

Blue Mountains Grammar School

Newsletter

Vol 16, 8th June, 2018



Celebrating 100 Years ... of acknowledging each other's achievements



FROM THE HEADMASTER

Resilience and Gratitude

Consider these two students – James and Jessica.

James is often in trouble in class. He does not try to pay attention nor complete work either in or outside of class. He criticises other students and their parents. He seems to dislike the world.

Jessica, on the other hand, has a sunny personality. She is well-organised, finds plenty of time for work and play and has lots of friends.

James comes from a happy, well-off family.

Jessica's father passed away when she was young and her mother suffers from a terrible illness. Money is short and Jessica has to care for her younger brother.

Why is Jessica so happy and James so grumpy?

Life, both at school and outside school, has many ups and downs. How we deal with the difficulties we face impacts on the way we lead our lives. Resilient people are able to recover quickly from setbacks. By working on our own psychology, we can make ourselves more resilient so that we too can enjoy the good things that life brings and not be defeated by the tough times.

Over the course of the past few years, many elements from the positive psychology framework have been incorporated into our Student Wellbeing program. There is an excellent paper titled: *Positive Psychology: Harnessing the power of happiness, mindfulness, and inner strength from the Harvard Medical School* that outlines three ways to capture the benefits of positive psychology:

Express gratitude. *Gratitude is a thankful appreciation for what we have – from a roof over your head, to good health, to people who care about you. When you acknowledge the goodness in your life, you begin to recognise that the source of that goodness often lies outside yourself. In this way, gratitude helps you connect to something larger than your individual experience – such as other people, nature, a relationship with God.*

It is suggested that you should set aside a few minutes every day and think about five large or small things for which you are grateful. Write them down if you like. Be specific and remember what each one means to you.

Leverage your strengths. *To reap the benefits of your strengths, you first need to know what they are. Not many people know all of their strengths. If something comes easily, you may take it for granted and not identify it as a strength. If you are not sure of your strengths, you can identify them by asking someone you respect who knows you well, by noticing what people compliment you on, and by thinking about what comes most easily to you.*

Certain strengths are most closely linked to happiness. They include gratitude, hope, vitality, curiosity and love. These strengths are so important that they're worth cultivating and applying in your daily life, even if they don't come naturally to you.

Savour the good. *Most people enjoy the pleasure in special moments, like a birthday or a holiday. Everyday pleasures, on the other hand, can slip by without much notice. Savouring means placing your attention on pleasure as it occurs, consciously enjoying the experience as it unfolds. Appreciating the treasures in life, big and small, helps build happiness.*

Multitasking is the enemy of savouring. Try as you might, you can't fully pay attention to multiple things. If you're scanning the computer screen and listening to music during dinner, you're not getting the pleasure you could from that meal – or the computer or music. If you're walking the dog on a beautiful day but mentally worrying about jobs you have to do, you're missing the moment.

Be thankful, know your strengths, enjoy the moment – an excellent recipe for gratitude and resilience.

Acknowledgement: Positive Psychology: Harnessing the power of happiness, mindfulness, and inner strength from Harvard Medical School.

Student Achievement

Congratulations to Allegra Dunning (Year 5) on her wonderful result at the recent Sydney Eisteddfod. Allegra finished 3rd place in the Open Singer/Songwriters category (a division which included adults) – a tremendous achievement, Allegra!

Trevor Barman
Headmaster

FROM THE ACTING CHAPLAIN

Human progress

When asked if the world is getting richer or poorer most people think the rich are getting richer and the poor are getting poorer. According to vast and verifiable data such as can be found on humanprogress.org, the rich are getting richer and the poor are getting richer faster. Due to the 'if it bleeds it leads' trope of much mainstream fear-based media, progress like this is not often reported. Steven Pinker, author of *Enlightenment Now* recently said, “good news is not built in a day... [good things such as people not starving] never make the news because they never happen all of a sudden... you never see a journalist saying ‘I’m reporting live from a village that’s been at peace for 40 years’” (taken from Pinker’s May 2018 interview with Jordan Peterson).

The fact that global poverty has halved in the last 30 years can be stated in two different ways. You can either say that the percentage of people living in poverty has decreased from 20% down to 10% in the last 30 years, or you can say 10% of the world’s population live in extreme poverty, approximately 760 million humans. The way this one fact is worded influences your entire understanding of where we are headed. The fact itself is not good but the first shows progress while

the second leaves us with a sense of despair. The truth is the world is making progress with longer life spans, more education, more food from less farmland, and more freedom; on average people are living even better than the kings and queens of yesteryear.

I think it is of crucial importance for us to understand that the world we live in is not all doom and gloom, people have the power to make positive change and indeed do cause change every day. Human progress is great news and should be studied and talked about in far greater depth than it currently experiences. But what does progress look like from a Christian perspective? Much like the facts about human progress, Jesus offers life changing progress to the poor and the rich. Through Jesus we may all find equality; in Him we can live a meaningful life because He gives our life ultimate meaning. So how do we tap into the riches Christ offers and what does that look like? Let's turn to the Bible for answers. John 8:12 says:

When Jesus spoke again to the people, he said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life." (NIV)

To be spiritually wealthy you don't have to be popular, financially successful, or even own a house; in fact, Jesus had none of these things. All we have to do is follow Him. Human progress is important and is something which we should never take for granted. Learning about the progress humans have made throughout history helps counter the often bleak message we hear about the world being on the brink of collapse. We need a well-rounded perspective that embraces the good and looks for solutions to the problems. But no amount of human progress compares with having the *light of life* that is Jesus. Following Jesus and being able to talk to Him every day about the great tapestry of life is the best. Trusting that He will guide us through if we just let Him, now that is the greatest progress we can hope for in this life.

L. Webb

FROM THE PARENTS' AND FRIENDS' ASSOCIATION

This year we will be holding a **Spring Fair** on Saturday, 15th September, as part of the Centenary Spring Festival.

Our Fairs are always a wonderful community event, lots of fun for participants and patrons alike, and planning is well underway for this year's major event.

Please mark the date in your diaries now – we are looking forward to a fabulous event!



There will be rides (including a Giant Slide, Jumping Castle and Dodgem Cars), stalls, displays and Picnic Races.

There are many ways our parents can become involved and support this major P & F Fundraiser. We will be seeking:

- **Volunteers** to assist on stalls, or with the set-up and clean-up on the day
- Stall "**Champions**" – if you have an idea for a stall, the Committee will help you put your volunteer roster together, or assist with provisions for the Stall.

- **Donations** – there will be several stalls for which donations would be welcome – already the co-ordinators of the Giant Second Hand Book Stall are receiving boxes of wonderful books, so we are anticipating a fabulous Book Stall at the Fair. We are also seeking donations of Bric-a-Brac for the White
- Elephant stall, cakes for the cake stall, second hand clothes, children’s toys, jigsaw puzzles, milk/flour/cream/jam for the Devonshire Tea café... the list goes on, so please keep the Fair in mind if you are planning to ‘de-clutter’ your cupboards/garages or you may be able to make food donations nearer the time of the event!

Please keep checking these weekly Newsletters for updates on how you can be part of this major event!

Parents’ and Friends’ Association Spring Fair Committee

BMGS CENTENARY CELEBRATIONS

Centenary Jackets

The commemorative jackets are now arriving and are proving very popular.

Orders for these jackets may only be placed up until the end of this term (June 29th) so don’t miss your opportunity to order your jacket. Orders are to be placed via the Uniform Shop and are \$45.00 each, regardless of size.

The jackets have a very soft and warm fleece lining and are available in two colours (blue with a gold Centenary crest or black with a white Centenary crest).

Mrs. Arrell has a number of sizes available for fitting in the Uniform Shop.



BMGS Foundation Committee

FROM THE ACTING DEPUTY HEAD – HEAD OF SENIOR SCHOOL

SMS notifications for Parents and Carers

As mentioned in a previous Newsletter, we have been trialling the use of SMS messages to a small group of parents when students are absent or late for school without an explanation and I would like to thank those involved in this pilot. We are now ready to expand this trial to all parents, with our first full day being 11th June, 2018.

To assist with the accuracy of information, a reminder that if a student arrives after 8:30am they need to “sign in” at Student Reception on their way to class. Failing to do so could result in a false absence being recorded and an SMS being sent to parents when the student is actually on campus. If you do receive an SMS that you believe is incorrect please call Gillian Martin on 4757 9022 and

she will follow it up and amend in the system. As always you can explain the absence or late arrival by emailing absences@bmgns.nsw.edu.au, calling Student Reception on 4757 9022 or via the Portal.

This project will assist in maintaining strong lines of communication between the School and home and I would like to publicly thank Ms Gillian Martin for her work in making this happen. I would also thank parents and carers for a degree of patience here, should there be any small teething problems as this change is rolled out.

A. Beitsch

FROM THE DEPUTY HEAD – TEACHING & LEARNING

Important dates for the Term

Year 9 Parent/Teacher interviews – Tuesday 12th June

The BMGS Student Statement

Learning Well Part 2 – Being Creative

Traditionally, Western society has promulgated the perception that creative people are born not made. Unfortunately, our schooling system has, at times, reinforced this idea, by segmenting different types of activities into “creative” or not, or by devaluing creative thinking within the curriculum and demoting it as “less academic” or suitable only for the young. Sir Ted Robinson comments on this frequently, and most famously through the most-watched TEDtalk of all time (to view [click here](#)). We now know that the interplay between creative and critical thinking is vital – that one can’t exist without the other. Equally, we know that people can learn how to be more creative, and how to strengthen their creative “muscles”.

Creativity is the act of turning new and imaginative ideas into reality. Creativity is marked by breaking free of conventional views and ideas, and being able to see the world in new ways. Just as important is the capacity to find unnoticed or hidden patterns, to making connections between seemingly unrelated ideas, concepts or situations, and to generate solutions. Creativity involves two processes: thinking, then producing. We need to be really clear here - producing something is absolutely central to creativity – if you have ideas but don’t act on them, you are imaginative, but not creative.

Creativity requires persistence, passion and courage to move beyond the status quo or challenge traditional ways of viewing and responding to the world and others. It requires curiosity to ask key questions like “why?” and “what if?”, a capacity to push beyond accepted answers and be flexible. Finally, it is about providing students with the motivation, the initiative to pursue ideas and make them a reality.

The qualities we seek to foster, that underpin creativity:

Being -

- Innovative
- Curious
- Flexible
- Inquisitive
- Entrepreneurial
-

When people think in creative ways, possibilities open up. But to keep creativity on the edge, it must be practised, and must reach fruition. Providing as many “real world” opportunities through our learning, both in and out of the classroom plays a vital role in developing creative skills. The inquisitive demeanour, optimism and self-reliance needed to be entrepreneurial are part of the make-up of our students we seek to nurture every day.

M. Hastie

FROM THE HEAD OF MUSIC

Soiree #2

Congratulations to the following students who performed at our Music Soiree #2 last Thursday evening: Luke Ferguson (Year 6), Jack Laurie (Year 6), Jonathan McHugh, (Year 6), Casper Larkin (Year 7), Jessie Blenkhorn (Year 8), Aimee Grace (Year 8), Tom Bahnisch (Year 9), Tom Delaney (Year 9), Indigo Franklin (Year 9), Tyler Frost (Year 9), Mirah Larkin (Year 9), Mary Smallhorn (Year 9), Scarlett Weston-Cole (Year 9), Sel Hardaker (Year 10), Will Hedges (Year 10), Annika Bertinat (Year 11), Leila Harris (Year 11), Miriam Cooney (Year 11), Emily Ampt (Year 12), Thomas Hort (Year 12), Jessy Jones (Year 12) and Geraldine Weiss (Year 12). A wide variety of repertoire was presented and the evening was compered proficiently by Emily Ampt.

Sydney Eisteddfod

Congratulations also to Year 5 student Allegra Dunning (Year 5/6F PA Class) for gaining 3rd place in the Open Singer/Songwriters Division at the Sydney Eisteddfod. As this was an Open category, some of the candidates in the division were adults. Allegra gained a score of 94/100 by singing one of her original songs. A wonderful achievement for this talented young lady.

Diary Dates

Blue & Gold Anniversary and Debutante Ball: Saturday, 9th June - Chamber and Stage Band Musicians
The Vampires: Wednesday, 1st August -Year 9 and 10 Elective Music

D. Smith

FROM THE LEARNING ENRICHMENT DEPARTMENT

A reminder that I will be in the Library Resource Centre (LRC) on Tuesdays this Term after school. This after school assistance is for homework help, however, 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@bmgns.nsw.edu.au so that I can best prepare for the time spent together.

A. Michielsen



FROM THE HEAD OF ENGLISH

English Tutoring

Students, take that next step in your English studies this Term. Come to English tutoring from 3:15pm to 4:45pm on Tuesdays and Wednesdays in the LRC. Use the time to get help with that outstanding homework or assessment task, polish up your writing skills or catch up on your reading.

G. Horne

SENIOR SCHOOL CHESS INTERSCHOOL COMPETITION

Last week, on Friday, 1st June, the Junior and Intermediate teams hosted Riverstone High School at Wentworth Falls. The games were close with both our teams winning 2 and losing 2. The Junior team this week consisted of Oliver Drew, Tien Attwater, Claudia Ivery and Skye Haddock. The members of Intermediate team - Chloe Dance, Matilda Smith, Finley Hastie and Mirah Larkin - all played well, showing improvement in their games. Mirah set a new personal best by winning her first interschool

game. Both teams are performing well in the competition. The Junior team is equal with Riverstone in first place at present. Our teams play away this week at Riverstone.

A reminder that Chess is played in ST1 at lunchtimes on Tuesday and Wednesday during Terms 1 to 4. New players are welcome.

C. Huxley
MIC Chess

FROM THE UNIFORM SHOP

Athletics Singlets

A reminder to return your student's hired Athletics Singlet (washed) to the Uniform Shop as soon as possible. There is a \$5.00 refund for returned singlets.

Due to the Public Holiday next Monday (11th June) the Uniform Shop will open on the following days:
Tuesday, 12th June - 8:15am to 3:30pm
Wednesday, 13th June - 8:15am to 1:45pm

K. Arrell

FROM THE HEAD OF SPORT

Congratulations

This week we congratulate all the students who have qualified to compete at the NSWCIS Cross Country Championships on 14th June as members of the ISA team. Below is the list of students and the place that they received at the ISA Carnival.

Will Zakis	Year 7	1 st
Mia Walpole	Year 11	2 nd
Mirah Larkin	Year 9	2 nd
Casper Larkin	Year 7	2 nd
Rosie Sullivan	Year 9	2 nd
Jett Fendall	Year 7	6 th
Ben Hurley	Year 11	6 th
Olivia Harris	Year 7	6 th
Hayli Shiels	Year 10	7 th
Tara Shiels	Year 12	8 th
Bronte Pickering	Year 11	9 th

The 12 year old girls (Year 7) were successful in gaining a team entry for the NSWCIS Carnival based on their joint placings. The team for this event is:

Olivia Harris
Audrey Mora
Laura Tinsey
Sophie Sutherland

Congratulations to all runners and best wishes at the NSWCIS Carnival.

Canoeing/Kayaking

Sophia Chen (Year 7) represented BMGS at the State Canoeing and Kayaking Championships from the 26th to 28th May. Sophia is reasonably new to this sport but is making good progress across a

variety of events. Sophia achieved success in the 14 Women's Canoe 500m Flat-water Sprint, finishing 3rd – a tremendous effort.

In the Whitewater events, Sophia finished 4th in both the SK1 and C1 events, narrowly missing third place in each event by a small margin. Congratulations Sophia; the training is paying off.

Dogs @ BMGS

May I please remind all visitors to BMGS that it is a School policy that the only dogs permitted on the site are Assistance Dogs. We greatly appreciate all those visiting the School adhering to this policy.

BBQ @ Saturday Sport

Thank you to all those parents who helped out last weekend with the BBQ. Our next home games are on Saturday, 16th June where only Girls' Football and Hockey are at home. Due to this we will not be running a BBQ, however, pies and sausage rolls will be available from the canteen.

M. Harris

Match Reports: Saturday, 2nd June

Rugby

BMGS U13s were defeated by Chevalier College

Chevalier was dominant in all aspects of the game and ran in six unanswered tries in the first half. To the credit of the BMGS players, they worked hard at the breakdown, and the backs put on some very good plays to bend the Chevalier defensive line. Oscar and Tom combined well, but it was difficult to get the ball wide against the opposition's strong backline. Jasper, Joel, Spencer and Ben combined well in the lineout to retain possession in set plays that would have made any Coach very proud. The second half followed a similar pattern with courageous tackling from Oscar, Ben and Jasper that kept the opposition on their toes. Congratulations to Billy, who made some excellent tackles in his first game of Rugby, and to Henry for an amazing try saving tackle late in the second half. The BMGS team was outclassed by a bigger, stronger, more experienced opposition, but they worked hard until the final whistle. It was great to see the players starting to create combinations that will get better as the season progresses.

D. Horwood

Under 15s were defeated by Chevalier College, 40-17

Chevalier College is a strong Rugby school and their Under 15s are no exception. However, our Under 15s have continued to improve throughout the season and it was exciting to see some new backline moves take effect. On two occasions the backs worked together to get quality ball to Oscar on the wing, who proved to be more than up to the task of converting each opportunity into five points. Aiden proved too much for the Chevalier defence, creating a gap from a blindside skirmish from the back of the scrum, and Mani timed his supporting run perfectly to sneak in for a try. Mani's tenacity throughout the game was notable, as was his outstanding conversion from out wide. A huge thanks to all of the boys for their willingness to try some new combinations. Thanks also to Chevalier College for a tough contest.

A. Beitsch

BMGS First XV were defeated by Chevalier College, 51-9

The final scoreline belied the intensity and competitiveness of the BMGS team, who displayed enormous courage throughout the game. After a fiery opening 20 minutes, BMGS led 9-5 from deserved penalties, a result of our continued pressure, teamwork and strategic captaincy (by Jonah) to take the points on offer. Unfortunately, defensive lapses led to a halftime deficit of 9-20. The second half saw multiple handling errors from BMGS cruel several definite scoring opportunities. Some heated exchanges and unchecked late contact also resulted in a significant loss of focus for some members of the BMGS team. Player injuries mounted as greater defensive effort was required due to our unforced errors. The Chevalier team subsequently mounted numerous spirited attacks and ran away deserved winners, 51-9. It is fair to say, based upon the extensive oratory from the Chevalier XV, that they were genuinely surprised by the determination and resistance provided by BMGS. The courage and fortitude of the whole BMGS team was impressive.

J. Cusick

Netball

BMGS Junior Bs were defeated by St. Andrew's Cathedral School, 17-6

The girls played a fantastic game and showed great sportsmanship. The intercepts by our defence were on fire and the breaking from our attack was as fast as Usain Bolt. Overall, a great game.

Molly Gale and Marni Brown – Coaches

BMGS Junior A defeated St. Andrew's Cathedral School, 51-18

The Junior A team played a fantastic game against St Andrew's Cathedral School this week. They dominated from the start of the match and they maintained their intensity throughout the game. It is exciting to see their continued improvement, both individually and as a team. They should all be commended on their ongoing effort and improvement.

Miranda Pecovnik – Coach

BMGS Intermediate B defeated Barker College, 30-16

This was another great team effort from our girls, especially considering our injuries, which led to several girls playing out of their comfort zone. Our positional awareness has improved enormously, particularly in and around the goal circle. This week we will be working on improving our passes. I particularly want to compliment the girls on the encouragement and positive attitude they all bring to the team.

Josh Watts – Coach

BMGS Intermediate A were defeated by Barker College (3) – 43-9

The coach takes responsibility for this loss by playing a combination in the 4th quarter that had not been tested in training. The first quarter saw us ahead by eight points due to beautiful play and shooting from Phoebe Mason and Ellie Gale. Molly Gale and Jasmine Snow, in the midcourt, fed the ball to the circle with accuracy. As usual, the defence quartet of Eliza Huckel, Scarlett Weston-Cole, Lily Thomas and Lexie Zito were hard and tough, and they gained plenty of intercepts. Lorena was on a steep learning curve in defence and gave her all with every attempt at intercept.

Viki Stanton – Coach

BMGS Open B were defeated by St. Spyridon, 42-32

This was perhaps our best game to date and, more importantly, the most enjoyable. Our shooters were on target and the feeding into the circle was very effective. Fewer errors midcourt meant less turnovers, and we even forced errors from our opponents. Defence was a particularly improved area, including our circle defence. However, the most pleasing of all was the fighting spirit and persistence shown by all girls and the teamwork and support of each other, that created a more positive atmosphere. That's the way it should always be!

Michelle Airth - Coach

BMGS First VII defeated St. Andrew's Cathedral School, 37-31

A win was a great result – the slow and steady approach gave us many more opportunities at goal. A new approach, treasuring possession and playing a controlled game in attack brought dividends. Perfecting this style of play should see us winning more and more games. All the girls should be pleased with a true team effort.

Viki Stanton - Coach

Girls' Football

BMGS Junior A was defeated by St Spyridon, 4-0

Our game this week was against St Spyridon's. It was a cold and windy day so spending time on the sidelines was not for the fainthearted; we extend our sincere thanks to the parents and supporters who did exactly that. We have been trying players in different positions, including goalkeeper, and inexperience led to wayward passes and some poor decisions. Our opposition had a reputation of being aggressive and they were quick to take advantage of our mistakes. By half time, they were up 4-0. Our second half was much better, with no goals scored against us and many more opportunities from our side. Thanks to the team and to Scarlett Frosh. who carried Neave McHugh off the field when a ball kicked into her knee caused her much pain. Special mention should be made of Amy's toughness in goals and Clodagh's energy running up and down the field. It was once again a good team performance.

C. van Gelderen, coach

BMGS Intermediates were defeated by Barker College, 4-1

On an extremely cold and windy Saturday morning, the Intermediate A girls ran onto the field and took on Barker College. Knowing that they were on the top of the ladder, we were a bit hesitant but, nevertheless, we held our heads high. Within the first ten minutes Barker had already scored two goals, but that didn't faze us at all, it only seemed to set our fire aflame even more. Our goal came through amazing teamwork when the forwards worked together to open up a scoring opportunity for Indigo, who was in the right place to slot it through the goal. Sadly, we became a bit tired and down

when we came back onto the field and Barker had again scored another two goals. We kept trying until the very last second when the whistle blew but, unfortunately it was too late, with the win to Barker College. However, we will always keep trying to not only win the next game but to become better, as individuals and as a team. I look forward to the next game and thank everyone who came to support us.

Rhianna Say, Intermediate player

BMGS First XI drew with Barker College, 1-1

This was to be our second last home game for some time, and I was so excited for our girls because it was the best performance of the season so far. We played Barker College on the BMGS hallowed turf and I could not have been more proud of the girls' effort. Barker College has won nine of the last ten grand finals in the Open Girls' Division A competition. They have always had a lot of representative players in the ISA, CIS and State teams, therefore, they are a formidable team to play against and always provide you with an "audit" of how well you are progressing as a team. If I could summarise the performance of our girls on Saturday in just two words it would be: "fully committed". As a squad, we have been building towards every single player being completely on the same page with our high pressure defence. Our team moved "as one" on the weekend, and when a team starts to develop this synchronicity it is a very special feeling to experience as a player. At the beginning of the season we discussed the concept of "emergence", i.e. a school of fish is considered a typical example of a "autonomous decentralized system" existing in nature or "emergence", because it often shows a high degree of co-operation in the absence of a leader. So, are we seeing the awareness and demonstration of "emergence" on the field by our girls? Yes! Our girls are now at a stage of their development that, when certain movements or non-movements occur on the field, they know how to respond as a team and individually. This awareness is not just a lesson in sport but a fundamental lesson in how to be part of a highly effective team, and it will hopefully stay in their minds as a positive experience for many years to come. Our girls lifted for each other. No one player let each other down. They inspired their teammates via second and third efforts in defence and attack. Our girls played through to the very last minute and were rewarded with a late goal to draw the game. Specifically, we directed Barker into the areas on the field that we feel most comfortable defending i.e. on the sides of the field away from the goal area. Then, once on the sides, our girls compressed the space via high pressure defence and created turnovers for us to break and build our attack. This was a brilliant effort, girls. You are halfway through the season and you have set a resilient foundation to use as a springboard to future success.

S. Walpole, Coach

BMGS Cricket Club AGM

Tuesday 24th July, 2018

Coorah Boardroom

7:30pm

All cricket followers are welcome

S. Collins (MIC Cricket)

FROM THE HEAD OF THE JUNIOR SCHOOL

Recently I was fortunate enough to attend a series of lectures and workshops with Dr Lea Waters from the University of Melbourne on the importance of making wellbeing visible. Her research has confirmed that there is a significant link between schools that promote and practice activities that enhance student and staff wellbeing and improved academic performance. It is and has been an ongoing goal of ours at Junior School to make wellbeing visible in the same way that we make thinking visible. A journey through the School and classrooms will evidence how we are doing this. Displays focusing on a growth mindset, positive posts for peers celebrating strengths, naming and noticing strengths of class members are all regularly practised in our School. This helps to maintain the supportive and inclusive tone of our student body and we are a happy School as a result. Notice and name your child's character strengths, whether it is kindness, humour, bravery, resilience or

loyalty. It will help your son or daughter gain a sense of his or her own attributes and enhance self-esteem. For more ideas on strength based parenting visit www.strengthswitch.com.

A quick message regarding uniform: as with the blazer for formal uniform, a full tracksuit should be worn to and from School during winter terms for children in sports uniform. Please help us to ensure we maintain high standards of dress amongst the student body, something for which we are applauded in the general community.

Learning about coding has become an area of growth in recent years and I am interested to see if there is enough interest in our own community to run a 'Coding Camp' here at Junior School during the upcoming school holidays. Please see the accompanying flyer for more information. If this is something that you think you might be interested in please use the following link to lodge an expression of interest. This does not mean you are committing to anything. It will simply give us the feedback to see if running such a camp is viable or not. If it is, then further information will follow in the upcoming weeks.

<https://codecampaustralia.wufoo.eu/forms/q1u5t5jb0rnceciz/>

N. Cockington

Student Awards

The following award was presented in Assembly this week:

Bronze – Nicholas Roberson (4G)



CODECAMP

Unleash your child's imagination these school holidays!

More than 35,000 Australian Kids have loved Code Camp

Sponsored by Westpac | Powered by HP

Camps we offer at Code Camp

Little League Ages 5-6 2 days of fun where our littlest coders make the first small, but important steps to becoming creators of technology, not just consumers.	Spark Ages 7-12 3-4 days of creativity, design, fun and coding. Our most popular Code Camp where every child aged 7 and above starts their journey and builds their very own downloadable app!
Ignite Ages 7-12 Ignite is for those who have conquered Code Camp Spark or who already have a lot of coding experience. Build your own top-down adventure game with heaps of mini-games and fun features!	Blast 3D Ages 8-13 Your child will immerse themselves in a 3D world of their creation! Our most advanced camp is designed for those who have completed Spark & Ignite and are ready to take on the world of JavaScript.

Book now at: www.codecamp.com.au | Give us a call on: **1300 263 322**

There are over 100 locations around Australia to choose from

BMGS CENTENARY CELEBRATIONS

Centenary Jackets

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BMGS Foundation Committee



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- Volunteers to assist on stalls, or with the set-up and clean-up on the day
- Stall “Champions” – if you have an idea for a stall, the Committee will help you put your volunteer roster together, or assist with provisions for the Stall.
- **Donations** – there will be several stalls for which donations would be welcome – already the co-ordinators of the Giant Second Hand Book Stall are receiving boxes of wonderful books, so we are anticipating a fabulous Book Stall at the Fair. We are also seeking donations of Bric-a-Brac for the White Elephant stall, cakes for the cake stall, second hand clothes, children's toys, jigsaw puzzles, milk/flour/cream/jam for the Devonshire Tea café... the list goes on, so please keep the Fair in mind if you are planning to 'de-clutter' your cupboards/garages or you may be able to make food donations nearer the time of the event!

Please keep checking these weekly Newsletters for updates on how you can be part of this major event!

Parents' and Friends' Association Spring Fair Committee

FROM THE HEAD OF THE PREPARATORY SCHOOL

Who can believe that it is already Week 6!? The teachers at the Preparatory School are busy finalising their assessments and writing reports, ready for distribution at the end of the term.

With this in mind, we would like to take time to remind parents about the grading criteria used for reporting on our students.

A-E Grading:

The A to E grading scale allows teachers to report a student's academic achievements at any point in time using clear standards. Achievement standards have two important components; what and how well. They describe what students are expected to learn and how well they have achieved.

The A-E grade scale summarises the standard of achievement associated with each grade. The scale also describes the depth of knowledge and understanding and the range of skills that students working at that standard typically show. Grades are given for individual achievement. Students will receive the grade that best matches their standard of achievement. Teachers are not limited to set numbers of each grade within their class or School.



The A-E grade scale is as follows:

A – The student has an extensive knowledge and understanding of the content and can readily apply this knowledge. In addition, the student has achieved a very high level of competence in the processes and skills and can apply these skills to new situations.

B – The student has a thorough knowledge and understanding of the content and a high level of competence in the processes and skills. In addition, the student is able to apply this knowledge and these skills to most situations.

C – The student has a sound knowledge and understanding of the main areas of content and has achieved an adequate level of competence in the processes and skills.

D – The student has a basic knowledge and understanding of the content and has achieved a limited level of competence in the processes and skills.

E – The student has an elementary knowledge and understanding in a few areas of the content and has achieved very limited competence in some of these processes and skills.

Morning Tea Munch

The students at the Preparatory School enjoyed another delicious ‘Morning Tea Munch’ on Monday this week. Our special thanks to all of the families who took the time to prepare some delicious treats and to Mrs Burgess for her help serving.

Book Club

Issue 4 Book Club brochures have been sent home. Please place all orders online through LOOP on the Scholastic website by 14th June. No cash orders will be accepted.

Assembly Awards

Pre K: Sacha Pawlyk, Harry Burgess

Kindergarten: Levi Richardson

Stage 1: Zoe Lynch, Edie Jensen, Cody Mackin

Stage 2: William Cottle, Lachlan Burgess

A. Brace

DATES FOR YOUR DIARY – JUNE 2018

Friday, 8th June – Junior School P&F Movie Night

Saturday, 9th June – Blue & Gold Anniversary and Debutante Ball, Fairmont Resort, Leura

Monday, 11th June – Queen’s Birthday Public Holiday

Tuesday, 12th June – Year 9 Parent/Teacher/Student Evening

Wednesday, 13th June – Year 10 Stand Tall event, Darling Harbour Theatre

Wednesday, 13th June – Year 7 Taronga Zoo Science and Mathematics Excursion

Thursday, 14th June – CIS Primary and Senior Cross Country Carnivals

Friday, 15th June – Year 12 RACI Titration Competition, University of Sydney

Friday, 15th June – Junior School McKelley Cake Stall/Black & White Mufti Day