We also sell some College merchandise from the Canteen. For a list of College merchandise available please see the College website or the notice board in front of the Canteen.

The Canteen offers a limited gluten free range of food items for those who truly have a dietary intolerance of gluten or been diagnosed with Coeliac Disease. These items are more costly for me to purchase but in order not to disadvantage those who have problems with gluten I have kept the cost down to a minimum. **Can I ask that customers do not order gluten free products from the menu unless they have a dietary issue with absorbing gluten.** Thank you all for your cooperation regarding this matter.

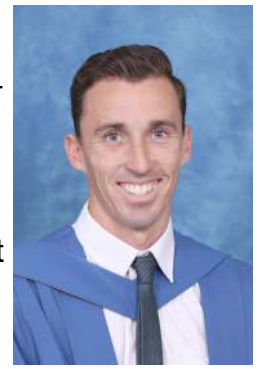
In order to keep prices to a minimum we rely on volunteers to complement our staff in keeping up with this growing, busy service. If you are able to help out in any way please complete a volunteer form and hand it in to Student Reception or the Canteen. If you don't have a volunteer form you can find it on the College website or alternatively pick one up from the Canteen or Student Reception. One or two days a term are all that are needed to assist in filling the roster. Many hands make light work!

A huge thank you to the people who have already volunteered, your assistance is invaluable. We still have a few spaces left to fill, so it's not too late to become a part of this very worthwhile service.

Mrs Carolyn Richards
Canteen Supervisor
Think healthy, Eat healthy, Live healthy



SECONDARY SPORT



MISA - Round 3

This week we had seven wins from our nine matches in MISA. The girls' Indoor Cricket side saw Lily Tutt and Lara Jobson put on a strong partnership to set a healthy total of 64. Some tight bowling from Keira Jobson restricted Broughton to just 43 runs to give our girls the win. The Hockey girls' side also had a strong 3-1 win in a great team effort that saw Ava Sweeney score twice and Tiah Addison secure the win with a goal of her own.

In Oz Tag both our sides had comfortable wins. The girls' team secured a 10-1 in a game played with good sportsmanship due to a depleted OPAC squad. In the boys' match it was a 14-0 score line thanks to an excellent try by Billy Syphers and a try saving chase from Mitch Rockwell. In Softball it was a very tight 6-5 win. This was a great achievement as our side was missing their two key players who were trialling for the NSW CIS Softball side. Congratulations to Harry Neich who stepped up in the second innings, topping off his pitching with a great double play.

In Volleyball the girls' team won in a tight 3rd set 2-1 with Zoe Daniels the stand out this week. The boys' team had a much tougher match, going down 0-3 to Oran Park Anglican College (OPAC).

In Basketball the senior girls' team had an impressive 27-16 with Rylea Keen stepping it up this week. In the boys' match it was competitive but they couldn't overcome a strong Broughton side who took the win 20-37.

Next week we face OPAC and Mount Annan Christian College who are new to the MISA competition.

NASSA Representatives

Congratulations to Isabelle Robertson, Amalie Borthwick, Ava Sweeney, Nicholas Jefferys and Joshua Moore who have all been selected to represent NASSA at the AICES Hockey Championships in Newcastle on Thursday, 14 March.

Swimming Carnival Record Breakers

Congratulations to the follow students who broke College records at last weeks Swimming Carnival:

Isabella Norman	100m Freestyle and 200m Freestyle
Jemima Hart	100m Freestyle
Travis Baxter	100m Freestyle

Swimming Carnival Point Scores

Below is a breakdown of the Secondary swimming carnival point scores. Whilst Wollemi took the overall win it is confidence building for the Telopea girls who won their division quite comfortably. Congratulations to all students who contributed to the carnival and their Houses total point score.

House	Boys' Points	Girls' Points	Total Points
Acacia	109	106	215
Grevillea	225	122	347
Sollya	118	170	288
Telopea	55	207	262
Wollemi	244	188	432

Mr Mark Goldsbrough
Secondary Sports
Coordinator

Upcoming Events

Friday, 1 March	NASSA Tennis Gala Day
Wednesday, 6 March	AICES Basketball
Thursday, 14 March	AICES Hockey
Wednesday, 27 March	NASSA Touch Football Gala Day

SECONDARY SWIMMING CARNIVAL



PRIMARY SPORT



NASSA Swimming Carnival

On Tuesday, 26 February 32 Primary students attended the NASSA Swimming Carnival at Homebush. This was a night time event and the students really enjoyed the fantastic facilities. The majority of students improved on their qualifying times.

The relay teams in particular are to be commended with teams finishing either 4th or 5th, a great achievement in a high calibre field. Special congratulations to Heidi Jones. Heidi finished 3rd in the 10 Years Girls 50 m Freestyle. This result sees Heidi qualify for the CIS carnival.

IPSSO

On Wednesday, IPSSO teams backed up last week's strong performances. Games were played against St Peter's Anglican School.

The Stage 3 soccer team won their 3rd game in a row, 2-1. Issy Nash assured the 3 points with some quality saves. The Stage 2 team shared the points with a nail biting nil all draw.

The Oz Tag teams were too strong for their opposition. The Stage 3 team won 14 nil. Isabella Evans scored 3 fantastic tries. The Stage 2 team won 15-2. Lightning footwork from Will McPherson assured the victory.

The Stage 2 basketball team were unlucky not to take anything from their game, losing a close one 4-6. The Stage 3 team were solid for the second week in a row winning 26-16.

The Cricket teams both lost their games. The Stage 2 team went down 79 runs to 42. The Stage 3 team set a good total, however they lost in a count back.

Next week only Stage 2 teams will play. These games will be played at the College against Broughton and will start at 12.00 pm.

3-6 College Sport

Stage 2 swimming program started on Wednesday and will run for the next five weeks. Students who forget there swimmers will be staying at the College and will take part in Stage 3 activities.

AFL

The AFL after College Auskick program continues of Friday. Sessions run from 2.45 pm to 3.45 pm for the next three weeks.

Mr Stuart Houweling
Primary Sport Coordinator



Upcoming Events

Wednesday, 6 March
Friday, 8 March
Monday, 11 March
Wednesday, 20 March

Stage 2 IPSSO games at WAC
Week 2 of the AFL After School Program
NASSA Boys and Girls Soccer Gala Day
CIS Swimming Carnival

APPLICATIONS FOR ENROLMENT

Applications continue to pour in for 2020 and across all Year groups. All current College families looking to enrol siblings for next year and beyond, are encouraged to do so without delay to avoid disappointment.

Application packs are available from the College Office or from the College website.

Mrs Kristy Biddle
Development Officer



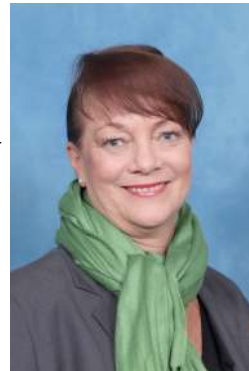
SKOOLBAG APP FOR YOUR SMART PHONE

The Skoolbag App is regularly used by the College office to communicate important information to College parents and carers.

The App includes a copy of each issue of the Waratah Weekly for 'on the go' access to important College news, as well as important updates on students and the events that they are attending.

All parents and carers are encouraged to both download this app onto their devices, and also to update the Year Group of their students each year.

Mrs Deborah Cook
Deputy Headmaster's Secretary



INFORMATION FROM THE COLLEGE NURSE

Please be aware that there have been two confirmed cases of Chicken Pox within the College.

It is good practice to encourage your children to cough into their elbows and regularly wash their hands to prevent the spread of any infection.

For more information on chicken pox please see below link.

<https://www.health.nsw.gov.au/Infectious/factsheets/Pages/Chickenpox.aspx>



STOP THE SPREAD OF INFECTION

Teaching children about hand washing early in life is an important health and hygiene habit that they will practice for the rest of their lives.

Hand washing is the key to minimise the spread of diseases and infections that can make children sick. Teach your children to get into the habit to cough or sneeze into the crook of their arm if they are unable to get a tissue in time.

Covering his or her mouth when coughing is acceptable if appropriate hand washing is attended after.

Mrs Sally Lloyd
College Nurse

COMMUNITY

- **Wollondilly Cares**

From time to time, families undergo trauma such as severe or terminal illness. There are short term **support structures in place at the College to assist families** during these times. The WACCares Program offers practical support such as meals for families. Please contact Mrs Hay at the College, to assist. Confidentiality will be respected when requested.

- **Kids' Club**

Kids@Mac is an afterschool kids' club for children - K-4
Term runs on Tuesdays beginning on Tuesday, 12 February
Time - 3.30 pm 5.00 pm
Cost - \$3.00 per week or \$20.00 per Term
Where - Mittagong Anglican Church For more information, please contact 4871 1947 or visit www.mittang.com.au

- **Australian Physie & Dance (APDA)**

MW Physie & Dance is a new APDA Club which has opened in the Wollondilly Shire at Bargo Community Hall. New members are most welcome. No previous experience necessary. We have classes for girls three years and above, teenagers and ladies of all ages. First lesson free for new starters.

For more information: <https://www.facebook.com/mwphysieanddance>, contact Lauren Grae on 0404 461 335 or email emwphysieanddance@gmail.com.

- **Vocal Lessons - Tammy Nelson**

Miss Tammy Nelson received her Bachelor of Music (Contemporary) in 2018 from the Australian institute of Music and has been singing for over 12 years, she loves sharing her passion with others and watching people's love for music grow.

Miss Nelson is offering vocal lessons during College hours every Monday and Tuesday. If you would like to receive vocal tuition from Miss Nelson please contact her via email at tannel02@gmail.com or contact Student Reception.

- **Drop in Arvo - Community Links Wellbeing**

A safe place for 11-18 year olds to come and hang out
Girls meet Tuesdays from 4.00 pm - 5.30 pm (During School Terms)
Boys meet Wednesdays from 4.00 pm - 5.30 pm (During School Terms)
6 Harper Close, Tahmoor
For more information, please visit www.communitylinks.org.au or call on 4683 2776.

- **TiSkills Holiday Programs**

For more information, please email lucy@triskills.com.au or contact 0414 929 604

Please note that the above is a service to the Community and items advertised do not necessarily carry the endorsement of the College. The College tries to be selective with what is advertised but cannot take responsibility. Please look into events advertised carefully.

Sponsorship 2019

...friendraising and fundraising



Diamond Sponsor

Bradcorp

Double Gold

Hume Building
Simec Mining
Stanton Dahl Architects

Gold Sponsors

Anytime Fitness Tahmoor
Brad Carpenter Partners
Hills Commercial Cleaning (QUEDOS)
Ken Shafer Smash Repairs
Kwik Kopy Macarthur
Narellan Pools
Nu-era Homes
Taverner Landscapes
Top Quality Homes

Silver Sponsors

Adode Property
Boral Operations Maldon
BPB Earthmoving
Lowe's
Cornerstone
Flight Centre Camden
HairBomb
Little Elves Preschool
Mittagong Auto Tech
Mowbray Park Farmstays
Natural Services Pty Ltd
Pinnacle Tax & Accounting
Tahmoor Garden Centre

Thank you to our Diamond, Double Gold, Gold and Silver Sponsors shown above. We also thank our Bronze Sponsors who will be advertised on the College website on the Sponsors' Page along with the above. If you would like to sponsor the College, please contact Mr Bill Norman (P&F President or Mrs Deborah Cook in the College office).

P&F ...friendraising and fundraising

CLOTHING POOL

The Clothing Pool has a variety of good quality used clothing for sale at reasonable prices. Also available for purchase is a selection of new socks and ties!

Opening Hours

Monday	7.45 am - 8.30 am
Tuesday	7.45 am - 8.30 am
Friday	7.45 am - 8.30 am

Location

White (Gumnut) Cottage - side windows opposite FLOWERS Canteen.

If you can spare an hour in the morning to volunteer at the Clothing Pool, please contact Melissa on 0415 402 013. It is a great way to meet other parents and save a few dollars.

The Clothing Pool is part of the P&F with all funds raised going towards the College.

Hospitality Uniforms Available

Second Hand - Good condition
\$35.00 per set.

Set includes - chef's shirt, pants, hat, napkin and apron.

Payment can be via Cash or EFTPOS.

Mrs Melissa Wishaw
P&F Clothing Pool Co-ordinator

Parents' & Friends' Association

P&F ...friendraising and fundraising



Term 1, 2019

Wollondilly Anglican College P&F would like to thank everyone who turned up at the meet and greet evening.

Our next meeting is the AGM which is being held on Monday, 4 March at the Deakin Administration Building. All positions will be made vacant and we would like to see some new faces come on board. Positions available are:

- President
- Vice President
- Secretary
- Treasurer
- Fundraising Coordinator
- Mother's Day & Father's Day Stall Coordinator
- Clothing Pool Coordinator
- Sponsorship Coordinator
- Volunteers Coordinator



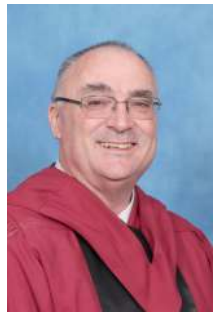
We also have positions for the Country Fair Committee for 2019. The Country Fair is our major fundraising event and we need as many people to come along and help out. You will be guided through your position and have help when required by the Country Fair Coordinator:

- Country Fair Coordinator
- External stalls
- College stalls - food
- College stalls - non-food
- Music
- Volunteers
- External entertainment
- Rides
- Displays
- Money
- Advertising
- Waratah Weekly Correspondence
- Auction

Hope to see you on Monday, 4 March to meet our great team of lovely parents.



HEADMASTER HAPPENINGS



February

Thursday, 28 Lunch Meeting with Principal of Picton High School
Student Interviews 2020
Evening: 7.00 pm at WAC: Rory Steyn (former bodyguard to Nelson Mandela)

March

Friday, 1 Anglican Schools Corporation Heads meeting at Hurstville
Saturday, 2 Association of Heads of Independent Schools Australia meeting: Armidale
Sunday, 3 AHISA Meeting at TAS (The Armidale School)
Monday, 4 AHISA Meeting at TAS (The Armidale School)
Tuesday, 5 Return from Armidale
(Evening) Year 11 Information Night
Wednesday, 6 College Executive Meeting
Meeting with Academic Profiles (External Consultant for HSC results)
Student Interviews 2020
Thursday, 7 MISA Heads Meeting at All Saints College
Friday, 8 Student Interviews 2020
AIS Teleconference with Coachee

MARK YOUR DIARY!

February

Friday, 22 Secondary Swimming Carnival
Monday, 25 Captains' Lunch with Headmaster
Tuesday, 26 Primary NASSA Swimming Carnival (Homebush)
Wednesday, 27 Secondary NASSA Swimming Carnival (Homebush)
Year 7 2020 Information Evening
Thursday, 28 Year 7 Vaccinations Visit 1
An Evening with Rory Steyn



MITTAGONG ANGLICAN CHURCH

Contact: Children's Minister Rochelle Fussell, 0439 455 005 or rf@mittang.com.au. All leaders in Follow and Kids@Mac have Working With Children Checks, and are trained in accordance with Safe Ministry Guidelines. All our groups run during school Terms.

CHRIST CHURCH ANGLICAN WOLLONDILLY

Everybody is welcome to attend our Service on Sunday at 9.00 am. We would love to see your family there.

Facebook@christchurchwollondilly
www.christchurchwollondilly.com
PO Box 43, Bargo
Reverend Stephen Swanepoel

LEARNING - LOVING - LIVING



PRETEND HEADMASTER



Pretend Headmasters in “train-ing” - Xander Brown (KH) and Lana Fredericks (KH) are excited to see you all at the Festival of Steam this Sunday, 3 March.

PRAYER POINTS



Thank God:

- For the “can do” attitude of our students.
- For the smooth start to the year for 12 new staff and 174 new students.
- For the talents that shine here every day - academic pursuits, creative arts, construction and creativity, swimming carnivals.

Please Pray:

- For the strength and perseverance to let our faith conquer our fear.
- That we can encourage our students to make the most of the valuable opportunity they have.
- That this College will always be built on the foundation of the Cross.

Psalm 127:1 Unless the Lord builds the house, its builders labour in vain.

Excellence, Endurance, Eternity.