

# Blue Mountains Grammar School

## Newsletter

Vol 28, 28th Sept, 2018



## FROM THE HEADMASTER

### Year 12, 2018

We wish our Year 12 students all the very best as they end their formal lessons this week and prepare for the HSC Exams at the beginning of next term.

If the showcases of HSC works, projects and performances viewed at School towards the end of this term are indicative of their level of commitment, enthusiasm and effort as a year group, we can look forward to more excellent achievements in the weeks to come.

It has been wonderful to watch our students grow into the fine young people they are today and to see how our focus on thinking and Christian values, supported by a strong community, have contributed to their development as young adults. It is with great satisfaction that we, the staff at BMGS, farewell them into the world beyond our School, knowing we have assisted in shaping people of conscience, courage, compassion and integrity, who are challenged to make a difference to the community and the world.

A sincere thank you to all members of Year 12 2018 for their magnificent contribution to the life of this School. They have played an important part in a multitude of areas and activities – from drama, music, public speaking, and community service, to sport, outdoor pursuits, and as leaders of the School.

We say farewell to Year 12 2018. We look forward to hearing of their personal journeys over the years to come.

### A Thank You to Parents of Year 12 2018

Year 12 parents have been very strong contributors to the fabric of the BMGS Community.

They have been members of School committees, driven buses, assisted on camps, organised the *Bungawarra* walk, taken on responsibility for Valedictory activities, worked backstage for drama productions, organised end of season sports dinners, run stalls at School fairs, helped in the Saturday canteen, coached, refereed, umpired and assisted in many other ways.

The School and Year 12 students alike are very much in their debt. We thank them for their invaluable contributions to BMGS.

## Student Successes

### F1 in Schools Competition

The four BMGS teams comprised of Year 9 and Year 10 students were placed 1<sup>st</sup> to 4<sup>th</sup> in the Western Sydney Finals. *Thrust Vector* and *Nebula* will now progress to the State Finals in November.

The BMGS teams won every special award, including Grand Prix Race, Fastest Lap, Best Engineered, Best Engineering CAD, Best Manufactured Car, Best Team Portfolio, Best Managed Enterprise, Best Graphic Design, Best Team Marketing, Innovation Award (*Thrust Vector*), Best Verbal Presentation, Outstanding Industry Collaboration (*Nebula*), and Fastest Reaction Time (*Ignition Ambition*).

Thank you to Mr Laws from the TAS Department who is tremendously proud of all the participating students.

The teams were:

<b>Thrust Vector</b> Nicholas Hayes Finley Hastie Matthew Foster Zach Burgess	<b>Nebula</b> Phoebe Mason Diya Kapoor Mirah Larkin Mia Brischetto	<b>Eclipse Racing</b> Mitchell Herron Tyler Frost Susan O'Hara Cale Adamov Sebastian Wodrow	<b>Ignition Ambition</b> Rebecca Docherty Alastair Bowman Oliver Multari Jesse Osman-Biggins
---	--	--	--

### The STUFFit Student Film Festival

Congratulations also to Nicholas Mayrhofer and Ethan Ward (Year 10) for their film '*Conformity*' which has won the Junior Live Film Prize in the STUFFit Student film festival in Queensland. It features many BMGS drama students.

### A Privilege to Serve the BMGS Community

As my time at BMGS draws to a close, I have found my years as Headmaster and Deputy Head – Teaching & Learning deeply enriching and fulfilling, both personally and professionally. As I have mentioned many times over the years, BMGS is a very special place - warm, outward looking and generous of spirit. It has been a very great privilege to lead this community and to have played a part in the development of the lives of so many students. To see students taking up opportunities, growing in their learning, faith and character, experiencing success, enjoying themselves, making friends and feeling valued as members of this community has given me a great deal of pleasure and satisfaction. Keeping up with our Alumni has also been an area of great interest for me. It seems that no one ever really leaves BMGS, there is always a special connection.

I have enjoyed working with many wonderful people – board members, executive, staff, parents and most importantly, our young people – and along the way I have formed many lasting friendships.

Looking back over my years at BMGS, I can see how they have unfolded in so many positive ways through the grace of God. To experience the extraordinary goodwill of so many families, the ability and enthusiasm of our great students and an amazingly committed staff whose professionalism and dedication extends well beyond school hours, has indeed been a great blessing.

Over this time, I have also watched my own children, Sarah, Matthew and David, journey through the School, being shaped by it. They, too, have very precious memories of their School. Jen and I will always be very thankful for the positive impact BMGS and its staff have had on them. BMGS due to its irrepressible character and supportive and caring culture has also shaped me. I will especially miss our young people as they have been my inspiration, focus and joy.

I would also like to thank my wife Jen for her constant loving support throughout our time here.

I am so thankful to God for the great blessing of my 16 years at this wonderful School.

I wish BMGS every blessing for the future.

**Trevor Barman**  
Headmaster

---

## **FROM THE ACTING CHAPLAIN**

### **Thank You Mr. Barman**

As the seasons change and the blossoms bloom we are reminded of other changes in our School's life. Namely, I would like to wish Mr. Barman a fulfilling future as he departs from here and begins a new chapter in his own life. We thank him for the immeasurable impact he has made on the students and staff of Blue Mountains Grammar School. Over the past year, as Mr. Barman and I have met for our weekly prayer meeting I have been reminded of Micah 6:8:

*He has shown you, O mortal, what is good. And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God.*

Mr. Barman's ability to act justly, to love mercy, and to walk humbly, has been commendable and inspirational to me and the diverse community at Blue Mountains Grammar School. I would like to thank Mr. Barman for all he has done and would like to conclude this term by saying a prayer for him and his family.

*Dear Heavenly Father,*

*We thank you for the extraordinary love, commitment, and creativity Mr. Barman has given to Blue Mountains Grammar School over the past 16 years.*

*Thank you for the way he has served us and selflessly given out so much of himself to the children and students we care for.*

*As we say farewell to Mr. Barman we entrust him into your care. We pray for happiness and joy to be ahead of him and his family, for wisdom and guidance to be beside them, and for grace and truth to be behind them, pushing them onwards into your goodness. We know that you will always love and protect him, in all that he does and in every place that he may go.*

*We pray that he will go on to find new treasures each day, and that the blessing of Christ would be upon all that he does, forevermore.*

*Father in your name we pray,  
Amen*

L. Webb

---

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

### **“DESIGN A BRICK” FUNDRAISER**

To celebrate our School's centenary year, the Parents' and Friends' Association Committee has arranged a “Design a Brick” fundraiser, for you and/or your child to create a lasting memory in the

School grounds. To apply for your brick, order forms may be downloaded via <http://www.bmgs.nsw.edu.au/design-a-brick-fundraiser>.

The closing date for this is today - 28<sup>th</sup> September – so don't delay! We appreciate your kind support.

**D. O'Hara**

Parents' & Friends' Association Senior School Representative

---

## **FROM THE ACTING DEPUTY HEAD – HEAD OF SENIOR SCHOOL**

### **Farewell Mr Barman and Year 12**

The Senior School farewelled Mr Barman this week with a Special Assembly, organised by the Senior Leadership Team with the help of the Student Representative Council. The Assembly included a video directed by Isabella Wellstead (Year 11) and a special musical item written by Miriam Cooney. Mr Barman is a much loved Headmaster who will be sadly missed. This feeling was palpable in the service, with the Student Body providing a spontaneous and heartfelt standing ovation at the conclusion of the ceremony. Below are transcripts of the moving and deeply personal speeches delivered by Benjamin Filla and Miriam Cooney, 2018-19 School Captains in collaboration with 2018-19 Vice-Captains Jackson Prowse and Tilda Wilkinson. A huge thanks to all involved in ensuring Mr Barman received a fitting farewell after 16 years of outstanding service to the School.

I would also like to extend my best wishes to Year 12 as they conclude their time on campus with Valedictory Events. BMGS is a school where every student is able to broaden their opportunities and begin the journey of a life lived to the full. I would like to wish all Year 12 students every success in their upcoming exams and beyond. You been outstanding leaders of the Senior School Student Body and will be missed.

**A. Beitsch**

### **From the School Captains**

*As a Headmaster, it's important to be active and involved in the school community, and Mr Barman certainly does that! In all his years as Headmaster, to my knowledge he has not once missed a music or drama production, he frequently attends weekend sport and is front and centre at all sorts of other events.*

*In this our Centenary year, he has attended many special events like the recent Symphony Under the Stars, the Spring Fair, the Cocktail night and the Film Night. But in any given year you will find him at sports presentation evenings, Board meetings, parent evenings, P&F meetings and gatherings such as Trivia Night. He is there at the 5.30am start of the 45km walk, and at the end, welcoming us to Bungawarra, with a sausage sandwich in hand. He is at Alumni events with BMGS ex-students and can be found talking to our youngest students at Kindy events. And he doesn't just turn up; Mr Barman gets involved. Last Saturday at the spring fair, he abseiled down the sports centre, and at Formals and the Debutante Ball he can be spotted hitting the dance floor. And, of course, at many events we are treated to one of his legendary speeches. From the benefits of the strength of rope, to his favourite book character, Paddington Bear, he has tried to relate to his students with relevant and engaging stories to illustrate a point, lesson or value.*

*His speeches are also gently but clearly inspired by his Christian faith, and he always seeks to embody all that the School values with compassion, integrity and purpose.*



*When talking about Mr Barman's strength and commitment to our school, it would be remiss to not acknowledge his wife, Mrs Barman, who is constantly by his side, supporting him and in turn, us. It is said that behind every good Headmaster is a Headmaster's wife. Well, I'm not actually sure if that's a real saying, but it is certainly true in this case!*

*I couldn't begin to count up the hours that Mr Barman would put in every week, because there will be many things that we don't even know about that make up the day to day running of a school. But we know it would be many, many hours, Sir, and for that, for your care, concern and commitment to us, your students, we thank you.*

**Ben Filla**  
**School Captain**

*Mr Barman has been at BMGS for almost the same amount of time as I've been alive, so when I was in the music rooms, sleeping in Mum's cello case, he was over in the Science department, teaching people about the mineral composition of sandstone. Over the 15 (or 16) years that Mr Barman has been at the School, buildings have been constructed and refurbished, gardens and trees have grown and flourished, teachers have come and gone, and of course, he has watched so many students arrive as tiny, scared Year 7 students, and leave as confident and mature young adults. If Mr Barman knew every student from every year that he has been here, he would have met, influenced and inspired at the very least a thousand people who are now out in the world living their lives. That in itself is a very special achievement, and one that Mr Barman should be very proud of.*



*In order to illustrate just how important Mr Barman is in directing, developing and sustaining the community of BMGS, Oscar Lee of Year 11 crafted a beautiful metaphor which I will now share:*

*We, as individuals in the School, can liken ourselves to the famous daffodils of Coorah Hill. As we start at BMGS we're just small, inconsequential (I don't know if that's too harsh, maybe nondescript) bulbs, and as we grow and flourish, we turn our faces towards the sun - Mr Barman - to absorb his wisdom and knowledge. After the years of exposure to his bright light, we eventually transform into beautiful, unique flowers.*

*As Mr Barman is not literally the sun, his everlasting mark on BMGS is hopefully not represented by our freckles and sunburnt faces, but by the sense of belonging, community and support that he has always promoted during his time here. So, the sun sets one final time on BMGS, and as Mr Barman departs he will rise tomorrow into a new chapter of his life, where he can pursue many exciting adventures and spread his sun rays elsewhere.*

**Miriam Cooney**  
**School Captain**

---

## **FROM THE DEPUTY HEAD – HEAD OF TEACHING & LEARNING**

**Important dates Term 4**

**Year 7 and 8 in-class assessments block - Week 2**

**Year 9 yearly examinations – Week 2**

**Year 11 into 12 2019 Information evening – Thursday 18<sup>th</sup> October, 7.00pm**

As the holidays approach, it is a time of change. We have farewelled our Year 12 students of 2018, sending them on their way to their final burst of study and preparation, ready for their HSC exams next term. We also graduate our Year 11 students into Year 12, early next term – the cycle continues.

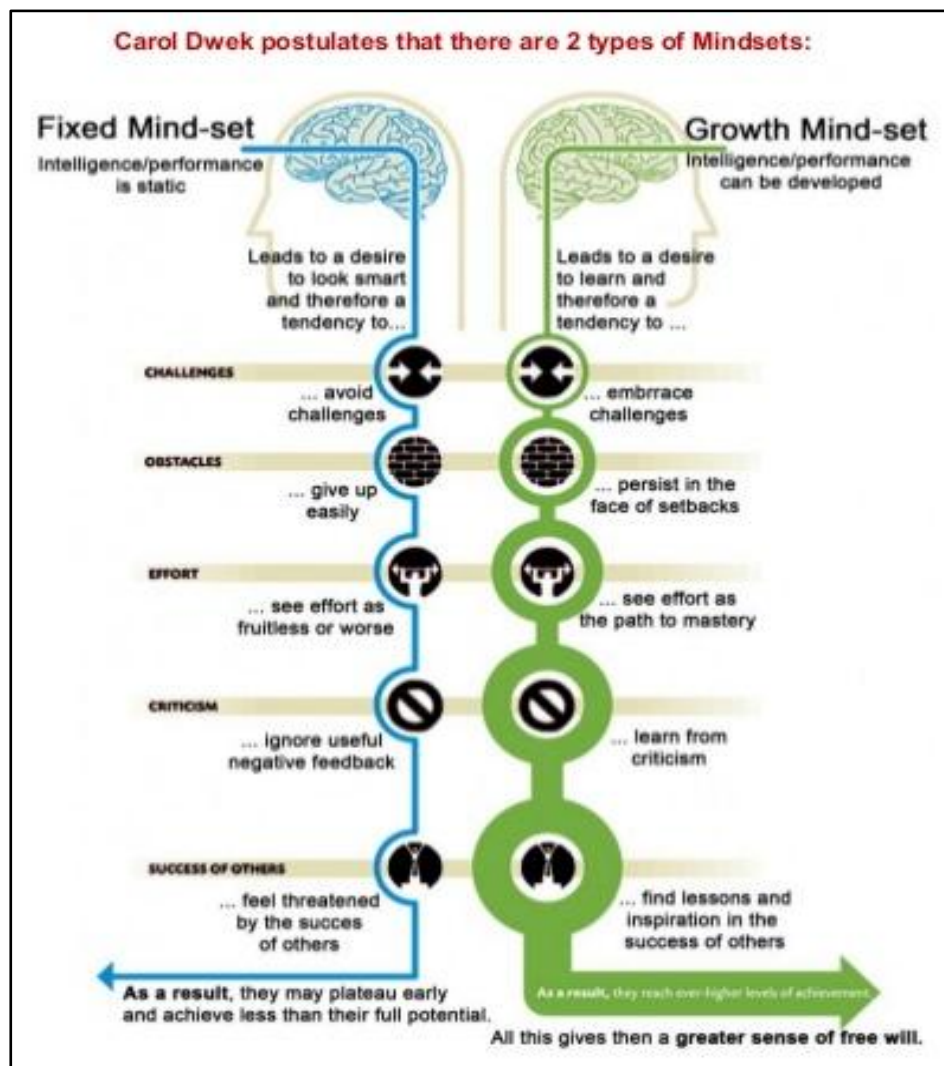
On the first Thursday back next term (18<sup>th</sup> October) we will have our Year 11 into 12 Information evening. On this night we'll be talking through some of the processes around the HSC, but also

closely focusing on the attitudes to learning and the personal skills students need to build in order to have a successful year.

These skills include:

- Having a growth mindset – you are not “stuck” at an ability level (see poster below)
- persisting, even when things are hard,
- being willing to face and overcome obstacles,
- bouncing back after receiving poor results, and
- the importance of planning ahead,
- working consistently,
- getting stuck into tasks early to avoid stress and disappointment.

A key message is also the importance of leading a balanced and healthy life.



We always have some of our previous Year 12 students back to share their words of wisdom around surviving and thriving in the HSC. Every year it seems the same messages ring out loud and clear – work hard, don't procrastinate, keep going, support each other and keep a healthy sense of perspective on everything.

Wishing everyone a safe and relaxing holiday, and a strong, focused sense of purpose for our Year 12 students as they put in the last few hard yards in the lead-up to their exams!

M. Hastie

## FROM THE HEAD OF MUSIC

### HSC Performance Examinations

Congratulations to our year 12 Music students: Jessy Jones and Geraldine Weiss (Music 1) and Emily Ampt, Abraham Darley and Joshua Williams (Music 2 and Music Extension) who completed the practical component of the HSC Music Examination last Wednesday and Thursday morning.

### Orpheus Strings Student Concert

The annual student concert held on the 23<sup>rd</sup> September was a huge success and featured students both past present. Diana Babajanyan (Alumni 2017) performed an exhilarating Kabalevsky Piano Concerto and Miriam Cooney (Year 11) played the ever popular theme from Morricone's The Mission titled 'Gabriel's Oboe'. Our large Student Orchestra featured both Junior and Senior School students: Miriam Cooney (Year 11) Sel Hardaker (Year 10), Maeve Magner (Year 7), Emily Colbran (Year 7), Michayla Clark (Year 9), Jamie Wennebom (Year 8), Raphael Hampartzoumian, Maggie Vivian, Meri Tinkler-Smith (Year 6). The Students' Orchestra was such an enjoyable experience that plans are afoot to make it a permanent ensemble with weekly rehearsals.

### Diary Dates

Soiree #3 - Tuesday 30<sup>th</sup> October, 2018  
2019 Music Camp – Stanwell Tops April

D. Smith

---

## FROM THE LEARNING ENRICHMENT DEPARTMENT

I would like to take this opportunity to wish Year 12 students all the very best in their upcoming exams. It has been a pleasure to meet you and work with you. Regardless of what your endeavours may be, the future is yours to take advantage of, to make a difference and to understand what great opportunities there are for the taking.

I believe that there are three types of people in this world:

1. Those who make things happen
2. Those who watch things happen
3. And those who wonder what happened.

Be that person who makes things happen.

What an exciting world you are contributing to!

Best wishes Year 12!

A. Michielsen

---

## FROM THE HEAD OF ZIELE HOUSE

### Stepping Out For September

Tuesday 25<sup>th</sup> of September – Week 3 Update

We have now completed three weeks of our September journey, and are looking towards the end!



As a bit of a Stats Nerd, I have been tracking my own progress and I can see that my best days are Mondays and Wednesdays, and my worst are Sundays (although that may be because I try to have a technology free day and my phone is my pedometer). Those who know me well, know that I may be a just little bit competitive. That said, I haven't really gone out of my usual routine to hit my 10,000 steps a day. It is good to know that 10,000 steps a day is my normal.

According to the Steptember website, in the last three weeks I have stepped 199.3km!

The Leader board fluctuates daily; at the time of writing we have had a shocking development, with the Year 12 Step@rons bumped out of the top three! The pressure of the HSC may be getting to them:

1<sup>st</sup> place – BMGS Performing Arts (Staff) with 1,167,111 steps

2<sup>nd</sup> place – Niesenlauf Staff (Staff) with 1,095,010 steps

3<sup>rd</sup> Place – A Step In Time (Staff) with 1,067,417 steps

4<sup>th</sup> Place – The Step@rons (Year 12) with 1,064,902 steps

Currently our 15 BMGS teams have collectively stepped 13,297,124 steps! This puts BMGS at 186<sup>th</sup> place in Australia (out of almost 800 registered organisations); this is an outstanding effort when we are up against much bigger organisations.

We have raised \$3277.50! Top fundraising teams include BMGS Performing Arts, Walk Till We Drawp (Year 12), and The Step@rons (Year 12).

<https://event.september.org.au/donate/search?search=BMGS>

Our final update will be after the upcoming holidays.

**D. Evans** (343,933 steps at time of writing); BMGS Performing Arts Team  
Head of Ziele House

---

## FROM THE LIBRARY RESOURCE CENTRE (LRC)

The Library will be open for Year 12 students over the holiday break, but **only for the last week (Monday 8<sup>th</sup> October to Friday 12<sup>th</sup> October)**.

This is to assist our Year 12 students during their preparation for the HSC examinations. **Opening hours will be from 8:30am to 4:30pm weekdays.**

**The LRC will be closed for the first week of the holiday break.**

While the SLRC has HSC resources, there are also HSC resources at BMCC library branches – Blaxland, Springwood and Katoomba. Details can be found on the BMCC library website: [https://library.bmcc.nsw.gov.au/client/en\\_AU/default](https://library.bmcc.nsw.gov.au/client/en_AU/default)

If you click on the tab “Youth and HSC Resources” on the bottom right of the page, you will then find 2 tabs labelled “HSC resources” (information on what is available for study purposes, and databases) and “HSC collection” (items for students to borrow). There is also a link to the “YA newsletter” that students can subscribe to for the latest information and events for young people on the Mountains.

Best wishes to all Year 12 students for their exams.

**E. Wells**



## FROM THE UNIFORM SHOP

All hired Athletics Singlets need to be returned to the Uniform Shop by Week 2 of Term 4. (Monday, 22<sup>nd</sup> and Tuesday, 23<sup>rd</sup> October).

Many thanks,

K. Arrell

---

## FROM THE HEAD OF SPORT

### House Sports Competition

House sport will be held for Years 7 to 11 this Friday after the Valedictory celebrations. All students are required to attend School in full School uniform. At 1:20pm they will be required to change into their House polo's and shorts/tracksuit pants for House sport.

The sports to be played by each group are as follows:

Year 7/8 Girls	Basketball
Year 7/8 Boys	Touch Football
Year 9/10 Girls	Oz Tag
Year 9/10 Boys	Touch Football

### Summer Sports

Training has commenced for all summer sports. Please check the screens each week to be aware of any changes.

Please ensure you only wear BMGS gear to training and if you do not have the correct uniform to wear, you must change back into your full School uniform.

Please note pre-season games for Firsts teams will be held on the first Saturday back at school. All other games will commence at the end of Week 2. The U/15s cricket is an exception to this.

If you have not already done so could you **please join Team App** to keep up to date with any notifications.

### Uniforms

All students should have ordered their uniform for the summer season. Please note that no uniforms will be distributed until full payment has been made. You are able to pay at the Uniform Shop by phone or in person using cash/EFTPOS.

### Athletics

All students who hired singlets for the ISA Athletics Carnival are required to return these to the Uniform Shop as soon as possible.

M. Harris

## CRICKET

### Headmaster's XI v First XI

On Saturday under brilliant blue skies the BMGS 1<sup>st</sup> XI took on an invitational Headmaster's XI on the School's main oval.

Winning the toss the Headmaster's XI elected to bat first and try and set a score for the 1st XI to chase. Tom Bloodsworth opened the bowling and probably bowled the ball of the season - clipping his coach's off stump first ball, putting the batting side on the back foot straight away. David Horwood (29), Fynn Norman (22) and Henry Bloodsworth (51) all batted well, helping the team to a defendable score of 131. Tom Bloodsworth was the pick of the 1st XI, taking 4/34 and being well-supported by Daniel Lane (3/1) and Michael Hillyard (1/0).

The 1st XI was in early trouble due to some outstanding bowling, until Daniel Lane (22), Jackson Prowse (37) and Christian Wright (30) steadied the chase, taking the score to 3/95. Daniel Lodewyke (4/12), Fynn Norman (1/18), Andrew Simpson (1/14) and Henry Bloodsworth (1/10) all bowled well, sending some nerves through the 1st XI players on the sideline. Their team lost 5/13 requiring them to score three runs, with one wicket in hand and only two overs remaining. Steady batting by Oscar Lee and Lasse Sweetland brought the game home for the 1sts in what was a very exciting conclusion played in a competitive and sporting way.



S. Collins

---

## FROM THE HEAD OF THE JUNIOR SCHOOL



Congratulations to Flynn Nicholls (5B) on his selection in the Combined Independent Schools (CIS) Cricket team. This is a great achievement for Flynn. He joined boys from independent schools across NSW in the selection trials last week and was one of only two Year 5 boys selected in a twelve boy team. He will now take part in the PSSA State Championships next month and we wish him every success.

5/6F entertained an appreciative audience last week with their Term 3 Soiree showcasing their musical talent by sharing pieces that they have been working on this term. Once again, the audience was delighted with the performances on show and congratulations to Mr Forbes and the children for putting together such an enjoyable evening.

Also showcasing their talents this week were our talented orators from Years 3 to 6 at our Public Speaking Showcase on Monday evening. Speakers from all classes entertained the audience with speeches that were at times thought-provoking, informative, humorous, or a combination of all three. The standard was once again impressive, and congratulations to the speakers for providing such an entertaining evening. This was the culmination of the term's focus on public speaking for all the classes and well done to the teachers also for their expert instruction and facilitation in developing this valuable skill for all children in their care.

A visit from The Pittwater House School on Monday afternoon provided an enjoyable musical concert for all classes and was an enjoyable way to follow on from our most important event this week, our Farewell Assembly for our Headmaster Mr Barman.

Our last Assembly for the term was dedicated to thanking and honouring Mr Barman as he prepares for the new chapter in his life and leaves BMGS today.

Our Assembly included performances from our Choir, a song from Early Learning, a tap dancing troupe from the Shine Dance School, 4G and their Rocky Road recipe (Mr Barman is a passionate geologist as well as an educator), Mrs Standen's Singers and a wonderful cello solo from Iluka Horn (4G). Mr and Mrs Barman have always been great supporters of the Junior School and have enjoyed attending a multitude of events featuring Junior School children, across sporting, cultural and performing arts pursuits. I had the privilege of thanking Mr Barman, on behalf of all of us, for his support of the Junior School over his tenure as Headmaster. We have always appreciated his encouragement and his reinforced message to embrace opportunity, be active, well-mannered and great ambassadors for our School in our conduct and appearance, and to treat each other with kindness and respect as part of our own very special warm and embracing community.

Mr Barman has received many gifts in acknowledgment of our appreciation of his dedication to the BMGS community. We hope every year, when his gift from us, his rhododendron, blooms, he will be reminded of the Junior School and the many fond memories we share together.

From all of us in the Junior School – farewell Mr Barman. We will miss you.

## **N. Cockington**

### **Student Awards:**

#### Bronze:

Georgia Anicic 3R; Kalan Cusick 5B; Flynn Nicholls 5B; Allegra Dunning 5/6F

#### Silver:

Emerson Drew 1/2K

#### Gold

Rohan Glinn 4G

---

## **FROM THE HEAD OF THE PREPARATORY SCHOOL**

Thank you for another wonderful term. It has been very busy with events as well as the fantastic learning that has been happening in our classrooms. I trust you will take some time these holidays to enjoy your family in this warmer weather. Please stay safe.

Below is an article with some points about making the most of the time that you spend with your family.

### **Enjoying Time with Your Child: Ways to Connect**

Enjoying time with your child: ways to connect. Now that school, teachers and friends are a big part of your child's world, it can be hard to find time to enjoy being together but activities and special times help build family relationships, which are still the biggest influence on your child's development.

### **Why enjoying time together is important**

When you and your child enjoy time together, you can learn to see the world from your child's point of view. It's a chance to find out more about your child's likes and dislikes, their worries and their frustrations. Spending time together is also a way of giving your child your full attention, sending the message that they're the most important thing to you. Walks or other activities with you are great opportunities to guide your child in the ways of the world, talk to them, listen to them and enjoy being together. Playing games and having fun with you can help your child feel happier, be more relaxed and build resilience for the teenage years. That's why it's so important to lay the groundwork now.

Sharing special time can be great for you, too – it's your chance to be a child again and just have fun.

Setting aside some regular special time for the two of you can help your child to handle the times when they doesn't have your full attention, or the times when you're apart. It helps you stay close and up to date with what's happening in your child's life and shows that you enjoy and value their company. In all these ways, sharing happy experiences helps to build your relationship with your child.

## **Ideas for fun activities to do together**

### **Daily activities**

Sometimes you can make special time and have fun as part of your everyday family life:

- Cook your favourite dinner or make a special after-school snack together.
- Go shopping together and let your child help to make decisions, pay for things and have conversations with shop assistants.
- During car trips, the non-driving parent can play games such as 'I spy' or 'who can see the next car with a number plate that makes a word?' and so on.
- You can also sing along together, changing words to make the song silly or bring in the names of family members.

### **Play and games**

Here are ideas for more structured fun activities:

- Play word games and make up jokes and riddles together. You can start with jokes like 'Knock Knock' or 'Why did the chicken/frog/cow (whatever makes you laugh) cross the road?' Then ask your child to make up their own.
- Rough-and-tumble play can help your child learn how to be strong without hurting. It can also help your child learn how to 'wind down' from a state of high excitement. But if you find it revs your child up, try not to have rough-and-tumble play too close to bedtime.
- Play board games like 'snakes and ladders', dominoes and simple card games. These will help your child to learn to play fair.

### **Outdoor activities**

Here are ideas for getting outside with your child:

- Play outdoors together. It's not only fun and good exercise, it can also help your child practise skills and get better at things like climbing and catching.
- Lie on the grass and look for shapes or animals in the clouds.
- On a dark, clear night, go outside and look at the stars.
- When it comes to play and your school-age child, let your child take the lead – you'll soon find out what their sparks their imagination.

### **If your child misbehaves during 'fun' activities**

If your child misbehaves, first try to work out why they're acting up. Are you expecting too much? Is your child tired, or just tired of a particular activity? You might just need to try something else, or it might be a sign to stop and try again later. Or you might be able to use the misbehaviour as a teaching moment and a chance to guide your child's behaviour. For example, you can help your child learn how to stop, walk away and calm down.

Your child feels more connected to you when you set fair boundaries and have rules and consequences. If they help you to set up some of the rules and consequences for breaking them, they're more likely to remember them. It makes them feel safe and secure within your family, which is a great way to grow up. It also helps with encouraging independence in the teenage years.

*(c) 2016 Raising Children Network. All Rights Reserved. Pag11-09-2015*

#### *Acknowledgements*

*This article was developed in collaboration with Dr Leone Huntsman.*

### Change of Sport Days

A reminder that there will be a change of sport days for Term 4 due to the completion of the 'Dance2bFit' program.

Sport days will be as follows:

Pre K: Tuesday, Thursday

Kindergarten: Tuesday, Thursday

Stage 1: Tuesday, Friday

Stage 2: Tuesday, Friday

### Assembly Awards

Kindergarten: Isabella Kelly, Sophie Pawlyk, Harry Parsons-Dale, Indianah Clarke

Stage 1: Amelia Burgess, Zoe Lynch

Stage 2: Nate Clarke, William Cottle, Tara Sataka, Haylee Diskin



### Farewell Mr Barman

Finally, we would like to wish Mr Barman farewell and best wishes from the Preparatory School. You have had a huge impact on so many of the students and we have loved your visits every Friday and the way that you have helped us to learn and grow. May God bless you.

A. Brace

---

## DATES FOR YOUR DIARY – SEPTEMBER/OCTOBER 2018

Friday, 28<sup>th</sup> September – Valedictory Day

Friday, 28<sup>th</sup> September – House Sports Competition (Years 7 to 11)

Friday, 28<sup>th</sup> September – Term 3 concludes

Saturday, 13<sup>th</sup> October – 45KM Charity Walk, BMGS to *Bungawarra*

Monday, 15<sup>th</sup> October – Term 4 commences