



THE WARATAH WEEKLY

Begin with the End in Mind



If at First You Don't Succeed...

The Finnmarksløpet is the longest sled dog race in Europe at 1200 kilometres. The race takes teams across the most inhospitable northern region of Norway - Finnmark. The race takes six to eight days and nights over the snow and through blizzards and driving rain. Sleep happens when the dogs are rested. So over one week, daily sleep times are counted in minutes and not hours. There are no comfortable beds. It is just you, the cramped sled, the dogs, the cold, the snow, the ice and the smell.

In March 2018, Hanne Lyrek entered the Finnmark race. She was 18 years old and inexperienced at running races over such a long distance. A few of the other entrants scoffed at the youngster. Hanne looked across at the famous Harald Tunheim, four times winner of the race. He was a fitting favourite. Not far into the race, Hanne's lead dog fell face forward into the snow. There was chaos as Hanne scrambled to set the team again. Other teams passed her. She tried to make up for lost time. When it happened again, she placed the injured lead dog in the sled with her despite his protests. Now she had one less dog, extra weight in the sled and a struggling, yelping captive that was distracting the rest of the team. The race became an ordeal. One by one the other dogs tired. Harald Tunheim finished the 2018 Finnmarksløpet race in 1st place - for the fifth time. Hanne finished 17th.

In March 2019, one year later, Hanne Lyrek re-entered the Finnmark race. She was 19. Some of the other entrants made jokes. One by one, Hanne passed each of the other contestants. Her dogs were well trained over the summer and they were not slowed by sickness or injury. It was night-time on the trail out of Karasjok and about 50 kilometres from the finish when Hanne saw a distant light bobbing up and down. She knew what that meant. It told her that the sled driver ahead was using his own legs to push back into the snow and help his dogs go faster. Hanne was catching.

Finally she could make out the sled ahead but could not believe it. It was Harald Tunheim, the champion, and she was catching him. Harald redoubled his efforts, urging his own sled on with his legs. He was exhausted. As each kilometre passed, Hanne chanced to look back over her shoulder. The light behind her, grew fainter and fainter. It was still bobbing up and down. Champions don't give up easily.

Hanne Lyrek at 19 years old crossed the finish line 1st in the town of Alta at 04:45 in the morning. She became the youngest Finnmark winner, and also the Norwegian champion title in long-distance dog sledding. An exhausted Harald Tunheim finished in 2nd place, not long behind. Hanne Lyrek was, and still is, Norway's sweetheart. It is an inspirational story of a great victory. A story of persistence and endurance and a test of character. If at first you don't succeed - try again.

Last year a little bloke I know, who attends our College, had to cope with defeat. He was devastated when the rest of his class graduated to LEVEL 1 in Roller Blading. He didn't. It was a bad day. His certificate read "PROFICIENT" but proficient was what he received the year before - tears, anguish. Can anyone see a God-given opportunity for parents in this moment? It is a turning point.

Bad Option: Parent Anger - frustration - yelling - agree with the pouting child, "This stinks - let's quit Roller Blading - they can all go to Blazes" - Storm out with a Death Glare at incompetent organisers.
Good Option: "Let's work hard and try again next year. I am proud that you kept trying even though you kept falling over. LEVEL 1 is not a hand out at this place - it really means something. Keep trying - I am more proud of your effort than of the result. (By the way: this also works for "I'm pleased that you admitted that you did the wrong thing; proud that you said sorry; happy you kept studying," etc).

Happy ending - this year our Wollondillian graduated with LEVEL 1 despite a reluctance to go Roller Blading again - well done Mum - gentle insistence - tough love.

OK, it's not quite on the scale of the Finnmarksløpet but the principles are universal. Hanne Lyrek probably fell off her skates too when she was 6 years old. I imagine that her Mum was the type to even find a God-given opportunity in that moment. And I have no doubt that Hanne is a better person for it.

... Try, Try Again.



From the Deputy's Desk



Respectfully Breaking the Masculinity Strait Jacket

Towards the front of the College Student Diary, are the Guidelines for students. One of the expectations in the guidelines is that students should "Respect Themselves and Others".

In light of recent media stories regarding the behaviour of some men towards women, it is timely to remind our students of the need for respectful relationships. The article below from Michael Grose (parentingideas.com.au) raises the significance of educating boys regarding respectful relationships with girls.

There's nothing so mindless as a mob, which was abundantly clear last year when a group of boys from a Melbourne school were filmed making a misogynist chant on a crowded tram.

While it's easy to blame the mob for such behaviour it shows that out dated ideas about masculinity persist. There's still a lot of work to be done to teach boys to respect women and treat them as equals.

Calling out the bro' code

The tendency for boys to bond tightly is a dual-edged sword. On the one hand, a tight set of mates provides a boy with a sense of safety, security and belonging. On the other hand, the bonds between young males can propel a boy to act in ways that are reckless, amoral and just plain stupid.

It takes a brave boy to go against the crowd and call out this bro' code. Doubly so when he has to stand up and call out the sexist behaviour of his friends. Calling out your mates' sexist comments, like calling out violent acts, is the quickest road to ostracism and being branded a loser, loner or loathsome by the mob.

Respectful attitudes take courage

It takes courage and real leadership to swim on your own against the tide, particularly when the mob is swimming the other way. Courage, leadership and respectful behaviour are part of the ongoing conversations about respectful behaviours that adults need to have with boys from the early Primary years.

Respectful attitudes requires eldership

Men have major roles to play in helping boys develop healthy values and attitudes that they can take into their adult lives. Men's lifestyles and beliefs become touchstones for adolescent boys who are searching for legitimate pathways to adulthood.

Boys need to see genuine reactions of outrage and disgust by the men in their lives to sleazy, inappropriate behaviours toward women displayed by some current high profile celebrities so they see that misogyny and disrespect plays no part in decent masculinity. Similarly, they need to see men calling out inappropriate remarks made toward women in the workplace, in the community and at home.

Respectful attitudes are forged through rites of passage

One of the great opportunities we have as a culture is the reintroduction of healthy rites of passage from boyhood (and girlhood) into manhood (and womanhood). It is through adult-initiated rites of passage that boys leave behind the vestiges of boyhood, taking on the mantle of manhood and the responsibilities that go with being a man.

Respectful behaviours between boys and girls are now part of school curricula in all schools. They also need to be reinforced, and indeed lived, by parents and other community members for lasting change to occur.

P&F News

Congratulations to our P&F Committee Members who were elected at last week's AGM:

President	Bill Norman
Vice President	Brandon Cooper
Secretary	Deirdre Fitzsimmons
Treasurer	Narelle Shafer
Clothing Pool	Melissa Whishaw
Country Fair Coordinator	Deidre Fitzsimmons
Golf Day Coordinators	Brandon Cooper & Deirdre Fitzsimmons
Service Stalls Coordinator	Christine Hazelton
Student Banking	Julie Littler
Volunteers Coordinator	Judy Baxter

Mr Ian Croger
Deputy Headmaster



Building Resilience

The development of resilience in young people is essential to both their wellbeing and emotional intelligence. Year 7 are working through a program that looks to build strategies and skills to support their capacity to be resilient as part of their Peer Support Sessions this Term. Young people who are resilient present as being more balanced and are able to transfer this into the adult world where the nature of challenges faced can become increasingly more complex.

Andrew Fuller (2020) is a leading clinical psychologist and the chairperson of Generation Next. Here are his top 10 tips in this area -

1. Make connections

Teach children how to make friends and develop empathy. Encourage them to be a friend in order to get friends. At school, watch to make sure that one child is not being isolated. Connecting with people provides social support and strengthens resilience.

2. Teach children to help others

Children who may feel helpless can be empowered by helping others. Ask for help with a task they can master. At school, brainstorm with children about ways they can help others.

3. Daily routine

Following a routine can be comforting to children, especially younger children who crave structure in their lives. Encourage children to develop their own routines.

4. Take a break

Although it is important to stick to routines, endlessly worrying can be counter-productive. Show children how to focus on something besides what's worrying them.

5. Self-care for children

Teach children the importance of making time to eat properly, groom themselves, exercise and rest. Children need 'down time' to relax, so make sure that not all free time is filled with a scheduled activity.

6. Goals

Teach children to set reasonable goals and move toward them one step at a time. Moving toward that goal and receiving praise for doing so will focus children on what they have accomplished.

7. Nurture a positive self-view

Help children remember ways that they have successfully handled hardships in the past and how this can help them handle future challenges. Help children learn to trust themselves to solve problems and make appropriate decisions.

8. Be optimistic

Even when children are facing very painful events, help them look at the situation in a broader context. A positive outlook enables children to see the good things in life and keep going even in the hardest times.

9. Self-discovery

Change and tough times are often when children learn the most about themselves. Help children to see that this is a good time to find out "what they are made of." Change can be scary for young people, help them to see that change is part of life.

10. Make home a safe haven

In the Secondary years, taunting and bullying can intensify - home should be a haven, especially as your teen encounters more freedoms and choices and looks to home to be a constant, safe and emotionally secure place in his or her life.

Mr Liam Toland

Director of Pastoral Care T-12

Pastoral Matters - Junior Years T-4



K-8 Buddies

Last Friday was our first Buddies session for the year. The Buddies session is a good way for our younger students to connect with older students from different year groups across the College and something they look forward to each fortnight. This Term's program is based on activities to help students in getting to know their buddy.

Pastoral Period T-4

Students in Years 1-4 have been learning about values, spending time to understand their personal strengths and achievements. Students are learning to value the perspectives of others and describe a point of view that is different to their own.

In Transition and Kindergarten, students are learning how to be organised for learning. Parents, keep encouraging them to pack their own bag for school and give them lots of opportunity to practise these skills.

Mrs Lisa Maher

Pastoral Care Coordinator T-4

Clothing Pool

We have some good, second hand hats for sale:

Senior & Secondary:	\$20.00
Primary	\$10.00
Prep and Sports Caps	\$5.00

It's great to have a spare hat!

Remember you can pay via Cash or EFTPOS for Clothing Pool purchases

We are located in White Cottage, with little sales conducted through the side windows opposite the FLOWERS Canteen.

We are open 7.45 am to 8.30 am **EVERY MORNING** thanks to our wonderful volunteers

See you Soon!

Performance News



Musical

It is time for the cast to be working "off book". It is important for cast to start to focus on their performance and not just the delivery of lines, so we are asking all cast to be "off book". This will require some at-home rehearsal of choreography, lines and songs. Please consult CANVAS for choreographic videos or backing tracks (students in Years 7-11) to practice with at home.

Cast members are reminded of the importance of attending every rehearsal. Should your child be unable to attend for some reason, please email Mrs Talbot at s.talbot@wac.nsw.edu.au at the earliest possible moment so that we can attempt to adjust our planned rehearsals. Please note that it is the responsibility of the absent students to catch up on any adjustments or newly taught singing, choreography, blocking or general direction.

Students who are interested in participating in this year's Musical Stage Crew are invited to begin attending rehearsals from Monday, 9 March. We will use this time to train and prepare students for their roles within the Musical.

World Day of Prayer

On Friday, 6 March our College Choir participated in the local World Day of Prayer celebrations. This year the nominated country was Zimbabwe. Our College Choir sang an African hymn. Their performance was beautiful and can be viewed, in part, on the College Instagram or Facebook page.

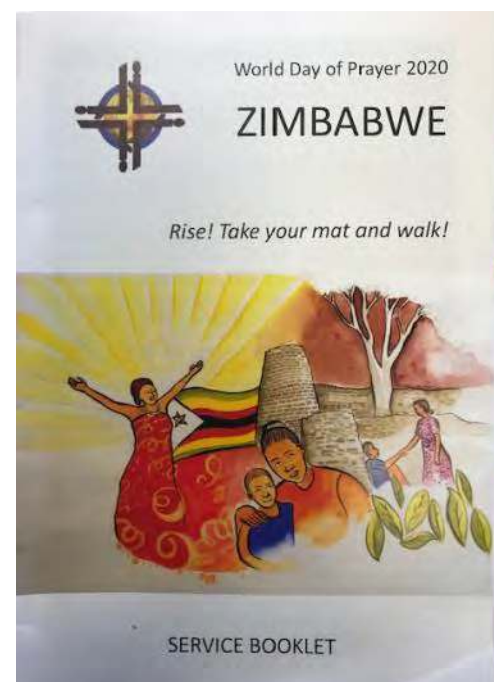
Year 11 and 12 Drama Excursion - The Shape of Things

The Shape of Things is one of the set texts our HSC students study as part of their investigation into the Black Comedy theatrical style. On the evening of Friday, 13 March our Year 11 students will have the rare and highly valuable opportunity to view this play in live production. Likewise, on the evening of Friday, 20 March our HSC students will have the same opportunity. The performance will be held at *Wollongong Workshop Theatre* in Gwynneville. Students have received permission notes about this event and need to return completed permission slips to Mrs Talbot at the earliest opportunity.

Scholarship Auditions

We would like to thank our Music and Dance Scholarship applicants for their efforts in preparing for our recent auditions.

Mrs Sarah Talbot Performance Coordinator



Write r of th e Week

The darkness pervaded my vision, as the clouds started to surround the full moon's rays. The sound of our feet smashing into the ground was the only thing that you could hear for miles. And the smell of the forest invaded my senses. I could feel the crisp and bitter air collide with my fragile palms. And the feeling of excitement rushed through my bloodstream, flowing like a river out of my body through laughter.



I looked one last time at my friends, it would be the last time we would ever see each other. This would be our last goodbye and very soon it would be over. It went by so quickly, I didn't even realise. It felt like just yesterday I was meeting all of these people, and now we're about to say goodbye for the last time. What an adventure we've had together this is the last day we would have together just one more day forever. We're coming to the end of an amazing chapter, it is now time to flip the page, and start the next.

I was thinking to myself, how amazing this night would be. Running through the wilderness, like kids again. Not having to do exams, just the pure innocence of childhood that was in our souls now shone through our eyes, like little specks of hope. We ran so fast, I couldn't believe it, even Becky was running. Now that is saying something.

The sound of water was closing in on us, we were finally there. The place that we first met. Our first and final destination. Smith-side Stream, the most beautiful place on Earth. We all huddled close. A tear slowly trickled down my pale face, I knew this was the end. We all sat down, watching the stars and the clouds dancing in the sky. The full moon's reflection seemed to be scattered on the water's surface and the evergreen trees, framed the most mesmerising moment of our lives. The water was so calm, nothing but a log disturbed the stillness of the scene.

By Holley Dvorak
Year 7

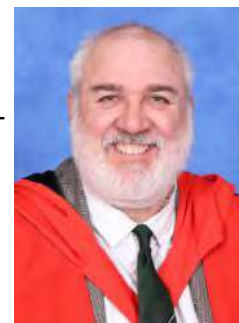
Mrs Wendy Croger
English Coordinator

Year 8 V ALID 2019

Last year, students in Year 8 completed **VALID** (Validation of Assessment for Learning and Individual Development). The corresponding reports have now arrived and will be sent home with Year 9 students this week.

Any students who are away this week, and so do not receive their reports, will have their reports posted home. Any parents who wish to discuss the reports may contact me.

Dr Andrew Eaton
Science Coordinator



Please Note:

A reminder to parents and grandparents; please
DO NOT park in the designated "Staff Parking" Area in the corner
near the Deakin Admin Building at any time.

Thank you

Invitation to attend 'RFS Thank You' Family Chapel

All College families are invited to our first Family Chapel of 2020 which will be held on **Friday, 3 April at 7.00 pm** under the Shoulder to Shoulder Shelter. Reverend Ben Boardman will be our guest speaker. In addition, Stage 1 students will be entertaining us.



Before the Family Chapel Service, the P&F will be running a Fundraiser BBQ for WAC Kids Care which supports fire affected families, so take the night off cooking and support this great fundraiser.

There will be an opportunity to donate foods for the WAC Kids Care Program which will go towards our House Shield Competition. Students are reminded to wear their Summer uniform, but are not required to wear their hats.

Looking forward to seeing you all there.

Mrs Carolyn Clark
Family Chapel Coordinator

WAC Kids Care

If you would like to practically support the WAC Kids Care Program, you are able to contribute food goods at any time. The following items are very helpful when preparing meals:

Rice, Pasta, Noodles, Lentils and Quinoa
Canned Vegetables eg kidney beans and corn
Base tomato sauces eg Passata
Other base sauces eg Sweet and Sour
Chicken, Beef, Vegetable Stock
Flour, Cornflour
Salt, Pepper
Sugar
Tinned Fruit
Sultanas
Eggs

A basket is located at Student Reception. Wish Cards or cash are also welcome which can be handed directly to the Office Staff.

Thank you to everyone supporting this ministry as we serve our Community.

Mrs Lisa Rockwell

Year 9 Camp

Last Monday, Year 9 students travelled south to Youthworks Waterslea Conference Centre near Nowra, for three days of quests, excitement, team building and challenges. This camp (like all Outdoor Education experiences) is unique with girls and boys being separated from the moment they arrive at camp. The girls prepped for an expedition either trekking or canoeing to a camp site near Waterslea.



The expedition featured a navigation section where students learnt basic skills in reading maps and using a compass to find their way to the campsite. Students also cooked their own dinner with essential camping cooking tools. For some of the students, this was their first time in a tent or first time cooking without an adult assisting them each step of the way. Many of the students were proud of their dinner (particularly since it was edible).

On Tuesday, the girls returned to Waterslea, quite eagerly I might add, thankful for the comforts of a cabin with a bed and a hot shower. The boys instead, prepped for their adventure to the campsite. Whilst either group was not on the expedition, they participated in a variety of activities including a low ropes course and team building exercises, jetty jumping and archery. The staff who attended the camp also provided them with an evening of fun games and a movie.

I would like to give a big thanks to Mrs Clark, Mrs Miller, Mrs Hyslop, Mrs Bawden, Mr Davis, Mr Toland and Mr Hicks who gave up their time to attend the Year 9 Camp and support the students. This time away from their respective families and home lives for staff is something that I know the Year 9 students thoroughly appreciated. I know the students learnt a lot about themselves and the challenges they can now face confidently, but it was also the staff who learnt a lot about the students.

I want to also commend the students on their exceptional behaviour on the camp and for their attendance on Thursday and Friday back at the College after an exciting but also draining three days. I am very proud of Year 9 and very grateful to be their Year Patron.

Mr Lloyd Grant
Year 9 Patron



Year 9 Camp



Library News



Premier's Reading Challenge 2020

The PRC has started again for 2020. Years K-2 participate during Library lessons and have their books entered online by Library Staff. Years 3-6 will be receiving their login details over the next two weeks during Library lessons.

Logins stay the same from year to year.

From Year 3 it is the responsibility of the student to enter their own books online

Logging of books is not done by Library Staff from Year 3 onwards. The procedure will be explained in library class. Parents, please assist your child at home, if necessary, to enter their PRC books online. Library staff can also assist at lunchtimes.

Years 7-9 need to contact library staff to receive their login details.

Email library@wac.nsw.edu.au for further details or speak to staff.

Put simply, the Challenge for Years 3-9 is to read 20 books before Friday, 28 August this year. Fifteen of them must be on the PRC list in your age group or above, the other five are their choice. There are thousands of books on these lists, it is not a restrictive list at all, but it does encourage wide reading and quality reading.

To help you choose, WAC Library books have stickers on the spine indicating that they are a PRC book. The PRC is a very rewarding experience and is great for encouraging reluctant readers as well as recognising avid readers.

Book Club orders due Friday, 20 March

All orders are to be made online or through the LOOP app. See the catalogue for details. For Secondary students, Book Club catalogues are available in Johnson, Flynn and Student Reception. Choose the class 'Secondary' when ordering. Orders due Friday, 20 March.

Mrs Justine Colombo

College Librarian



World's Greatest Shave

The College is again holding the World's Greatest Shave on tomorrow during lunch on the Deakin Terrace. The following people are involved so far:

- Dr Stuart Quarmby (Staff)
- Ian Croger (Staff)
- Andrew Eaton (Staff)
- Craig Stevens (Staff)
- Grant Williams (Staff)
- Zach Napier (Student)
- Georgina Armstrong (Student)
- Harrison Apps (Student)
- Tomas Zrnic (Student)
- Josiah Jacobs (Student)



One of our ex-students J'Cobbi Kelly from Attitude Hair & Beauty volunteers her time and brings along a couple of hairdressers to support this event.



Year 10 Food Technology

This Term, the Year 10 Food Technology class have been looking at the multicultural nature of the Australian food supply. They investigated the impact of the Aboriginal culture group on what we eat, and made connections and links to present day food items inspired by our Aboriginal heritage.

This week they looked specifically at 'Aussie foods' and made a traditional pavlova. Mr Croger and Dr Quarmby kindly volunteered to make sure the pavlovas tasted ok!



Year 12 Design and Technology

Last week Year 12 Design and Technology students went into Sydney to visit the 'Shape' exhibition at the Powerhouse Museum. Shape is a collection of the best major works from students around the State that either completed Textiles and Design, Design and Technology or Industrial Technology the previous year. Students also attended a seminar and sat in on a presentation given by an experienced HSC marker. The experience was invaluable to them as they continue to form and work on their own major projects.



They also spent some time in the 'design lab' in which they got to speak to Industry experts from a wide range of fields, play with equipment like virtual 3D goggles and print logos on vinyl using the latest software and equipment. We can't wait to see how they use this experience and what they have learnt on their own major projects due later in the year.

Mrs Kelly Evans
TAS Coordinator



10 Hope/Peace Geography Excursion

On Thursday, 19 March, the 10 Hope/Peace class will set out on a field trip to investigate coastal management processes and assess the coastal management strategies in and around Fairy Meadow Beach. The field trip is an essential part of the Stage 5 Geography course and the results of our investigations form an important part of the first assessment task (in class Monday, 6 April).



We will conduct field studies at Mt Keira Lookout and Fairy Meadow Beach and time permitting, visit the Wollongong Harbour precinct. A permission note has been distributed and it needs to be returned by Friday, 13 March. We look forward to what promises to be a fun and interesting day out.

Mr Jay Hart and Mrs Trudy Miller
Geography Teachers

Secondary Sport



WASP Academy - Term 2

In Term 2, we will have three WASP Academy sports development programs running; Netball, Athletics/Cross Country and Soccer. Flyers and permission notes will be distributed in the next week. I would encourage every student to consider involving themselves in one of these Academy's, particularly those students who wish to train for the upcoming College and NASSA carnivals. For more information please speak with Mrs Mozejko.

MISA Round 5

The MISA competition is beginning to heat up as the finals are fast approaching. Our 10-12 Oz Tag sides had great wins over Oran Park Anglican this week. In the Girls' match, Aleisha McGookin scored four tries whilst Macie Saunders and Georgia Tapp also got across the line in their 6-1 victory. In the Boys' match Jake Stanton, Conner Miller, Ben Prout and Liam Nelson all scored in their dominant 12-0 win.

Our two Basketball sides secured wins this week. Despite injuries the 10-12 Girls' side stepped up to beat Macarthur Anglican 18-9. In the Boys' match it was a tough battle with a strong performance from Damian Shaw and Joshua Croft securing the victory in the final minutes 27-24.

The Years 7-9 Girls' Cricket side had another win 77-22 thanks to some strong bowling from Zoe Buckley and Cassie Williams. The Girls' Hockey side played out a tough 1-1 draw against Macarthur Anglican School. Ava Sweeney had a fantastic game, not only scoring for WAC but defending to restrict the opposition to just one goal.

In Volleyball, both our Years 7-9 sides had losses this week. The Boys' team played out a tight match losing by one set, whilst the Girls' team lost in three sets. The Boys' Softball side continue to improve, with Aleksander Garcia stepping in to pitch this week and James Ford batting well in their six run loss.

NASSA Hockey Representatives

On Wednesday, 11 March we had 12 WAC students representing NASSA at the AICES Hockey Championships in Newcastle. On top of our large student numbers Mrs Miller was the NASSA Girls' Coach whilst Mr Burns was the AICES Convenor of the Championships. A big thank you to both staff members for their assistance in ensuring the Championships could be held, as well as to each of the students who represented not only at the College level but also at NASSA to a high standard. A full report will be in next week's Waratah Weekly.

NASSA Touch Football and Netball Gala Days

The College will be sending six teams to the upcoming NASSA Gala Days. Each of these teams have now been selected and students are encouraged to return their notes as soon as possible. Students are also reminded that full Sports Uniform is required at both events. Alternative footwear is permitted for MATCHES ONLY, not to and from the event. To avoid receiving a uniform warning please ensure the usual College Guidelines are adhered to. Students are reminded these Gala Days also act as a trial for the NASSA Representative sides.

Mr Mark Goldsbrough

Secondary Sports Coordinator

Upcoming Events

Friday, 20 March	NASSA Football Trials
Wednesday, 25 March	NASSA Touch Football Gala Day
Friday, 3 April	NASSA Netball Gala Day
Thursday, 9 April	WAC Cross Country

Primary Sport



IPSSO

Our round matches for IPSSO this week again saw many strong performances for WAC against St Peter's Anglican Primary School. Mr Wayne had cause to celebrate over a long awaited 8-0 victory for the Junior Basketball sides. Hot shots Ethan Flower and Ella McDermott played particularly impressive games. The Senior Basketball team went down 18-12, despite the dependable efforts of Elisabeth Randall and College newcomer Heath Portors.

The Oztag teams continued their seemingly unstoppable march through the first half of the season with blistering victories over both St Peter's Anglican Primary School sides. Lachlan Malcolm bagged a hatrick, plus an extra just for good measure, to seal a dominant 13-2 win for the Juniors. The girls in the senior team held their own throughout an 8-2 victory for WAC. The potent speed of Kaitlyn Williams and Jaime Kleinberg was on show during each of the length of the field tries they both managed to score.

Despite the confident 3 nil victory for the WAC Junior Girls' Soccer side, Miss Thompson was left with the impression more goals were to be had if only the players capitalised on more of their chances. Addison Smiltnieks was ever-present in the Senior Girls' 3-1 victory, scoring a goal, playing goalkeeper, defending and attacking in equal measure.

The Cricket matches saw mixed results for the WAC teams. The Juniors went down 74 runs to 35. Mr Stark watched nervously as his Senior Cricket side edged to a narrow 2 run victory, their first for the season. We are hopeful the Boys' team have got their eye in and this is the first of future victories.

Years 5-8 WASP AFL

A group of skilful and enthusiastic students continues to sharpen their Football ability on Wednesday afternoons at the WASP (Wollondilly Anglican Sports Performance) Academy AFL program. No doubt such dedication to the game will pay off for these athletes on game day!

Stay tuned for further WASP Academy programs.

Mr James Gooden
Primary Sports Coordinator

Upcoming Events

Monday, 9 March
Thursday, 16 March
Thursday, 26 March

Primary NASSA Soccer Gala Day
CIS Swimming
CIS Swimming Carnival



Application for Enrolment

Applications continue to pour in for 2021 and beyond across all year groups, but especially our entry years of Transition, Kindergarten, Year 5, Year 7 and Year 11.

All current College families looking to enrol siblings for the coming years are encouraged to do so without delay to avoid disappointment.

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

Mrs Kristy Biddle
Enrolments Officer



Working Bee - Saturday, 21 March

Our first Working Bee for 2020 is scheduled for Saturday, 21 March from 8.00 am until lunch time at 1.00 pm on Saturday, 21 March. We would love to have you join us here at the College. For those of you who are new to our College, this a good way to be a part of the greater College community, meeting and working side by side while having some great fellowship with other parents, staff and students. It also helps to get some of the things done around the place which we don't normally have the time for.



Some of these jobs are:

- Due to the great blessing of good rain recently, a number of our gardens need weeding.
- We have a limited amount of mulch and a tractor to load our utes which can then be added to the gardens.
- The College carpark gutters can be swept to rid them of leaves which can then be put on the gardens as compost.
- A great job for the kids is the picking up of papers around our field.
- There are lots of Library books to cover in the Deakin 3 classroom near Student Reception.

Between now and then, there could be more jobs found that need attending to, so don't forget to bring your gardening tools, gloves and anything else you think might help on the day. We always have a great time at our Working Bees so come along and be a part of the action and help keep our College looking great.

As always a luscious Morning Tea will be provided by the Wollondilly Anglican Community Church and a BBQ lunch will be provided by the P&F.

Mr Fred Schroder
Property Manager



There has been a confirmed case of **Chicken Pox** within our Junior College.



For more information, please refer to the following link from Sydney Children's Hospital.

<https://www.schn.health.nsw.gov.au/files/factsheets/chickenpox-en.pdf>

Information from our College Nurse



Why we need to make sure we wash our hands properly

- Germs are everywhere
- Germs are so small that we cannot see them, but they are there.
- Germs are what makes us sick
- Handwashing will get rid of the germs.

When Should We Wash Our Hands?

To stop the spread of germs at home, at the College or in the community, we need to make good hand washing a rule for everyone. It's especially important to wash your hands:

- After using the bathroom/toilet
- After blowing your nose, coughing, or sneezing
- Before eating
- After playing with or touching animals/pets
- Before and after visiting or taking care of any sick friends or relatives
- After being outside (playing, gardening, walking the dog, etc.)
- Before cooking or preparing food
- After touching eyes, nose or mouth
- If your hands look dirty, wash them!

Hand washing is a good habit and is by far the best way to keep us from getting sick and prevent the spread of germs.

What's the Best Way to Wash Hands?

Here's how to scrub those germs away:

- 1 **Wet your hands** with clean, running water (warm or cold)
- 2 **Use soap** and lather up for about 20 seconds, any soap will do (you can count or sing the Happy Birthday Song or the Alphabet Song for younger children)
- 3 Make sure you **get in between your fingers**, on the backs of hands, thumbs and under the nails where germs like to hang out. And don't forget your wrists!
- 4 **Rinse and dry** well with a clean towel or paper towel

Other good hygiene habits - Respiratory Hygiene

Good hygiene reduces the chance of catching illnesses or passing them onto others. Good hygiene includes:

- Not sharing cups, cutlery, lip balm, straws
- Cough or sneeze into your elbow
- Using tissues instead of hankies - throw tissues into the bin as soon as you have used them and wash your hands afterwards
- Social Distancing - maintain one metre distance between yourself and anyone coughing or sneezing.

So help our College and community stay safe and healthy by having clean hands and by having good hygiene habits!!!

Please remind your son/daughter about the importance of washing our hands

<https://www.healthdirect.gov.au/hand-washing>

<https://kidshealth.org/en/parents/hand-washing.html>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

Mrs Sally Lloyd
College Nurse

Community

- **WAC Kids Care**

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 WAC Kids Care Program offers support to families in the way of meals. Please contact Mrs Hay or Mrs Rockwell at the College to assist. Confidentiality will be respected.

- Fundraiser for the Family of Firefighter, Andrew O'Dwyer, who lost his life in the recent bushfires.

Date: Friday, 27 March 2020

Venue: Mawson Park, Campbelltown

Time: 3.30 pm till 6.30 pm

All welcome BBQ, auctions and more.

If you would like to donate any prizes to be placed into hampers for the auctions and raffles, please contact Nichole Rogers on 0478 181 322 or visit

<https://facebook.com/events/s/odwyer-family-fundraiser/801267827050931/?ti=icl>

https://www.facebook.com/donate/195257428488955/?fundraiser_source=external_url

- **Together Arts Exhibition**

Where: Old Post Office - Argyle Street, Picton

When: Thursday, 28 until Saturday, 30 May

Theme: *"In This Together"*

For more information, please visit www.wollondilly.nsw.gov.au

- **Amazingly Awesome Autism Get-together**

When: Thursday, 2 April

Where: Bradman Oval - St Jude Street, Bowral

Time: 5.30 pm - 7.30 pm

Price: Gold coin donation

RSVP: Monday, 16 March to Kelly either by 1300 112 334 or events@interchangeau.org

- **Understanding Superannuation**

When: Thursday, 19 March

Where: Level 1, The View Room Wollondilly Library

Time: 6.30 pm - 7.30 pm

For bookings please email library@wollondilly.nsw.gov.au/bookings or call 4677 8300.

- **ASDESI Holiday Kids Klub - April 2020**

Where: Springett House

Ages: 6-18

For more information, please contact 4868 6677, 1300 112 334, email

events@interchangeau.org, visit interchangeau.org or facebook.com/asdesiau

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 2020

...friendraising and fundraising



Diamond Sponsor

Bradcorp

Double Gold

Anytime Fitness Tahmoor
Hume Building
Simec Mining
Stanton Dahl Architects

Gold Sponsors

Best Practice Commercial &
Accounting Services
Carpenter Partners Real Estate
Glitz n Glamour Photography
Hills Commercial Cleaning (QUEDOS)
Ken Shafer Smash Repairs
Kwik Kopy Macarthur
Little Elves Childcare
Little Elves OOSH
Narellan Pools
Nu-era Homes
Oxley Butchery
Taverner Landscapes
Thornton Bros Roses

Silver Sponsors

Casey's Toys
Country Valley Ptd Ltd
Eye Power Tahmoor
Greenmantle Valley Pastured Eggs
Loves
Cornerstone
Mittagong Auto Tech
Natural Services
Pheasants Nest Produce
Picton Tennis Association
Pinnacle Tax & Accounting
Tahmoor Garden Centre
Wilton Dental and Cosmetics 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

P&F Clothing Pool

NOW OPEN EVERY MORNING 7.45am to 8.30am !!

Thank you to all the volunteers who have made this possible.

Monday	Jodie & Sharon
Tuesday	Janise & Barbara
Wednesday	Alison & Claudia
Thursday	Janise & Melissa
Friday	Cristina & Stephanie

Happy to hear from anyone who would like be a volunteer, the more the merrier!!
Call Melissa on 0415 402 013

Location	Side windows of White Cottage - Opposite FLOWERS Canteen
Payment Options	EFTPOS or Cash

Parents' & Friends' Association

P&F ...friendraising and fundraising



Wollondilly Anglican College P&F Committee invite you to a Morning Tea - Hosted by P&F

When: Every 3rd Wednesday of the Month
Where: FLOWERS Cafeteria
Time: 8.10 am to 9.10 am



Please join in to get to know others.

Small children most welcome.

Welcome to Wollondilly Anglican College for 2020.

We would like to invite you to join us to meet and greet over tea, coffee and some sweet treats. We hope to give you an opportunity to meet other families within the College and we encourage you to take the opportunity to enjoy a relaxing chat and a cuppa.

We look forward to meeting new people, catching up with familiar faces and hearing your ideas for the future P&F events and what you would like the P&F to be doing for our students and families.

There will be a colouring-in station and toy area for the young ones to be entertained, whilst you get to chat to other parents and carers of the College.

Next P&F Meeting

When: Wednesday, 6 April
Time: 7.00 pm
Where: Deakin Administration Building.



2020 P&F Committee Members

President:	Bill Norman
Vice President:	Brandon Cooper
Treasurer:	Narelle Shafer
Secretary:	Deirdre Fitzsimmons
Clothing Pool:	Melissa Wishaw
Golf Day Coordinators:	Brandon Cooper & Deirdre Fitzsimmons
Country Fair Coordinator:	Deirdre Fitzsimmons
Service Stalls Coordinator:	Christine Hazelton
Student Banking:	Julie Littler
Volunteers Coordinator:	Judy Baxter
Communications:	Vacant
Sponsorship:	Vacant



Headmaster Happenings



March

Thursday, 12	Student enrolment Interviews 2021 (Evening) IPSSO Heads Meeting at OPAC
Friday, 13	Student Enrolment Interviews 2021 World's Greatest Shave
Sunday, 15	Tigers v Dragons at WIN Stadium
Monday, 16	Student Enrolment Interviews 2021
Tuesday, 17	Student Enrolment Interviews 2021
Wednesday, 18	Student Enrolment Interviews 2021 College Executive Meeting
Thursday, 19	Student Enrolment Interviews 2021 Meeting with Middle Chapel speaker Middle Chapel Meeting with TAFE NSW
Friday, 20	Student Enrolment Interviews 2021
Saturday, 21	College Term 1 Working Bee

Mitt agong Anglican Church

Contact: Youth and Children's Minister, Rochelle Fussell, 0439 455 005 or rf@mittang.com.au. All leaders in our youth and children's programs have Working with Children Checks, and are trained in accordance with Safe Ministry Guidelines. All our groups run during school terms.

Kids@MAC:	Tuesdays for students in K-4. WAC students can catch the Berrima Zebra Bus and be met at the church driveway by prior arrangement with us. Finishes at 5.00 pm. Costs \$3.00 per week or \$20.00 per Term.
Follow Primary:	Fridays for students in Years 4-6. 5.00 pm - 6.30 pm then join us for dinner. Cost \$4.00 per week or \$30.00 per Term.
Follow Youth:	Fridays for students in Years 7-10. 7.00 pm - 9.00 pm or join us for dinner from 6.30 pm. Cost \$4.00 per week or \$30.00 per Term.

Wollondilly Anglican Church

Everybody is welcome to attend our Service on Sunday at 9.00 am.

We would love to see your family there.

PO Box 43, Bargo NSW 2574
Reverend Stephen Swanepoel

LEARNING - LOVING - LIVING

Pretend Headmasters



Pretend Headmasters - Harvey Brown (KJ) & Paige Britten (KJ) are calling all volunteers. Help is needed for assistance in classrooms, FLOWERS Canteen and with our P&F Events.

For more information, please call us today! Forms are also available from Student Reception.

Prayer Points

Please thank God:

- For Mums and Dads and for patience and persistence for them as they exercise tough love to build resilience and persistence in our next generation.
- For the rain.
- For the privilege of serving Him in this place.
- That Jesus was the ultimate example of persistence for a worthwhile outcome (our salvation).



Please ask God:

- That He will protect us and our families during the Coronavirus pandemic that threatens our shores.
- To continue to watch over our College and to lavishly bless us.
- To be with the Anglican Schools' Corporation and the Wollondilly Anglican College Council as they conduct a search for the next College leader.

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

Excellence, Endurance, Eternity.