



THE WARATAH WEEKLY

Endless is the Victory



Lapse or Relapse?

"Here I go again", said the middle aged lady. "Two or three cream buns too many and the diet is ruined. I will never lose weight."

"I know what you mean", said her brother. I promised that I would go to the Gym every day for three hours each morning. It lasted one week. I was so tired that I gave up and now I look and feel like an Oompa Loompa again".

Lapse or relapse. There is a **big** difference. A **lapse** is a simple mistake. It happens to everyone: A **relapse** is a return to old habits.

Any worthwhile goal will start with a road that is plagued with lapses. Successful people can see it. They put a lapse behind them and redouble their efforts and their resolve. "OK - I had one cream bun too many today - no big deal - that's just one extra lap around the oval tonight and a resolve to say no tomorrow. Others, like those with poor self-esteem or addicts see one lapse as the end of the road - "I knew I couldn't do it. Who was I kidding? Fancy wasting that money and joining a Gym. Now I am a laughing stock". "Fancy thinking I could be a nurse - I'm dumb. No point studying"

Psychiatrists say that a lapse is an important part of reaching a goal. It gives a person the chance to beat up on themselves a little and then to reset the target. Lapses remind us all that we have actually come a long way. A temporary setback can galvanise our will to succeed.

So what about Relapse? Three adult sized pizzas whilst in the middle of a weight-loss program that started yesterday is hardly a lapse. Someone who needs good results in a course and yet finds a hundred reasons not do the assignments or study for the exam is hardly a lapse. There are certainly times when a dose of reality and a firm directive from parents or a friend is both warranted and necessary. The road to failure is paved with good intentions and feeble actions.

Alcoholics know that their habit has cost them their health, their relationships, their freedom, their careers and eventually will cost them their lives, yet mental health experts know that 40 to 60% of alcoholics will end up relapsing. In every case, it started with one lapse: One lapse that they interpreted as the end of the road to recovery. There are things that you can do to avoid relapse. It helps to:

- Work on your willpower - keep picturing the reward at the end of the road
- Ask a friend to keep you to account (you will need someone who has your interests at heart)
- Be patient - anything worth doing takes persistence and dedication
- Get healthy and get sleep. You will sleep well if you are tired.
- Avoid situations and people who are easily led or who are not determined to help you
- Remember that a lapse is normal
- Know that a lapse is not a relapse

Our academic and pastoral care program at the College is designed to give all students a fresh start for the second half of the year. It is a fresh page with no detentions recorded yet. It could be a good time to make some decisions about what you would like to achieve and what changes you will need to make to achieve it. Be ready for one or two lapses along the way. Lapses are just that - no need to relapse into old habits.

Remember that God forgives. In forgiving us, God actually sets an important template for how we should live. He gives us permission to also forgive ourselves. He sees our lapse and understands. He sees it for what it is. It is a lapse and not a relapse. Maybe we should see it that way too.

Failure is often the line of least persistence



College Event Calendar - Term 3

College

Monday, 5 August	P&F Meeting
Saturday, 24 August	Working Bee
Wednesday, 28 August	College Council Meeting
Monday, 2 September	P&F Meeting
Friday, 6 September	Family Chapel
Saturday, 7 September	Year 12, 2009 Reunion
Saturday, 14 September	Country Fair
Friday, 27 September	Last Day of Term 3

Primary

Friday, 9 August	Book Week - Librarian Visit (Years 5 and 6)
Tuesday, 13 August	Primary Learning Assembly
Thursday, 15 August	Primary NASSA Athletics
Friday, 16 August	Book Week Performance T-2
Wed, 21 Aug - Fri, 23 Aug	Great Book Swap
	Year 5 Camp
Friday, 23 August	Book Parade
Wed, 4 Sep - Wed, 11 Sept	Scholastic Book Fair
Thursday, 5 September	Grandparents' Day
Thursday, 12 September	Primary CIS Athletics
Tuesday, 24 September	Primary Learning Assembly

Secondary

Mon, 5 Aug - Mon, 19 Aug	HSC Trial Examinations
Wednesday, 7 August	Years 7-10 Parent-Teacher Evening
Thursday, 8 August	NASSA Secondary Soccer Gala Day
Friday, 16 August	NASSA Secondary AFL Gala Day
Wednesday, 21 August	Vietnam Mission
Thurs, 29 - Fri, 31 Aug	Silver/Gold D of E Expedition
Thursday, 5 September	Year 7 Vaccinations Visit 2
Friday, 6 September	Year 7 Taster Day
Monday, 9 September	AICES Athletics
Mon, 16 - Mon, 23 Sept	Year 11 Exams
Thursday, 26 September	Year 12 Graduation Assembly
Friday, 27 September	Year 12 Formal

VIP EVENT - TODAY ONLY!
ZERO & REWARDS CARD HOLDERS



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 AND EVERYTHING ELSE

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INSTORE & ONLINE THURSDAY 8TH AUGUST.
* Excludes gift cards, all suit packages & Schoolwear Supply's. Cannot be combined with other offers or discount. Floor stock only. No open checks. Please choose carefully, exchanges and refunds only with doctor. Includes existing 5% discount. Offer ends midnight (AEST) 08/08/19. Must use Zero or Rewards card to receive discount.

Mark Your Diary



FROM THE DEPUTY'S DESK



HSC Study Camp

During the holidays the College ran a Study Camp for Year 12 students to assist them with their preparation for the HSC Trial Examinations and the HSC Examinations.

This was a productive time for most students and they gained considerable benefit from having a quiet and structured environment.

I would like to extend my thanks to the following staff who volunteered their time to assist the students over the three days:

Mr Hart, Mr van Netten, Mrs Madden, Ms Webb, Mr J Hewitt, Mr D Hewitt, Dr Eaton, Mr Powter, Mrs Evans, Mrs Hitchins, Mrs Evans, Mr Clarke, Miss Valente and Mrs Hay.

Edumate Upgrade

During the holiday break Edumate was updated to a new version. The new version has a slightly different look and has a number of advantages for parents and students.

Students can access their timetable, the College calendar and assessment information. They will receive more direct announcements which can be targeted to specific groups through the News Feed.

Parents can access the above information as well as continuing to be able to provide reasons for student absences and update their family contact details. They will soon be able to provide permissions for students to attend events. This will occur once the Edumate App becomes available.

Parents will also receive information from the News Feed which can be targeted to specific Year groups.

I remind parents about the importance of maintaining and updating your family contact details in Edumate.

We are obtaining a parent help guide from the Anglican Schools Group Office which will be available soon on the College website.

Until this is available, if you are having difficulty with access Edumate, use the portal address portal@wac.nsw.edu.au

Gold Duke of Edinburgh Award Recipients

Congratulations to Kirralee Miller, Elkie McCormick and Roy Bramich-Wilson, Year 12 students from 2018, who received their Gold Duke of Edinburgh's Awards from the NSW Governor, Her Excellency the Honourable Margret Beazley AO, QC.

The Gold Award ceremonies are always significant occasions and it is great that the three former students were able to attend and be recognised for their outstanding achievement.

Mr Ian Croger Deputy Headmaster



PASTORAL CARE T-12



Youth Advisory Committee

On Monday, 29 July staff and representatives of Wollondilly Shire Council and the Youth Advisory Committee attended the Secondary Assembly to speak with students about becoming involved in the Youth Advisory Committee. Over the years a number of students have become engaged with this group and have been involved in planning and implementing change in this area in youth related areas initiatives.

The next YAC meeting is taking place on Tuesday, 13 August at 5.30 pm at 2 Colden Street, Picton.

Students are welcome to attend to see if this is something they would be interested in getting involved in - no lock in contracts. The Facebook page is The Dilly YAC and they are also on Instagram dillyyac.

Social Media and App series

There are a range of social media and app options available to young people to connect with one another. With this in mind and given the ever changing nature of these platforms the following series is provided for parents to assist them to navigate and support their children in this space.

What is Discord?

Age Rating 13+ Discord is a free voice, video and text app used predominantly in the gaming world. It consists of a collation of servers - large and small - designed by the users of the app, each with their own rules designed by the individual who created them. The purpose is to build private, invitation only groups. These can be as large or as small as the moderator of that Discord community decides to allow.

In Discord, it all depends on who you want to have in your particular server - they are all invite only. Some individuals chose to post links (invitations) to the general population via YouTube, or Steam - allowing for a large community to be created. Others chose to tightly control their Discord community, allowing only friends to be invited, and with strangers generally prohibited. As a Discord user, much of the experience had, is shaded by the behaviour and choices made by the individual.

- Choose who can direct message you
- Choose who can add you as a friend and who you want to add
- Choose what servers you want to join
- Choose whether or not to block another person
- Choose whether or not control your access to a message containing explicit content
- Choose who can join your server by sending invites
- Choose security and verification levels on your server

This is done by using the "Keep me Safe" option.

There is the option to control the app further by setting an explicit content filter that automatically deletes all message content explicit or inappropriate. Located in the user settings, there is an option called Privacy and Safety.

Locate the "Keep Me Safe" box and check it.

Spend some time with your teenager working through the privacy and safety options to familiarise yourself and your child with them.

Discord is an app that makes no bones about the fact that adult content is present. But it is an app that will make your child take responsibility for their decisions. It is clear what the inappropriate servers are, and your child will have deliberately joined this server to be exposed to such content.

According to the rules of the app, any content that contains R18+ has a channel that to access means you must declare you are 18+ and therefore safe to view the material.

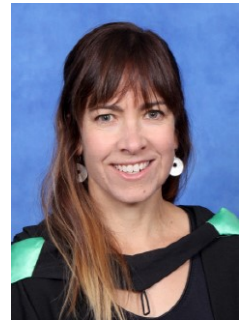
The app encourages users to screenshot and report any content that might be considered abusive to abuse@discordapp.com

Discord is safe for use when your teen understands some of the problems that might arise and has a solid understanding of internet behaviour rules - block an individual if necessary, report abuse and leave a Discord server if any individual is making you uncomfortable, don't use your real name online, never provide a contact number or an address and be cautious about who you allow to be a member of your server.

(Safe on Social Newsletter July 2019)

Mr Liam Toland
Director of Pastoral Care T-12

PASTORAL MATTERS - SENIOR YEARS 9-12



Year 9-10 Pastoral Care

This Term students will continue working through two specific gender-based programs. Within the boys program, students will continue to identify ways in which they can be impacted by cultural, social and technological forces and discuss practical tips and strategies for handling and responding to the various pressures facing them. In particular, they will look at the impact of pornography and sexualised media on young people.

In a recent study of more than 700 Year 10 students from several independent schools, 70% of male students and 21% of females identified as viewing pornography monthly or more. Most accessed this via mobile digital devices. Other emerging research is suggesting the 'normalisation' or social acceptance of pornography is on the rise. Increased exposure to graphic sexual imagery has the potential to impact a young person's understanding of sexuality, their level of social empathy and engagement in sexualised behaviours on social media such as "sexting".

Research suggests that although the environment of parental rules in a home and parent communication is a significant factor, the viewing behaviours of young people is heavily influenced by their peers. Through addressing certain issues associated with pornography within the Pastoral Care lessons this Term, our aim is to challenge and empower students to make decisions and develop positive behaviours which will benefit both themselves and others.

Information sourced from 'The Men We Need' ChoiceZ Media, Southern Cross Media.

Oral Health Promotion- Emily Baker (Former student of WAC)

It was a privilege to have Emily Baker (graduating student 2017) return to the College in the final week of Term 2, to deliver a presentation to students in Year 11 and also Years 1 and 2.



As a student of Oral Health Therapy at Charles Sturt University, Emily is passionate about educating young people on the importance of Dental Hygiene. Emily also shared her experience and provided helpful study and career advice to the senior students which they found particularly beneficial.

Vietnam Mission Trip 2020

An Information Evening will be held on Wednesday, 21 August (Week 4) from 7.00 pm in the Deakin classrooms (next to Student Reception). Interested students, along with their parents are encouraged to attend. Mr Ian Rockwell from Boomerang Adventures will present information regarding the trip and will be available to answer any questions.

In the meantime, all inquiries should be directed to e.madden@wac.nsw.edu.au

Lunchtime Activities

Years 9-10 will continue to have the opportunity to enjoy a space of their own during Monday lunchtimes this term. Students can come to the cafeteria to play board games, socialise or just enjoy a few moments of relaxation away from the craziness of the playground! Bring your lunch along...hot water is available for noodles :)

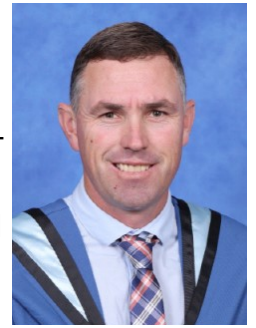


The Senior Charades Competition will continue this Term each Wednesday lunchtime in the Senior Precinct. Finals will take place at the end of the term. It has been great to see not only the enthusiasm of the participants (including the staff team) but also the audience.



Mrs Emily Madden
Pastoral Care Coordinator 9-12

STAGE 6 PDHPE EXERCISE SCIENCE EXCURSION TO THE UNIVERSITY OF WOLLONGONG



On Friday, 28 June, both the Year 11 and Year 12 PDHPE classes attended Exercise Science workshops at the University of Wollongong. Year 11 attended an Anatomy and Biomechanics session, whilst Year 12 attended a Physiology and Exercise Prescription session. These workshops helped consolidate and enrich the learning that has taken place in class.

Although quite confronting, Year 11 students enjoyed the opportunity to examine anatomical structures on cadavers. Year 12 students had the valuable experience of conducting physiological tests (VO₂max and anaerobic wingate) to measure the body's response to exercise.

Mr Joshua Hewitt
PDHPE Coordinator



YEAR 7 PDHPE: PUBERTY AND REPRODUCTIVE HEALTH

During Term 3, as part of the PDHPE unit 'Looking In and Looking Out', students will learn about the physical, social and emotional changes which occur during adolescence. This will include the presentation of information and discussions relating to puberty, reproduction and aspects of sexual health. They will explore behaviours associated with the positive management of changes specific to adolescent males and females.

A variety of teaching materials and techniques will be used such as educational videos, case-studies, ICT research, question box, small group and class discussions. Themes of mutual respect, sensitivity and personal support will be discussed with the class at the start of the unit. If you require further information or have any concerns please contact your child's PDHPE teacher or the PDHPE Coordinator.

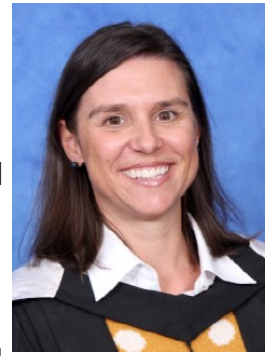
SECONDARY HOMEWORK CLUB IS CANCELLED (WEEKS 1 AND 2 OF TERM 3)

As Secondary staff are involved with Parent-Teacher interviews on Wednesday, 31 July and Wednesday, 7 August Homework Club will not be run on these afternoons

We will recommence normal Homework Club sessions in Week 3 (Wednesday, 14 August).

Dr Robert Bearlin
Secondary Homework Club Coordinator

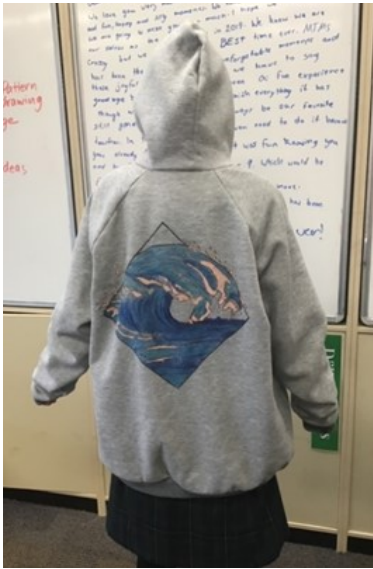




Year 9 Textiles

Last Term Miss Bailey's Year 9 textiles class spent the Term investigating commercial pattern making and also how to work with a knit fabric. Their design brief was to design and make a 'Hoodie' jumper and use surface decoration techniques such as dyeing, fabric painting and applique to make their 'Hoodie' unique.

Not only did they learn to work with a knit fabric but they also learnt about reading and working with a commercial pattern. As you can see each of the 'Hoodies' produced by the students was unique and creative. Well done to Year 9 Textiles!

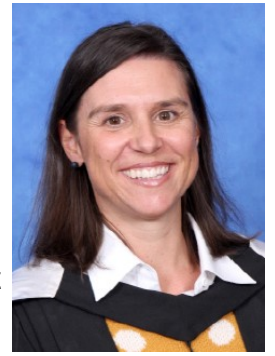


Year 10 Textiles

Project work for Year 10 Textiles students in Term 2 involved them upcycling or repurposing an existing textile item to make it into a new product and learning involved focusing on surface decoration techniques such as couching, chenille work, using textile materials on the laser cutter as well as other methods of decoration such as natural dyeing.

Each student produced a unique and interesting piece of work and projects included - cushions, upcycle jeans into an apron, rag rug and wallets. Well done to Year 10 Textiles on their project work.





Year 11 Hospitality

In the holidays Year 11 Hospitality students completed the first component of their mandatory work placement in which they spent 35 hours working at various hospitality establishments as part of their course requirements. It is an opportunity for students to work in the industry and to practise some of the skills that they have learnt in class. During their placement period, students complete a range of tasks and get a feel for the work that goes on behind kitchen doors at cafes and restaurants. Some of the student reflections can be seen below:

'Working with the Gumnut Patisserie team was a privilege. It was a supportive environment and they showed me several skills from piping chocolate ganache and whipped cream to effectively and efficiently spreading it between sheets of pastry.'

Kaleb Flower

'I went to Bargo Sports Club and I learnt a lot of chopping and food preparation techniques. I really enjoyed it and recommend it to others because the skills I learnt were very helpful and useful'

Russell Matthews

'For a week I had the joy of doing my work at Sizzler Campbelltown. I applied a lot of the skills that I had learnt over the Hospitality course and I did things such as prep meals for night times, dry cutlery and greet customers. I feel as if I am now suited to work within the industry and have learnt a great number of skills that should help me for my future'

Erika Thornton

'For work placement I went to Mittagong RSL Club. Being one of the biggest kitchens anyone went to I was initially worried about how fast paced it would be, but the supervisors were very understanding and helped me to keep up with it. Some of the tasks included preparation, cleaning, serving meals and running errands. The best part of work placement was meeting and working alongside so many people and getting to work in the buffet. I feel that this experience has fully equipped me for the real work force in Hospitality.'

Danielle Alcorn

'My work placement was a great opportunity to gain a deeper understanding behind the industry. It gave me a chance to implement current training and put my skills that I have learnt in class to use. Overall it was a useful experience and it will help me in my course'

Macie Saunders

On behalf of the College, we would like to thank all employers who took on some of the College's Hospitality students and we sincerely appreciate the time and effort you placed on hosting them.

Year 7 Mandatory Technology - Engineering

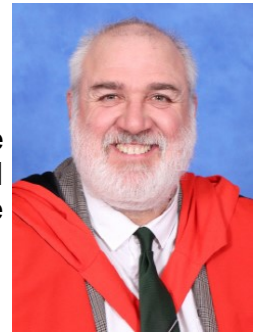
Mr Jones Year 7 Technology class spent last term designing and making a 'Dragstar' car which was raced at the end of Term.

Not only did the students have to design and make their car, they also had to make it aesthetically pleasing and looked at the engineering behind how to make their cars go faster.

Mrs Kelly Evans
TAS Coordinator



PARENT-TEACHER INTERVIEWS - YEARS 7-10



We offer the sincerest apologies to all of the parents who were inconvenienced by the recent issue with the Edval booking site. We appreciated your patience as we worked with Edval to correct the problem, which was beyond our control. Everything should be up and running correctly now.

For your information, the following will occur in the next weeks prior to the Parent-Teacher Evenings.

Thursday, 1 August to Tuesday, 6 August - Parents can again book with teachers if they have gaps or need to adjust their bookings until 8.00 am on the following Wednesday morning.

Wednesday, 7 August - Bookings or adjustments to bookings will not be possible after 8.00 am. Years 7-10 Parent-Teacher Evening will run from 3.00 pm to 8.00 pm. Students are encouraged to attend (in College uniform).

Dr Andrew Eaton
Parent-Teacher Interview Coordinator

EXTRA CURRICULAR

Over the July College Holidays Bailey Fitzsimmons played in the Kanga Cup Tournament in Canberra with his soccer team and was voted by referees and officials Most Valuable player in the U/15s competition which comprised of 18 teams and around 250 players.

Well done Bailey.



"Keep an eye out this Sunday Night for Channel 7's Australia's Got Talent.

Zana Rockwell of Year 10 will be appearing in a piece called "Body Love". It is a dance highlighting body image challenges faced by teenage girls in the ever changing world of social media. Zana trains at VPA studio's Unanderra. Congrats Zana we can't wait!"



LIBRARY NEWS



T-2 Book Week Parade Friday, 23 August

It's that time of year again - CBCA Book Week is Week 4 of this Term. The theme for this year is 'Reading is my Secret Power'. This theme really got us thinking here at the College Libraries. The ability to read and to enjoy reading really is a secret power we all carry within us. Imagine not having that power? Our Transition and Kindergarten students are just starting to be given the keys to these secret powers. What books will inspire them to keep reading for life?

For the parade, T-2 students are to dress up as a book character and carry the book OR a sign with the book title and author. Students are to wear their usual sports uniform to College and bring their costume with them to change into. Therefore, the costume needs to be one the student can dress themselves in.

Parents and guests are invited to watch the Parade under the Shoulder to Shoulder Shelter, starting at 1.35 pm. Bring a cushion if you wish. There are some great dress-up ideas at [scholastic.com.au/dressuptime](https://www.scholastic.com.au/dressuptime)

Great Book Swap Wednesday - Friday, 21-23 August - Whole College

During Book Week the entire College will be taking part in the Indigenous Literacy Foundation's Great Book Swap. The Great Book Swap is a fantastic way to pass on a much loved book to someone else in our College community, and at the same time raise funds for remote Indigenous communities. Bring a used book or books to donate and then purchase another book for \$2.00 each. The Great Book Swap will take place during Book Week on Wednesday - Friday, 21-23 August in the Cafeteria at Lunch 2 and after College until 3.00 pm. We are already accepting book donations in Cook, Elizabeth, Cuthbert, Sturt and Johnson Libraries. Alternatively, you can donate funds to our event at <https://www.greatbookswap.org.au/>

Spike the Echidna

In the lead-up to Book Week on Friday, 16 August T-2 classes will experience an interactive shadow puppetry and storytelling performance entitled 'Spike: An Echidna's Journey'.

Scholastic Book Club Issue 5 is due Friday, 9 August.

All orders and payments are to be made via the website or the Loop App. See the back of the Book Club catalogue for details. This catalogue has some dress up ideas in it for Book Week.

Mrs Justine Colombo
College Librarian



SECONDARY SPORT



Round 1 MISA

It was a great first Round of MISA with eight wins and one draw across our nine teams. Our Boys' Rugby League side had a strong win 40-0 over Broughton Anglican College.

Connor Miller scored a double whilst Flynn Day managed a miracle try, dribbling the ball multiple times on his way to the try line. Both our Netball sides won their matches against Oran Park Anglican College. The Year 7/8 side dominated in their 35-5 win whilst it was a narrow one-point win for the 9/10 side.

The Girls' AFL team had a great win with Ashleigh Willebrand, Jasmine Ostridge, Victoria Locke and Samantha Cefai the stand out performers in their 61-6 win. It was a similar score line in the Senior Boys' Cricket match with Jackson Tzitziris topping the bowling figures in the 77-16 win.

Our Soccer sides also started the season well. The Year 7-9 Girls' team snatched a last minute win thanks to a late penalty shot from Rebecca Mills. The Year 9/10 Boys' team also had a 1-0 win whilst the Year 7/8 Boys' team held on to a 2-2 draw.

Next week we play Macarthur Anglican School across most sports whilst Rugby League will play William Carey Christian School.

AICES Athletics - Additional events

There is the opportunity for students to nominate themselves for several 'additional events' that are run at AICES. These events are the 3000m and Triple Jump. Students need to submit a verified time/distance to be considered. This can come from Little A's meets or other equivalent events. For more information, please speak with Mr Goldsbrough.

NASSA Soccer Gala Day

Students are reminded to return their permission notes by this Friday, 2 August. Students must wear the College socks and shin pads to participate and will receive their jerseys on the day.

After School Football (Soccer) Program - Term 3 registration

The After School Soccer Program has started up again for Term 3. If you still wish to register, please speak with Mr Goldsbrough or Mr Houweling immediately to secure a spot. Participants are reminded that boots and shin pads are required.

Mr Mark Goldsbrough
Secondary Sports Coordinator

Upcoming Events

Thursday, 8 August	NASSA Soccer Gala Day
Monday, 19 August	NASSA U/15 AFL
Thursday, 29 August	NASSA Open Basketball Gala Day
Monday, 9 September	AICES Athletics

PRIMARY SPORT



NSWPSSA Cross Country

On the last day of the College holidays Isabella Evans competed in the NSWPSSA Cross Country Carnival at Eastern Creek. To qualify for this event is a great achievement. Isabella needed to finish in the top 10 runners at NASSA and the top six at CIS. She then had the opportunity to compete against students from all of the Primary schools in NSW, an incredibly tough competition.

Unfortunately, injuries hampered Isabella's preparation and impacted her performance on the day. Congratulations on your achievement, Isabella and for competing so well on the day.

IPSSO

IPSSO games kicked off again on Wednesday against Broughton Anglican College.

The Stage 2 AFL team played a very competitive and high quality game against Broughton. Both teams are so far undefeated. Unfortunately, after leading for the first half they were defeated by six points. The Stage 3 team secured another dominate victory, winning 44 nil.

The Stage 2 Soccer Boys' team were unlucky not to secure the three points with a late chance just missing the goals. They share the points with a nil all score line. The Stage 3 team fought hard against a tough opposition, going down 4 nil.

The Stage 2 Netball team again dominated the opposition, picking up where they left off from Term 2. They won convincingly, 22-3. The Stage 3 team were defeated 23-5.

The Stage 2 Newcomb ballers had a really close battle with Broughton Anglican College. They won the first set and lost the second set. However, the Wollondilly Anglican College team secured the victory with a count back.

The Stage 3 Volleyball team won two sets to nil and never looked like losing. They polished off the final set decisively, winning by 18 points.

Next week, games will be played at the College against Macarthur Anglican School.

College Sport

This Term, the College sport program for students in Years 3 to 6 will include gymnastics sessions at Wollondilly Leisure Centre and a cricket program run by the Sydney Thunder. Students will also take part in invasion games that require a combination of skill and strategy.

K-2 Sport

Starting next week, during sport time on Friday, students in K-2 will be starting their AFL sessions. These lessons will be run by coaches from the GWS Giants. The program runs for four weeks and is a great opportunity for students to practise a variety of fundamental movement skills. The sessions will focus on kicking, catching and running skills.

NASSA Athletics

The Primary NASSA Athletics Carnival will be held at Campbelltown Athletics Stadium on Thursday, 15 August. Students who have qualified for this event will have received their permission notes and event schedule today. The final week of after College training is Wednesday, 7 August.

Mr Stuart Houweling
Primary Sport Coordinator

Upcoming Events

Wednesday, 7 August	IPSSO games at the College
Wednesday, 7 August	Final NASSA Athletics training session.
Thursday, 15 August	NASSA Athletics Carnival

PRIMARY MATTERS

Years 3-6 Personal Identity cards

During this term students from Years 3 to 6 will all be issued with a photo identity card. This card will be used for library borrowing and in future will be used for late sign in and partial absences. Students should store their cards in their diaries.

Ms Jacqui Huxtable
Director of Teaching and Learning T-6



K-4 Disco

Students in Kindergarten to Year 4 are invited to attend the K-4 Disco on Friday, 30 August 2019. Tickets are \$6.00 and will be available to purchase through the TryBooking website <https://www.trybooking.com/BEKRR> from Monday, 5 August to Friday, 30 August. Each child will receive a packet of chips, a popper and a glow stick.



There are limited numbers of tickets so get in early to avoid disappointment. There will be two sessions. Students in K-2 from 5.30 pm - 6.30 pm. Students in Years 3-4 from 6.45 pm - 7.45 pm. The disco will be in the Warne Auditorium. Keep an eye out in next week's Waratah to find out when tickets go on sale.

Mrs Lisa Maher
Primary Teacher

KINDERGARTEN EXCURSION

Kindergarten will be attending their excursion to Mowbray Park Farm in Picton on Friday, 2 August. The students will be required to wear full winter sports uniform with the white College sport shirt.

The excursion will run during normal College hours so there will not be any anticipated interruption to normal drop off and collection routines. We look forward to this exciting event!

Mrs Tracy Turner
Kindergarten Teacher



APPLICATIONS FOR ENROLMENT

Applications continue to pour in for 2020 and beyond across all year groups, but especially our entry years of Transition, Kindergarten, 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.

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

Mrs Kristy Biddle
Development Officer



INFORMATION FROM THE COLLEGE NURSE

Sleep awareness week

National Sleep Awareness week in Australia is Monday, 5 - Sunday, 11 August 2019

This years theme is '**Sleep on it - memory and problem solving**'.



Does your child get enough sleep?

Research suggests that sleep helps learning and memory in two distinct ways. Firstly, a sleep deprived person cannot focus attention optimally and therefore cannot learn efficiently. Secondly, sleep itself has a role in the consolidation of memory, which is essential for learning new information.

Memory consolidation takes place during sleep through the strengthening of the neural connections that form our memories.

Low quality sleep and sleep deprivation also negatively impact mood, which has consequences for learning. A good night's rest has a strong impact on learning and memory and is a vital component of a healthy lifestyle.

For more information and resources on sleep please follow the link below.

<https://www.sleephealthfoundation.org.au/key-events/about-sleep-awareness-week.html>

Go 4 Fund

If your child is above a healthy weight, please consider the following free program for your child brought to you by NSW Health.

Registration for this program must be attended by Week 2, Term 3. For more Information, please refer to flyer in the Community Section.

Mrs Sally Lloyd
College Nurse



We have a reported case of **Hand, Foot and Mouth** within our Junior College.



For more information, please follow below link

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

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.

- **Skills Training**

When: Monday, 22 July - Monday, 23 September
Where: Wollongong and Albion Park
Fore more information, please visit my.sydneyfc.com to register

- **Wollondilly Shire Council - Have Your Say Morning Tea**

When: Wednesday, 14 August
Time: 11.00 am - 12.30 pm
Where: Council Administration Building - 62-64 Menangle Street, Picton
RSVP: library.wollondilly.nsw.gov.au/bookings or phone 4677 8300.
Morning tea provided

- **2019 Big Red Kidney Walk - Registrations Now Open!**

When: Sunday, 8 September
Where: Lake Alexandra Reserve, Queen Street, Mittagong
Time: Commences at 10.00 am - 4km walk
BBQ breakfast and lunch, tea, coffee and cold drinks available
For more information - <https://www.bigredkidneywalk.org.au/events/15/southernhighlands>

- **Men's Breaky**

When: Saturday, 7 September
Where: Camden Civic Centre
Time: 7.00 am - 9.00 am
Cost: \$25.00 per person
Speaker: Mr John Dickson
Tickets are available at menandmachines.org or by calling 1300 987 363.



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

Carpenter Partners Real Estate

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

Lowes

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 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.

Mrs Melissa Whishaw

P&F Clothing Pool Coordinator

Term 3, 2019

Welcome back to Term 3

Where our major fundraiser is being held in held in only 7 weeks

Wollondilly Anglican College Country Fair is on Saturday, 14 September from 10.00 am -3.00 pm.

We would love you to contribute to the success of this year's Country Fair by donating an hour of your time setting up on the day and packing away.

Contact Judy Baxter P&F Country Fair Volunteer Coordinator on **0425 291 110** or **judyandgavin@hotmail.com**. Alternatively complete the form in this week's Waratah Weekly and return to the P&F letterbox in Student Reception and Judy will be in contact you with.

Dates and times we require assistance is:

Friday, 13 September 12.00 pm - 4.00 pm
Saturday, 14 September 8.00 am - 5.00 pm



If you are on Facebook please head over and like our new Country Fair site under Wollondilly Anglican College Country Fair 2018.

<https://www.facebook.com/Wollondilly-Anglican-College-Country-Fair-2018-2098463290442962/>

Country Fair Competition 2019

This year the Country Fair is running several competitions for everyone to get involved in. The competitions this year are:

- Photo Competition
- Cake Bake Competition
- Colouring In Competition



Please collect your entry forms from the Student Reception. Great prizes to be won.

Splash Bucket - Keep your eyes and ears open for this year's contenders in the splash bucket.



White Elephant Stall Calling for all Donations

Have your kids outgrown their toys?
Do you have loads of games hidden away in cupboards?
What about that pile of books gathering dust on the shelf?
Why not declutter and support a worthy cause at the same time.



We accept: Preloved books, toys, games & bric-a-brac.
We do not accept: Electrical items and NO clothing please.
All donations: Must be clean and in good working order and still have lots of play value.

Donations will be accepted during the weeks leading up to the Fair. Times will be advertised closer to the date. Please contact Kerstin King on 0403 104 207 for further information.

HEADMASTER HAPPENINGS



August

Thursday, 1	Student Enrolment Interviews 2020 Tour of facilities for guests from Norwest Christian School Junior Chapel
Friday, 2	Student Enrolment Interviews 2020 Middle Chapel Dance/Drama Night
Monday, 5	Master Planning Meeting with TASC Capital Works Team Student Enrolment Interviews 2020
Tuesday, 6	College ICT Planning Meeting with TASC IT Team Student Enrolment Interviews 2020
Wednesday, 7	College Executive Meeting Student Enrolment Interviews 2020 (Evening) Year 7-10 Parent Information Night
Thursday, 8	Anglican Schools Australia Conference: Hobart
Friday, 9	Anglican Schools Australia Conference: Hobart
Saturday, 10	Anglican Schools Australia Conference: Hobart
Sunday, 11	Anglican Schools Australia Conference: Hobart



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 - Charlie Porter (KH) and Will Rodden (KH) hope everyone is well rested after the holidays. They welcome you back for Term 3 and would like to remind everyone to remember to stick to speed limits, keep an eye out for each other whilst driving and be patient with any extra traffic when entering the College.

Prayer Points

Please Thank God for:

- Our continued growth and the possibilities that it brings.
- The chance for Mr and Mrs Croger to take a well earned rest and for their safe return.
- His care and protection over our College.
- That He is only a prayer away.



Please Ask God:

- That we will continue to attract high calibre fields of candidates for staff positions in 2020.
- For wisdom and discernment for those interviewing the next wave of recruits for our College staff
- That our German exchange students will have a great experience in our country.
- That we will have the strength of our convictions to pursue noble goals that we have set ourselves.
- That we will know that a lapse does not mean a relapse.

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

Excellence, Endurance, Eternity.