

# Wollondilly

Anglican College

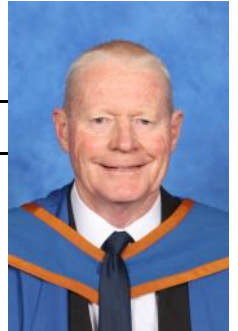


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20 August 2020 Vol 18 Newsletter 25(Wk A)

## THE WARATAH WEEKLY

### *Begin with the End in Mind*



With all that is happening in the world at the moment, do you wonder about whether God exists? I found this account on the internet and like many things on the web, I don't know if it actually happened. The author is unknown.

A University student was in a philosophy class which had a discussion about God's existence. The professor presented the following logic:

"Has anyone in this class heard God?" Nobody spoke.

"Has anyone in this class touched God?" Again, nobody spoke.

"Has anyone in this class seen God?" When nobody spoke for the third time, he simply stated, "Then there is no God."

One student thought for a second, and then asked for permission to reply. Curious to hear the student's response, the professor granted it, and the student stood up and asked the following questions of his classmates:

"Has anyone in this class heard our professor's brain?" Silence.

"Has anyone in this class touched our professor's brain?" Absolute silence.

"Has anyone in this class seen our professor's brain?"

When nobody in the class dared to speak, the student concluded, "Then according to our professor's logic, it must be true that our professor has no brain!"

The student received an 'A' in the class.

Last weekend we had our Bronze Duke of Edinburg Hike. A number of modifications were implemented due to the COVID 19 restrictions, however the students were able to complete their Qualifying Journey.

Since the program began at WAC we have always held a devotion with the students on the Sunday of the hike. I believe that hiking in the natural environment, immersed in God's creation, away from all the 'noise' and distractions that exist, is a great time to be reflective and an opportunity to feel closer to God.

Mr Hicks led the devotion and used Psalm 34:8 as the basis of his talk. *Taste and see that the LORD is good; blessed is the one who takes refuge in him.* I thought I would try to do justice to Mr Hicks' presentation, as it was a great message not only for the students but also for adults.

He made three key points:

God is good and he wants us to be in relationship with him. Aspects of his purpose and creation are hidden from us but it is up to us to seek him out. We have that choice. In doing so, we will find him.

God is love. He demonstrated his love for us through the sacrifice of his own son Jesus. He not only wants us to be in relationship with Him, but with each other in a community of support and care.

God is a comfort. Despite the fact we are increasingly connected through digital media, more people are lonely, anxious and depressed. If we seek God out we can draw great comfort from his strength, the fact that he loves us and that he wants to be connected with us.

Mr Hicks' message was more detailed and utilised examples from his own life. It provided a message of hope in a time when the majority of what we hear is bad news regarding COVID-19 and the state of the economy.

There is plenty of debate about whether God exists, particularly in an increasingly cynical world. Scientists have discovered a great deal about life and the universe over the years.

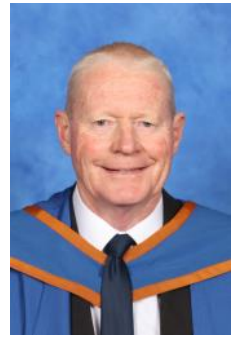
However, they haven't been able to disprove the existence of God. For me when you think about the wonders of our Earth, the complexities of life and the immense universe in which we live, surely all of this hasn't been due to a series of random disconnected events.

Hebrews 11:6 *And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.*



# FROM THE INTERIM HEADMASTER

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## Duke of Edinburgh Journeys - Kiama and Thirlmere National Park

Another two successful Duke of Edinburgh Journeys occurred last weekend. The journeys involved hiking from Minnamurra to Kiama on Saturday (16 kilometres) and a Thirlmere Lakes loop on Sunday (8.5 kilometres).

Unfortunately due to Government advice regarding increased restrictions, students were unable to camp out overnight. Students were required to camp and cook at home and provide photographic evidence of this in their reports.

It is disappointing that we are unable to have the full camping experience together. For many students it is the highlight of the trip to camp, cook and have a fire together and share stories.

Thanks to the staff for their supervision and involvement with the journeys: Mrs Cochrane, Mr Hicks, Mr Hart, Mrs Croger, Mr Clarke, Ms Webb, Mr Stewart and Mr Baulch.



**Mr Ian Croger**  
Interim Headmaster

# FROM THE ACTING DEPUTY'S DESK



## COVID- 19 Changes to College Procedures

The support of the College community over the last few days has been very much appreciated. Mr Croger has written to all family members outlining the increased safety measures required in schools. If you haven't had the opportunity to read this carefully, please do so. Over the coming weeks I will refer to some of those changes as a reminder.

## Visitors on College Grounds

Parents and carers should only be onsite for the following reasons that would be considered as essential:

- Drop-off and pick-up of children.
- Meetings or interviews arranged by the College.

Dropping off items that children have forgotten is **not** considered essential unless it relates to a medical issue.

If a student is late, parents are not required to sign their child at Student Reception. Please either call through to Reception with the time of arrival of the student or place a signed note in the diary indicating the time the child has arrived.

Please support the College by limiting the number of people in Student Reception.

## Drop-off and Pick-up procedures

- We request that parents remain in their vehicles if they are dropping off or picking up students from the Middle and Senior Years (5-12).
- Parents of Junior Years students (T-4) will need to follow the directions as outlined below. It is also requested that for those parents who need to leave their vehicles that they wear a mask, maintain physical distancing, do not congregate together and depart in a timely manner.
- K-4 Drop-off will be behind Elizabeth. Once students are dropped off into the care of the teacher on duty, parents will need to depart from the College grounds.
- K-4 afternoon pick-up - students will be split into their sibling groups alphabetically and will be in three groups with staggered times. The pick up area will be behind Elizabeth.

|     |         |
|-----|---------|
| A-F | 2.20 pm |
| G-M | 2.25 pm |
| N-Z | 2.30 pm |

- Parking for the K-4 pick-up and drop-off is designated to car park behind Johnson and Cuthbert. This is to limit the zones of parent access to the College grounds.
- Transition drop-off and pick-up is as normal, however, students are to be dropped at the Transition gate and parents must not enter the classroom. Pick up will be at 2.15 pm instead of 2.20 pm.
- Years 5 & 6 will walk to their cars as normal.

## Events and Activities

Unfortunately the new restrictions have impacted on some events this Term.

| Events Cancelled  | Events Continuing  |
|---|--|
| All NASSA Sporting Events<br>HICES Debating<br>Year 5 Camp (postponed to 2021)<br>P&F Morning tea<br>Grandparents' day<br>Creative Arts Senior Performance evenings<br>Working Bee<br>HICES Music Festival<br>K-4 Disco<br>AICES Athletics<br>Country Fair<br>MISA and IPSSO Sport<br>Family Chapel<br>Off-Campus excursions and activities that travel outside our local community<br>Talent Quest<br>Music and Visual Arts Senior Performance Night | Chapel (smaller groups and via Zoom)<br>Parent-Teacher Interviews (Zoom)<br>Author visits (in person or via Zoom)<br>MISA Debating (Zoom)<br>MISA Youth of the Year<br>Year 7 Vaccinations<br>Book Fair<br>Father's Day stall<br>Co-Curricular activities where a COVID safe plan can be implemented<br>Year 12 Graduation Assembly(modified)<br>Formal Assemblies (modified)<br>Year 12 v Staff Volleyball<br>Silver and Gold Duke of Edinburgh Journeys - postponed<br>Year 7 Taster day postponed to Term 4<br>HSC Showcase Evening (TBC) |

**Mr Paul Burns**  
Acting Deputy Headmaster

# TEACHING AND LEARNING 7-12

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## Year 12 Trials

Year 12 started their trial examinations this week, and they will continue over the next few weeks until Monday, 31 August. Students should embrace this period and use it as a time to reflect on elements of their learning that they have done well, and elements that they can refine and improve in the last few weeks of term. We hold them in our prayers, and pray that they will be able to perform to the best of their ability and all their hard work and dedication will pay off.

## Year 7 Elevate Education

The Year 7 students attended a presentation by Elevate Education where they learnt about the importance of time management. It was a great seminar that involved practical strategies for students to make the most of the time they have available to them.

Some of the reflections by the students included:

*The program was very interesting and fun. I learnt how to manage my time to better be able to finish homework and assignments.*

*Emmylia H*

*I learnt that I should work backwards and do the things I dislike the most first.*

*Hugo K*

*That I should use my diary to help me complete the required work and make better use of a planner.*

*Ryan M*

## Year 9 Elevate Education

Year 9 also attended a different presentation by Elevate Education. They focused on study skills and were encouraged to adopt specific evidence based techniques to assist their study. Some of the reflections by the Year 9 students included:

*Elevate education was very entertaining and will be most useful in the coming years.*

*Liam B*

*It was really informative on what to do when taking notes and how to take them.*

*Emmett S*

*I learnt not to write lots of notes but instead to use trigger words.*

*Abby B*

All the students who attended both the study skills and time management presentations can also access the student portal to find a further range of information and tips:

Website: [au.elevateeducation.com](http://au.elevateeducation.com)

Password: rondo

## Mrs Kelly Evans

Acting Director of Teaching and Learning 7-12

### Do you need to make a payment to the College??

Due to the new COVID restrictions, we would like to encourage you to make payments over the phone via credit card for College fees, replacement diaries etc.

Please call the office between 8.00 am - 4.30 pm on 4684 2577.

# PASTORAL CARE T-12

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## Change your reality

Life is really not about reality. It's about our perception of what is happening around us and to us; what we say to ourselves about it; how we view it or feel about it. That's the beauty of the human brain - we have choices. We have options in terms of how we behave, respond, think or change in the face of the stresses in our lives.

Many of us can find ourselves lacking in energy and vitality, feeling overwhelmed, constantly exhausted, and having massive sense of humour failures! It's called 'Burn-Out.'

- The best way to avoid potential burn-out, is to have a balanced lifestyle - exercise regularly, eat well, sleep at least seven hours a day, laugh a lot, relax, see friends, enjoy our work, have regular holidays, be grateful for what we have and have great relationships that support us. But you already know that!
- To really allow our body and minds to recover from 21st century life and to find balance, we need to pay attention to all aspects of our lifestyle. Many times that means making long-term, difficult (and often dramatic) changes.

In a rather bizarre experiment, some researcher somewhere dropped a frog into a pan of boiling water. Of course, the frog immediately jumped out. The researcher then put a frog (I presume it was another frog!) into a saucepan of cool water and then gradually increased the temperature. The frog, adapting to the slow change occurring around it, allowed itself to be boiled to death. Now that's not a happy story, but it definitely demonstrates that sudden change may have its advantages!

Most people are uncomfortable with change - yet sudden change may be the very thing that saves your life! If we are not making the changes we need, so that we can reconnect with our heart and others - life has a very effective way of forcing change on us.

If we can keep our head and our hearts connected while life swirls around us; if we can stay connected to ourselves, be aware of how we are feeling and deal effectively with those feelings, then we can be more emotionally intelligent. This awareness will help us make the decisions to make the changes that will help to find the balance we crave. This means staying sane in the midst of chaos!

For so many people who now HAVE to work AND raise children, assist with aging parents and deal with the other curve balls life throws at us, work can become another thing that drains our energy.

If you feel your work is meaningless, if there is little or no job satisfaction in what you do or if work disconnects you from yourself, then find some way to change things.

Either change the way you view the job and create some meaning in it, or change the job.

Francis (2020)

**Mr Liam Toland**  
Director of Pastoral Care T-12

## YEAR 10 VACCINATIONS

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Year 7 and Year 10 Vaccinations will be on Monday, 31 August. Students in Year 10 would now have received the consent form and information pack. Students are to please return the completed form to Student Reception.

Students are asked to wear their sports uniform on the day as requested by NSW Health.

Please note: Any Year 10 students who do not return their form will NOT be vaccinated.

**Mrs Sally Lloyd**  
College Nurse





Each fortnight, students in Years 7-12 receive an email at the start of the week which provides them access to a range of wellbeing resources.

These relate to Healthy Habits, Mindfulness and Gratitude, Relationships and Staying Connected, Managing Stress and Anxiety and Study Skills.

## **This week's highlight...The influence of Self-Talk!**

Understanding the power of your 'inner voice' is important for understanding our feelings, attitudes and responses. Recognising the difference between positive and negative self-talk can help us to identify moments when we allow ourselves to be impacted by the unhelpful messages that we tell ourselves. We can change the direction of our self-talk by:

1. Listening to what we are saying to ourselves
2. Challenging our self-talk.
3. Changing or re-directing our self-talk.

Identifying a relevant positive or affirming statement, and using this to help direct one's focus, can be a useful strategy for managing the impacts of negative inner dialogue.

**Philippians 4:13 'For I can do everything through Christ, who gives me strength.'**

## **Pastoral Care Program**

As part of our Pastoral Care Service Learning Program for Semester 2, students in Years 7-10 have been given the opportunity to select a focus area of interest, and participate in a related activity within a group context. Our aim is that through this, students will gain an understanding of what servant leadership represents, develop skills of teamwork, communication and problem-solving skills and become actively involved in their own learning and wellbeing.

The Service areas include: Practical, Creative, Fundraising, Peer Support and Innovation. Students will work in their various groups to develop an idea and action plan, which addresses and supports a specific need, or contributes to the benefit of others.

Last week students explored the dynamics of a team and considered the factors that contribute to positive outcomes. They engaged in a 'Marshmallow Challenge' to test their ability to problem-solve and work collaboratively through a process of building a tower with minimal equipment. It was encouraging and inspiring to see the range of approaches and creative models.

I look forward to providing updates regarding the Service Learning projects and experiences throughout the Semester.

**Mrs Emily Madden**

**Pastoral Care Coordinator 9-12**

## **K-2 Parents**

So we can assist your child to be in the correct place for afternoon pick up, could you please ensure you have updated the relevant section for Semester 2 in their student diary.

In the event of any confusion, this enables staff to quickly check to see where your child needs to be and ensure they are guided to the appropriate area.

# CREATIVE ARTS NEWS/LANGUAGE NEWS

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## HSC Practical Examinations (CA/LOTE)

### German

On Saturday our HSC German students sat for the first of our HSC practical examinations. Thank you to Mrs Clark for travelling to the examination venue, just to be there as a support. I know it was appreciated.

### Dance

The next practical examination for Creative Arts will be Dance on Friday, 21 August. We wish our dancers all the best for this examination.

### Drama

Drama major works are due on Monday, 24 August by 3.00 pm and their practical examination is set to be held on Thursday, 3 September.

### Music

Music students must hand in their submitted works by 3.00 pm on Monday, 7 September. We are still awaiting notification of their performance examination date.

### Visual Arts

Visual Arts students must submit their 'body of work by' 3.00 pm on Monday, 14 September.

### Showcase

The Creative Arts staff are currently exploring ways to showcase our students' HSC major works this year. Please check future Waratah Weekly editions for updates.

## Impact of New Restrictions on Music Lessons:

### Secondary Music

Music lessons will continue at the College in a COVID-aware manner, as will lessons in all of Creative Arts subjects. We will be following the guidelines and no longer singing or playing wind instruments in groups. However, practical Music lessons will continue. We have some fun Music experiences planned for all of our classes.



### Tutoring

Individual tutoring lessons for all instruments and singing will continue as normal as the new restrictions specifically relate to group rehearsal and group performance. Again, our tutors will be conducting their lessons in a COVID-aware manner.

### Stage 3 Band Program

Our Stage 3 Band Program will continue, but in a modified fashion with students having the opportunity to diversify their experience of various instruments during the Band Program lessons. Students should leave their wind instruments at home and can use these to continue working through their Essential Elements practice activities. Students were provided with an access code for Essential Elements Interactive during Off-Campus learning. The Stage 3 Strings students who normally work with Ms Bridge during the Band Program time will continue to do so.

### Performing Arts Ensembles and Clubs

Please see Mr Grant's article regarding the ensembles.

### Mrs Sarah Talbot

Acting Creative Arts Coordinator T-12



# PERFORMANCE NEWS



No doubt you are aware of the new requirements that have been announced in recent days that have particular implications for the Performance Groups and Ensembles we have at the College. Some of these new requirements have specific implications on areas such as singing and the use of wind instruments, however, a major requirement is eliminating the mixing of students from other year groups or stage groups, one of the main aims of offering such groups in the College.

Please see below the changes to the respective ensembles and groups moving forward:

| Ensemble/<br>Group          | Restrictions/Guidelines   | Amendments to Groups -<br>Plan Moving Forward  | Ensemble Leader to Contact   |
|-----------------------------|---|--|--|
| Primary Choir               | No singing in group settings<br>Singing can occur at home or individually<br>Students cannot mix across stage groups or year groups                                   | All rehearsal material will be sent to each student's College email including a Zoom link  | Mrs Apps<br><a href="mailto:k.apps@wac.nsw.edu.au">k.apps@wac.nsw.edu.au</a>   |
| Primary Band<br>(5-8 ONLY)  | Wind instruments cannot be used in a group setting; Wind instruments can be practised at home, individually<br>Students cannot mix across stage groups or year groups | Percussion Based Ensemble ONLY<br>All students will participate in the ensemble with percussion instruments (equipment supplied by the College)                                | Mr McIntosh<br><a href="mailto:s.mcintosh@wac.nsw.edu.au">s.mcintosh@wac.nsw.edu.au</a>  |
| Primary Strings             | Students cannot mix across stage groups or year groups  | Friday lunchtimes, Melba 4<br>Week A - Years 3 and 4<br>Week B - Years 5 and 6   | Ms Bridge (Strings Tutor)<br>Contact Mr Grant<br><a href="mailto:l.grant@wac.nsw.edu.au">l.grant@wac.nsw.edu.au</a>  |
| Primary Dance<br>(5&6 ONLY) | Students cannot mix across stage groups or year groups  | Friday Lunch 1, Johnson Studio<br>(Not offering to Years 3 and 4 at this stage)  | Mrs Grant<br><a href="mailto:m.grant@wac.nsw.edu.au">m.grant@wac.nsw.edu.au</a><br>Miss Dewey<br><a href="mailto:c.dewey@wac.nsw.edu.au">c.dewey@wac.nsw.edu.au</a>          |
| Primary Drama               | Students cannot mix across stage groups or year groups  | Tuesday lunchtimes, Cuthbert<br>Years 3 and 4 - Miss Thompson<br>Cuthbert 3<br>Years 5 and 6 - Mrs Aston Cuthbert 7  | Mrs Aston<br><a href="mailto:j.aston@wac.nsw.edu.au">j.aston@wac.nsw.edu.au</a><br>Miss Thompson<br><a href="mailto:p.thompson@wac.nsw.edu.au">p.thompson@wac.nsw.edu.au</a> |
| Art Club                    | Students cannot mix across stage groups or year groups  | Friday lunchtimes<br>Week A and B - Years 7 and 8 - Melba 3<br>Week A - Years 9 and 10 - Melba 2<br>Week B - Years 11 and 12 - Melba 2   | Mrs Ware<br><a href="mailto:j.ware@wac.nsw.edu.au">j.ware@wac.nsw.edu.au</a><br>Mrs Taylor<br><a href="mailto:b.taylor@wac.nsw.edu.au">b.taylor@wac.nsw.edu.au</a>           |
| Photography Club            | Students cannot mix across stage groups or year groups  | Monday afternoons<br>Melba 2 - Years 7 & 8<br>Melba 3 - Years 9 & 10   | Mrs Taylor<br><a href="mailto:b.taylor@wac.nsw.edu.au">b.taylor@wac.nsw.edu.au</a>   |
| College Choir               | No singing in group settings<br>Singing can occur at home, individually<br>Students cannot mix across stage groups or year groups                                     | All information relating to rehearsal materials including music, recordings and backing tracks will be made available via Canvas Student Resources page, including a Zoom link | Miss Nelson (Vocal Tutor)<br>Contact Mr Grant<br><a href="mailto:l.grant@wac.nsw.edu.au">l.grant@wac.nsw.edu.au</a>  |
| College Band                | Wind instruments cannot be used in a group setting; Wind instruments can be practised at home, individually<br>Students cannot mix across stage groups or year groups | Percussion Based Ensemble ONLY (equipment supplied by the College)<br>Week A - Years 7 and 8<br>Week B - Years 9 and 10 in Melba 4, Years 11 and 12 in Melba 1                 | Mr Grant<br><a href="mailto:l.grant@wac.nsw.edu.au">l.grant@wac.nsw.edu.au</a>   |
| College Strings             | Students cannot mix across stage groups or year groups  | Thursday afternoons,<br>2.45 pm - 4.15 pm, Melba 1<br>Week A - Years 7 & 8 ONLY<br>Week B - Years 9 & 10 ONLY  | Ms Bridge (Strings Tutor)<br>Contact Mr Grant<br><a href="mailto:l.grant@wac.nsw.edu.au">l.grant@wac.nsw.edu.au</a>  |
| College Cheer               | Students cannot mix across stage groups or year groups  | Wednesday afternoons<br>Years 5 & 6 - Shoulder to Shoulder Shelter<br>Years 7 & 8 - Johnson Studio<br>Year 9 via Zoom from 3.00 pm   | Ms Valente<br><a href="mailto:k.valente@wac.nsw.edu.au">k.valente@wac.nsw.edu.au</a>   |
| Dance Company               | Students cannot mix across stage groups or year groups  | Tuesday afternoons, Johnson Studio<br>Week A - Years 7 & 8<br>Week B - Year 9 & 10<br>Years 11 and 12 via Zoom from 3.00 pm  | Ms Valente<br><a href="mailto:k.valente@wac.nsw.edu.au">k.valente@wac.nsw.edu.au</a>   |

As always, if you have any questions or concerns regarding the above information, please do not hesitate to contact me via email [l.grant@wac.nsw.edu.au](mailto:l.grant@wac.nsw.edu.au)

*Disclaimer: In last week's article, I promised further information with regards to badges. Unfortunately, due to the new COVID-19 requirements taking effect in recent days, this information will be in next week's Waratah Weekly.*

**Mr Lloyd Grant**  
Acting Performance Coordinator T-12



# HEALTH AND PHYSICAL EDUCATION DAY

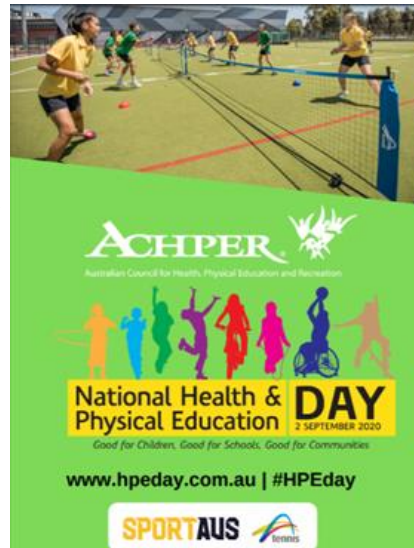
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The Australian Council for Health, Physical Education and Recreation (ACHPER) established "Health and Physical Education Day" which will be recognised at the College on Friday, 4 September (Week 6A).

This day helps promote the need for healthy and active lifestyles. As part of the day there are a number of planned activities being held:

- Recess:** Mini-Tennis (Challenge the Champ) for Year 7-8 on the front court
- Lunch:** Rowing Challenge for Year 9-10 in the Shoulder to Shoulder Shelter
- Lunch:** Basketball Shooting Competition for Years 11-12 on the back court
- PDHPE Lessons:** Range of practical challenge activities

**Mr Joshua Hewitt**  
PDHPE Coordinator



## LIBRARY NEWS

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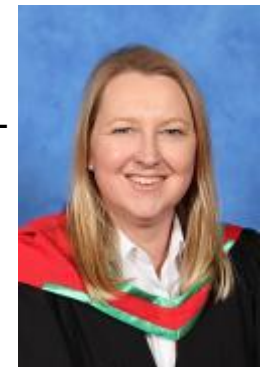
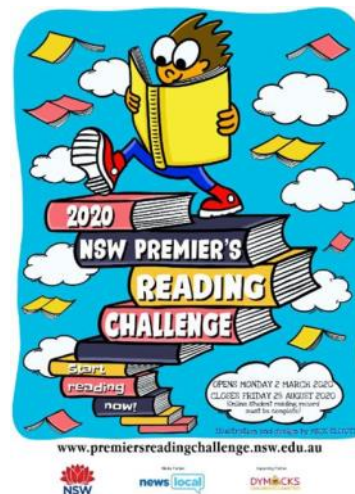
### Premier's Reading Challenge ends Friday, 28 August

To all those taking part in the PRC this year, the Challenge closes for student entries on Friday, 28 August. You need to have all your books uploaded to the site by that date if you are in Years 3-9.

Mrs Colombo will then validate your entry. Please note that K-2 students do their Challenge as a group and Library Staff upload their books to the PRC site.

If you need to see Mrs Colombo about this she is in Elizabeth Library Thursday Lunch 2, Sturt Library Monday Lunch 2 and either Johnson or Sturt on Friday Lunch 2. Or email [j.colombo@wac.nsw.edu.au](mailto:j.colombo@wac.nsw.edu.au)

**Mrs Justine Colombo**  
College Librarian

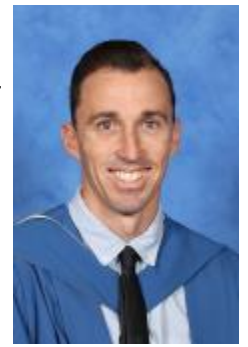


## Lost Property

Due to recent COVID-19 restrictions, all **labelled** lost property will now be sorted and items returned to your child/rens teacher or roll call teacher.

Unlabelled clothing will be donated to the Clothing Pool.

# SECONDARY SPORT



Research shows that there is a steady decline in participation in sport and physical activity as students progress through their Secondary Years. There are many reasons for this including casual work commitment, increased study hours or simply a lack of motivation. The Physical Activity Guidelines for 13-17 Year olds recommend the following:

- For health benefits, young people aged 13–17 years should accumulate at least 60 minutes of moderate to vigorous intensity physical activity every day.
- Young peoples' physical activity should include a variety of aerobic activities, including some vigorous intensity activity.
- On at least three days per week, young people should engage in activities that strengthen muscle and bone.
- To achieve additional health benefits, young people should engage in more activity, up to several hours per day.

**Mr Mark Goldsbrough**  
Secondary Sports Coordinator

**Australian Government**  
Department of Health

**AUSTRALIA'S PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR GUIDELINES**

**Tips and Ideas for Young People (13-17 years)**  
*60 minutes, every day.*

**Active and Fun**

Instead of watching TV or using other electronic media:

- Try social outdoor activities like kicking a footy or throwing a frisbee with friends or family.
- Catch up with friends to walk and talk, instead of sitting down to chat.
- Swap social media for social activity.

**Active Travel**

- For short trips, walk, ride or skateboard safely, instead of travelling by car.
- Use public transport and walk or ride to and from the bus stop or train station.
- Get off the bus one stop earlier and walk the rest of the way.
- When out shopping, use the stairs instead of the lift or escalator.

**Active and Safe**

- Start slowly and build up the amount and intensity of physical activity.
- Protect yourself from the sun – you should wear sun-protective clothing, including a hat, and apply sunscreen regularly.
- If you have a medical condition, speak with your doctor about the most suitable activities for you.

**Active at Home**

- Plan specific, limited time periods for watching TV and using electronic media.
- Sleep time is important – avoid using electronic media just before going to sleep.
- Do a DVD-based exercise or dance class.

**Make your move – Sit less – Be active for life!**

# PRIMARY SPORT

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## IPSSO

Please note IPSSO has been cancelled for the remainder of Term 3.



## Sportsperson of the Week

**Name:** Jake Luck  
**Nickname:** 'Lucky Jake'  
**Favourite Sport:** Soccer  
**Age:** 8  
**Favourite colour:** Blue  
**Favourite Food:** McDonalds  
**Favourite athlete and why:** Cristiano Ronaldo  
**What sport do you play?** Soccer  
**Who do you play for?** Currently doing soccer WASP  
**Why do you love sport?** So I can learn new moves  
**What is your best sporting memory?**  
Performing a slide tackle on the hardest opposition 8 year old soccer player  
**What is your favourite skill for that sport?**  
The Rainbow Flick



**Mr James Gooden**  
Primary Sports Coordinator

# EQUESTRIAN NEWS

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## Highlights of the day by Sophie Tapp

*The Equestrian Team's first post COVID lockdown Interschool was on Saturday, 15 August at Hawkesbury Showground, for the annual Arndell Equestrian Carnival. Big congratulations to all the girls who still participated despite the mud and with a smile on their faces.*

*The girls who attended include; Olivia Carter (Year 6), Sophie Carter (Year 3), Dakota Singleton (Year 5), Erin Brown (Year 4), Charlotte Lee (Year 9), Savannah Daley (Year 2), Bree Watson (Year 9), Clare Moss (Year 8) and Sophie Tapp (Year 10).*

*It was great to see so many people out competing again. Fingers crossed the next Interschool competition won't be too far away either. Keep your eyes out for Berry Interschools and ISHE up at Tamworth.*

*Just a quick reminder that State NSW Interschools Eventing is going to be held as part of Sydney Eventing Spring Classic, however it has just recently been postponed to November. Don't forget to keep an eye out for clinics that Interschools NSW are holding, they include a wide range of coaches and disciplines.*

**Mr Michael Cassidy**  
Equestrian Coordinator



# APPLICATION FOR ENROLMENT

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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 [www.wac.nsw.edu.au](http://www.wac.nsw.edu.au)

**Mrs Kristy Biddle**  
Enrolments Officer



## SENIOR UNIFORM SHOP

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The College Senior Uniform Shop is now open for all current Year 10 students during Term 3 on Tuesday and Wednesday afternoons from 2.45 pm to 4.00 pm.

Please be advised that all current Year 10 students are required to try on the uniform regardless of plans or intentions for 2021 to help assist in our ordering.

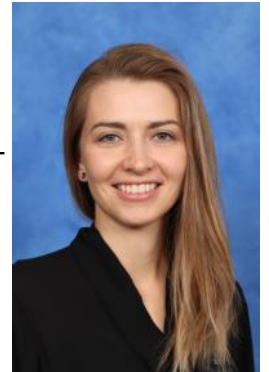
Uniform charges will be added to your 2021 Term 2 invoice, so no deposits are required.

Please note that all uniform orders must be completed by the end of Term 3 - Friday, 25 September.

**Please note Due to the NSW Health restrictions currently in place, parents are advised to remain in their vehicles while students try on the uniform.**

Thank you for your understanding and support.

**Miss Grace Tamme**  
Receptionist/Administration Assistant



### Molluscum Contagiosum



Just to advise that we have had cases of Molluscum Contagiosum within our Junior Years. This is a skin rash that is caused by a virus and often happens in healthy kids aged 1-12 years.

The rash has small clear or flesh-colour lumps. Most of the time it will clear up on its own without treatment.

For more information see the below link.

<https://kidshealth.org/en/parents/molluscum-contagiosum.html>

# COMMUNITY

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- **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. Confidentiality will be respected. The College is accepting food donations towards the WAC Kids Care Meals Ministry. Please see the list below:

## 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 and Lentils  
Tinned Vegetables eg Kidney Beans, Corn and Tomato  
Sauces eg Passata, Sweet & Sour and Curry bases  
Stock - Chicken, Beef, Vegetable  
Flours + Gluten Free  
Tinned and dried fruit  
Eggs

A basket is located at Student Reception. All donations need to be within their **use by date**. 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**  
**WAC Kids Care Organiser**



- **Parenting Seminar - Picton and Wilton Anglican Churches**

When: Sunday, 20 September  
Time: 2.00 pm to 4.00 pm  
Where: Wilton Church Hall

- **PCYC - Safer Drivers Course**

Reduce your log book by 20 hours  
When: Saturday, 29 August  
Cost: \$140.00  
Where: Picton  
For more information, please visit [www.pycnsw.org.au](http://www.pycnsw.org.au)
















**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.**

# Parents' & Friends' Association

## Sponsorship 2020

...friendraising and fundraising



| Diamond   |  |
|---|--|
|    | <b>Bradcorp</b><br>Ph: 02 9238 8047  |
| Double Gold   |  |
|    | <b>Anytime Fitness Tahmoor</b><br>Ph: 02 4683 2297                         |
|    | <b>Hume Building</b><br>Ph: 02 4630 8967                                   |
|    | <b>Simec Mining</b><br>Ph: 02 4640 0100                                    |
|    | <b>Stanton Dahl Architects</b><br>Ph: 02 8876 5300                         |
| Gold  |  |
|  <i>Commercial and Accounting Services</i> | <b>Best Practice Commercial &amp; Accounting Services</b><br>Ph: 4677 0361 |
|    | <b>Carpenter Partners Real Estate</b><br>Ph: 4683 1293                     |
|    | <b>Glitz n Glamour Photography</b><br>Ph: 4626 1911                        |
|   | <b>Ken Shafer Smash Repairs</b><br>Ph: 1300 011 022                        |
|    | <b>Hills Commercial Cleaning (QUEDOS)</b><br>Ph: 9526 0746                 |
|   | <b>Narellan Pools</b><br>Ph: 1300 676 657                                  |
|    | <b>Taverner Landscapes</b><br>Ph: 4684 2413                                |
|   | <b>Thomton Bros Roses</b><br>Ph: 4683 1062                                 |
|    | <b>Kwik Kopy Macarthur</b><br>Ph: 1300 251 787                             |
|   | <b>House Warehouse Tahmoor</b><br>Ph: 4683 3111                            |
|    | <b>Little Elves OOSH</b><br>Ph: 0487 000 245                               |
|   | <b>Little Elves Childcare</b><br>Ph: 4684 3124                             |
|    | <b>NU-Era Homes</b><br>Ph: 4655 9977                                       |
|   | <b>Oxley Butchery</b><br>Ph: 4861 1570                                     |
|    | <b>Hume Building</b><br>Ph: 02 4630 8967                                   |

Thank you to our Diamond, Double Gold and Gold 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.

# INTRIM HEADMASTER HAPPENINGS

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|                      |   |
|----------------------|---|
| Thursday, 20 August  | Staffing Interviews 2021  |
| Friday, 21 August    | Staffing Interviews 2021  |
| Monday, 24 August    | Secondary Assembly<br>Primary Teaching Interviews 2021<br>Stage 12 Site Meeting |
| Tuesday, 25 August   | Staffing Interviews 2021  |
| Wednesday, 26 August | Online Course - Registration and Accreditation<br>Exec Meeting                  |

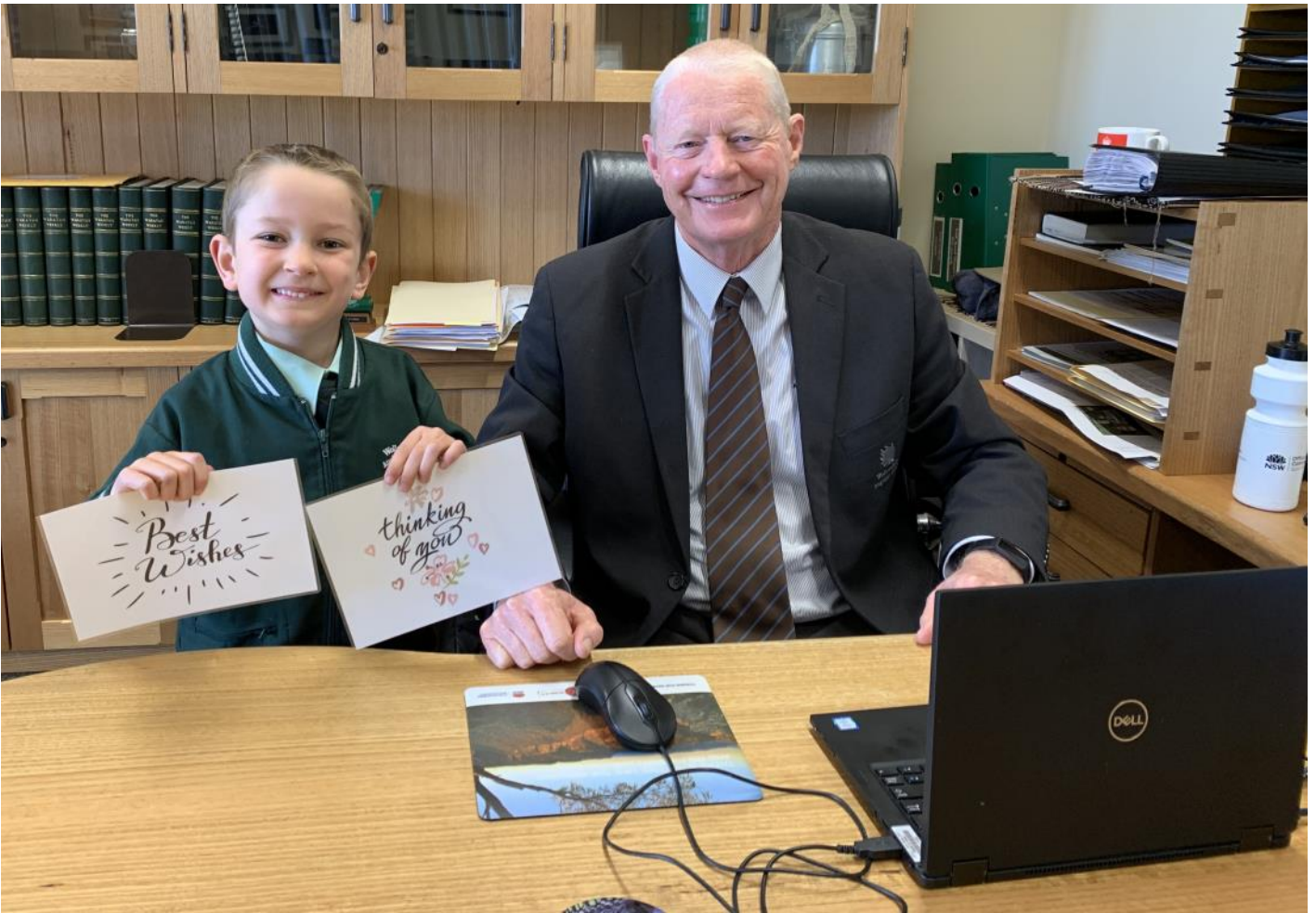
## ONLINE CHURCH SERVICES

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Most churches are hosting services and Bible study groups online; it's a big change. Please see below links:

- Austinmer Anglican Church Online - <https://www.youtube.com/watch?v=bQkg5CQlaD0>
- C3 Wilton Church Online - <https://www.youtube.com/channel/UCZvjF337DgiG5kiZF81Kfnw/featured>
- Picton and Wilton Anglican Church - <http://pwac.org.au/pwac-online/>
- Bowral Anglican - [www.bowralanglican.org.au](http://www.bowralanglican.org.au)
- Wollondilly Anglican church - Pre-recorded services via Facebook page
- Tahmoor Baptist Church - On website through Zoom
- Wollondilly Presbyterian - Via Facebook page - Streamed Service
- St Jude's Church, Bowral - <https://vimeo.com/399339398> & Kids' Spot - <https://www.youtube.com/playlist?list=PLjV8-JhIKUz93R4O0OzsWCYfAMf2mej1>
- Campbelltown Christian Community Church (C4) - Search C4Minto - YouTube
- Menangle Anglican Church - <http://www.menangleanglican.com.au/>
- Mittagong Anglican Church - <https://www.youtube.com/user/mittagonganglican>

# PRETEND HEADMASTERS



**Pretend Headmaster - Bennett Riemer (KJ) and our staff would like to give our Best Wishes to our Year 12 students during their HSC Trials over the next two weeks.**

## Prayer Points

### Please thank God:

- For His creation and the opportunity we have to enjoy it.
- For our Office Staff and the wonderful work that they do.
- For His love us.



### Please ask God:

- To seek opportunities to connect with Him.
- To enable us to build community with others.
- For wisdom as we continue to prioritise activities and experiences for our students whilst considering the need for caution and safety.

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

**Excellence, Endurance, Eternity.**