Wollondilly

Anglican College



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26 November 2020 Vol 18 Newsletter 37(Wk A)



THE WARATAH WEEKLY

Begin with the End in Mind

The Power of Sorry

Our boys tend to get into trouble more than our girls. There are lots of cultural and biological reasons for this, but much of it boils down to the fact that boys are still soft-wired to be 'mammoth hunters', ready to react to any threat.

Generally, boys have more muscle than girls and, with that, a physicality that gets them in to strife. There's also brain research that shows that while females tend to quickly shift emotions from the brain's limbic system to the word centres of the brain, males tend to shift them into their bodies. This is more obvious as our boys become teens as they can be as big and strong as men, but their brains are under construction and their bodies are flooded with testosterone.

Author and counsellor Michael Gurian writes that boys tend to seek external measures of success to feel good about themselves. It is critical they maintain credibility and status in the eyes of the 'tribe'... that's their peers, not you or their teachers.

Inevitably, all this means your son will probably make many mistakes; or hurt himself; hurt someone else; or make a very poor, thoughtless, seemingly stupid or cruel choice.

React with compassion not shame

How you react as a parent can significantly impact how your son recovers from mucking up. Your first reactions may be anger, disappointment or the urge to discipline harshly. However, there are other ways of reacting that can strengthen your bond with your son and ensure he learns from the experience through growth rather than shame. Listen to him, guide him to see the impact of his poor choice, help him make it right, forgive him and ask him what he might do next time he's in the same situation. He will need to understand that his actions have consequences.

Break down the old male-code

This code told us that men don't apologise as it's a sign of weakness. One of the most powerful things we can teach our boys is that when we make mistakes, we own up to them and we apologise if need be. Teach your boys that saying sorry when they really mean it is a sign of courage and strength, not the opposite. It is also about taking responsibility for your actions, which is important for boys to learn. They need to see the men in their lives - particularly Dads - apologise.

Don't force an apology

Forcing a boy to apologise can be problematic. A genuine apology is very different to a forced apology. A genuine apology has a real sense of remorse attached to it. Coach your son to see the situation through the other person's eyes. If someone has been impacted, he needs to apologise and make amends even if he didn't intend for the consequences of his poor choice to happen. It doesn't mean he is wrong. It just means his choice affected someone.

Embrace failure

To help your son better learn about failure, have conversations about things you hear in the media where boys and men have experienced failure and recovered. Steve Smith, the former captain of the Australian cricket team who was involved in a ball-tampering scandal, is a great example. He owned his mistake, publicly apologised, paid his dues and went on to have a very successful return to cricket.

Your son is going to make poor decisions repeatedly until he has enough myelin in his brain to be more mindful of the choices he makes. That is just a fact of life. As parents, your job is to, day-by-day, help your son learn a culture of accountability without a need for shaming or ridicule.

(Maggie Dent parentingideas.com.au)



PHOTOS FROM DR QUARMBY'S FARWELL DINNER



PHOTOS FROM DR QUARMBY'S FARWELL DINNER CONTINUED



ACTING PASTORAL CARE T-12

Building Resilience- Focus on autonomy and responsibility

As parents, it's natural to want to protect your son or daughter from negative experiences, but it's important not to shield them completely from life's challenges. Working through difficulties and problems - with adult support as required - will give them a chance to learn about themselves, develop resilience, and grow as a person.



Autonomy and responsibility play an important role in building children's resilience.

Some examples of how autonomy and responsibility may be fostered:

- 1. Encourage independence set up regular tasks for your son or daughter such as preparing their own school lunch or contributing to cooking the family meal gradually increase the complexity of the tasks as they build their confidence.
- 2. Enable opportunities for problem solving talk about how they might address a problem, rather than rushing in to solve the problem for them.
- 3. Allow them to make decisions talk about how he/she can develop strategies for dealing with difficult situations. Remind them of the people around them who can help. Encouraging your child to come up with their own solutions.
- 4. Provide opportunities for free play or unstructured activities
- 5. Be ok with boredom being bored occasionally is not necessarily a bad experience. These occasions can allow opportunities for reflection and new ideas to be developed.
- 6. Be a role model try to model 'healthy thinking' when facing challenges of your own. Demonstrate calm and rational problem solving when something doesn't go as expected. Talk out loud the thought process you are having in solving a problem. Your son or daughter can see what problem solving looks like, and also that the problem can be worked through in a calm way to find a solution.

Source: The Children's Resilience Research Project and Beyond Blue

Peer Support Leader Training

On Thursday, 19 November and Friday, 20 November 36 students from Year 9 underwent training to run the Peer Support Program in 2021. This program is a leadership opportunity for students in Year 9 as well as a program that will assist students in Year 7 2021 to transition into the Secondary Years. Students engaged in a range of group challenges, teamwork exercises and individual reflection. A range of qualities that constitute leadership were addressed with all of the students engaging in a positive manner in all activities. Students were asked to reflect at the conclusion of the day on the following areas, these were some responses:

'My main take-aways from the Training was that the Year 7 kids will be feeling the same way I was when I first came and that we have to be there for them so they feel comfortable and cared for.' When leading others you need to create a safe environment and listening is key.' 'I was able to express myself in different ways and I think that will help me when the Peer Support is going on.' 'I have realised how much of a 'protector' I am and how I can benefit from that and understand other people better too.' 'I need to have more faith in myself rather than relying on peers or group members to answer questions that I know the answers to.'

Mrs Emily Madden Acting Director of Pastoral Care T-12

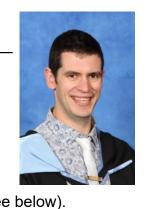




PASTORAL MATTERS - SENIOR YEARS 9-12

Practical Pastoral Care Lessons Wrap

I have been exceptionally proud of the hard work that has gone in from staff and students during the pastoral lessons this term. A wonderful variety of service based learning has been undertaken, which has benefited our College and local communities, enabling students to focus on how they can purposefully and meaningfully help others and take proactive steps towards making positive change. This has ranged from treasure hunts and fun lessons for primary classes, recycling initiatives, planting trees and gardens (see photos) as well as the Makers' Market (see below).







Makers' Market Reflection

The *Makers' Market* ran last week and was a roaring success. Students sold a mixture of amazing items created by their peers during pastoral lessons. These included jewellery, keyrings, wooden spoons, coasters, knitted teddy bears, facemasks as well as some tasty treats. It was fantastic to see so many students willingly help out to set up and pack down, many of who volunteered their lunchtimes. I am very proud to say that just from these initiatives we raised \$2,190.00. The proceeds of these initiatives will be going directly towards the Hope Street and African Aids Foundation charities.





Year 10 vs Year 12 Volleyball Competition

Year 10 have been granted some privileged early access to the Flynn lunch areas on Friday lunchtimes from Week 6 till the end of the term. This is a part of their transition into Stage 6 and has been combined with a Volleyball competition hosted by the extra-curricular College prefects Jordan Mottershead and Tanya Garakasha. A solid group of Year 10's braved the scorching heat last Friday to go down and participate and enjoy the area. Much to my surprise, however, what I thought would be a challenging rivalry between Years 10 and 12 turned into a friendly Collegial game amongst friends.

Mr Tim van Netten
Pastoral Care Coordinator 9-12



College Event Calendar - Term 4 2020

Primary

Friday, 27 November Wednesday, 2 December

Thursday, 3 December Thursday, 3 December Monday, 7 December Monday, 7 December Tuesday, 8 December Middle Formal Assembly (Students Only)
Junior/Middle Presentation Evening - Years T-6
(Details to follow)

Year 6 Graduation (Details to follow)
Year 6 Progress Dinner (Students Only)
Transition Twiga & Tembo Graduation
Meet the Teacher (Students Only)
Transition Toto Graduation

Secondary

Wednesday, 2 December Monday, 7 December Tuesday, 8 December

Friday, 4 December

Senior Formal Assembly (Students Only)
Year 7 Experience Day
Middle/Senior Presentation Evening - Years 7-12
(Details to follow)
Last Day for Year 10 Only

College

Friday, 27 November **Wednesday, 9 December** Thursday, 10 December

Year 12 Formal (Students only)
Last Day of Term 4
Staff Development Day (Pupil Free)

College Event Calendar - Term 1 2021

College

Friday, 29 January

Monday, 1 February

First Day of Term 1 2021 (T3, Kindergarten, Year 7, Year 11 & Year 12 only) First Day of Term 1 (Rest of the College)

Saturday, 28 November -





CREATIVE ARTS NEWS/LANGUAGE NEWS

MADDD Night Website - Ready To Launch!

In years past we have held a MADDD (Music, Art, Dance, Drama and Deutsch) Night at the College to showcase all of the work being completed in classes across all of the Secondary Creative Arts and Language subjects. This year COVID-19 restrictions have forced us to develop an alternative plan. We have instead developed a MADDD Night website.



Please take the time to peruse this website and help celebrate student achievement in Secondary Creative Arts and Languages in 2020. The website may be accessed via a link on the College website and will be available for one week from Friday, 4 December.

Please check next week's Waratah Weekly for further information.

Mrs Sarah Talbot Acting Creative Arts Coordinator T-12

PERFORMANCE NEWS

Recording Day

The Recording Day for some of our Music Ensembles went really well on Monday. It was great to see the students take the initiative to ensure they arrived at the Auditorium on time, set up their instruments and be prepared for a recording. Some of the performances from the day will be viewed at the upcoming Presentation Evenings, whilst others will be on the Performance Showcase website to go live later this Term.



End of Term Rehearsals for Performance Groups

The Primary Band have ceased rehearsals this Term. Thank you to Mr McIntosh for filling in for Mr Denley with the Primary Band over the course of the semester.

All other Performance Groups and Ensembles will conclude their regular rehearsals next week. No rehearsals will occur in Week 9.

Mr Lloyd Grant Acting Performance Coordinator T-12

COLLEGE BANKING

Please note the last day for College Banking will be Wednesday, 2 December 2020.

Any reward items that have been ordered may not arrive until 2021.

College Banking will recommence on Wednesday, 3 February 2021.

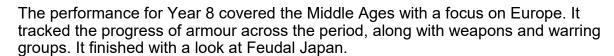
Thank you to Mrs Julie Littler our Student Banking Coordinator who volunteers weekly to process deposits and ensure students receive their reward items.

Mrs Leanne Molluso Student Reception Supervisor



YEAR 7 AND YEAR 8 HISTORICAL PERFORMANCE INCURSION

On Wednesday, 18 November students in Year 7 and Year 8 attended a historical performance as part of their Stage 4 History studies. The performance for Year 7 covered the warfare, weapons and battle tactics of ancient Rome and China.



During both performances a number of students were selected to dress up and display the typical armour worn by the soldiers of the time. This was followed by an opportunity for all students to interact with the armour and weapons on display. These performances provided an exciting opportunity for students studying Stage 4 Humanities to take part in experiential archaeology.

A big thank you to all the teachers who assisted with supervision on the day.



Mrs Trudy Miller Secondary Sports Coordinator









LIBRARY NEWS

Last call for books!

Borrowing has ceased for the year for all Primary students and Secondary students Years 7-10. All library books are to be returned by this Friday, 27 November in preparation for our library stocktake. Textbooks are to be back by the end of Week 8, Friday, 4 December, at the latest.

Students are encouraged to borrow from their local public library while our College Libraries are closed. Secondary students also have 24/7 - 365 day a year access to eBooks and Audiobooks through our College subscription. Go to https://wac.wheelers.co/ or download the Wheelers eBooks App to access using your College login.

Mrs Justine Colombo College Librarian





SECONDARY SPORT

Year 7 and Year 8 Pool Day

On Wednesday, 9 December, Year 7 and Year 8 Students will be attending Wollondilly Leisure Centre during Periods 5 and 6 for a social afternoon of swimming. Please note normal classes will operate in Periods 1-4. Permission notes are due back by Friday, 4 December to ensure transport arrangements can be finalised. Students who have not returned their permission note by the due date will remain at the College.



Year 9 Activities Afternoon

On Wednesday, 9 December, Year 9 students will have the opportunity to attend Kiah Ridge Conference Centre for an afternoon of social activities/games and swimming. Regular classes will occur for Periods 1-4. At the beginning of Period 5 students will be transported to Kiah Ridge to celebrate the Year with a bang. Students will return in time for their normal afternoon transport. Swimming on the day is optional and student numbers in the pool at one time will be limited due to Covid Restrictions at the venue. Permission notes are due back by Friday, 4 December to ensure transport arrangements can be finalised. Students who have not returned their permission note by the due date will remain at the College.

Sport Permission Notes - 2021

In 2021, all sporting events will move to digital permissions via the Edumate App - hard copy notes will no longer be distributed to students. As additional information is often required for sporting events, there may also be an additional Microsoft Form that parents may need to submit to ensure details such as transport arrangements can be accounted for. Parents are encouraged to download the Edumate App in advance to ensure a smooth transition in 2021.

Mr Mark Goldsbrough

Items of Clothing from Student Reception

If your child has recently borrowed an item of clothing from Student Reception, could you please wash and return to the College promptly (excluding underwear). If your child has been given underwear, we are happy to receive new purchases to replace those given out.

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.

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

PRIMARY SPORT

Sportsperson of the Week

Congratulations to Kayshah, who despite the challenges of a disrupted year of physic training, showed tremendous self-discipline and continued to practise her routines. Kayshah won the 9yrs physic/dance Champion Girl & Champion Of Champions.

Name Kayshah Daher

Favourite sport and whyMy favourite sport is physic because you get to meet people and just

have fun.

Age 10 years

Favourite colour Blue

Favourite Food Hot dogs

Favourite dance teacher Ms Ashleigh because she is really funny.

What sport do you play?

I do two types of physie and swimming lessons. I also do Thai boxing.

Where do you do physie?

I do physie for Picton Physical Culture and MW (APDA) Physie and Dance.

Why do you love sport?

I love sport because you can make new friends and do physie competitions.

What is your best sporting memory?

When I came 1st in the grand final of 2020. I also won the Champion of Champions in the 9-12 years routine.

What is your favourite routine for physie?

My favourite routine is lyrical.

Group 6 Rugby League Legends Gala Day

Last Thursday, WAC sent three rugby league and league tag teams to the Group 6 Legends Gala Day in Camden. While it was a tough day out for the senior boys, our junior boys and senior girls were unstoppable and blitzed their opponents with lightning skills. A mid-air flipping try from Will McPherson was particularly memorable. Maybe we have a few future Blues in our midst?

Mr James Gooden Primary Sports Coordinator



There has been a confirmed case of **Chicken Pox** within our Primary & Secondary Years. Public Health have been notified.

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



SEESAW

Seesaw - How do families and students download an archive of student work from 2020?

As we draw closer to the end of the year, parents have the opportunity to download their child's journal from Seesaw. To do this, please follow the steps below. Sign into your Family or Student account at https://app.seesaw.me.

- Click your Profile Icon on the top left.
- Click Account settings.
- Scroll down and click **Download Journal** Archives.
- Click the Download Journal button for the journal you want to download.

Please note, you must be logged onto a computer. You will not be able to download a journal using your phone.

Student journals will be available to download till the end of Term 4. After this time, they will be archived and no longer available to access and download.

Mrs Tracy Turner Primary Teacher

AFTER SCHOOL CARE 2021

We would like to congratulate and welcome Little Elves Childcare Centre as the successful applicant to run the After School Care program at the College commencing Term 1, 2021. We're looking forward to working with and supporting Little Elves as a local business who are heavily involved in the local community.



In 2021, After School Care will continue to operate out of the Warne Auditorium classrooms commencing after the College day until 6.00 pm.

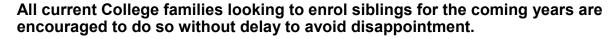
To enquire or enrol with Little Elves for their After School Care program, please contact Jennifer at littleelvesoosh@gmail.com or call on 0418 814 031.

We would also like to thank Camp Australia for their time and effort in running the After School Care at the College over the past five years, and wish their staff who have worked at the College all the best for the future.

Mr Geoff Adams Business Manager

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.



Enrolment packs are available from the College Office or from the College website www.wac.nsw.edu.au

Mrs Kristy Biddle Enrolments Officer

Enrolments Contact Number: 4684 2722



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.

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



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

Community Links - Christmas Hampers

To help support and assist the most vulnerable community members through the Christmas period, a Christmas decorated basket will be placed in Student Reception for donations towards Christmas hampers. Examples of required items include such as Tinned Leg Ham, Self-Saucing Pudding Mix, Tinned Peaches/Fruit, Tinned Spaghetti, Tuna Bake Sauce Jar, Tin Mixed Vegetables, Tinned Corn Kernels, Bolognaise Sauce Jar, Sweet biscuit packs, Packet Lollies, Tea Bags, Jelly Crystals, Cake Mix, Packet Pasta, Instant Noodles, Cereal and Long-life Custard.

Girls Only Soccer Session with Picton Rangers

Where: Picton Sportsground (Fairley's Rd)

When: Thursday, 4 February 2021

Time: 5.30 pm to 7.00 pm

Cost: FREE - Book now via email - publicity@pictonrangersfc.com.au

Summer School Holiday Activities - Ages 5 to 12 Years

Venue: PCYC Centre - Tahmoor Public School

Time: 9.00 am - 4.00 pm Cost: 37.50 per person

For more information, please email southernhighlands@pcysnsw.org.au or call 4868 5200

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.

PEF ... friendraising and fundraising



Clothing Pool - Open every morning 7.45 am to 8.30 am

End of Year Sale - 25% Off

(Excludes new items such as socks, ties and Dry Bodz ponchos)

Shirts - everyday and sports (normally \$10.00) - sale price \$7.50

Shorts - everyday and sports (normally \$10.00) - sale price \$7.50

Tunics - all years (normally \$30.00) - sale price \$22.50

Blazers - all years (normally \$60.00) - sale price \$45.00

All pre-loved clothing on sale, including - jumpers, hats, tracksuits, Transition to Year 12.

Sale starts Monday, 30 November until Wednesday, 9 December

Come and grab an end of year bargain!!

Cash or EFTPOS payment

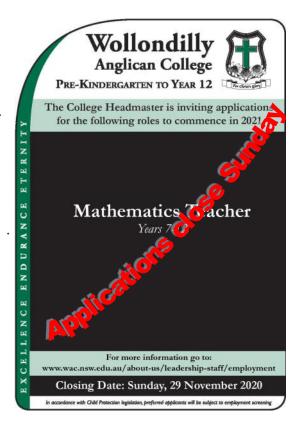
Last opening day of Clothing Pool will be Wednesday, 9 December.

Donations can be left at Student Reception when Clothing Pool is closed.

Thank you to all our lovely volunteers and the generous donations throughout the year!

Mrs Melissa Whishaw **P&F Clothing Pool Coordinator** 0415 402 013

EMPLOYMENT OPPORTUNITY



Sponsovship 2020 ... friendraising and fundraising



BRADCORP	Bradcorp Ph: 02 9238 8047
Double Gold	
FITNESS	Anytime Fitness Tahmoor Ph: 02 4683 2297
HUMEBUILDING PORT OF THE PROPERTY OF	Hume Building Ph:02 4630 8967
MINIOS Tahmoor Coving Coal	Simec Mining Ph: 02 4640 0100
Stanton Dahl Architects	Stanton Dahl Architects Ph: 02 8876 5300
Gold	
PRACTICE Annual sul Best Practice Commercial & Accounting Services Ph. 4677 0361	Carpenter Carpenter Partners Real Estate Partners Ph: 4683 1293
Glitz n Glamour Photography Ph: 4626 1911	Ken Shafer Smash Repairs Ph: 1300 011 022
Hills Commercial Cleaning (QUEDOS) Ph: 9526 0746	Narellan Pools Ph: 1300 676 657
Tavemer Landscapes Ph: 4684 2413	Thomton Bros Roses Ph: 4683 1062
Kwik Kopy Macarthur Ph: 1300 251 787	House Warehouse Tahmoor Ph: 4683 3111
Little Elves OOSH Ph: 0487 000 245	Little Elves Childcare Ph: 4684 3124
NU-Era Homes NU-Era Homes Ph: 4655 9977	Oxley Butchery Ph: 4861 1570
Hume Building 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.

INTERIM HEADMASTER HAPPENINGS

Thursday, 26 November Junior Formal Assembly

Meetings with re Asset Protection Zone

Student Interview

Friday, 27 November Middle Formal Assembly

Meetings

Year 12 Formal

Monday, 30 November Assembly

Distinction Morning Tea Meetings with staff Stage 12 Site Meeting Onboarding Staff Meeting

Tuesday, 1 December Meetings with Staff

Student Interviews

Timetabling

Wednesday, 2 December Senior Formal Assembly

Meetings with Staff

Exec Meeting

High Distinction Lunch

Junior/Middle Presentation Evening



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 Church 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-JhIKUz93R4000zsWCYfAMf2mej1
- 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 - Madeleine Preston (KF) quietly reflecting in Mr Hazlewood's Memorial Garden. This memorial has a special place in the College as we continue to celebrate Mr Hazlewood's life.

Prayer Points

Please Thank God:

- For the continued easing of the COVID-19 restrictions so that families may come together
- For the things in our life for which we are grateful
- For the commitment of our College Council and their willingness to volunteer their time in the service of Him

Please Ask God:

- Far wisdom and calmness when raising our children
- To enable us to admit our failings and apologise when at fault
- For His ongoing strength and involvement in our lives

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

Excellence, Endurance, Eternity.

