

# Blue Mountains Grammar School

## Newsletter

Vol 14, 2<sup>nd</sup> June, 2017

*Growing up with us...*

*...means serving your Community*



## FROM THE ACTING CO-HEAD OF BMGS

### Australians Together.

*"To me, reconciliation is understanding that wrong has been done and empathising with those who suffered and still suffer today. It is about learning and growing as a nation so that the past will not be repeated". - Chloe Jensen, Vice Captain BMGS*

If there has ever been a time for recognition, as a School, of the wonderful, enriching and enduring positive influence that Aboriginal and Torres Strait Islanders have had and continue to have on our nation, it is now.

Our School, in all its wonderful diversity, would like to thank and acknowledge the traditional owners of the land on which our great school resides at Wentworth Falls and Valley Heights, the Darug and Gundagurra people and acknowledge the elders past and present.

As a School we envisage an inclusive and powerful recognition of all Aboriginal and Torres Strait Islander people in every level of government and also that our indigenous brothers and sisters be empowered to have a voice that is heard, listened to and sought after nationally. One of the wonderful highlights of our School is the embedded culture of 'serving humanity' and, as a School, we want to be a place where every person from every background is nurtured and cared for and given permission to flourish.

The theme of 'let's take the next steps' for Reconciliation Week 2017 has been churning around my mind for a few weeks now. I have had the privilege to mentor young indigenous men over the past decade, helping them 'reconnect to country' and 'reconnect to family' and I have learnt immense lessons from each of them. Some of what they have taught me is:

### Attitudes

We need to be respecting others, even when we don't agree or understand.

We need to reflect on how we think and act and change our own hearts and minds.

We need to be inclusive of others, driving past tolerance and acceptance and forging relationships.

## Responsibility

We need to learn about and from our past.

We need to understand each other, our differences and similarities.

We need to share our lives.

## Awareness

The problems we face together as Australians is not as great as our ambitions for unity.

The solutions we need to create need to be sustainable, attainable and a joint effort.

The future can never heal the past, but we can learn what does not work.

## Activism

Supporting the causes and projects that create change.

Encouraging people in the middle of the struggle, strengthening each other.

Championing the agents of change who are on the front lines of policy development.

One of my personal heroes in life is indigenous leader Noel Pearson. A modern day prophet who is dedicated to not allowing the status quo to remain the constant, like Luther King Jnr in the 1950s and 60s, Pearson is a culture shaper and thought leader, unequalled in devotion to the cause, with an eloquence and wit to hold the course. I am reminded of his speech *'Love. Rhetoric. Imagination. Power*, where he said:

*"Love. Rhetoric. Imagination. Power.*

*And the greatest of these is love. Of the country. And of the people. Of its ancient peoples and those who so newly called this great land their home. I believe a future national agenda for indigenous affairs must focus on three aspirations. First it must focus on recognition. We must appropriately reform the constitutional rule book of our nation so that it treats indigenous peoples more fairly, and ensures them a voice in laws and policies made by the parliamentary majority about our distinct rights. Second, it must focus on empowerment: there must be structural reform to enable a relationship of mutual rights and responsibilities with government, and to enable indigenous peoples to take empowered responsibility in our affairs. Third, it must foster cultural embrace. For the ancient indigenous heritage of this land is the rightful inheritance of all Australians. It should be known and enjoyed by all. Indigenous Australian cultures and languages should be officially embraced as Australian cultures and languages".*

Our Guest of Honour at this week's Reconciliation Assembly was Aunty Lyn, elder of the Gundungarra people, who shared personal stories that highlighted the importance of taking the next steps in Reconciliation in our community and country. *(Pictured right: Mrs. Hastie, Eleni Vergotis (Captain), Aunty Lyn, Chloe Jensen (Vice Captain) and Mr Adam Osborne).*

As a School let us believe for a greater future for all Australians and may we be a community that helps indigenous Australians be recognised and respected in every place and policy.

## Adam Osborne

Acting Co-Head of BMGS



## FROM THE CHAPLAIN

In the midst of Reconciliation Week, perhaps it is worthwhile remembering the significance of our indigenous brothers and sisters. Many people don't realise that the first Australian Cricket team (1868) was made up of First Australians. This was an impressive team of players with some phenomenal skills represented amongst them. Of the 47 games of the tour, they had 14 wins, 19 draws and 14 losses. It was said of them *"No eleven has in one season ever played so many matches ... so successfully – never playing fewer than two matches in each week, and frequently three, bearing an amount of fatigue that now seems incredible"*.

Indeed it is not only in sport where our indigenous brothers and sisters shine so brightly. One need only consider the contributions of Albert Namatjira to Art, or Neville Bonner to politics, or Norah Wilson to community service. It is interesting to note how often such luminaries are influenced by their Christian faith. In fact many significant personalities actually became ministers and helped their people know the love of Jesus.

Perhaps my favourite example is David Unaipon, inventor, author and preacher. A man of great vision and intelligence, he has sometimes been described as an Australian Leonardo da Vinci. To this day there is a Literary prize, in his name, given to aspiring Indigenous writers. While many recognise him as one of the faces on the \$50- note, I am inspired by the sincerity of his faith and his desire to communicate the truth about Jesus. As with so many of my indigenous brothers and sisters, we share a faith that makes us one people, that reconciles any differences we may have started with and unites us in the family of God.

I think Reconciliation has a strong biblical basis, indeed God is in the business of Reconciliation, not only between indigenous and non-indigenous Australians (although that is a worthwhile endeavour), but ultimately between God and humanity. When we consider the great lengths that God went through in Jesus, to bring us to himself, the conclusion is inescapable: He loves us and wants us to share His Peace.

*"Every item of your new way of life is custom-made by the Creator, with his label on it. All the old fashions are now obsolete. Words like Jewish and non-Jewish, religious and irreligious, insider and outsider, uncivilized and uncouth, slave and free, mean nothing. From now on everyone is defined by Christ, everyone is included in Christ"* (Colossians 3:10-11).

A. Dane

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## FROM THE PARENTS' AND FRIENDS' ASSOCIATION

Following the recent Term 2 General Meeting of the Parents' and Friends' Association, it was resolved to establish the following Sub-Committees and invite interested parents to participate in them:

### **Bungawarra Facility Upgrade**

The Parents' and Friends' Association has previously supported the improvement of the kitchen facilities at Bungawarra (located on the Coxs River and used by the School for off-campus activities). At the Term 1 General Meeting it was confirmed that the Parents' and Friends' Association would like to continue this project and allocated \$5,000 towards it. However there are numerous considerations to be taken into account as to how this money should be spent. Therefore, a Sub-Committee is to be established to advise the Parents' and Friends' Association on how to progress the project. This would be done in close cooperation with School staff and in line with the School's Strategic Plan.

## Parents' and Friends' Constitutional Review

The Parents' and Friends' Association Constitution has been unchanged for several years and there are some ambiguities as to its implementation. Therefore, it is proposed that a Sub-Committee be established to undertake a review of the constitution in line with the overall School governance, and propose any such amendments at the next Annual General Meeting, to be held in Term 1, 2018.

Therefore, I invite any parents who would like to be involved in either of these Committees to pass on their expression of interest to me via the Parents' and Friends' Association email address ([pandf@bmgs.nsw.edu.au](mailto:pandf@bmgs.nsw.edu.au)). I am hoping to get as broad a range of members as possible across all three campuses. Once the level of interest has been established, initial meeting times and venues will be worked out. These may be held in the evenings and also be held off campus.

### **Mr. Duncan Barrell**

Chair, BMGS Parents' and Friends' Association. [pandf@bmgs.nsw.edu.au](mailto:pandf@bmgs.nsw.edu.au)

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## **FROM THE ACTING CO-HEAD OF BMGS**

### **Important dates for the Term**

Tuesday 13<sup>th</sup> June - Year 9 Parent/Teacher interviews

**Note** - There are no half-yearly examinations for Years 7-9 or Year 11

### **Study without stress**

Study and exams continues to be one of the most significant stressors for students, particularly in their final years of schooling. Having said that; the recent focus on NAPLAN results and the HSC has led to some of these anxieties being felt by students in younger Year groups. We want to continue to equip all our students to learn more effectively and, to have a sense of perspective around their study. In order to do this, learning some basic skills on how to study effectively is essential.

The last thing you want on exam day is the 'I should have studied more' feeling. When some of us have to study for something big, it's easy to feel worried and overwhelmed and, sometimes, your brain just shuts down. There are lots of tips and tricks for managing exams and study stress. People have written whole books on this and there are a myriad of internet sites devoted to the topic. In a nutshell, some of the basic tips are:

1. Write a study timetable – make it realistic but also make it challenging!
2. Manage your time effectively – write plans, keep notes on appointments, manage your distractions
3. Prepare for exams – this is more a long-term process. Take your course notes and turn them into study notes whilst you're still studying that component. Don't put it off, or it becomes overwhelming.
4. Include relaxation and fun in your life
5. Get plenty of sleep
6. Teach another person – or your pet! By saying it out aloud, you can tell if you really do remember it. If they ask you questions (obviously not your pet dog – that would be an issue!), then you have to dig a little deeper to demonstrate you can manipulate the knowledge
7. Practice the test situation – this gets you familiar with the exam timing and also the types of questions asked, giving you a greater confidence in your ability to succeed.

**Taking control of these issues – an opportunity for students in Years 10-12**

**Study Without Stress - 2 hour workshop for students**

***Wednesday, 12 July, 10:00am to 12:00pm, Macquarie University***

Study Without Stress (SWOS) is a program for any student currently undertaking their Higher School Certificate (HSC). It is particularly suitable for Year 11 students who plan to undertake their HSC next year but students in Year 12 can also benefit. SWOS is a psycho-educational program that equips students with both knowledge and practical tips on how to approach and overcome the stress associated with exams in the final high school year. We encourage students to participate early in their HSC year rather than waiting until stress has reached a severe degree, however, the program can be beneficial at any stage. The program uses Cognitive Behaviour Therapy (CBT) techniques to help participants get the most out of their final year whilst keeping stress to a manageable level.

This 2 hour workshop will provide the tools for students to:

- Change the way they view school and exam stress
- Tips to deal with work avoidance and unrealistic expectations
- Tips for tackling exam anxiety
- If interested in finding out more, visit the following page

[http://www.mq.edu.au/research/research-centres-groups-and-facilities/healthy-people/centres/centre-for-emotional-health-ceh\\_old/events/study-without-stress-workshop](http://www.mq.edu.au/research/research-centres-groups-and-facilities/healthy-people/centres/centre-for-emotional-health-ceh_old/events/study-without-stress-workshop)

**M. Hastie**

Acting Co-Head of BMGS

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## FROM THE HEAD OF MUSIC

### New Arrival

Congratulations to our Violin tutor Mrs Elizabeth Harding (nee Cooney, Alumni 2005) and her husband Sam, who welcomed a son on Monday 29<sup>th</sup> May at Katoomba Hospital. We wish them all the best and eagerly await her return with her newborn in tow.

### HICES Music Festival

The following students have auditioned for the 2017 HICES Years 5 to 8 Music Festival: Meri Tinkler-Smith (Year 5), Maeve Wagner (Year 6), Tom Archer (Year 5), Finlay Davis (Year 6), Evie Archer (Year 7), Camille Ghitescu (Year 7), Tom Bahnisch (Year 8), Mary Smallhorn (Year 8), Mirah Larkin (Year 8) and Scarlett Weston-Cole (Year 8).

### AMEB Exams

Congratulations to Leila Harris (Year 10) who gained an A (Honours) pass in her 6<sup>th</sup> Grade singing exam. A number of students are currently undertaking AMEB practical exams and we would love to publish their results in the Music news.

### Diary Dates

Friday, 2<sup>nd</sup> June: Music and Machines, Year 10

Saturday, 10<sup>th</sup> June: Debutante Ball

Thursday, 27<sup>th</sup> July: Whole School Concert

Sunday, 13<sup>th</sup> August to Wednesday 16<sup>th</sup> August: HICES Music Festival

D. Smith

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## FROM THE HEAD OF HUMANITIES

### MUNA

Last weekend Tilda Wilkinson, Eliot Mulham and Dillon Hunter, all Year 10 International Relations students, along with Ms Hall, represented Blue Mountains Grammar School in the Model United Nations Assembly (MUNA) function, with guidance and support from Central Blue Mountains Rotary.

The team entered as Russia, which proved to be a difficult role to play. It was a valuable learning experience and a lot of fun! The team is keen to go back next year.

Thank you to the Drama Department who supplied the Russian costumes the students wore and a huge thank you to Ms Hall who has been very generous with her time in pursuing this project. *Pictured: Dillon, Elliot and Tilda, representing BMGS as Russia in the Model United Nations Assembly.*



### Weekly Quiz

The answer to last week's question was Sir Winston Leonard Spencer-Churchill. Congratulations to Molly Gale (Year 9) who has won the canteen voucher. This week's question will be waiting in your mailbox! Competition closes next Tuesday.

J. Madgwick

## FROM THE HEAD OF PERFORMING ARTS

As reported last week, both the Intermediate and the Senior Theatresports teams have qualified for the Semi-Final round of the 2017 NSW Schools Theatresports Challenge.

Tonight our Intermediate Team will be competing in their Division at St. Andrew's Cathedral School, and next week our Seniors contest their Semi-Finals, also at St. Andrew's (see flyer, right).

Members of the School community are welcome to attend these Semi-Finals to support our teams.

C. Pecovnik

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### Schools Challenge Semi Finals

<b>Date:</b> Friday 2 <sup>nd</sup> June
<b>Time:</b> 7pm – 9pm
<b>Venue:</b> St Andrew's Cathedral School MC Newth Auditorium, Senior College Building 51 Druitt Street, Sydney
<b>Tickets:</b> \$10 adults, \$5 students, at the door

Intermediate Teams are...

- St Andrew's Cathedral School
- Sydney Secondary College Leichhardt
- Saint Ignatius College
- Smith's Hill High School
- PLC Sydney
- The Hills Sports High
- Blue Mountains Grammar School

Check out all the TSC info at [www.improaustralia.com.au](http://www.improaustralia.com.au)  
[www.facebook.com/Theatresports-Schools-Challenge-presented-by-Impro-Aus](http://www.facebook.com/Theatresports-Schools-Challenge-presented-by-Impro-Aus)  
 For more information, email [tscadmin@improaustralia.com.au](mailto:tscadmin@improaustralia.com.au)



Impro Australia proudly presents the...



### Schools Challenge Semi Final

<b>Date:</b> Tuesday 6 <sup>th</sup> June
<b>Time:</b> 7pm – 9pm
<b>Venue:</b> St Andrew's Cathedral School MC Newth Auditorium, Senior College Building 51 Druitt Street, Sydney City
<b>Tickets:</b> \$10 adults, \$5 students, at the door

Senior Teams are...

- St Andrew's Cathedral School
- Blue Mountains Grammar
- Sydney Secondary College Blackwattle Bay
- International Grammar School
- Cranbrook
- Smith's Hill High School

Check out all the TSC info at [www.improaustralia.com.au](http://www.improaustralia.com.au)  
[www.facebook.com/Theatresports-Schools-Challenge-presented-by-Impro-Aus](http://www.facebook.com/Theatresports-Schools-Challenge-presented-by-Impro-Aus)  
 For more information, email [tscadmin@improaustralia.com.au](mailto:tscadmin@improaustralia.com.au)



# FROM THE HEAD OF STUDENT WELLBEING

Parenting evening with Dr Justin Coulson – 19<sup>th</sup> June, 7:00pm



On 19<sup>th</sup> June BMGS will welcome one of Australia's leading parenting experts to the Junior School Hall for an evening for parents. While Justin will be focused on providing parents with strategies to build strong relationships in their families, there will also be an opportunity for parents to ask questions.

For more information and to RSVP for the event, please follow this link:

<https://www.eventbrite.com/e/helping-your-children-thrive-dr-justin-coulson-visits-bmgs-tickets-34188022295>

If you would like to put forward a question for Justin to answer (all responses are confidential), please follow this link <https://www.menti.com/3a79c8>.

## What do your children find hardest about study?

Recently parents and carers had an opportunity to vote on the aspects of studying that they believe to be the hardest for students. The three biggest concerns parents identified were:

1. Dealing with distractions
2. Getting motivated to start studying
3. Knowing which content to focus on

## What can parents do to support and encourage students to study?

Here are six tips from parenting expert Dr Justin Coulson:

1. Make age appropriate requests
2. Force creates resistance, so allow a degree of autonomy
3. Encourage routine
4. Minimise distractions – use devices as a reward after study
5. Avoid making criticisms – ask what your child thinks of their work
6. Model good time management – actions speak loudly

For more information see here: <http://www.kidspot.com.au/school/secondary/study-skills/teaching-children-to-manage-their-study>

Students are also encouraged to make use of the following website developed by Elevate Education who is currently visiting BMGS to equip students with techniques to improve the productivity of their study: <http://austudent.elevateeducation.com/study-tips>

If you need help to ensure you can access the School's Portal, please email Mrs. Charmian Whittingham [cwhittingham@bmgs.nsw.edu.au](mailto:cwhittingham@bmgs.nsw.edu.au)

A. Beitsch

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## FROM THE LEARNING ENRICHMENT DEPARTMENT

This term I am in the Library Resource Centre (LRC) after school on Tuesdays from 3:15pm to 4.45pm. This afterschool assistance can also include help in organising a study plan or just general assistance in organising your workload.

If you are interested in attending, it is a great idea to contact me on email [almichielsen@bmgs.nsw.edu.au](mailto:almichielsen@bmgs.nsw.edu.au) so that I can prepare best for the time spent together.

A. Michielsen

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## FROM THE HEAD OF ZIELE HOUSE



### Red Shield Appeal

More than 100 students volunteered and door-knocked for the Salvation Army's Red Shield Appeal over the weekend. As a group collecting in Wentworth Falls, the students collected almost \$6,000 on the day. It was a much warmer day than last year and everyone who door-knocked had a great time. Some of the stories from the day include the group of Year 8s who, at one house, had a conversation in Bulgarian using Google Translate on their phones, and the groups who had people jumping out of cars at traffic lights to throw money at them.

A massive thank you to all the parents who helped drive their children to various locations in Wentworth Falls on the day. Also thank you to Mrs. Samantha Coultas and Mrs. Alicia Michielsen for helping on the day, as well as Mrs. Catherine Van Gelderen and Mrs. Elaine Manners.

D. Evans

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## FROM SENIOR SCHOOL RECEPTION

There is a cupboard full of items of lost property at the moment. Could students please check at home to make sure they do not have items that do not belong to them and, similarly, please come and check the lost property cupboard for any items they may have misplaced at School. Even if they have previously looked in the cupboard for a lost item, please come back for a second look as many new items have been added over the past two weeks.

R. Loesch

## CAREERS NEWS

**Alert – The HSC and Careers Expo 2017 is on this weekend at Moore Park – free tickets (while they last) are available from Dr Madgwick.**

### Website

Careers information for students is available on the BMGS Careers FROG Learning Management website. This website is accessible by all students and staff in the Senior School. Here you will find the link to the MHSCareers website, which provides an extensive careers information service.

### Library Resource Centre

In the LRC there is a self-serve Careers corner for your use. Here you can find the Handbooks from the various universities. You are welcome to take these books home! On the notice board you will find a copy of the weekly MHSCareers newsletter.

### In the Mail

For students aged 15 to 19 years, you can have your say in the 2017 Mission Youth Survey. The link is on FROG. For information on scholarships for Sydney University, courses in Science and Agriculture from University of New England, TAFE Open Week and Year 10/11 students looking to volunteer overseas during the summer holidays, details are on the FROG Careers webpage under “Week 6 Materials”.

### Discussing your Options

Careers discussions are available in the LRC every Tuesday afternoon between 3:15pm and 4:45pm during Term time.

J. Madgwick

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## FROM THE FOUNDATION

### Centenary Quilt

The Centenary Committee is planning a Centenary Quilt and looking for quilters from current parents, grandparents, students, staff and alumni. If you are interested, please email Mrs. Marlene Plummer (Archivist) on [mplummer@bmgns.nsw.edu.au](mailto:mplummer@bmgns.nsw.edu.au)

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## FROM THE UNIFORM SHOP

**Important Notice: Changes to Uniform Shop Trading Hours 15<sup>th</sup> May to 16<sup>th</sup> June (Weeks 4 to 8, Term 2)**

Mrs. Kimberley Arrell will be covering Mrs. Carol Lowe’s position in the Junior School, full time from 15<sup>th</sup> May to 16<sup>th</sup> June, 2017, whilst Mrs. Lowe is away on Long Service Leave.

The Uniform Shop will therefore not be operating on its usual days.

Parents and students who require uniform items during this period and who know the sizes they require, are asked to email Mrs. Arrell – [uniformshop@bmgns.nsw.edu.au](mailto:uniformshop@bmgns.nsw.edu.au) - who will be providing a ‘Pick and Pack’ service.

Items may be ordered via email and collected from and paid for at Coorah Reception through Mrs. Sarah Dunstan, 4757 9000.

The ordering system currently used by parents at our Valley Heights campus will continue unchanged.

For parents who are unsure of sizing, Mrs. Arrell will be arranging appointments, via email, for Monday and Tuesday after school. Alternatively, Mrs. Arrell may be contacted at Junior School Reception via 4757 9026.

The Uniform Shop will return to normal operating hours on Monday, 19<sup>th</sup> June. **Please hold any items for our Pre-loved clothing pool until Term 3.**

K. Arrell

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## FROM THE HEAD OF SPORT

### Head of Sport Report

This week we have the Football boys and Hockey girls playing at home. As we had difficulty last week manning the canteen across all time slots, could you please ensure that you reply to your MIC regarding your availability. It is a lot to expect staff to coach and manage teams in addition to working shifts in the canteen or the BBQ. The money raised from the sports canteen is used to buy equipment for all sports so your support in this area is greatly appreciated.

After talking to some parents last weekend about Team App, it has come to my attention that although many have joined the App, they have not turned notifications "On" on their phones to receive information about their child's sport.



To activate the App, go to "Settings" on your phone, then scroll down to Team App and flag "Yes" to allow notifications.

If you have not received a confirmation message to say that you have been accepted into the BMGS community site, this means that you also have not completed the process.

### Congratulations

Our congratulations are extended to Ethan Cusick (Year 9) who was selected in the ISA 15 Years and Under Touch Football team. This is a great opportunity for Ethan who this week competes at the NSW CIS Championships at Penrith. We wish him well in this competition.

### ISA Athletics Carnival

The ISA Athletics Carnival will be held in September. The team will be announced prior to the end of the Term and all students are encouraged to compete at the next level if chosen.

### ISA Cross Country Carnival

This week BMGS will take the School team to compete in the ISA Cross Country Carnival at the Sydney Equestrian Centre. The team is led by the team captains, Sarah Zakis and Lewis Squadrito who are excellent role models in the field of Cross Country running.

All ISA trials have now been completed for the year. Remember: if you are playing a sport at a Representative level outside School please let me know of your achievements.

M. Harris

## BLUE MOUNTAINS GRAMMAR SCHOOL CRICKET CLUB AGM

Annual General meeting Tuesday 20<sup>th</sup> June 2017,

Coorah, Senior School, 7:30pm.

Entry via the eastern front door.

All are welcome to attend and contribute ideas as we explore ways to continue to keep the sport of Cricket thriving and progressing at BMGS.

## Saturday Sport Fixtures - 3<sup>rd</sup> June 2017 - Round 6

Boys' Football	Team	Opponent	Venue	Time	Field	Bus Information
	1st XI	CCGS	Home	12:45pm	Football Field	N/A
	2 <sup>nd</sup> XI	CCGS	Home	2:00pm	Football Field	
	15s	CCGS	Home	11:30am	Football Field	
	14s	CCGS	Home	10:15am	Football Field	
	13s	CCGS	Home	9:00am	Football Field	
Rugby	Team	Opponent	Venue	Time	Field	Bus Information
	13s	Redlands	Macquarie Uni	10:00am	Campbell	<b>13s, 14s</b> Blackheath: 7:10am BMGS: 7:30am Lawson: 7:40am Springwood Station: 7:50am Glenbrook: 8:05am <b>Bus will return by 2:00 pm</b>
	14s	Redlands	Macquarie Uni	11:00am	Campbell	
	16s	Oakhill	Oakhill	12:00pm	Hermann Oval	<b>1<sup>st</sup> XV, 16s</b> Blackheath: 9:10am BMGS: 9:30am Lawson: 9:40am Springwood Station: 9:50am Glenbrook: 10:05am <b>Bus will return by 5:00 pm</b>
	1st XV	Oakhill	Oakhill	1:00pm	Damien Oval	
Hockey	Team	Opponent	Venue	Time	Field	Bus Information
	Open A	Oxley	Home	9:00am	1	N/A
	Open C	Oxley	Home	10.30am	1	
Girls' Football	Team	Opponent	Venue	Time	Field	Bus Information
	1st XI	St Paul's	BMGS	8:00am	Far Ave 1	N/A
	Junior A	Oxley	Chevalier College	11:30am	Far Ave 1	<b>Junior A and B</b> BMGS: 7:00am Lawson: 7:10am Buttenshaw: 7:20am Glenbrook: 7:35am <b>Bus will return by 2:30pm</b>
	Junior B	Oxley	Chevalier College	10:15am	Far Ave 1	
Netball	Team	Opponent	Venue	Time	Court	Bus Information
	1st VII	Barker	Brickpit	9:45am	2	<b>First VII, Inter B</b> BMGS: 7:15am Lawson: 7:25am Buttenshaw: 7:35am Glenbrook: 7:50am <b>Bus will return by 2:30pm</b>
	Open B	Oakhill	Oakhill	10:30am	2	<b>Open B</b> BMGS: 8:00am Lawson: 8:10am Buttenshaw: 8:20am Glenbrook: 8:35am <b>Bus will return by 1:30pm</b>
	Inter A	Chevalier	Chevalier	10:15am	4	

	Inter B	Barker	Brickpit	11:00am	3	<b>Inter A, Junior A and B</b> BMGS: 7:00am Lawson: 7:10am Buttenshaw: 7:20am Glenbrook: 7:35am <b>Bus will return by 2:30pm</b>
	Junior A	Chevalier	Chevalier	11.30am	4	
	Junior B	Chevalier	Chevalier	11:30am	4	

## Match Reports: Saturday, 27<sup>th</sup> May, 2017

### Girls' Football

#### BMGS First XI were defeated by Barker College, 4-0

This was another gorgeous day for playing sport and this week we travelled to Barker's home ground. Incredibly, Barker has lost only one game in the last nine seasons in the First X1 Division. Barker also had a young Matilda in their team who was simply unbelievable to watch in skill, speed, shooting, power and game awareness. Only losing 0-4 against such an experienced and skilful team was an amazing effort. First of all, Emma Jinx in goal made some brilliant saves and really kept us in the game. Barker only scored 3 of their 4 goals in the last ten minutes of the first half, when our backs had trouble keeping up with the speed of Barker's forwards. I was so proud of Emma's efforts in being more vocal, encouraging her backline superbly - you have arrived Emma. Well done; you have really level jumped in skill and belief in yourself and that is a great achievement mid-season. Our back line second half were courageous and Abbie Lucas had her best game of the season, applying consistent pressure on Barker's right side attack, winning the ball on many challenges. While Ella, Tara and Sarah had a massive assignment to minimise the attack of Barker's Young Matilda and they did this very well. Barker only scored one goal in the second half. What did we learn from this game? Firstly, our team are genuinely applying a 70-minute effort in defence every week. Our intensity to get to the ball and to get to the opposition in numbers was the best it has been this week. I felt our team has recognised how dependent we are on every player stepping up and being accountable in defence. Our fitness is finally getting closer to the level needed. Secondly, we are trying to be more vocal and wanting the ball. There was an improvement in this area of our game but, as we have observed from Barker, Oakhill and Central Coast, you maintain possession longer by moving the ball into the low pressure areas of the field. Barker moved the ball to the centre backs and wing backs a lot. It is now time for our backs to build up our play. When the midfield get the ball and are under pressure we need to build up more possession via our centre backs and wing backs moving into space and asking for a back pass from our midfield. I am looking forward to this weekend

#### **S. Walpole, Coach**

#### BMGS Junior A defeated Central Coast Grammar School, 2-1

It was an early start for the trip to Central Coast Grammar to take on the team currently in second position, behind us. This was going to be a tough game as the girls had had a busy week with training and the Athletics Carnival. Central Coast came out strongly but our back line, of Ella-Rose, Maddi, Ruby and Michayla and goalie defence of Eloise, kept them out for a long period of time. Indigo scored a quick goal late in the first half, but the opposition matched this just before half time. Milla and Koko continued to work hard to bring scoring opportunities down the field. The winning goal was delivered by a penalty shot from Indigo. Special mention must be made of Michayla and Rhianna who put on a brave face despite being injured. Thank you to Scarlett for stepping up and filling in when we were down on substitutes. Our BMGS Junior A team remains undefeated in their division. Keep up the effort, girls. Well done!

#### **Lauren Wade, MIC Girls' Football**

#### BMGS Junior B were defeated by Central Coast Grammar School, 5-0

Another early trip: destination Central Coast Grammar for Round 5. The girls were extremely motivated following their win from last week. They stepped up this week, assisting with positioning and ensuring game time was fair for all. You should be proud of your sportsmanship, girls. This transferred onto the field, with the girls supporting each other and backing themselves. Alina and Estelle had a few scoring opportunities but CCGS defence was just too strong. Ruby, Taylor and Grace worked hard in defence the entire game but their forward line just out skilled us. The team went down 5-0, however, the girls never gave up. Keep up the wonderful effort, girls.

#### **Lauren Wade, Junior B Manager**

### Netball

#### BMGS First were defeated by Redlands, 52-31

The girls hit their target of 30 goals in a game for the first time this season. The unlikely pairing of Isabel Stortenbeker at GA and Meg Brailey at GS resulted in a smart game together, producing some lovely shots from Meg. Selai Rokotuiwai provided great drive through the midcourt. Her amazing athleticism and excellent hands grabbed the netball from everywhere in defence. Sophie Barrah was also unshakable in defence and provided a reliable option in the midcourt attack. We were offered a place in Division 3 this

week but I think these girls can rise again and give some of these Division 2 teams a good run for their money.

**Viki Stanton, Coach**

BMGS Open B defeated Barker, 28-22

It was a somewhat slow start in the mid court with far too many wayward passes resulting in just five goals for the first quarter. However, the girls 'switched on' in the second quarter. They remembered their roles and ran their pathways much more effectively. This saw them jump out to a 15-7 lead at half time. Barker did make a comeback in the second half, but the team were able to hang on to a hard fought win. While our attack was steady, it was our brilliant defence in the circle that won BMGS the game. A huge thank you to Alycia Hamilton-Costello for filling in at Centre. She made a match winning contribution.

**Jacqueline Haines, Coach**

BMGS Intermediate A defeated Barker, 39-33

The Intermediate As had a weak start to the game against Barker. In the first and second quarters, the scores were extremely tight, alternating from shot to shot. However, in the third quarter BMGS began overtaking the opposition with effective attacking play and they managed to maintain their leading position into the fourth quarter.

BMGS Intermediate B were defeated by St. Spyridon, 45-26

This was always going to be a tough match as our numbers were depleted this round. We were very glad to have Phoebe Mason, Scarlett Weston-Cole and Rosie Groenewegen fill in for us to make a full team. Despite what the score line might suggest, this game was a lot more closely contested than it would appear. All girls gave their all, however, since we had not played together as a team, it took a little time to become acquainted. By the end, we had some continuity of passing and the girls had a better understanding of their teammates positioning, but alas, our opponents were too far ahead. We will miss Molly Gale for the next few weeks and look forward to her return in the semi-finals!

**Michelle Airth, Coach**

BMGS Junior A were defeated by St. Spyridon, 27-16

After a shaky start in the unfamiliar outdoor setting, the girls settled down to play a solid game. Once they decided that they did in fact want the ball, they became more competitive and made their opponents work for every goal. Many strong performances made this loss very acceptable.

**Michelle Airth, Acting Coach**

BMGS Junior B were defeated by St. Spyridon, 26-14

In a hard fought match all the girls really stepped up to plug the gap created by the injury to playmaker and general go-getter Mia Underwood. Estella Heifetz and Belinda Cunningham both worked very hard in Centre. Our defensive and attacking groups both combined well. The girls will be working on creating space when we have the ball and making better passing decisions.

**Josh Watts, Coach/Manager**

**Boys' Football**

Match results Against Redfield College:

U13s lost 3-2

U14s won 6-2

U15s lost 1-0

2<sup>nd</sup> XI won 3-0

1<sup>st</sup> XI won 2-1

**P. Singh, MIC Boys' Football**

**Rugby**

BMGS Under 13s were defeated by Kinross Wollaroi

The Under 13s enjoyed a lovely day of Rugby. BMGS played well but we lost by quite a lot. We all tried our best until the very end, scoring the last try, with Russell Topp going over the line. Tom Delaney was very useful at the break down, securing the ball. At training the boys will be working on getting the ball wide to the wing and getting it to space in the other team's defensive line. Overall, the boys did a great job. The end score was 10 tries to 2 tries.

BMGS Under 14s defeated Scots College, 31-29

On Saturday the BMGS Under 14s defeated Scots Bathurst for a home game 31-29. It was a close match, with both sides showing equal skill. Scots brought a solid defensive line also scoring the first try and at half time we were down by one try. With a try from kick off thanks to Aiden there was a short flurry of tries from BMGS. Well done, Tom Delaney, for the inspirational talk; also Tom Tinsey for playing his usual solid game and Oscar Monk for his strong runs and relentless tackling. The boys played well with lots of positive talk and play. We are coming together and making a great team.

**Mani Hitchenson**

### BMGS Under 16s defeated St. Gregory's, 32-15

The game a week earlier against Scots College gave us food for thought, particularly in attack, for the backs and in the lineout for the forwards. This week the backs stood just a little deeper and this allowed the ball to flow without the pressure that St. Gregory's applied. The error tally was down to almost zero, even though the opposition inside backs were solid defenders. Chester and Christian still punched through over the advantage line and quick recycling of the ball from Ethan provided opportunities out wide. The lineout got reshuffled with Harrison jumping in a 4-man lineout. This combination dominated the possession, with BMGS winning nearly all lineouts in the first half. Halfback Ethan, made excellent choices in the centre as he took charge of where the ball was going – driving up the middle or a 'hot' ball out wide. With players sticking to their job there was never any doubt in the players' minds as to what the next step would be. This was a tough game; St. Gregory's had good players but couldn't match our strength across the field. St. Gregory's got over the line for three well-deserved tries, whilst for BMGS, Harrison scored twice and Rama, Lakith and Ethan all crossed the line. Ethan's 4 conversions (3 out wide) was the icing on the cake. Highlights of this game included our territorial advantage via an excellent kicking game from Harrison, Ethan and Rama. We were able to escape our 22m area easily after fielding both their kick-offs and their infield kicks. The consistent backward movement of the St. Gregory's attack and defence must have caused some frustration. Combinations in the backs also stood out. Fullback Lasse's passing to Rama, Harrison and Ethan, showed how well the players can read the game. Support for a full back is essential and an opportunity to run with space. Rama scored a length of the field try under the posts from a kick-off receive. All players shone in this tough encounter: Joel was outstanding as the team's utility player. Special mention must go to Lloyd who was injured during the match. His game has gone from strength to strength. He suffered a lower back impact and attended hospital for X-rays. We are pleased to report that he was cleared of any serious injury.

#### **A. Foot**

#### **Hockey**

### BMGS 1<sup>st</sup> XI were defeated by Central Coast Grammar School, 3-0

The BMGS 1<sup>st</sup> XI played a very strong game against Central Coast Grammar School. The first half started off as a tight and very even contest, and the girls held their own. With our tireless coach, Mr/ Rhod Grivas, directing and encouraging from the sideline, the score at half time was 1-0 to CCGS, after they finally cracked our staunch defence. In the second half, despite numerous attacking moves up the wings by Bronte Pickering and Rose Clifford, BMGS were unable to break through. A superb long range shot from CCGS made it 2-0. In the final ten minutes of the game, with BMGS starting to tire, having given it their all, a series of short corners were converted resulting in a final score of 3-0. However, our girls can be extremely proud of the way they played and worked with and for each other. Certainly, this was our best team effort yet and we look forward to further improvements in the upcoming games as our confidence and skills keep improving.

**Fleur Young, Captain**

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## **JUNIOR SPORTS NEWS**

### **Junior Football**

Under 9s – This was a brilliant game by the mighty U9s with some exciting play across the park by all players. Some wonderful skills were evident in attack and defence. What a great game, team!

Under 11s were defeated by Blaxland, 7-2

Under 12s were defeated by Wilberforce, 3-1

### **S. Bell**

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## **FROM THE UNIFORM SHOP**

**Important Notice:** Changes to Uniform Shop Trading Hours 15<sup>th</sup> May to 16<sup>th</sup> June (Weeks 4 to 8, Term 2)

Mrs. Kimberley Arrell will be covering Mrs. Carol Lowe's position in the Junior School, full time from 15<sup>th</sup> May to 16<sup>th</sup> June, 2017, whilst Mrs. Lowe is away on Long Service Leave.

The Uniform Shop will therefore not be operating on its usual days.

Parents and students who require uniform items during this period and who know the sizes they require, are asked to email Mrs. Arrell – [uniformshop@bmgs.nsw.edu.au](mailto:uniformshop@bmgs.nsw.edu.au) - who will be providing a 'Pick and Pack' service.

Items may be ordered via email and collected from and paid for at Coorah Reception through Mrs. Sarah Dunstan, 4757 9000.

The ordering system currently used by parents at our Valley Heights campus will continue unchanged.

For parents who are unsure of sizing, Mrs. Arrell will be arranging appointments, via email, for Monday and Tuesday after school. Alternatively, Mrs. Arrell may be contacted at Junior School Reception via 4757 9026.

The Uniform Shop will return to normal operating hours on Monday, 19th June. Please hold any items for our Pre-loved clothing pool until Term 3.

K. Arrell

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## **FROM THE PARENTS' AND FRIENDS' ASSOCIATION**

Following the recent Term 2 General Meeting of the Parents' and Friends' Association, it was resolved to establish the following Sub-Committees and invite interested parents to participate in them:

### **Bungawarra Facility Upgrade**

The Parents' and Friends' Association has previously supported the improvement of the kitchen facilities at Bungawarra (located on the Coxs River and used by the School for off-campus activities). At the Term 1 General Meeting it was confirmed that the Parents' and Friends' Association would like to continue this project and allocated \$5,000 towards it. However there are numerous considerations to be taken into account as to how this money should be spent. Therefore, a Sub-Committee is to be established to advise the Parents' and Friends' Association on how to progress the project. This would be done in close cooperation with School staff and in line with the School's Strategic Plan.

### **Parents' and Friends' Constitutional Review**

The Parents' and Friends' Association Constitution has been unchanged for several years and there are some ambiguities as to its implementation. Therefore, it is proposed that a Sub-Committee be established to undertake a review of the constitution in line with the overall School governance, and propose any such amendments at the next Annual General Meeting, to be held in Term 1, 2018.

Therefore, I invite any parents who would like to be involved in either of these Committees to pass on their expression of interest to me via the Parents' and Friends' Association email address ([pandf@bmgs.nsw.edu.au](mailto:pandf@bmgs.nsw.edu.au)). I am hoping to get as broad a range of members as possible across all three campuses. Once the level of interest has been established, initial meeting times and venues will be worked out. These may be held in the evenings and also be held off campus.

### **Mr. Duncan Barrell**

Chair, BMGS Parents' and Friends' Association  
[pandf@bmgs.nsw.edu.au](mailto:pandf@bmgs.nsw.edu.au)

# FROM THE HEAD OF THE PREPARATORY SCHOOL

## Healthy Harold Life Education Visit - Wednesday 7<sup>th</sup> and Thursday 8<sup>th</sup> June

On Wednesday 7<sup>th</sup> and 8<sup>th</sup> June, the children will be visiting the Life Education Van at the Preparatory School for the Healthy Harold Presentation.



For Pre-Kindergarten, *Harold's Healthy Play Day* program focuses on physical activity, healthy eating, hygiene and rest.

The Kindergarten program - *Harold's Friend Ship* - Explores how to build friendships and care for others, feelings and emotions, safe and unsafe situations and early warning signs, safe places and people to turn to for help.

The Years 1 and 2 program - *Growing Good Friends* - covers unsafe behaviours, situations and environments, healthy food choices.

The Years 3 and 4 program - *All Systems Go* - looks at the function of body systems, peer pressure, second hand smoking, and safety with medicines.

**A Parent Session will be held on Thursday 8 June from 8.30am to 9.00am.**

E. Flett

### Student Awards:

Pre-Kindergarten - Sophie Pawlyk

Kindergarten - Elliot Wisman Santamaria and Carlyle Magee

Stage 1 - Xavier Stephens and Cody Mackin

Stage 2 - Finley Snedden and Neil Geikie

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## DATES FOR YOUR DIARY – JUNE 2017

**Friday, 2<sup>nd</sup> June** – SSO Music and Machines Concert, Seymour Centre

**Friday, 2<sup>nd</sup> June** – Year 11 Geography Field Work Excursion, Wentworth Falls

**Friday, 2<sup>nd</sup> June** – PJ Day at the Preparatory School

**Friday, 2<sup>nd</sup> June** – Year 10 Wilderness Education Class (3) to Asgard Swamp, Mt Victoria

**Friday, 2<sup>nd</sup> June** – Junior School Parents' & Friends' Association Movie Night

**Friday, 2<sup>nd</sup> June** – Intermediate Theatresports Competition, Semi Final, SACS

**Tuesday, 6<sup>th</sup> June** – Junior Sevens Rugby Gala Day, William Clarke College

**Tuesday, 6<sup>th</sup> June** – Senior Theatresports Competition, Semi Final, SACS

**Wednesday, 7<sup>th</sup> to Thursday, 8<sup>th</sup> June** – Preparatory School Life Education Van visit

**Thursday, 8<sup>th</sup> June** – Visit to Fire & Rescue NSW (Junior School Pre-K and K classes)

**Friday, 9<sup>th</sup> June** – Junior and Preparatory Schools' Athletics Carnival

**Friday, 9<sup>th</sup> June** – Year 12 HSC French Immersion Weekend, Milson Island

**Saturday, 10<sup>th</sup> June** – Debutante Ball, Fairmont Resort