



# The Arndell Advocate

Monday 4 February 2013

The Newsletter of Arndell Anglican College

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**From the Headmaster: Mr Gareth Leechman**



Thank you to all involved in the pick-up of children last Friday afternoon, just as pick-up was about to commence the heavens decided to open up! Your patience picking up your children, waiting for cars in the car park and exiting the college grounds was greatly appreciated it, within a matter of 10 to 15 minutes the vast majority of children were safely bundled into buses and cars for the journey home. As the college continues to grow space is of a premium in the car park and as a result of this growth the College Executive will be looking at ways of managing our traffic flow to make sure it is safe for all our students.

## **2014 Year 7 enrolments have now opened.**

I have recently written to our Year 6 parents requesting them to inform the college of their intentions for 2014 and I have already accepted our first set of year 7 enrolments for next year. It is very exciting for us to see demand for our college increase significantly over the last few years and I once again expect pressure to be placed on us to open five classes for year 2014. To assist us in this process if you have a sibling who you intend to enroll for Year 7 2014 then please contact my PA Mrs Barbra Whelan on 4545 2472 to arrange an enrolment form and interview time. Enrolments are taken on a first in basis and I would not like to be in a position to place an existing family on a wait list. Also, if you know of families outside our college community who intend to enroll their child for Year 7 2014 can you please encourage them to do so as soon as possible as once again I would not like them to miss out on an opportunity to attend our college.

I have been very pleased with the way the year has started, students have had a very good first week back and I was most impressed to see them quickly reconnect with their teachers and get on with the job of learning. As I walked around the college last week it was clearly apparent that everyone was back on task.

Good luck to all students attending our two swimming carnivals coming up. The Junior School Carnival is this Friday 8<sup>th</sup> February and the Senior School Carnival is the following Monday on the 11<sup>th</sup> February. I look forward to seeing who the winning House will be!

*Gareth Leechman*

## ***From the Deputy's Desk: Mr James Webb***



A most warm welcome to 2013!!

Your children certainly have hit the ground running and we, in the High School, are delighted with the manner in which they have commenced the year.

Parents it is so important that you are familiar with procedures and expectations. A great deal of information can be found in the College Diary or in pamphlets and booklets that will come home, from time to time, with your child.

I would like to draw your attention to a few matters:

**Firstly punctuality;** it is crucial that we get the day underway on time. We are governed by buses as this is the main form of transport for students across the College. However there are a number of students brought in by parents. If you are one of these please, please have your child here on time.

The next, often contentious matter is **uniform**. Please follow the rules laid out in the College Diary especially length of dresses, make-up and jewelry. I know this can be a battle but firm guidelines and support from home make our job as teachers that much easier and we can get on with the business of teaching.

**Discipline** matters come up from time to time and thankfully over the past few years these aspects of welfare are becoming less and less. However it is crucial that you are aware of the procedures and our goal which is always to seek resolution and to move on.

Every child is valued at Arndell and it is our hope that each one flourishes under our guidance. Problems in class can, generally, be resolved and students get on with the business at hand. However matters may arise where a student does not co-operate, behaviour is unruly, work is not completed or a student disrupts the learning of others. Intervention at this point is crucial. Generally a subject detention is issued and the problem is solved. Where the problem is not solved you may receive a call from the Head of House. This gives you the 'Heads Up' and you can assist us with resolving the matter.

Should we not be in a position to solve the problem severe sanctions and monitoring may need to take place. Afterschool or Saturday Detentions or Suspensions combined with ongoing monitoring and parent interviews will take place.

You can see from this overview that every effort is made to create resolution and it is crucial that we solve matters as early as possible. We will not tolerate the learning of others being interrupted by unacceptable behaviour.

I intend to, over this term, send out information booklets that will assist you. Please contact me if you would like a chat or if something is concerning you.

Education is a three way partnership between home, school and the student. If we are all on the same page it prevents misunderstanding and miscommunication.

Along with the senior staff, I look forward to working with you and your child in 2013.

## ***From the Head of the Junior School: Rev. Keith Peterson***

What an excellent, settled and purposeful start to the new school year we have all experienced at Arndell Anglican College Junior School!

It has been a privilege and delight to welcome our new Prep Students, our new Kindergarten Students and just so many new students to the Junior School from Year 1 to Year 6. A very special welcome indeed to all of our new students and their families! Thank you for choosing to become a member of the Arndell Anglican College Junior School community. It is wonderful that you have made the choice to be here - and our hope is that over the years ahead you will root, grow and flourish in all of the fullest ways possible as you make your own very special contribution to this, your new community.



We are also grateful and delighted to welcome two members of staff to the Junior School teaching Team – Mr Martin Conway and Mrs Rosemary Cornick. Mr Conway has taken up the position of Stage 3 Team Leader (2013) and Deputy Head of the Junior School and Mrs Cornick will be leading our PE and Sports Program as specialist teacher and Subject Leader (PE/Sport: Junior School).

These are very important and strategic appointments, both being in support of our growing school and, in particular, of its passionate ambition to provide maximum and equable quality opportunity to all of our children across all areas of the curriculum – academic; physical; ethical and spiritual.

To this end can I please direct your attention to the information re: Junior School PE and Sport in this week's Advocate (please also note: the Junior School Swimming Carnival: Friday February 8<sup>th</sup> at Richmond Pool).

Might I also alert you to our forthcoming "Eagles Wings" Co- curricular Enrichment Program which will be available during Week 2. "Eagles Wings" proved to be an enormously successful initiative last year, with over a third of Junior School Students taking part in one or more of the programs offered. We are looking forward to continuing to extend and enlarge our perspective and program over this year, with the generous support of the staff of the Junior and High Schools, and under the continuing insightful and wonderfully enthusiastic organisation and guidance of Mrs Elva Miller, the Junior School's "Eagles Wings" Coordinator.

Can I also please draw your kind attention that as from the beginning of Term 1, 2013, Mrs Jo Chan (Team Leader: Stage 2), will now be known as Ms Bickford re: all Junior School communication and contexts.

Yes – certainly an excellent start to the New Year! - and a positive, promising new beginning which we will certainly look forward to further sharing with you on The Junior School Information Evening on Tuesday February 12<sup>th</sup>.

Every blessing!

## ***Director of Curriculum and Policies P - 12 /Music: Mrs Karen Merrick***

### ***Curriculum - What's On!***

#### **Year 11 and 12 Study Skills**

Year 11 and 12 will be participating in a Study Skills day on Thursday 7 February (Year 11) and Friday 8 February (Year 12) at school. The purpose of the Study Skills Day is to instill confidence in students as to how and why we study to prepare for examinations.

The day is being held in the Auditorium and will include the following topic areas:

- Goal Setting
- Creating a Working Environment
- Active Studying Skills
- Essay Writing
- Studying for Mathematics
- Preparing for Examination Blocks
- Managing Stress

Arndell Staff will be leading the sessions and students will be actively participating in activities throughout the day.

Students are required to bring with them writing materials and their laptops.

#### **Maths and Science Club**

The Maths and Science Departments offer afterschool clubs which are open to all students in years 7 – 12 who wish to have additional assistance with maths and science. These classes run on the following afternoons:

**Maths Club:** Tuesday and Thursday afternoons in room B2 on Tuesday and Thursday 3:10pm to 4:30pm.

**Science Club:** Wednesday 3.15 – 4.14. Room TBA.

### ***From the Science Faculty: Mrs Elmarie Filmalter***

This term the Science faculty is off to a flying start with a very busy term ahead. We have in the next six weeks four excursions taking place. This includes Preliminary Biology and Preliminary Science to Bantry Bay on the 19<sup>th</sup> of March, Year 10 having a visit from the CSIRO for a forensic science workshop on the 18<sup>th</sup> of March, Year 9 to Collaroy rock platform on the 8<sup>th</sup> of February and Year 7 to Taronga Zoo on the 8<sup>th</sup> of March. As well as this Year 8 will be going on a 'skylab' excursion in term, details to be confirmed.

There is also the 'Space to Grow' program beginning next week for Year 11 Physics Students and Year 10 students considering taking Physics. This is aimed at helping students gain greater knowledge and skills in Physics leading to improved outcomes. This program relates directly to the Year 11 topic of 'The Cosmic Engine' and the Year 12 topic of Astrophysics which comprises 25% of the Preliminary and HSC Physics course. It will run from 3:15pm to 4:30pm Wednesday afternoons each week.

The Science faculty will also run the Science homework class on Wednesday afternoons from 3.15-4.15pm. All students are welcome!

Dear Parents / Guardians

This is to kindly inform you of a revision of the delivery and structure of PE/Sport in Arndell Anglican College Junior School for 2013.

From the start of Term 1, all Junior School students will participate in specialised skill based PE lessons taken by Mrs Rosemary Cornick, who is taking on the key role of Subject Leader and specialist teacher of PE and Sport across the Junior School. This is a very important and exciting role and initiative which will allow us to explicitly support the development of an age-specific range of physical skills to the benefit of each student and age cohort in the Junior School.

The PE lesson will occur weekly for all classes on a time-tabled basis. In addition to weekly PE lessons students will also participate in a weekly Sport session. Sport will be run to a Year, Class or Stage format and will be taken by Mrs Cornick and/or the Class Teachers. Sport will support the PE Program as referenced to BOS Curriculum Outcomes Skills.

Whilst most Sport sessions will be organised in line with the Wednesday timetabled Sport, timetabling constraints will necessitate some adjustments (***please see chart below for details for all Stages and Classes***).

Year 5 and Year 6 students will participate in the HZSA Primary Inter School Sport Competition on Wednesday afternoon in Term 2 and Term 3 respectively.

An outline of the PE/Sport Program - Prep to Year 6 - will also be available on the College Webpage once finalised.

In view of the introduction of weekly specialist PE lessons, with their extended range of activities and opportunities, there will be certain requirements and these are outlined below:

**PE Uniform** will be worn on PE lesson and Sport/Fitness days (please see the chart below). The PE uniform can be purchased from the Uniform shop and consists of:

- ❖ College navy blue shorts and College PE shirt, with white socks
- ❖ Please be advised that students should not wear "fashion" sport or slip on shoes, as these offer little protection and support for growing feet and joints.
- ❖ The College Hat is **COMPULSORY** and **sunscreen 30+ 4/6 hour** should best be applied the morning prior to coming to school.
- ❖ A drink bottle filled **with water**. Please do be aware that juice and cordial do not offer adequate hydration, Sport Drinks (Gatorade, Powerade, etc) are only best consumed during high intensity training and competition and soft drinks dehydrate.

We do certainly hope that your child will enjoy the many new opportunities offered by this addition to the educational program at Arndell Junior School!

#### **Representative Sport:**

Junior School House Carnivals will be organised over 2013 in Swimming, Cross Country and Athletics. These carnivals are compulsory for all students in Year 3 -6. Students in Year 2 who are already participating in club training, or who excel in one or all of the relevant disciplines and who are turning 8 years old in 2013, are invited to attend. These Carnivals are House based and used to select our College Primary team to compete at the HICES Representative Carnivals. Additional Primary HICES Representative Sport information for Year 5 & 6 will be posted and is available from Mrs Cornick.

Please also note that all Sport dates are posted on the Primary Sport Notice Board. The Board is situated between the Year 5 classrooms. All information will also be accessible via the College Webpage shortly.

Yours sincerely

Rev Keith Peterson  
**Head of Junior School**

Mrs Rosemary Cornick  
**P-6 PE / Sport**



## **Primary Sport - Mrs Rosemary Cornick**

### **2013 Primary Swimming Carnivals**

**The College Swimming Carnival letters will be handed out first day back week 1 Term 1. All return slips were due back Friday 1<sup>st</sup> February. Please look for them in your child's bag.**

#### **Primary Swimming:**

- 1. College Carnival - Friday 8<sup>th</sup> February – T1 Week 2 – Richmond Pool, Richmond**
- 2. HICES Representative – Thursday 7<sup>th</sup> March - T1 Week 6 - SAC Homebush**
- 3. NSWCIS Representative - Wednesday 20<sup>th</sup> March – T1 Week 8 - SAC – Homebush**
- 4. PSSA Representative – Tuesday 2<sup>nd</sup> & Wednesday 3<sup>rd</sup> April – T1 Week 11 – SAC- Homebush**

**Primary PE/Sport:** 2013 sees the introduction of a specialist PE teacher for Primary. Below is the outline of how PE and Sport will be structured in the Primary school. Information letters have been issued to students on Friday 1<sup>st</sup> February – Please check bags.

<b>STUDENTS ARE TO WEAR PE UNIFORM ON THE 2 DAYS OUTLINED BELOW</b>			
<b>TIMETABLE FOR PE &amp; SPORT WITH MRS CORNICK</b>			<b>SPORT WITH CLASS TEACHER</b>
<b>YEAR/CLASS</b>	<b>PE</b>	<b>SPORT</b>	
<b>Prep (Blue)</b>	Tuesday	Gross Motor Program Semester 2 TBA	
<b>Prep (Yellow)</b>	Friday		
<b>Kindy Blue</b>	Tuesday		P5 Monday
<b>Kindy Red</b>	Wednesday		P5 Monday
<b>Year 1 Blue</b>	Monday	Wednesday Term 1	P5 Wednesday T2,3,4
<b>Year 1 Red</b>	Monday	Wednesday Term 1	P5 Wednesday T2,3,4
<b>Year 2 Blue</b>	Tuesday	Wednesday Term 1	P6 Wednesday T2,3,4
<b>Year 2 Red</b>	Tuesday	Wednesday Term 1	P6 Wednesday T2,3,4
<b>Year 3 Blue</b>	Friday	Wednesday Term 4	P5 Wednesday T1,2,3
<b>Year 3 Red</b>	Thursday	Wednesday Term 4	P5 Wednesday T1,2,3
<b>Year 4 Blue</b>	Monday	Wednesday Term 4	P6 Wednesday T1,2,3
<b>Year 4 Red</b>	Thursday	Wednesday Term 4	P6 Wednesday T1,2,3
<b>Year 5 Blue</b>	Wednesday	Wednesday Term 2	P6 Thursday T1,3,4
<b>Year 5 Red</b>	Thursday	Wednesday Term 2	<b>P5 Wednesday T1,3,4 **</b>
<b>Year 6 Blue</b>	Tuesday	Wednesday Term 3	P3 Wednesday T1,2,4
<b>Year 6 Red</b>	Monday	Wednesday Term 3	P3 Wednesday T1,2,4
<b>Year 5/6 White</b>	Friday	Wednesday Year 5 Term 2      Year 6 Term 3	P6 Wednesday T1,2,4

**\*\* Change made after letter went to print. Please alter for your records.**

**Primary Representative Sport:** All confirmed Dates have been posted on the Sports noticeboard in between the Year 5 classrooms. Any unconfirmed dates will be confirmed at the HICES meeting in early February. All Primary Sports dates will be uploaded onto the College website once finalised. For any queries regarding Primary HICES & NSWCIS Representative sport please contact Mrs Cornick.

### ***From the Parents and Friends Committee: Mrs Joanne Selff (P & F President)***

Welcome to a new and exciting year within our school community.

Research shows that one of the important ingredients of an effective school is the positive involvement of parents; I would encourage you to get involved in the activities that we have planned through-out the year. It is a wonderful way to meet fellow parents and to learn more about our school.

Planning for TRIVIA night is already well under way. Last year we had a fantastic night with over 170 people attending, so keep the 23/3/13 marked in your diaries.

Our first P&F meeting will be held in the Junior Library on 19/2/13 at 7.30pm. At this meeting we look forward to an address from Mr Leechman on important school matters, discussing P&F expenditure for 2013 and we will be updating the P&F constitution.

The P&F is an important link between the school and its parents. Please contact us if you have any suggestions or issues that you would like raised. Our main aim for 2013 is to promote a sense of community spirit within the school and to provide our kids with that little bit extra.

Thank you to everyone who has supported us over the past 12 months, I am looking forward to meeting you at our upcoming events

Save the Date !!!  
Trivia Night – 80's Theme  
Saturday 23 March 7pm – College Gym  
\$15.00 per person  
BYO Snacks and drinks

### ***NSW Adolescent Vaccination Program 2013.***

The NSW Health provides a school-based vaccination service each year to offer vaccines recommended for adolescents by the national Health and Medical Research Council.

- Year 7 boys and girls will receive their 1st does of HPV and Hep B
- Year 9 boys only will receive their 1st does of HPV

Vaccinations will take place at Arndell on **25 February**. Information has been given to your child with regards to the vaccinations that they will receive. Parents are asked to read the information and sign the forms (either with a black or blue pen) and return them back to the College no later than 22 February 2013.

Only students who have this vaccine specific consent form signed by their parent/guardian will be vaccinated

## From the College Counsellor: Mrs Julie Nixon

### Tuning in to Kids

#### Emotionally Intelligent Parenting

A six session parenting program for parents of children aged 3 to 12 years

Would you like to learn how to:

- be better at talking with your child? •
- be better at understanding your child? •
- help your child learn to manage their emotions? •
- help to prevent behaviour problems in your child? •
- teach your child to deal with conflict? •

Tuning in to Kids shows you how to help your child develop *emotional intelligence*. Children with higher emotional intelligence:

- have greater success with making and keeping friends •
- have better concentration at school •
- are more able to calm down when upset or angry •
- tend to have fewer childhood illnesses •

Emotional intelligence may be a better predictor of academic and career success than IQ!

**Where:** Penrith Community Health Centre, 1-3 Soper Place, Penrith

**When:** Commencing Wednesday 27th February 2013

**Time:** 7:00 to 9:00pm

**Contact:** Pauline Coulton: Ph: 4730 5100 or Lynnette Taylor: Ph: 4732 9427

**Register by 22nd of February 2013 by contacting The Central Referral Service on 1800 222 608.**

### ***Go4Fun Family Healthy Lifestyle Programs in Term 1***

Go4Fun is a **FREE** ten week healthy lifestyle program for children to become fitter, healthier and happier. The program is fun and interactive and supports 7 – 13 year old children and their families to adopt a long lasting and healthy approach to living.

Go4Fun offers a friendly relaxed atmosphere to encourage children to give new things a go and show parents how they can be supportive and involve the whole family in making healthier choices and following an active lifestyle. Children become healthier and fitter while their self-esteem and confidence increase greatly.

In Term 1, 2013 (starting Monday 4th February) we will be running the following programs:

#### **Mondays & Wednesdays 4pm – 6pm**

Granville, Blacktown, Baulkham Hills, Emu Heights

#### **Tuesdays & Thursdays 4pm – 6pm**

Mt Druitt, Seven Hills North, Merrylands, St Clair, Windsor

**BOOK NOW! PLACES ARE LIMITED!**



**ARNDELL ANGLICAN COLLEGE**  
**CANTEEN PRICE LIST – JANUARY 2013**

**SANDWICHES**

Vegemite	3.00
Cheese	3.00
Egg	3.50
Ham, Chicken, Tuna, Salad	4.00
Extra Fillings - Cheese, Tomato, Lettuce, Avocado, Mayo etc.	0.50 each
Toasted Sandwiches	0.50 extra
Sandwiches available on white or wholemeal bread	

**WRAPS**

Whole wraps	5.50
Half wraps	3.00
Extra Fillings as above	0.50 each
Toasted wraps	0.50 extra

**HOT FOOD**

Jumbo Sausage Rolls	2.80
Light Pies	3.80
Ham and Pineapple Pizza Singles	2.70 ^
Party Pies	1.00 ^
Party Sausage Rolls	1.00 ^
Tomato Sauce	0.30
Hot Dog with Tomato Sauce	3.50
Hot Dog with Tomato Sauce and Cheese	4.00
Nachos	3.00
Nachos with Sour Cream	3.50
Wedges	3.00 *
Spinach and Ricotta Rolls	3.50
Ham / Chicken Pizza	3.00 *
Penne Pasta with Napolitana Sauce	4.00 small 5.00 large
Baked Potato with Ham, Cheese and Sour Cream	4.50

**BURGERS AND SUBS**

Crumbed Chicken Burger with Lettuce and Mayo	5.00
Junior Burger - Crumbed Chicken with Lettuce and Mayo	3.50 ^
Chicken Sub - Crumbed Chicken with Lettuce and Mayo	3.50
Chilli Chicken Burger with Lettuce, Sweet Chilli Sauce and Mayo	5.00
Chilli Chicken Sub with Lettuce, Sweet Chilli Sauce and Mayo	3.50
Flame Grilled Beef Burger with Lettuce, Tomato, Beetroot and Tomato Sauce	5.00

## **SALADS**

Garden Salad	4.00 small
Greek Salad	5.00 large
Caesar Salad	
Extra Fillings – Ham, Chicken, Tuna, Egg	0.50 extra
Fruit Salad	3.50

## **DRINKS**

Flavoured Milk 300ml - Chocolate, Strawberry, Vanilla Malt	2.50
Water 600ml	2.50
Goulburn Valley Fruit Juice 350ml - Orange, Apple and Blackcurrant	2.70
Just Juice Poppers 200ml - Paradise Punch, Apple and Blackcurrant	1.50
Aroona Spring Water 350ml - Orange and Lemon/Lime	2.00
Deep Spring	3.50 *
Iced Tea	3.50 *

## **ICE BLOCKS**

Lemonade Icy Poles	1.60
Paddle Pops - Chocolate, Banana and Rainbow	2.00
Frozen Juice Cups - Orange and Apple	1.00

## **SOMETHING EXTRA**

Chocolate Chip Muffins	2.00
Chocolate Mousse	3.00
Jelly	1.00
Chips - Honey Soy Chicken, Plain, Salt and Vinegar	1.60
Yogo Pops	0.50 ^
Butter Menthols	1.10
Glucose Lollies	1.00 ^
Milky Way Bars	1.00
Ovalteenies	1.20 ^
Mentos	2.20*
Piece of Fruit	1.00

**PRICES SUBJECT TO CHANGE**

**ITEMS SUBJECT TO AVAILABILITY**

**\* SENIOR SCHOOL ONLY / ^ JUNIOR SCHOOL ONLY**

## ***Arndell Anglican College Directory***

<b>Headmaster:</b>	Mr Gareth Leechman
<b>Deputy Headmaster/Head of Senior School:</b>	Mr James Webb
<b>Head of Junior School:</b>	Rev'd Keith Peterson
<b>Director of Curriculum and Policy:</b>	Mrs Karen Merrick
<b>Director of Teaching and Learning:</b>	Mr Jim Milford
<b>Director of Staff and Student Welfare:</b>	Mrs Lynn Gillen
<b>College Counsellor:</b>	Mrs Julie Nixon – 4545 2461
<b>Uniform Shop:</b>	Mrs Liz Moore – 4572 3254 Tuesday/Thursdays from 8.2am – 11am/2.30pm – 4pm Camp Australia – 1300 105 343 (for bookings) <a href="http://www.campaustralia.com.au">www.campaustralia.com.au</a> After School Care from 2.30pm - 0401 904 531 (at Arndell only)
<b>After School Care:</b>	
<b>P &amp; F President:</b>	Mrs Jo Selff <a href="mailto:pandf@arndell.nsw.edu.au">pandf@arndell.nsw.edu.au</a>
<b>Equestrian:</b>	<a href="mailto:equestrian@arndell.nsw.edu.au">equestrian@arndell.nsw.edu.au</a>
<b>Funday Co-ordinator:</b>	Mrs Alannah Norman – 0404 033 994 <a href="mailto:Funday@arndell.nsw.edu.au">Funday@arndell.nsw.edu.au</a>
<b>Canteens:</b>	Monday – Friday - 4545 2486 (Recess / Lunch)

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### ***Term Dates 2013***

<b>Term 1</b>	<b>Tuesday 29 January</b> <b>Wednesday 30 January</b> <b>Friday 29 March</b> <b>Monday 1 April</b> <b>Friday 12 April</b>	Term 1 for Prep 2D, KG, Yrs 7, 11 and 12 All remaining students Good Friday - holiday Easter Monday – holiday Term 1 Finishes
<b>Term 2</b>	<b>Monday 29 April</b> <b>Monday 10 June</b> <b>Friday 21 June</b>	Term 2 Commences for all students Queen's Birthday Weekend Term 2 Finishes
<b>Term 3</b>	<b>Monday 15 July</b> <b>Tuesday 16 July</b> <b>Friday 20 September</b>	Staff Development Day Term 3 Commences for all students Term 3 Finishes
<b>Term 4</b>	<b>Tuesday 8 October</b> <b>Tuesday 8 December</b> <b>Wednesday 4 December</b> <b>Thursday 5 December</b>  <b>Friday 6 December</b>	Term 4 commences for all students Infants Presentation Afternoon Primary School Presentation Evening Students last day for 203 Senior School Presentation Evening Staff Development Day