

TAS TALKS

THE WEEKLY NEWSLETTER OF THE ARMIDALE SCHOOL

Wednesday 1 November, 2017 Term 4 Week 4

HEADMASTER, MURRAY GUEST

Hawkesbury Classic

This year once again TAS provided a significant presence at the Hawkesbury Canoe Classic and I offer congratulations to all in the big TAS team that carried themselves so well. This iconic 111km overnight paddle has been a feature of the TAS adventure program for 37 consecutive years and it is very encouraging to see it continue to draw such interest and commitment. Tackling big physical and psychological challenge has become part of the TAS identity, but it would be wrong to see the fact large numbers of TAS students volunteer for such a demanding event as this one as an everyday occurrence. 111kilometres is a long way, particularly when paddling a small kayak, as much against the tide as with it, and those who have experienced it will know the challenges to mind and body that can overwhelm in the middle of the night. It is the extent of that challenge and the knowledge that finishing is by no means guaranteed that creates the interest. If it were easy, there would be little interest in signing up.

I offer thanks to the big team of land crew, both parents and staff, who supported our paddlers right through the night, and special thanks to Tim Wheaton who led the TAS campaign again this year. It is a big logistical exercise to present a team of this size and ensure that they are well looked after and safe through the night and I congratulate Tim on the fine organisation again this year. I recommend Tim's report on the event to you.

Rugby 7s

Interest in taking up opportunities to play the seven a side brand of rugby continues to grow and it was pleasing to see 14 years and 16 years teams from TAS take part in the 7s carnival at Scots Warwick once again last weekend. Michael Holland has reported on the carnival and the success of one of our 16s in particular in this edition of TAS Talks and I recommend that to you. It is clear that there was great spirit amongst the TAS teams as they took on physically bigger oppositions and whilst that is not surprising, it is good to hear and worthy of our congratulations.



Centenary of the Charge of Beersheba

Tuesday of this week, 31 October, was the centenary of the Charge of Beersheba, the last successful cavalry charge in a theatre of war, and most will have seen the considerable media coverage of this significant anniversary this week. For TAS there is close connection to the Charge as the commander of the 12th Light Horse, Major Eric Hyman, who led the charge was a TAS Old Boy and amongst the first boarders at the School. The connection between TAS and the Hyman family has continued through generations with Major Hyman's son Bob and grandson Bill both attending TAS as boarders from Tamworth and Bill teaching here for a number of years. The centenary of the Charge of Beersheba was recognised in Tamworth on Tuesday with the unveiling of a new memorial to Major Hyman and I was grateful that the School was especially invited to the ceremony. I was pleased to join our Cadet Commanding Officer Angus Murray and members of the TAS Ceremonial Guard there and pleased to have the opportunity for those students to meet Bill Hyman and recognise the connection between this piece of national history and our school.

TAS@Dusk

Readers will see the notice for TAS@Dusk, our major P&F social function and fundraiser for the year, in TAS Talks this week and I hope that will inspire all that can possibly attend to join us for the fun. With everything from pig racing to games, music, food and interesting stalls, there will be something for everyone and a great afternoon and evening is guaranteed. We begin at 3:00 on Saturday afternoon in the area from Dangarfield to Hoskins Centre and the entertainment will carry on until 8:00, making it, we hope, as accessible to the whole community as possible, including those looking to make it Saturday's dinner venue. I offer thanks to the many who have done so much in the preparations for TAS@Dusk and I look forward to seeing a big crowd there.

Looking after our Teenagers

Our Director of Boarding, Michael Holland has written in TAS Talks this week on parties, alcohol and what the research and our experience tells us and I encourage all parents and especially those with Senior School children to read it. All schools know that the responsibility for helping to direct the young people in our care to make good choices is a shared one between parents and school and this is felt very keenly in boarding schools. Michael makes the position of the School on parties and underage drinking clear in his final paragraph and I hope that our stance of not allowing boarders to take leave to attend parties where there will be underage drinking will be supported by our parents across the School.

Murray Guest



The Headmaster, CO of the Cadet Unit Mr Murray and seven cadets represented TAS yesterday morning at a special service in Tamworth to acknowledge the role of Major Eric Hyman (00-03) in the Battle of Beersheba, 31 October 1917. They are pictured with MAJ Hyman's grandson Bill Hyman (Senior Prefect '78) who spoke at the ceremony.

CALENDAR OF EVENTS

Week 4

Monday 30 October Tuesday 31 October Wednesday 1 November Friday 3 November Saturday 4 November

Year 6-10 Exams continue NCIS Basketball P&F Meeting Year 10 Formal TAS @ Dusk

Week 5

Monday 6 November Tuesday 7 November

Friday 10 November

Saturday 11 November Sunday 12 November

Bivouac Bivouac **HSC Concludes** Remembrance Day Service 2017/18 Rowing Season Launch Remembrance Day

Round Square Young Conference - Epsom College Malaysia

Week 6

Thursday 16 November

Friday 17 November

Philosothon - Bishop Druitt College

Year 5 Information Session Transition/Kindergarten Orientation morning

Week 7

Monday 20 November

Tuesday 21 November

Wednesday 22 November

Year 9 NAPLAN writing trial test Year 9 NAPLAN reading trial test Year 9 NAPLAN Numeracy trial test

Tri Schools Debating (NEGS) P&F Meeting

Medical Centre

Year 7 Vaccinations will occur this Thursday at the Health Centre.

As Bivouac and Annual Camp rapidly approach i would like to remind parents/carers of Day students, that they are responsible for supplying information of any illness/medical condition and any medication to the person in charge of the activity but preferably to staff at the Health Centre.

Medication needs to be supplied in its original container with the name of the student, instructions on how to take and the name of the prescribing Doctor.

If your son/daughter has asthma please check that they have a reliever puffer & spacer.

If your son/daughter has Anaphylaxis please check that they have an "in date" Epipen with them.

Sr Jenny Murray

Uniform and Book Shop

CLOSED Thursday 9 November and Friday 10 November

Apologies for any inconvenience cause.

Mrs Vivienne Tearle

DIRECTOR OF PASTORAL CARE, BARNEY BUNTINE

There has been a fair bit in the media in recent months about the impact on smart phones and the Headmaster wrote about this recently in Binghi.

One of the leading researchers in this is Dr Jean Twenge and I have attached two articles relating to her recent studies. They paint a fascinating picture of a double-edged sword: of teenagers seemingly taking fewer risks in some ways but operating unhealthily with their smartphones in others.

http://www.abc.net.au/news/2017-09-20/teens-smartphonesresilience-adulthood/8960618

https://www.theatlantic.com/magazine/archive/2017/09/hasthe-smartphone-destroyed-a-generation/534198/

On another matter relating to this world, there is some good information supporting parents to manage technology at home. While at TAS, we use Cyberhound to block, report and send alerts about online behaviour through the School server, we cannot extend that service domestically. However, the two links below come from the Federal Government with not only some interesting facts on usage but also helpful advice on managing the use of technology. I encourage you to have a look.

https://esafety.gov.au/education-resources/iparent/7-waysinfographic

https://esafety.gov.au/education-resources/iparent/onlinesafeguards/filtering-software

Finally, I hope we see plenty of people at TAS @ Dusk this Saturday and please help the crew from Batyr in their raffling of the TAS rugby jersey and their efforts to raise money for One Door Mental Health.

Mr Barney Buntine



P&F PRESIDENT, MRS RACHAEL NICOLL

ONLY 3 DAYS UNTIL... TAS@DUSK SATURDAY 4 NOVEMBER 3-8PM

This is the major fundraiser for the P&F for the year and it's also a wonderful community event. We are still seeking your support so that this can be a great event. If you want to help:

- Bake cakes,
- Fill Tombola Jars
- Sign up to help we still need heaps of Parent and Community Service Helpers for all the fabulous stalls we have. If anyone has their RSA (Responsible Service of Alcohol) and could help at the Beer and Bubbles stall that would be really wonderful
- For more information, including what each year group is doing, please follow the attached link to our webpage.

But, MORE IMPORTANTLY COME AND ENJOY THE TAS@DUSK!! This year we have some old favourites and some new stalls for you to enjoy:

- The Pig Races are back... Run piggy run Races run every 45minutes from 3.30 until 6.30
- Zorb Ball soccer... Make up a team of 4 and come and play zorb soccer on Dangarfield (some height and weight restrictions apply)

- Get someone wet in the Dunk Tank
- Sideshow Alley in the Gym... mini golf, ten pin bowling, nerf gun shooting gallery, giant board games and basketball shots to name a few of the stands.
- Lots for the littlies... cupcake and biscuit decorating, snowflake machine, treasure hunt in the sandpit, tombola, face painting and lob a choc. The bouncy castle will also be in the
- Beautiful garden products... Our fabulous Plant stall, sheep manure and bunches of peonies
- Yummy food including gozleme, thai and the OAU BBQ. The cake stall will also be operating and the famous TAS Christmas Puddings will be on sale
- Beer and bubbles in Hoskins Foyer from 5pm
- Gorgeous Christmas presents from The Emporium in Hoskins Fover
- TAS Music from 4pm until after 6.

THE SHOW MUST GO ON! TAS@DUSK will be on rain, hail or shine. In the event of bad weather the pigs will still race and most stalls will be either in the Gym or Hoskins Centre.

WE LOOK FORWARD TO SEEING YOU ON SATURDAY...

Great initiative from Ross House

Ross House have organised a silent auction to raise money for TAS @ Dusk. The major auction item is a framed original watercolour by James White called 'Seachange' (currently on display in TAS Reception). If you would like to make a bid, please follow the link, register your details and place your bid. www.32auctions.com/RossHouse2017.

Bidding closes on 4 November.



"The painting donated by former staff member James White is a response to family holidays at the beach. Coming from inland Boggabri beach holidays meant sun, sand and fish. The artwork is a watercolour with collage."



DIRECTOR OF STUDIES, SEONIA WARK

Tutoring

The tutoring timetable for Weeks 5-8 is below. There will be no tutoring during Activities Week and no tutoring in the final week of term.

Tuesday 2U Mathematics

> 7-8pm Cash Block General Maths 8-9pm Cash Block Years 9/10 English

7pm - 8:30pm F1-2 (Marshall Ross)

Wednesday Years 9/10 Maths

7-8pm Cash Block

English

7pm - 8pm F1-2 (Fiona Robb)

Maths Extension 8-9pm Cash Block



LEADERSHIP, SERVICE AND ADVENTURE

Oorala Junior Boys Leadership Camp

Toby Markerink and Will Koraba were invited to attend the University of New England Oorala Centre Aboriginal Boys Leadership Camp on 16-18 October.

The camp is designed to take those boys who display leadership qualities and give them more skills to become stronger leaders in their community.

As well as teaching them skills on how to be more resilient, how to communicate better and how to do deal with some of the hard decisions they will be forced to make as a teenager, the camp also gave them an insight in to what life is like for a uni student. They had practical sessions in the Sports Science faculty, testing their speed, agility and getting a look at the equipment. The Business and Law school held an accounting session where the students used footy match statistics to compare how statistics can detrmine how to run a business and how it affects decisions.

A chance to visit the knapping pit and make some stone tools with the Archaeology faculty was also a hit and who knew you could carve a leg of lamb with a piece of stone.

Cultural identity was also a main focus of the camp where the students participated in different activities that gave them an understanding of their past, but also how they can be comfortable and proud within themselves. It showed them that they do not have to be another stereotype and that they can forge their own identity and future.

A highlight of the camp was a professional mens panel where positive role models gave their stories of how they dealt with challenges and overcame them to become active members of the community.

The camp finished on a high with the dinner at Boolaminbah where Toby was MC. The boys also performed a War Cry that they learned off former NRL star Dean Widders.

Toby was awarded with \$100 savings account at Community Mutual for his display of the core camp values of Communication, Leadership, Mindfulness and Respect.

We would like to thank UNE Oorala Centre for the opportunity to take the boys out to participate in such a great and worthwhile camp.

Mr Bruce Dennison **Aboriginal Student Support Officer**







Switched On STEM Day

On Tuesday 24 October, Year 7,8 and 9 Indigenous students attended the Switched On STEM Day that was held at the UNE Smart Farm.

There was a focus on mathematics and the students participated in a range activities where they put their maths skills into practice. With Doombanjee (Mt Duval) as a backdrop, the students learned how to use trigonometry to measure the height of a tree.

Other acticities included measuring the abundance of food sources for the Iwata (Echidna) by calculating the area of ant nests and beetle larvae activity within the plot, using scale to plot Bundar (kangaroo) droppings within a plotted area and they also calculated the volume of bushfire fuel within the area using different formulas.

The students were then given a tour of the Smart Farm and the different types of technology used.

There was a chance to play some Aboriginal Bugalar (Ball) Games were statistics were kept on how many times the soccer ball got kept up. For each group, a graph was developed and the mean and median was found.

A current student of UNE gave a presentation on her research project that is focusing on the impacts of cats and dogs on wildlife in the Tiwi Islands. She highlighted the use of data collection through surveys, observations and the use of GPS trackers and how it helps her with her findings. The information can then be used to guide the development and implementation of educational and desexing programs.

The students enjoyed the day and developed a new sense of appreciation of Sceince, Technology, Engineering and Maths that will hopefully translate to more engagement within the classroom.

Thanks to Mrs Tutt and Mr Shortt for their help in organising the excursion.

Mr Bruce Dennison Aboriginal Student Support Officer



THE ARMIDALE SCHOOL CADET UNIT **BIVOUAC AND ANNUAL CAMP 2017**

General

1. Bivouac and Annual Camp represent the culmination of the year's training for TAS Cadets, and an important opportunity for adventure and leadership in wilderness areas near Armidale. Bivouac will be conducted on 6 – 7 November 17 at Styx River State Forest and surrounding properties. Annual Camp will be conducted over the period 25 November – 1 December at Nymboida. A & B Company (Yrs 9 & 10), Q Store and Signals Platoon will depart TAS on Saturday 25 November, C Company (Yr 8) on Sunday 26 November.

Outline of Activities

2. Activities to be conducted include:

	Bivouac	Annual Camp
Activities	Navigation Trekking Field craft Mountain Biking (A Coy) Abseiling (B Coy) River crossing (B & C Coy) Obstacle Course Competition (B Coy)	Trekking Canoeing & Kayaking Ropes course River crossing Radio communication Search & rescue Orienteering Abseiling Mountain Biking (A Coy) Kayak Touring (A Coy) Solo over night camp (B Coy) Duo over night camp (C Coy) Canyoning (B Coy)
Location	Styx River State Forest and adjoining private property	Nymboida via Grafton
Timings: Depart TAS	Monday 6 November Early Breakfast: 0730 hrs All Coy parade at TAS: 0830 hrs	Saturday 25 Nov Advance Party - Q, Radio, volunteers (departs 0800 hrs) A & B Coy departs at 1300hrs Sunday 26 Nov C Coy depart at 0800hrs
Return to TAS	Tuesday 7 Nov Parade: 1515 hrs Dismissal: 1530 hrs	Friday 1 Dec Parade: 1500 hrs Dismissal: 1530 hrs

Attendance

3. Bivouac and Camp are an essential component of the school's outdoor activity program and curriculum. As such, all students are required to attend and participate.

Organisation

- 4. Cadets will work in platoon groups of up to thirty, guided by their cadet leaders and supervised by members of staff and Nymboida Canoe Centre guides.
- 5. Cadets will camp in pairs in military style hootchies with their platoon, and amenities blocks will facilitate showering and washing at Camp HQ - Nymboida Canoe Centre.
- 6. Most meals will be prepared and consumed in platoons, with some meals cooked and served centrally at the Canoe Centre with rations drawn from a mixture of fresh food, canned food and ration packs.

Dress and Equipment

7. Dress: All cadets - Camo uniform. See list below:

	School Issue	Cadet Provided
Bivouac	Webbing (see diagram below) web belt x 1 water bottles x 2 bum pack x 1 ammo pouches x 2 Back Pack Hootchie x 1 Camo Trousers x 1 Camo Shirt x 1 Camo Bush Hat x 1* Camo Jumper x 1 Boots Bush x 1 Ground Sheet*	Sleeping bag* Foam ground mat (if desired)* Knife, fork and spoon set* Kidney Cup* Mug Torch* Thermal shirt* Swimmers* Towel (small) Socks x 2* Raincoat (poncho)* Toiletries (incl. sun cream, repellent) Change of underwear Pegs x 8 (for hootchie)* Rope/Cord x 10m (for hootchie)* Compass* Notebook in plastic bag* Pens* Plastic Bag for dirty/wet clothes
Annual Camp	*available at TAS Clothing Store	As above plus: Long sleeve shirt x 1 Jeans trousers x 1 Gym shoes old (Dunlop Volleys or similar for canoeing & canyoning) Underwear x 5 Socks x 3 Shorts x 2 T Shirts x 2 Kit Bag 2 x Plastic Garbage Bags (for waterproofing back pack and dirty laundry) Basic Sewing Kit

N.B. 1 Pocket knifes must not be taken or carried by cadets. Only leaders (LCPL or ranks above) can bring their own small pocket knife.

2. An additional set of DPCU/greens will be available at camp on a one for one basis.

3. Proper footwear is mandatory for water activities – Dunlop Volleys or similar should be purchased.

All cadets are responsible for their own equipment. If clothing or equipment is outgrown or worn through normal wear and tear, it can be replaced through the School Q Store by appointment with the Quartermaster Sergeant Simon Ball. Any issued equipment that is damaged through fault of the student must be replaced at his or her own cost through the school clothing shop. The clothing shop also stocks a range of items for purchase at reasonable prices; these items are marked on the list above with an asterisk.

What not to Take

- 8. Cadets are **not to bring** the following:
 - Aerosol Cans
 - Mobile Phones
 - Matches/Lighters (except leaders)
 - Other Electronic items (i.e lpods, laptop, video games, etc)
 - Anything valuable (cash is not required).
 - Lollies or soft drink

Medical

- 9. First Aid Kits will be carried by each section and trained staff will have access to more sophisticated medical kits. Serious cases of injury or illness will be evacuated to Armidale (bivouac) or Grafton (camp).
- 10. Sister Murray will be attending Annual Camp again this year and will provide the valuable medical support that she has in past years. Please be sure to notify Sister Murray of any medical problems or medications that are not already known to the School.

Other

- 11. **Discipline:** Normal School discipline policy applies, particularly with respect to contraband and behaviour.
- 12. **Haircut:** Students are to ensure they parade with appropriately kept hair. Boys' hair must be above the collar and ears, and cropped on top and fringe. Girls' hair should be tied back and away from the face. This will significantly aid hygiene in the field. Please note, this is a requirement of the Australian Army Cadets and is a school expectation.
- 13. Laundry at Annual Camp: Laundry tubs are available at Camp. Cadets are expected to wash their own clothing where necessary.
- 14. Weather: November is usually hot and humid. Cadets must be prepared for this and carry an adequate supply of sun cream and insect repellent. Spring thunderstorms are also prevalent and cadets should bring an army style rain coat or can purchase a poncho from the TAS Clothing Store.

Meals and Water

- 15. All cadets must carry 2 L of town or purified water and maintain a high daily fluid intake.
- 16. Food will be supplied via School catering and commercially purchased cadet ration packs. Please note:

The Australian Defence Force (ADF) is unable to provide a severe food allergy free environment (such as from peanuts) in relation to the consumption of food during cadet activities. Such a risk may be life threatening for people who suffer from a severe food allergy. Parents may consider it is in their child's best interest not to allow participation of their child in the proposed activity. In the event that the child is allowed to attend a catered cadet activity, the parents may choose to provide, at their own expense, sufficient food to cover the duration of the activity.

Conclusion

17. This document is designed to give parents and students early warning, in order to provide time for planning and preparation for both Bivouac and Annual Camp. Further details will be issued to cadets during briefings prior to each event, and any enquiries should be directed to CO Cadets, Lieutenant Angus Murray or the Quartermaster, Sergeant Simon Ball.

Angus Murray Lieutenant (AAC) **Commanding Officer**

24th October 2017

Bivouac for Year 7 Rangers

Year 7 will be heading out to Jeogla Station for their next Activities day (6 and 7 November). We will be meeting at the front of Middle School at 8.45am on the Monday and will return by 3.30pm on the Tuesday.

Students are asked to pack the following:

- Sleeping bag (and small/inflatable pillow if they wish)
- A set of clothes that can get wet (including a pair of shoes)
- A small towel
- A plastic bag for wet items
- Civvies (to wear on the Monday evening pants are to be long to avoid insect bites)
- Jumper / hoody to put over civvies (students can sleep in civvies)
- Plastic bowl
- Cup / mug (suitable for hot chocolate)
- Spoon
- Torch (preferably a head torch)
- Notebook and pen
- Raincoat (if you think is necessary)
- Roll on insect repellent (no aerosol)
- 2 full water bottles
- Plastic bag for any rubbish

- Any necessary toiletries (strictly no aerosol)
- Any snacks you may wish to pack (all meals will be provided for)

Students are expected to wear their usual Rangers uniform (jeans, green shirt, green hat, belt and joggers or walking

All students will get this information in activities briefing in

Ms Rachel Harrison **OIC Rangers**





ROUND SQUARE CONFERENCES

Round Square International Conference - Capetown, South Africa (September holidays)

A very successful trip to South Africa where we were treated to some close up viewing of African game, some challenge and adventure as well as the history of Apartheid and how that has shaped South Africa. Both pre-conference and conference offered the opportunity to make new friends from around the world and view thing through new eyes.





Australasia & East Asia Round Square Regional Conference - 10 - 12 year olds -Epsom College, Malaysia – 10-13 November 2018

Ms Brus and Mrs Hawksford will be accompanying six student delegates to the above conference from 10-13 November. They are Campbell Aitken, Lilly Bea Bradshaw, Gane Harbutt, Jack Hopkins, William Nash and Wylie Wright. Our best wishes go to them for a wonderful conference experience in Malaysia.

Australasia & East Asia Round Square Regional Conference – 13 – 14 year olds – Keystone Academy, Beijing, China – 31 March to 4 April, 2018

This conference is being led by Mrs Anna Gayner and Ms Hannah Lo and they are currently taking applications for this conference. The delegation size is six so please don't miss out! The theme is 'Dare to be a Force of Nature' – focussing on effecting change on the most pressing environment issues facing the A&EA region.

Australasia & East Asia Round Square Regional Conference – 10-12 year olds – The Armidale School – 22-26 April 2018

The Armidale School will be hosting a conference for 10-12 year olds in the second week of the April school holidays. The theme is 'Humanity in Action' – 'Remembering our Past – Appreciating our Present – Building our Future'. We have invited all schools in our RS region and hope to have a good sized conference. We will be asking for application from Year 10-12 year olds from TAS before the end of term. Please see Mr Lloyd for forms and any further information.

We will also be looking for senior TAS students (Year 10/11) to help run activities and discussion groups, technology assistance - take photos and video etc. If you are interested in helping with our conference in these roles, please see Mr Buntine.

Round Square International Conference East Canada – first week of Sept/Oct holidays 2018

The RSIC will be hosted in Canada this year with a choice of three schools over different time slots. We are yet to hear which conference we will be attending. This will be open to Year 11 students. I will forward information as it comes to hand.

Exchange Students

Incoming:

Thomas Mayes from Stanford Lake College, South Africa (Year 10) Lucas Poirier, Appleby College, Canada (Year 10) Ellie Herbert, St. Philip's College, Alice Springs (Year 8)

Outgoing:

Henry O'Neil – returned from Hackley College, New York Will Forsythe – returned from Appleby College, Canada Ben McElroy – Athenian School, California Erin Page – King William's College, Isle of Man Chloe Lawson – Lakefield College, Canada

Most current Year 9 students interested in exchange in 2018 have already made their application and have found host schools for next year. Applications may still be considered for exchange in Term 3 or 4, 2018 but the likelihood of placement is limited.

Year 8 into 9 for 2018 should be considering now if they would like to go on exchange in Year 10 and where that might be. Please see Mrs Barnier or Mr Buntine for advice.

Mrs Barnier Round Square Representative



Expressions of interest are being sought from any student (aged 13 or 14 in 2018) who would like to join a Round Square Conference in Beijing, China in April 2018, hosted by Keystone Academy. The conference will run from 31 March - 4 April, 2018

Join experts and industry leaders shaping innovation and effecting change on the most pressing environmental issues facing the Australia-Asia region.

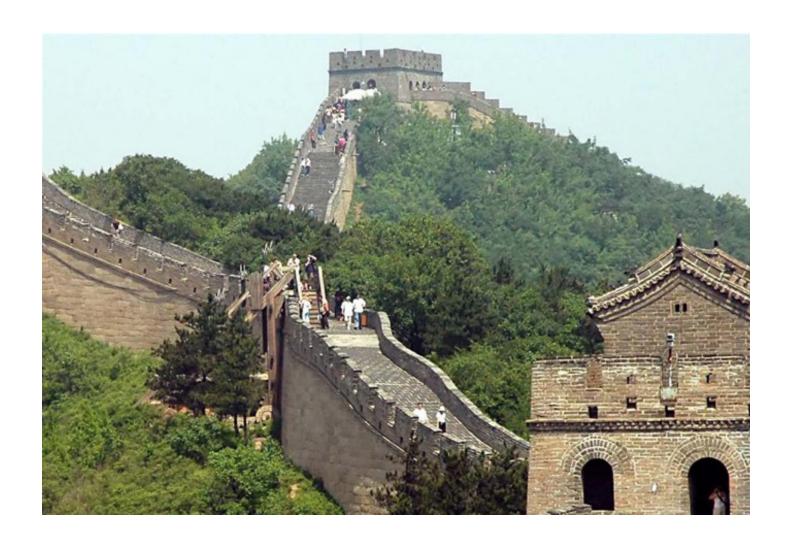
The goal is to foster learning, inspiration and wonder while provoking conversation in the key topic areas of sustainability, wildlife conservation, marine health and renewable energy sources.

Following the conference, the group will be participating in a five day post conference tour of Xi'an (Shaanxi Province). Tour highlights include visits to the Terracotta Warriors and the Great Wall of China amongst others. The post conference tour will run from 4 April to 8 April inclusive.

For more information, please contact Ms Hannah Lo (hlo@as.edu.au) or Mrs Anna Gayner (agayner@as.edu.au) or complete an application form at the link below.

http://www.as.edu.au/content/uploads/2013/09/Application-Round-Square-Conferences.pdf

Expressions of interest will close on Friday 10 November.



DEVELOPMENT OFFICE

House banners a generous gift

The TAS Dining Room is often described as being like Hogwarts, and perhaps even more-so at present thanks to magnificent new House banners currently hanging there! The double-sided banners, which feature the badges (or coat of arms) of the six TAS sporting houses, were an initiative of Year 12 2017, as a magnificent and meaningful gift to the School. Appropriately, they were first hung for Valedictory Lunch in the Dining Hall where they will remain for a period of time, but will also be used at various inter-house competitions such as the Swimming and Athletics carnivals and Cloisters Run.

As part of the project, the House badges needed some professional design modifications that reflected historic accuracy whilst bringing some sense of uniformity to them as a suite. Drawing on this, new House emblems for sporting uniforms have also been designed (and will be phased in). These have also been simplified for consistency, particularly for ease of reproduction in screenprinting and embroidery.

In addition to our outgoing Year 12 families, the project has been most generously funded by the P&F, with the School fitting the balance.

Thanks to all these groups for making the idea a reality!

Mr Tim Hughes



Above: New House emblems which take their cue from the badges, will be phased in for use on sporting uniforms





DIRECTOR OF CO-CURRICULAR, WILL CALDWELL

Stress – Bring it on!

Stress is a great motivator. We are hardwired to react to it; fight or flight.

Our reaction triggers an adaptation in our behaviour and our attitude. We learn to deal with stress. We practise under stressful conditions so that we are prepared for any situation; so that we can respond positively to stress. We build resilience, not by camping in our comfort zone but by pushing the limits.

On Saturday night, 53 paddlers from Armidale accepted the challenge of paddling the Hawkesbury Canoe Classic – a 111km kayak from Windsor to Brooklyn. Most paddlers said that it was the toughest experience of their lives. Some will do it again, some will not but none will regret their decision to do it. This is not practice for kayaking or endurance events more broadly. It is practice for life.

When faced with challenges in the future, these paddlers will find the strength and resilience that was cultivated at the 85km mark; when in the darkness, every muscle aching, the tide resisting every forward stroke, the eyes battling the weariness that says 'lie down'.

They will grit their teeth, take up the fight and power on.

Alongside the personal growth lies the opportunity to support bone marrow research. It is a desire to make a difference to the lives of others that drives them through the pain. The spirit of generosity and goodwill envelops the whole event. Our landcrew parents and friends are selfless in their commitment and offer support all night long, our team of TAS staff provide the logistical support, and the driver behind the whole operation, Mr Tim Wheaton, provides the direction and inspiration to overcome all obstacles. No mountain is too high, no problem too great and no river is too long.

Sports Training and Bivouac

Many trainings will be cancelled next Monday and Tuesday afternoons due to Bivouac. Junior School trainings will all run as normal, however, Middle and Senior School will not be on unless notified by your coach / MIC. The weights room will be closed Monday afternoon and Tuesday morning.

Mr Will Caldwell



Northern Inland Football

Northern Inland Football's Girls U14 and U12 Soccer Trials: Wednesday, 1November at 6pm at Doody Park

Scots PGC Sevens Central Warwick 28 October

Thirty one enthusiastic TAS rugby players made the trip up the New England Highway to Warwick on Friday evening for the Scots PGC 7's carnival.

The boys were excited to test themselves again against Scots PGC and TACAPS but there were some unfamiliar schools in the mix from western and south east Queensland.

The under 14 boys were brave but ultimately outgunned in their matches. Being made up of mostly Year 7 boys, the side probably gave away too much in size and experience but are all keen to have another crack next year bigger, stronger, wiser and perhaps fitter.

The under 16's kicked off their day with a great 38 to 10 win over TACAPS and scored some scintillating tries. They showed silky skills to keep the ball alive and there were runners queuing up to exploit the gaps. Game 2 was a tight tussle against Our Lady of The Southern Cross from Dalby. It could have gone either way but the rugby nous of the TAS boys showed and they secured a 14 to 12 win. TAS White had to back up and play Scots after a short rest. The Scots boys were big and fast but TAS were up to the challenging, leading with seconds to go but they had their hearts broken by a try to Scots at the death. TAS Blue then confronted the huge St Francis, Crestmead boys. They showed impressive grit to come from behind and score an upset win thanks to dogged defence, razor sharp attack and a dominant scrum. Full of confidence, TAS Blue then downed OLSC, Dalby 19 to 10. The final pool game was contested between TAS White and St Francis. TAS White were set the daunting task of needing to beat St Francis by 30 points to qualify for the final where they would play TAS Blue. It was another epic battle for the ages and the boys in Navy and White played out of their skins to secure a 12 all draw. TAS Blue kept cool heads to win the thrilling final 17 to 12 over our hosts, Scots PGC.

One of the boys remarked on the day there was not a single team that didn't outweigh us man for man but, as I have come to expect from TAS teams, they absolutely refused to lay down. Their fighting spirit kept them in games and their skill execution allowed them to take their chances to score.

I must thank Mr Matt Nott for his assistance. He proved to be not only a great coach but also a pretty handy auto-electrician when our coach ran into trouble just outside of Tenterfield.

We were also lucky to have a number of parents on hand to cheer from the sidelines, run water and even take photos. I know the boys appreciated their support.

After finishing runners up last year and winning the Under 16 competition this year, the boys have a taste for 7's and are certainly keen to defend the title in 2018.

Mr Michael Holland



Back row L to R: Mr Michael Holland, Oliver Kearney, Nick Corderoy, Tom Hamilton, Toby Markerink, Duncan Chalmers, Emerson Browning, Nick Kirk, Ben Carter, Mr Matt Nott Front Row L to R: Will Ellis, Harry Deshon, Niall Moore, James Scotton, James O'Brien.



Paddlers undertake Hawkesbury adventure

The 41st Hawkesbury Canoe Classic was not without its dramas. The weather was ideal with warms and dry conditions experienced throughout the night and with tides favouring most paddlers, all but one kayak completed the race. Two paddlers had to withdraw at different stages, however, three members of the landcrew including two parents and Mr Cam Banks filled in to get the other paddler to the end.

The fastest kayak was Old Armidalian and current parent Duncan McDonald powering through in 11 hours and 11 minutes.

Hannah Van Roy and her father Peter were the first adult/ junior double to arrive in a time of 13 hours 21 minutes. Dan Lethbridge and James Wicks were the first Junior Mens Long Rec2 double in 15 hours 09 minutes (14hrs 51mins handicapped time) followed by Ben Louis and Nicholas Makeham three seconds later. Bailey Bourke and Sterling George had the same handicapped time in their Mens Junior Rec2 kayak arriving in 16hrs 41mins (14hrs 51 mins hcp). Claudia Neate and and Lucy Redden from NEGS were the first Junior Females Double to arrive in 16 hours 20 minutes (12hrs 15mins hcp).

The trip started off with a trailer breaking at Tamworth and dragging the bottom three boats along the road for a short distance, filing off their rudders but miraculously not damaging the boats too much. This trailer was then replaced with another and the boats eventually arrived at Windsor at 2am after Mr Will Caldwell (paddler), Mr Todd Currell (landcrew) and Mr Faisal Habib (landcrew) waited for the new trailer to arrive at Tamworth, and then drove it down.

The competitors started between 3.45 and 4.15pm on Saturday and were in high spirits at the first checkpoint (Sackville-30 km) where they were fed and returned to the water to push through to the second checkpoint (Wisemans Ferry-65 km).

Here the weather could have turned for the worse as it started to rain, however, it was short-lived and the paddlers were back in to power through to the end (111 km). Paddlers arrived at the end and with such a fast race, the bus pulled out of the car park at 10.30am and departed for Armidale much earlier than in past years.

The landcrew were fantastic and praise needs to be given to all parents who supported and helped out throughout the night. Their efforts and united strength pushed the paddlers beyond their comfort zone and allowed them the opportunity to complete the gruelling race.

Mr David Lawrence, Todd Currell and Faisal Habib were amazing in their efforts throughout the night preparing and cooking food as well as setting up and packing up each checkpoint throughout the night. It was a long night with little sleep, however, they were still full of energy at the end of the race as we packed boats onto the trailer and headed home. Mr Tim Scott once again drove the coach down and back and his continual commitment is greatly appreciated. Will Caldwell drove students up to Malpas Dam each Sunday throughout Term 3 and 4 leading up to the HCC and his time and assistance throughout the season was also above and beyond expectations.

Now that all boats are washed and packed away, it is time to consider if you are interested in putting yourself out of your comfort zone and competing in this tough race next year.

Here are the results for each race class:

CLICK HERE TO VIEW RESULTS

Tim Wheaton MIC Hawkesbury Canoe Classic



DIRECTOR OF BOARDING, MICHAEL HOLLAND

A former colleague of mine, Linda Stade, is now an education writer, maintaining a Facebook page and a web site that draw on health and psychology frameworks to help parents and educators support students. Her focus is very much on wellbeing, which she says, is intimately linked to educational outcomes.

She wrote an article recently about youth and alcohol that contained some advice that I thought would be useful to share.

Linda suggests that parents fears around alcohol often centre on concerns their child may drink and "do something stupid", they might be the victim of somebody else who is drunk, they might not know when to stop or alcohol may exacerbate other problems they may have.

In her article "What You Need to Know About Your Teenager and Alcohol", Linda shares some wisdom from Paul Dillon, from Drug and Alcohol Research and Training. Paul visits schools and delivers an important message to students. There is often pressure on teens to consume alcohol but the reality is that you are not on your own if you abstain. Paul refers to statistics that "80% of fifteen year olds haven't had alcohol. 60% of sixteen year olds haven't". While these figures could be a little rubbery and could well vary from school to school or region to region, it is comforting to know that many young people are making good decisions around alcohol.

We do know though that 15 and 16 is about the age that teenagers are starting to become more interested in parties and the desire to fit in grows exponentially. This does not mean that all 15 and 16 year olds are going to be going to parties and drinking but it is an age were their exposure to alcohol and their opportunity to drink it increases.

While a number of young Australians are killed in alcohol related incidents each year, of great concern is the statistic that "One in two Australians aged 15 – 17, who gets drunk, will do something they regret." The ramifications can be serious and far reaching in terms of their wellbeing.

If you are interested in reading more about this on Linda Stade's page, or any other topic related to your child's wellbeing, have a look at lindastade.com.

The Australian Government and Department of Health advises that the "risks of accidents, injuries, violence and self-harm are high among drinkers under the age of 18". Their fact sheet, which can be found at alcohol.gov.au warns of the dangers of early drinking for teens and strongly recommends that teenagers should delay drinking for as long as possible and children under the age of 15 are at the greatest risk of harm.



Further to this there are laws in place aimed to protect children from harm. The liquorandgaming.nsw.gov site is a very handy guide to the legal issues you would need to be across if you are contemplating hosting a gathering for teenagers. The information regarding supervision of minors and supply of alcohol to minors. I am aware that, as parents, you can sometimes feel enormous pressure to either host or allow your children to attend parties where there will be alcohol and I recommend you make yourself familiar with the legal requirements.

A message I think is worth giving to our young people is that you don't need alcohol to have a good time.

Please note the School does not support boarders taking leave to attend parties where it is known there will be underage drinking, regardless of whether the alcohol is supplied or 'bring your own'.

Mr Michael Holland

GIRLS' EDUCATION DIRECTOR, ALEX POLLITT

Am I just being a tool?

Last weekend I had the pleasure of having my brother to stay. He has a wife and kids and so when I visit him, we obviously catch up in the context of the whole family. I love every second, but to have my brother to myself for a weekend, away from everyone, well that's a very special thing indeed.

We have the kind of relationship where nothing seems untouchable, no social taboos are too great to discuss/ unpack / laugh through/ dissect. By the same token, nothing in our lives seems too sacred to chat about, and the reasons for that of course is that it's safe and no matter what is said, there is acceptance.

I am really proud of my younger brother. He became a father and a committed partner very young. You can possibly guess what transpired, but at the tender age of 17 and 7 months my brother's life took an expected turn as he faced fatherhood. Over the next 10 years he had to navigate what it was like to be a dad and eventually a husband, when most men his age were partying and living a life of no responsibility. He knew he was young and inexperienced and one of the most endearing qualities about him was that he knew he, like all of us, could get things wrong. I'd periodically have a call from Joe, usually cross or frustrated. He would explain an incident and then say those golden words "What do you think, am I just being a tool?' Sometimes the language was slightly stronger, but the sentiment was the same. Am I getting this wrong? Am I being unfair? I need someone outside my circumstance to give perspective.

I so admired my bother in those moments, for his courage and his vulnerability.

Skip forward almost 18 years and now it's a mutual feature of our relationship. We may not call all the time and we have a whole lot of our own experience under our belts, but I know, as indeed he does, that at any point the question can be asked "Am I just being a tool' and an honest answer will be given, in love and acceptance.

Its nice to be surrounded by people who will stroke our ego and tell us what we want to hear, but its vital we have at least one person we trust to tell us what we don't want to hear as well. I am lucky to have a couple of those in my life.



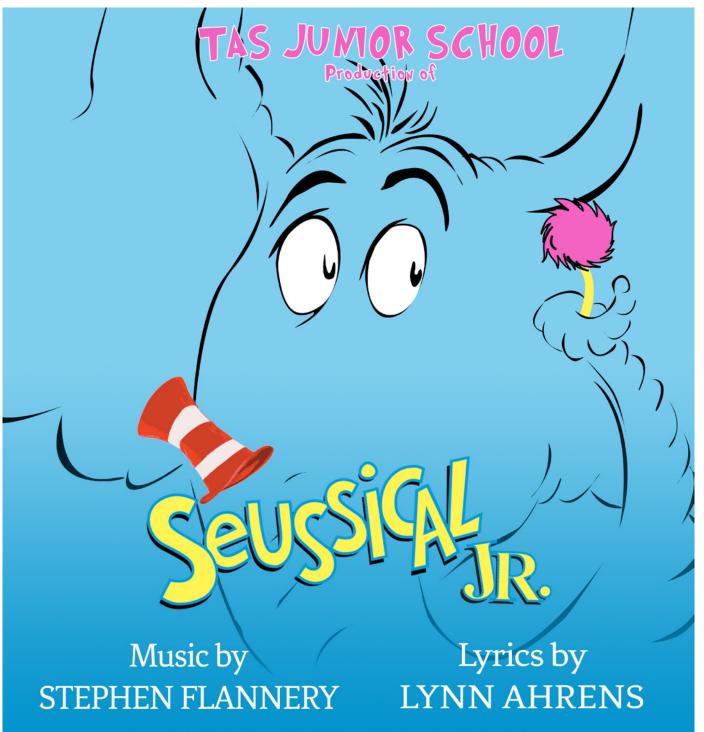
As I pondered the importance of this relationship for me, I was really challenged about how to replicate some of it with students in my care. I think being honest and telling young people when they are being a bit 'toolish' is really important; however, for these conversations to be meaningful it must be done in an atmosphere of love and acceptance. There's definitely a place for discipline, but I'm not sure I can expect my young charges to really take on a genuine and caring 'tool' conversation if they aren't sure that I have their very best interests at heart and that I value them and accept them, no matter what. This takes time and effort, but its absolutely essential if I am, we are, to be helpful, guiding voices in the lives of our young people.

So, may each of have the courage to ask 'Am I just being a tool" and be vulnerable enough to allow a special person to answer truthfully! And may each of us be wise enough to have the caring 'tool' conversation with our young people...always building it on a firm foundation of love and acceptance.

Miss Alex Pollitt



CREATIVE ARTS



Book by LYNN AHRENS and STEPHEN FLAHERTY Based on the works of DR. SEUSS

Licensed exclusively by Music Theatre International (Australasia). All performance materials supplied by Hal Leonard Australia

Matinee 30 November 1:30pm

Evening Performance 1 & 2 December 6:00pm



\$15 Adults \$10 Children

For bookings visit hoskins.as.edu.au or get them from: www.trybooking.com/SLTO

MUSIC MATTERS

Battle of Beersheba Remembrance Service -St. Peter's Cathedral (Saturday 4 November, 12:00pm - 1:00pm)

We are honoured to have been asked to be part of the Commemorative Regimental Church Service to mark the 100th Anniversary of the Battle of Beersheba. 12th/16th Hunter River Lancers have invited representatives of TAS Combined Choirs, Bugler - Samuel Wright, Piper - Hayley Whitehill and Organist - Warwick Dunham to provide the music for the Battle of Beersheba Remembrance Service on Saturday 4 November, 12:00pm - 1:00pm at St. Peter's Cathedral, Armidale. TAS Choirs have been invited to sing our newly commissioned work 'Soldier On' by Paul Jarman as the Anthem at this special service.

Students attending this event are required to wear their Formal uniform.

Further details regarding timings and rehearsals will be sent out to students and their families.

TAS@Dusk Music performances Saturday 4 November, 4:00pm - 6:15pm

TAS Bands will be showcased at TAS@Dusk this coming weekend. The following ensembles and soloists are performing this Saturday afternoon between 4:00pm - 6:15pm.

A couple of important notes:

Students can wear neat casual clothing (no thongs or singlets please)

Students are able to use their performance and set up time towards Community Service.

Band members and soloists are to be at the big tent (located at the side of the music block) 15 minutes prior to your performance time to ensure you are ready to set-up, tune and perform.

4:00pm - 4:15pm: FanTAStics (will also play with TAS Big Band in TAS MegaBand at 4:20pm)

(4:15pm: Pig races

4:20pm - 5:00pm: TAS Big Band (includes TAS MegaBand)

(5:00pm: Pig races)

5:05pm - 5:20pm: Nicholas Bohlsen (accompanied by Paul Marshall)

5:20pm - 5:45pm: Y-Gen

(5:45pm: Pig races)

5:50pm - 6:15pm: The Rolling Oates

We are looking forward to showcasing our bands and have plenty of wonderful repertoire ready to entertain! We look forward to seeing you on Saturday afternoon.

St. Peter's Garden Weekend Sunday 5 November, 12:00pm - 2:00pm

TAS Chamber ensembles will be showcased at St. Peter's Garden weekend on Sunday 5 November, 12:00pm - 2:00pm. Our ensembles have been invited to perform at Lucy and Barry McCann's wonderful garden at 28 Kintyre Road. Single garden entry is \$5 (performers are not required to pay). The following ensembles are performing this Saturday afternoon between 12:00pm - 2:00pm.

A couple of important notes:

Students are required to wear their Formal uniform Students are able to use their performance and set up time towards Community Service. Performers are to arrive at 28 Kintyre Road 15 minutes prior to your performance time to ensure you are ready to set-up, tune and perform.

12:00pm - 12:15pm: TAS Piano Trio 12:15pm - 12:45pm: TAS String Trio

12:45pm - 1:00pm: TAS Piano Trio

1:00pm - 2:00pm: Hattie Oates, Molly Dooner and Hannah Neilson (Solos and Duos)

Thank you to our TAS Chamber ensembles and soloists for representing TAS and supporting St. Peter's Garden Weekend. Please come along and support our performers and enjoy Lucy and Barry McCann's magnificent garden (28 Kintyre Road - follow Rockvale Rd out of town, Kintyre Rd is on the right just past the turnoff to Herbert Park Rd)

All Saints Day - Gostwyck Chapel, Uralla Sunday 5 November, 2:30pm

TAS Chapel Choir will be singing at the All Saints Day service at Gostwyck Chapel, Uralla on Sunday, 5 November at 2.30pm. This is a wonderful service held in the historic Gostwyck Chapel. The congregation and choir are invited to afternoon tea at Gostwyck Homestead after the service.

Ms Roobol, Mrs Baumgartner, Mrs Butcher, Mrs Edmonds

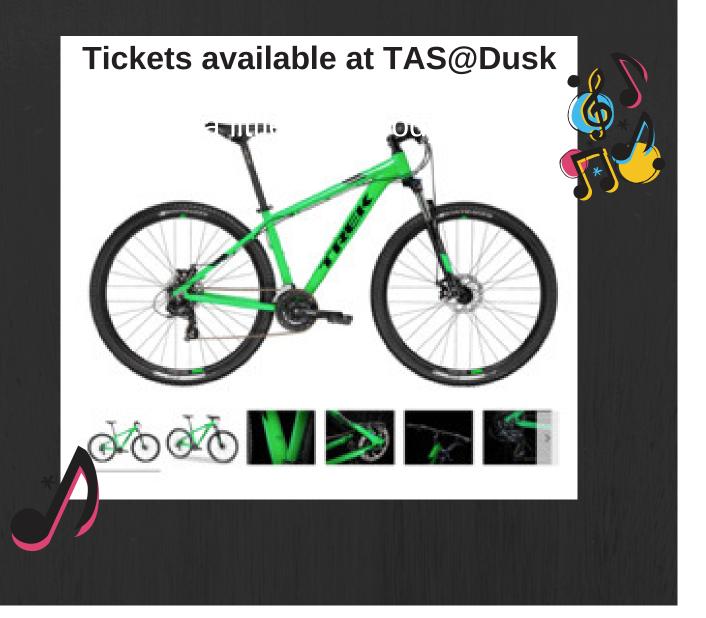


TAS Music Dept. Raffle



Tickets 3 for \$5, or \$2 each

Trek Mountain Bike, Marlin 5, 15.5"
All money raised to purchase new music equipment



HEAD OF MIDDLE SCHOOL, MARK HARRISON

School hasn't stopped yet – we've moved to another gear

By the time this arrives in your mail box the formal examination period will have finished and assessment marks that help us to determine semester grades are beginning to come in so that the report writing period can commence in earnest. However, all students and families need to know that academic work has not finished.

Academic and co-curricular programs run in tandem for the rest of the term and it's very important that all students participate fully in them. They culminate in the Middle School Final Assembly and the School Speech Day early in December. An invitation to each event will be sent to you soon. Needless to say, perhaps, your attendance at TAS to celebrate your child's end of year activities would be welcomed and, in anticipation of it, I both thank you on behalf of all staff and look forward to welcoming you to the School. I know for a fact that the Middle School students enjoy having their families visit them. Needless to say perhaps, so do we – the end of year is a time of celebration and it's good that we do this together.

All Middle School students will be involved in bivouac activities at the beginning of next week. As I indicated two weeks ago, in relation to Rangers and Cadets (Years 7 and 8 respectively) these two days constitute excellent and, I believe, necessary preparation for Annual Camp activities later in the term. Our staff spend considerable time in their preparation of relevant activities for your children. To facilitate the process of the Annual Camp I ask you to refer to information being sent so that all boys and girls are able to go away with everything that they need in terms of clothing, toiletries and so on, that they need for their absence from School. Your support of us in these matters is vital to the success of 2017's final term

Involvement

As you know, we've been busy, for well over two terms now, conducting a good number of enrolment interviews for new students in 2018. As you know, we've even had new students begin at TAS this term. As such I've been thinking, especially lately, of the breadth of activity TAS offers to students and believe that the fees you pay certainly give you value for money. I've said, in response to questions generally concerning "Why TAS for my child?", words to the effect of those that follow: This is a place where the person, a 'concept' if you must that includes the pupil, is given many opportunities to develop as an individual.



It is only through willing involvement in a range of activities that students can find a comfortable 'place' in relation to others and the wider school. Of course there will be times when they are challenged. But such personal challenge is necessary to the development of resilience, confidence and ease of interaction. Accordingly, the primary focus in the development of 'self' has to be on the willing nature of involvement earlier mentioned.

I think that now is an opportune time for me to have included the above in this edition of TAS Talks because we are heading towards a period of the year when students are experiencing the wider curriculum and our collective support of them in such undertakings is important to their development as individuals. It is only through involvement that students can realize that this environment is a mutually supportive one. Our staff 'wear a few caps' and their determination to support your children is part of their wider brief as TAS employees. I say employees advisedly because it isn't just the teaching staff that are involved in co-curricular activities. In relation to the wider curriculum, I think one of our distinguishing characteristics is our easy capacity to get to know TAS students as people. As important, it is vital to the success of education that students have the opportunity to get to know us as people. Arguably, it is only through involvement in 'whole school' activities that this process is possible. As vital to the success of such education is your support of our efforts to assist all students in the School.

Until next week, then

Mr Mark Harrison **Head of Middle School**



HEAD OF JUNIOR SCHOOL, IAN LLOYD

Seussical Working Bee

I take this opportunity to thank all our parents, staff and students who came in last Saturday and made such fantastic progress with the production of costumes and props for our musical production, Seussical. It was a great afternoon full of fun and activity - perhaps the best comment from the day came from one of our newer members of the parents' community who said, "I don't know how much we actually got done, but it was great meeting and talking to so many people...!" Thanks again, must go to everyone who could assist from parents to our senior students but particularly to Mrs Leasa Cleaver who orchestrated the occasion. I know the ticket sales have been solid so please, make sure you have booked your seats to ensure you do not miss out.











Junior School Twilight Concert

For those of us who were able to see this fantastic little concert last week, I'm sure you'll agree that the talents of Junior School were well and truly on show. I was so impressed with the confidence and composure of performers as they played and performed to the audience. From drums and clarinet to cello and singing (even a family trio) it was not only first class, it was very entertaining. Congratulations to all our young musicians, their teachers and our Music Department who make it all possible.

End of 2017 Highlights

The End of Year highlights will be noted each week in TAS Talks as they approach but I take this opportunity to alert you to these special occasions at this very busy time of the term. I hope you will be able to join us and celebrate what has been another busy and wonderful year.

Transition Assembly

Wednesday 1 November
2.45 pm in Hoskins Centre
Saturday 4 November 3.00
Bike Safety and Triathlon Day
Friday 24 November
Final JS Assembly
Wednesday 29 November
Thursday 30 November,
Friday 1 & Saturday

2 December

Junior School BBQ Saturday 2 December (after the final Seussical

performance)

Carols Service Monday 4 December 2.30

pm

Junior School Speech Day Wednesday 6 December

5.00 pm

Bike Safety and Triathlon Day -Friday 24 November

Our annual TAS Junior School Triathlon and Bike Day are fast approaching so get your bikes out and start thinking about your team for our triathlon. Please ensure your bike is in good working order for the day. We have limited resources to fix bikes that are not in good working order, so be prepared to ensure noone misses out on the fun! Bike Day will commence at 9.00 am with activities involving obstacle courses, long distance rides and bike safety sessions.

We are very fortunate to have Mitch Bullen join us again this year to help with the bike activities during the morning. Mitch has been heavily involved in riding for many years. He is a six times National Champion, 10 time State Champion and was an Australian team representative from 2013-2016. A Youth Olympics Medalist in 2010, World Cup Medalist at World Titles representative and Olympic Reserve. Mitch was an AIS scholarship holder from 2013-2016 and we are very fortunate to have him dedicate so much time and effort to this occasion.

Orientation Day Friday 17 November

Getting to know what it is like in your new classroom with your new teacher is a very exciting prospect. On Friday, Week 6, our students will experience what it will be like with their new teacher, in their new room for 2018. We will be welcoming many new students on campus, particularly into our younger years and we will conclude the session with morning tea under the Junior School covered area before heading back to normal classes at 11.40am. Morning tea will be from 11.20 for returning parents and we would love to see you if you can come along at that time to join in.

Mr Ian Lloyd Head of Junior School

Happy Birthday

Oliver Goudge and Braith Westaway both celebrate their special days this week so Happy Birthday boys.



Looking Ahead

Wednesday 1 November Assembly Hoskins Centre -

Transition, including Dance Club performance (Final Class

Assembly for 2017)

Saturday 4 November TAS@Dusk (School fete)

Week 5 School Spirit – Resilience

Week 6 School Spirit - Confidence

JUNIOR SCHOOL SPORT, CHRISTINE WRIGHT

Triathlon

Our annual Triathlon will commence at 2pm after walking the course at 1:30. Kindergarten and Year 1 children will all be involved in a team event, whilst students in Years 2 and above will have a choice of either entering as an individual or as part of a team.

The distances each year group will have to complete as part of the Triathlon is as follows:

	Swim	Bike	Run
Kindergarten	1 lap	½ lap	½ lap
Year 1	1 lap	½ lap	½ lap
Year 2	2 laps	½ lap	½ lap
Year 3	2 laps	1 lap	1 lap
Year 4	3 laps	1 lap	1 lap
Year 5	3 laps	1 lap	1 lap

Please ensure your child has their bike in good working order ready for the day, along with their bike helmet, drink bottle and hat. Children will wear sports uniform for the entire day.

Presentations will be held from 3pm on Wakefield Oval, with Mrs ulie Heagney presenting the Sarah Heagney Memorial Trophy for the Triathlon Champions.

If you would like to assist with the Triathlon and are available to help direct competitors, please contact Mrs Christine Wright cwright@as.edu.au or Mrs Sandra Lasker in Reception on 6776 5817 before the day.

Please note: If inclement weather is pending, a decision will be made at 3pm Thursday 23 November as to whether the event will go ahead.

Gymnastics

We had another amazing gymnastics lesson this week. Our warm up consisted of stretches and circuit routines, after which we divided into four groups. We had high and low parallel bar routines, learnt how to do cartwheels, bean bag static routines, with the final rotation involving the trampoline and springboard work. It was wonderful to see how each child had a huge smile on their face as they completed these routines. Our cool down routine included knee and shoulder balances. Most students found this a challenge.

Mrs Lana Hawksford



COMMUNITY

