

Blue Mountains Grammar School

Newsletter

Vol 6, 16th March, 2018



FROM THE HEADMASTER

Bullying. No Way!

Today, 16th March, is the National Day of Action against Bullying and Violence in Schools. It's a day where school communities across Australia 'take a stand together' against bullying and violence.

The Bullying – No Way website presents some facts:

- Approximately one in four Year 4 to Year 9 Australian students (27%) reported being bullied every few weeks or more often (considered to be frequent) in a national study in 2009.
- Frequent school bullying was highest among Year 5 (32%) and Year 8 (29%) students.
- 84% of students who were bullied online were also bullied in person.
- Peers are present as onlookers in 87% of bullying interactions, and play a central role in the bullying process.
- Hurtful teasing was the most prevalent of all bullying behaviours experienced by students, followed by having hurtful lies told about them.
- Online bullying appears to be related to age (or access to technology), with secondary students more likely to engage in bullying online than primary school students
- Young people over the age of 15 are less likely than students between 10 and 15 years of age to be involved in online bullying.
- Approximately one in five young people under 18 (20%) reported experiencing online bullying in any one year. The figure of 20% has been extrapolated from a number of different studies which found rates varying from 6% to 44% of students.
- School staff report an average of 2.1% reports per student of online bullying, with 1.2 per 100 for primary schools and 9.1 per 100 students for high schools.
- The majority (72%) of schools reported managing at least one incident of online bullying in the previous year.

I believe it is the culture within the School that is important including the values being reinforced such as tolerance, respect, compassion, care and inclusion. These need to be fostered amongst the student body by students themselves and by the staff. This is where our pastoral care and student well-being program are so important.

So what is bullying? Bullying is repeated verbal, physical, social or psychological behaviour that is harmful and involves the misuse of power by an individual or group towards one or more persons.

Behaviours that do not constitute bullying include:

- mutual arguments and disagreements (where there is no power imbalance)
- not liking someone or a single act of social rejection
- one-off acts of meanness or spite
- isolated incidents of aggression, intimidation or violence.

However, these conflicts still need to be addressed and resolved.

It is my fervent desire that BMGS is a safe and supportive school, and that the risk from all types of such harm is minimised. All members of the School community should feel respected, included and confident that they will receive support in the face of any threats to their safety or wellbeing.

Each of us has a fundamental right to work or learn in a safe, supportive environment and to be treated with respect. Similarly, our parents and other local community members have the right to feel safe, supported and respected in the school context.

BMGS is dedicated to creating a supportive school environment, free from bullying, harassment and violence. By working together we are sending a clear message to young people that bullying and violence, in or outside of school, are not okay at any time.

Student Successes – F1 in Schools

Last week five Year 10 students competed in the F1 in Schools Program Australian Final in Launceston. The *Clutch Control* Team of Balint Boda, William Hedges, Rohan Grant Dawes, Finnian O'Connor and Peter Young were the NSW Development 1 Champions last year thus allowing them representation in the National Final, placing 3rd. This is a truly remarkable achievement, particularly when you consider that there were originally 22,000 students who commenced in this competition.

Congratulations to the boys and to Mr Michael Laws on their successes. Mr. Laws has created a video of their week's experience – to view the video, follow this link:

<https://www.youtube.com/watch?v=V-8jp1aOu0Y>

Valley Heights Preparatory School Picnic on the Lawn

It was great to be able to meet with parents in a most relaxing way at the *Picnic on the Lawn* at the Preparatory School last Friday evening and to hear that your sons and daughters are very much enjoying their time at School.

Thank you to the staff for all their organisational work undertaken beforehand and on the night. Thank you to the P & F for their support with the barbeque for this event, especially Mr Anthony Klein, Ms Natalie Dale, Ms Kerin Singleton, Mrs Kim and Mr Richard Marsh and Mrs Michelle and Mr Michael Magill. It was a most enjoyable evening.

Trevor Barman
Headmaster

FROM THE ACTING CHAPLAIN

Bullying. No way!

When I was seven I spent a year in New Zealand. The school I went to had many bullying issues but for the most part the bigger, stronger, and louder kids accepted me or at least did not target me... until one day. I was proudly wearing a pair of my favourite Adidas shoes straight from the U.S.A. and was feeling confident and cool. An older student had an L.A. Dodgers hat that I loved. He proposed a deal – “why don't we swap shoes and hat for the weekend and bring them back on Monday to return

to each other?" I had a great weekend in my borrowed hat and was shocked to find my 'friend' forgot my shoes when we returned to school on Monday. I naively said, "don't worry about it, bring them tomorrow and I'll wear your hat for another day." In the playground at lunchtime that day I felt a sudden push and was forcefully knocked to the ground. A bit dazed I stood up, my/his hat had been knocked off and was missing... I only caught a glimpse of someone running off but I knew it could only have been one person, my 'friend'. When I finally understood that someone who seemed friendly and honest could in fact be the opposite, I was outraged at the injustice. I had trusted him but he broke my trust and even worse never owned up to it. I had to let it go and learn that the world is a different place than I thought it was. It was a hard lesson to learn.

To this day I am glad my parents told me not to retaliate as I most certainly would not have won that battle. In fact, I cannot remember if I ever got the shoes back or even what happened after my teacher found out – what has stayed in my memory is the lesson I learned about forgiving and letting go. This is not to say be a passive pushover but action through forgiveness and resilience can often be more helpful than dwelling on, and acting on issues. Violent and verbally abusive reactions only result in more issues being made.

I tell you this story because this Friday is *National Day of Action against Bullying and Violence*. Bullying takes place in many forms and can often be hidden from the sight of both parents and teachers in the form of cyber-bullying among many other forms. Fortunately our community at BMGS continuously seeks to prevent bullying before it occurs, providing us with a strong anti-bullying culture across all campuses. However, we need to be equipped with the tools to prevent bullying and to intervene and mediate when it does occur. The Bible offers many helpful approaches to dealing with this issue. Proverbs 15:1 encourages us to respond to anger with gentleness, "A gentle answer turns away wrath, but a harsh word stirs up anger (NIV)". This can be incredibly difficult when in the heat of the moment but as we have seen throughout history, revenge is cyclical and never ending so we must choose an alternative path to peace.

In the Epistle to the Romans Paul writes, "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen (Ephesians 4:29, NIV)." Again, the focus is on building people up, acknowledging each other's sense of worth through genuine compliments and truthful encouragement, through empathic listening. When this kind of culture is developed, the culture itself can be an unbelievably powerful way of preventing and stopping bullying behaviour. Many bullies only do so because they themselves feel like they are of little value and often lack self-worth. In all areas of our school life we need to promote the equal worth of every individual, particularly through the all accepting lens of the Gospel. Jesus accepts us no matter who we are and what we have done and changes us when we accept Him.

Finally, in The Parable of The Good Samaritan (Luke 10:25-37), we see the despised Samaritan is the only one who helps a man who was beat up and dying. The least likely to help (the Samaritan) proves to be the only one who is willing to care for the person most in need. Jesus teaches us that it is easy to love those who love us but to love those who are not easy to love is both challenging and world changing. By being kind, generous, and simply listening to the people that are harder to love, we will be well on our way to fostering a harmonious and accepting, bully free community.

For more information on *Bullying. No way!* Please visit the following website:
<https://bullyingnoway.gov.au>

L. Webb

PARENTS' PRAYER GROUP

We extend a warm invitation to all parents to join Mrs. Margie Fallon at our weekly Parents' Prayer Group. The group meets in the BMGS Chapel each Friday from 8:00am to 8:30am. All welcome.

L. Webb

FROM THE PARENTS' AND FRIENDS' ASSOCIATION

Last Tuesday the Parents' and Friends' Association held its Annual General Meeting, followed immediately by the Term 1 General meeting.

At the AGM all Committee positions were vacated and the following Committee members were voted in as Office Bearers for 2018/2019:

Chair:	Mr. Duncan Barrell
Secretary:	Mrs. Yolande Boys
Treasurer:	Mrs. Jodie Field
Preparatory Campus representatives:	Mrs. Kate Klein and Mr. Michael Magill
Junior Campus representative:	Mrs. Bonnie Mamo
Senior Campus representative:	Ms Deirdre O'Hara
Committee members:	Ms Carole Young, Mrs. Sally Wray

I would like to take this opportunity to thank all those who have taken on these important Committee roles.

At the General Meeting, a detailed presentation was given by Mr Ray Lowe, the School's Director of Operations, on a proposed work program to upgrade *Bungawarra*, BMGS's Outdoor Education facility. Following his presentation, the meeting voted unanimously to support the refurbishment by contributing Parents' and Friends' Association funds, together with providing volunteer labour with three weekend Working Bees to be held on site. The first of these Working Bees is yet to be scheduled, but will be held in the first half of Term 2, so please keep a lookout for dates and join us for a fun filled, productive day.

Also coming up in September is the Spring Fair, Saturday, 15th September, planning for which is just beginning, and we are now looking for parents interested in joining the Planning Committee. If you have the ideas or want to be involved in this exciting event, as either an organiser, convenor or volunteer helper on the day, please let me know by either email or passing your name onto the school office so that planning can begin in earnest.

Duncan Barrell

Chair, Parents' and Friends' Association

BMGS CENTENARY CELEBRATIONS – 2018

Centenary Jackets

A limited edition of Centenary Jackets, bearing the Anniversary logo, will be available for purchase until the end of Term 2 (June). The jackets are available in two colours: black with white crest or navy blue with a yellow crest, and all sizes are \$45.00 (Men, Ladies and Children sizes available).

The jackets can be purchased through the Uniform Shop and Mrs. Arrell has a



range of sizes/samples available now for fittings. 50% of the purchase price is to be lodged with your order. Visit the Anniversary page on the Quick Links page of our website:

<http://www.bmgs.nsw.edu.au/bmgs-100-year-anniversary>

Centenary Autumn Festival Weekend

Tomorrow (**Saturday, 17th March**), there will be excursions to Empress Canyon (Wentworth Falls). The groups will be led by Mr. Parrish Robbins (Head of Outdoor Education), with a shuttle service from BMGS to the Canyon. The first group will depart BMGS at 7:30am and, pending bookings, a second (8:30am) and third group (9:30am) will follow.

Bookings and further details can be found via Trybooking.com.au:

<https://www.trybooking.com/book/event?embed&eid=356769>

Also on Saturday, from 11:00am to 2:00pm, the BMGS players of Netball, Hockey and Football will take on members of our Alumni in a Winter Sports Carnival in the DJ Mulford Sports Centre and on the School ovals.

On Saturday evening, gates will open at 6:00pm for the much anticipated Film Night to be held on Coorah lawn. The finalists in the School's Student Short Film Competition (Theme: "100") will be screened. We are also delighted that Mr. Greg Mortimer, OAM, Mountaineer, will be our guest speaker and presenting slides from his fascinating career. Mr. Mortimer is most well known as one of the first two Australians to successfully climb Mount Everest without oxygen as well as one of the first Australians to climb K2, Annapurna II and Antarctica's highest peak, Vinson Massif. Mr. Mortimer received the Order of Australia Medal for mountaineering by the Australian Government and he is also the recipient of three Australian Geographic Society medals.

Bring a blanket and a picnic. In the event of inclement weather, the screenings will be moved indoors.

Rounding out our Festival weekend, on **Sunday 18th March**, there will be an Anniversary Service at St. Alban's Anglican Church, Leura, at 3:00pm, followed by afternoon tea. Our guest speaker will be the Reverend Richard Newton (BMGS Alumni, 1988). All are welcome to join us for this special service.

The complete calendar of events has been published on our website. Please visit the **Quick Links** page for regular updates and details of each upcoming event: <http://www.bmgs.nsw.edu.au/bmgs-100-year-anniversary>. Upcoming events will also be promoted on the School's Facebook page.

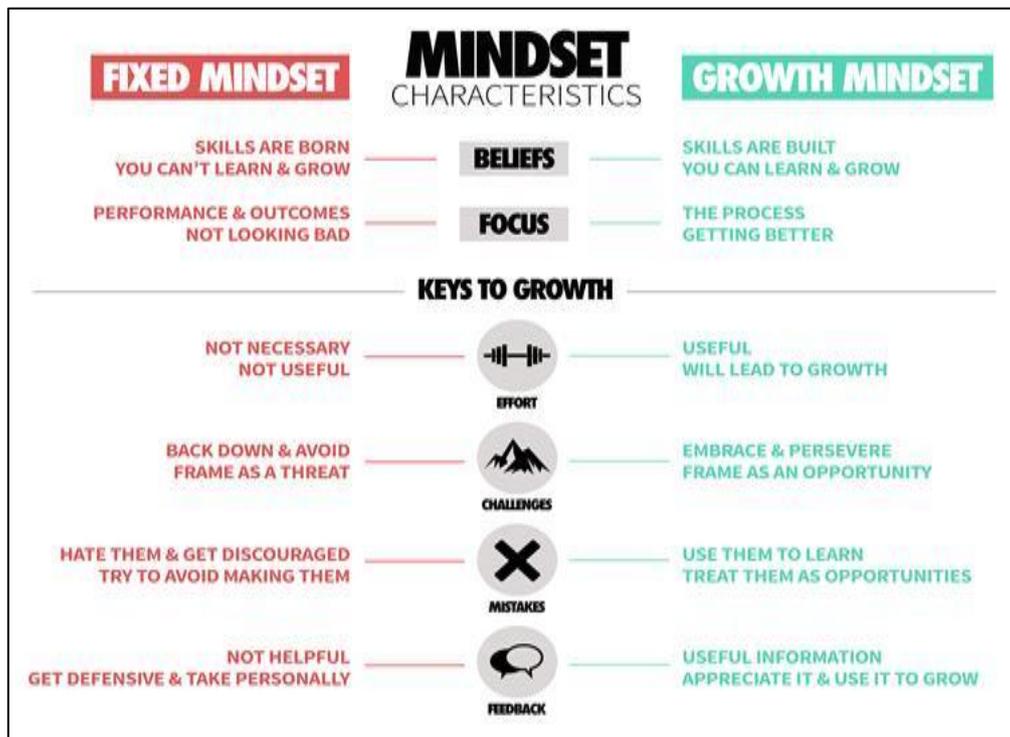
BMGS Foundation Committee

FROM THE ACTING DEPUTY HEAD – HEAD OF SENIOR SCHOOL

Practising what you preach

Carol Dweck, a prominent American psychologist, spent decades studying why some people give up and others persevere. Why some learn to become helpless and others step up to challenges. One of her pioneering studies explored the impact of praise on students following a success. She found that students who were praised for their effort tended to go on to try new things. Students praised for their innate abilities, did not. Dweck's work is now in common parlance, with these differing self-concepts coined 'mindsets'. (Follow this link for more information:

<https://www.mindsetworks.com/science/>)



Those with a growth mindset persevere through challenges, see set-backs as a prompt to redouble their efforts and learn from the success of others. Those with a fixed mindset assign success (or failure) to innate ability. You can either do something or you cannot. Those with fixed mindsets see failure as overwhelming and become threatened by the success of others.

At the start of the year, our new Year 7 students were challenged to think about their own mindsets. Do they have a fixed mindset or a growth mindset? To what do they attribute successes? How will they respond to new opportunities? Year 7 students have certainly responded positively to these questions, throwing themselves into camp, new classes, opportunities to meet new friends and co-curricular activities.

As educators, it is appropriate to ask these questions of students. But as an educational institution it is just as important that we ask the same questions of ourselves as educators. Are we a community which has the intellectual humility to constantly reflect on our practice and look for improvements? This concept is clearly articulated by Phillip Dow, who penned the book 'Intellectual Character' which can be quickly explored through this website <https://cct.biola.edu/cultivating-humility-follow-we-know-part/>) However, to put things bluntly, it is worth at this point quoting the literary giant and Christian author CS Lewis who issues the following observation about the value of humility:

"A proud man is always looking down on things and people; and, of course, as long as you are looking down, you cannot see something that is above you."

With this in mind, Blue Mountains Grammar School has commissioned a group of highly qualified consultants to independently review an important aspect of the life of the school. The review is to focus on what is working well in the space of Christian education and also to consider future possibilities in this area. This will include Chapel, Religious and Values Education and other aspects in the life of the School across all campuses. Parents and guardians will receive further information about this review via email. This will include directions on how to complete an online survey. Students and staff will also be provided an opportunity to be involved in this important process. Thank you, in advance, for taking the time to share your insights; your feedback is integral to this process.

A. Beitsch

FROM THE DEPUTY HEAD – TEACHING & LEARNING

Diary Dates Term 1

Year 7 Parent/Teacher/Student conferences	Wednesday, 21 st March
Year 12 Half yearly exams	Tuesday, 27 th March – Monday, 9 th April
Year 10 Parent/Teacher/Student conferences	Thursday, 5 th April

Year 12 Students interested in sitting UMAT

A reminder about Medicine Entry Requirements

If you are thinking of applying to study Medicine next year you need to follow the following steps:

1. Register and sit the UMAT. Registrations are open already and close on 1st June (late entrants can pay a \$65 fee on top of the registration fee that applies). The test will take place on Wednesday 25th July, 2018.
2. UMAT results are then released mid-September, with medical interviews beginning mid-October 2018 – different universities will have different dates.
3. Register an interest at the university where you are interested in studying. This varies from university to university. It is best to check their individual websites.
4. Submit a UAC application.
5. Many universities will then require you to attend an interview.

For more information visit <http://umat.acer.edu.au/>

Preparing for Parent/Teacher/Student conferences

Parent/Student/Teacher conferences provide parents and students with some much-needed face time with their child's teacher, but many parents don't take advantage of the opportunity. We encourage you to take a team approach – it is the parent, teacher and student working together to help the child learn and grow. Whilst we have some questions attached to the booking information, here are some more to think through. You might not have a chance to ask all of these questions; target those areas that are most relevant to your child.

1. Is my student giving his or her best effort?
2. What could my child do that he or she is not already doing?
3. What is one area/aspect in which they are excelling? *Remember this can be more than curriculum content?*
4. Does my child ask questions, participate in class discussions/class room activities?
5. Does my child relate well to all their peers?
6. Are there any areas of concern?
7. What can I do to make your job easier?
8. How can I contact you if I need to?

For Year 7 students, the interviews are only five minutes duration. By planning well, and arriving prepared to ask a few specific questions, you can make this time fruitful and help provide direction for the year ahead.

M. Hastie

FROM THE HEAD OF MUSIC

HICES Music Festival

A reminder that student applications close on 28 March and a video-taped audition is required by 2nd May.

Young Mannheim Symphonists

Closing date for applications: 6th April, 2018. To apply please fill out an application form at <http://www.arco.org.au/yms2018-application-form>. A 3-minute audition video of a section or sections of a classical work is required.

Soiree#1

Our first Soiree for 2018 will occur next Thursday evening commencing at 7:00pm in the Recital Room of the Performing Arts Centre.

This is a wonderful opportunity for our musicians to hone their performance skills in front of a supportive and appreciative audience.

Diary Dates:

Centenary Church Service: Sunday, 18th March – Chamber and Choristers, St. Alban’s Anglican Church, Leura, 3:00pm (students required at 2:30pm)

Soirée #1: Thursday, 22nd March – Recital Room, Performing Arts Centre

Easter Sunday Service: Sunday, 1st April, Holy Trinity Anglican Church, participating Choristers 10:30am

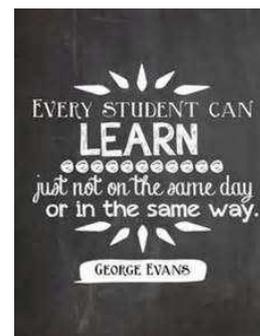
D. Smith

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 after school 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@bmgns.nsw.edu.au so that I can prepare best for the time spent together.

A. Michielsen



FROM THE ENGLISH DEPARTMENT

After School English Study

From Week 3, students in Years 7 to 12 will be able to seek additional after-school tutoring and assistance with their English studies. Students are welcome to attend either Tuesday or Wednesday afternoons in the LRC, so bring along your English homework or assessment tasks and be pro-active about your learning in this challenging but rewarding key learning area.

Enquiries from students or parents can be directed to Mr Horne at ghorne@bmgns.nsw.edu.au

G. Horne

FROM THE MATHEMATICS DEPARTMENT

Mathematics Tutoring takes place in the LRC every Wednesday and Thursday afternoon, from 3:15pm to 4:45pm.

Bring along your Mathematics books and get help with any areas of concern, with revision for assessment tasks or with enrichment.

S. Coultas

FROM THE UNIFORM SHOP

All weather jackets

Fittings for these jackets will continue next week (Mon 19th/Tues 20th March) at the Uniform Shop.

Jackets are \$140, and a deposit of \$70 is required at the time of fitting. Please note that students need to wear their Blazer when being fitted, as these jackets are designed to be worn over the Blazers.

A reminder that singlets hired for the Triathlon need to be returned to the Uniform Shop as soon as possible.

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K. Arrell

FROM THE HEAD OF SPORT

Last weekend was the end of the summer sport competitions. BMGS had two teams in Grand Finals. Whilst the First XI Cricket and First V Boys' Basketball teams were unable to bring home a win on the day, they were very competitive. Congratulations to both teams on reaching the Grand Finals.

Alumni Winter Sports Day

This Saturday is the Winter Sports Alumni Day. Those students selected in the First XI Boys' Football, First XI Hockey and First VII Netball teams are all expected to play on the day. Game times are as follows:

11:00am	Netball
11:45am	Football
12:30pm	Hockey

Come along and support your School team and get involved in the 100 year celebrations.

Triathlon Results

On 28th February we had three students compete in the Individual section of the NSW CIS Triathlon. This is a very competitive carnival and I extend our congratulations to our competitors on their great results:

Mirah Larkin (Year 9):	26 th from 107 competitors.
Casper Larkin (Year 7):	28 th from 149 competitors.

On Thursday, 1st March twelve teams from BMGS competed in the NSW CIS teams event. Some notable results were:

Junior Male Teams

BMGS Gold 1: 21st /57 teams (Will Zakis, Jett Fendall and Casper Larkin (all Year 7))

BMGS Gold 2: 24th/57 teams (Bill Klein, Oliver Drew and Max Anicic (all Year 7))

Junior Female Teams

BMGS Blue 1: 38th/107 teams (Mylah Ashby, Olivia Harris and Skye Haddock (all Year 7))

Intermediate Female Team

BMGS Blue 6: 25th/109 teams (Koko Wilson, Mirah Larkin and Rosie Sullivan (all Year 9))

All of these were great achievements. I would especially like to commend our Year 7 students who competed at this event for the first time. I have heard a lot of positive feedback from the day and I encourage everyone to get into training for next year's event.

Presentation Evenings

Basketball

Basketball presentation will be held on Tuesday, 20th March in Cuff Hall. Pizzas will be available as a light meal from 5:30 pm. Presentations will commence at 6:30pm. Please RSVP to your MIC. All students are expected to wear full School uniform including blazers.

Cricket

Cricket presentation evening will be held on Saturday, 24th March in Cuff Hall. Start time is 6:00pm arrival for 6:30 pm start. Parents should have received forms regarding this event via email. All students are expected to wear full School uniform including blazers. If you have not received any information could you please email Stuart Collins on scollins@bmgs.nsw.edu.au

ISA 2018 Winter Season

All students have been sent a Survey Monkey link to register for winter sports. Thank you to those students who have completed this form. If you have not already done so, please follow the link below so that you are able to trial for your chosen sport. Teams are going to be finalised over the next week. <https://www.surveymonkey.com/r/GHBQCM3>

M. Harris

GIRLS' FOOTBALL 2018 TRIALS

Welcome back to Winter Sport! Trials will be held on 20th March, 3:15pm to 4.20pm. More information regarding training once teams are selected will be posted.

L. Wade

2018 BASKETBALL PRESENTATION EVENING



You are warmly invited to attend the

BLUE MOUNTAINS GRAMMAR SCHOOL Basketball Presentation Evening

Date: Tuesday, 20th March, 2018

Time: Wood fired oven pizza served from 5.30pm,
with presentations to follow at 6.30pm.

Venue: Cuff Hall

Contact:

Mrs Morgan-Hort, MIC Boys' Basketball (vmorganhort@bmgs.nsw.edu.au)
Mr Chris Ingold, MIC Girls' Basketball (cingold@bmgs.nsw.edu.au)

Match Reports - 10th March, 2018

Cricket – Grand Final

Last Saturday was the big day the boys had been looking forward to meeting St. Stanislaus in the Final. Captain Tim Crow again won the toss, electing to bat. Having played all our games on turf this season it seemed strange to go back to an Astroturf pitch. The boys seemed to be in a hurry, trying to score runs quickly and, in doing so, we lost wickets regularly. There were good starts from Ethan Cusick (23), Jackson Prowse (26), Daniel Lane (25) and Tom Bloodsworth (23) but unfortunately no-one went on to get the big score we needed. With St. Stanislaus needing to chase only 133 runs, we needed to bowl well. Again, our bowling wasn't up to the high standard we have produced all year but the effort couldn't be questioned. Charlie Campbell (1/13) and Tom Bloodsworth (0/34) both bowled well without a lot of luck. St. Stanislaus scored the runs quite easily, only losing two wickets. The boys can be very proud of their season; each week they played hard and fair with good sportsmanship always on show. Thank you to all the parents and supporters who watched the boys each week and who also provided the fantastic lunches, reportedly the best in the ISA!

S. Collins

Boys' Basketball

BMGS First V were defeated by St. Spyridon, 41-39

Last Saturday the 1st V boys played their Grand Final at Penrith, cheered on by a crowd of BMGS students and parents. They played a strong game and showcased their improvement made over the season. Their defensive play was effective and they consistently shut down the offence, never letting St. Spyridon's run away with the game. BMGS came into the game as the underdogs, playing a team that had won every game this season. The game was a cliff hanger, coming down to the last two minutes, but Grammar couldn't quite crack St. Spyridon's defence. Congratulations to all the players on a great season, in particular the Year 12s as they played their last season for Grammar. Many thanks to all the supporters who cheered the boys on over the season, to the tireless parents of the Year 12s who organised morning tea for every home game and to the volunteers who have helped on the bench this season, in particular those who took on the most stressful job on bench - operating the shot clock.

We look forward to seeing all players and family at Presentation night on Tuesday, 20th March.

V. Morgan-Hort, MIC Boys' Basketball



FROM THE HEAD OF THE JUNIOR SCHOOL

It's just a short entry from me for this week, but I did want to say a very heartfelt and sincere thank you to the Blue Mountains Grammar School community for all the support I have received following the recent loss of my father and the aftermath that goes along with that. Throughout my time in Adelaide I received numerous text messages and emails of condolence, and knowing that my family and I were in people's thoughts and prayers was comforting. Upon returning to School this week I have been overwhelmed by all the kindness and compassion shown by the staff, parents and children, many of whom have been brave enough to tell me that they were sorry to hear about my father. I am not sure I would have been so brave when I was their age.

All this kindness and compassion reassures me what a wonderful community we have here at BMGS and once again, thank you to you all for your support.

N. Cockington

Students' Awards

At Assembly this week, the following Certificates were awarded:

Bronze - Noah Gorrick 1/2K

Silver - Noah Erne 1/2K

Gold - Thomas Lord 4G and Zia Mamo 4G

HICES Swimming Carnival

Last Wednesday, 7th March, 22 Junior and Preparatory School students travelled to Homebush Olympic swimming centre to compete in the HICES Swimming Carnival.

We tried our best and came back with third in the Division 1 Percentage Shield. The day was very enjoyable and we felt like it was a huge success.

Thank you to everybody who came and put in a huge effort, especially our parents and teachers who volunteered their precious time to cheer us on, time keep and even just to help out in any way.

Connor Snedden and Sophia Murray

Junior School Swimming Captains.



JUNIOR SPORTS NEWS

Term 1 Round 14

Thank you to all the Junior School basketball supporters who have attended, cheered and helped out at our Basketball games over the past 14 weeks. We are now entering our Semi-Finals weekend with all of our 3/4 Mixed teams making either the top four or bottom four Finals, and the 5/6 Girls' White team managed to earn a spot in the Semi-Finals, too.

If you are free on Saturday morning, please come along and support our players as they play for a spot in the Grand-Final, which will be played on the following weekend. To all our other Basketball players, thank you for your commitment and enthusiasm throughout the season. I am sure everyone has improved over the season and hopefully, as our older players leave us for the ISA competition in the Senior School, they are able to put those skills to good use as they continue to play for BMGS. I look forward to celebrating our season at our basketball presentation.

Reminders

Our Basketball Presentation will be on Friday, 6th of April at 3:10pm in Coote Hall. Please bring a plate of food to share.

Results

5/6 Boys' Gold played the Mountain Royals Blue - BMGS Gold won 30 to 20

5/6 Boys' Blue played the The Spartans - The Spartans won 45 to 8

3/4 Mixed Blue played The Gliders - BMGS Blue won 24 to 2

3/4 Mixed Gold played Power - Power won 21 to 2

3/4 Mixed Red played The Misfits - The Misfits won 31 to 14

5/6 Girls' White played All Stars - All Stars won 26 to 23

5/6 Girls' Red played Superstars - BMGS Red won 30 to 11

Semi-Final Games

Saturday 9.30am Court 2 Misfits vs **BMGS Red**

Saturday 10.30am Court 1 **BMGS Blue** vs **BMGS Gold**

Saturday 11:30am Court 2 Baskets vs **BMGS White**

L. Gerrard

FROM THE UNIFORM SHOP

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Centenary Jackets

A limited edition of Centenary Jackets, bearing the Anniversary logo, will be available for purchase until the end of Term 2 (June). The jackets are available in two colours: black with white crest or navy blue with a yellow crest, and all sizes are \$45.00 (Men, Ladies and Children sizes available).

The jackets can be purchased through the Uniform Shop and Mrs. Arrell has a range of sizes/samples available now for fittings. 50% of the purchase price is to be lodged with your order. Visit the Anniversary page on the Quick Links page of our website:

<http://www.bmgs.nsw.edu.au/bmgs-100-year-anniversary>



K. Arrell

FROM THE PARENTS' AND FRIENDS' ASSOCIATION

Last Tuesday the Parents' and Friends' Association held its Annual General Meeting, followed immediately by the Term 1 General meeting.

At the AGM all Committee positions were vacated and the following Committee members were voted in as Office Bearers for 2018/2019:

Chair:	Mr. Duncan Barrell
Secretary:	Mrs. Yolande Boys
Treasurer:	Mrs. Jodie Field
Preparatory Campus representatives:	Mrs. Kate Klein and Mr. Michael Magill
Junior Campus representative:	Mrs. Bonnie Mamo
Senior Campus representative:	Ms Deirdre O'Hara
Committee members:	Ms Carole Young, Mrs. Sally Wray

I would like to take this opportunity to thank all those who have taken on these important Committee roles.

At the General Meeting, a detailed presentation was given by Mr Ray Lowe, the School's Director of Operations, on a proposed work program to upgrade *Bungawarra*, BMGS's Outdoor Education facility. Following his presentation, the meeting voted unanimously to support the refurbishment by contributing Parents' and Friends' Association funds, together with providing volunteer labour with three weekend working bees to be held on site. The first of these working be is yet to be scheduled,

but will be held in the first half of Term 2, so please keep a lookout for dates and join us for a fun filled, productive day.

Also coming up in September is the Spring Fair, Saturday, 15th September, planning for which is just beginning, and we are now looking for parents interested in joining the Planning Committee. If you have the ideas or want to be involved in this exciting event, as either an organiser, convenor or volunteer helper on the day, please let me know by either email or passing your name onto the school office so that planning can begin in earnest.

Duncan Barrell

Chair, Parents' and Friends' Association

FROM THE HEAD OF THE PREPARATORY SCHOOL

House Groups:

Continuing our spotlight on each of the School House groups, this week we will look at MacLaurin House.

This House is named for the MacLaurin family. Mr Colin MacLaurin and his mother, Mrs Emily MacLaurin, purchased a school in Leura which was later known as 'The MacLaurin School'. The MacLaurin School later purchased the Coorah site as well as Mr Deane's school in Springwood. In 1951 the school amalgamated with the MacLaurin School, operating at the current site and was renamed Blue Mountains Grammar School. Mr Cliff Lloyd was Headmaster. At this time 'Coorah' was the only building for classrooms and 'Whispering Pines', at the end of Falls Road, in Wentworth Falls, was used as the boarding house.

- House Colour: Black
- Emblem: Lion

The Importance of Sleep

As we continue through the term, it is important to ensure that your child has adequate rest and sleep each night. The first term of school is a busy time for all students, especially those in Kindergarten. Staff are noticing that many children are extra tired at the moment as they continue with the routine of school. Research shows that when children sleep well, they are more settled, happy and ready for school the next day. Getting enough sleep also strengthens their immune system and could reduce the risk of infection and illness. Below is a short article on Sleep and Learning from the 'Raising Children' website. There are some great articles available on sleep and other issues related to raising children.

Sleep and learning

Sleep can affect concentration, memory and behaviour. It's no wonder that how well your child sleeps has an impact on how well they learn.

About sleep and learning

Good-quality sleep helps your child concentrate, remember things and behave well. These all help your child to be a successful learner. Poor sleep, or not enough sleep, affects concentration, memory and behaviour, making it harder for your child to learn. Children who don't sleep well are more likely to feel sleepy and to have difficulties with their learning.

Concentration

Children who are sleepy have trouble concentrating during the day. If your child can't keep their attention on what they're trying to learn, whether it's climbing a tree at the park or singing a song at school, it will affect their learning.

Memory

Remembering things is part of learning. For example, if your child is tired, it's harder for them to remember basic stuff such as how to spell words, how to do mathematics calculations, or where to find information in a book or on the internet. It's also harder for them to remember how to do things such as playing a musical instrument.

Our brains create and strengthen different types of memory in different sleep cycles. For example, just before your child wakes in the morning, their brain uses the last stages of REM sleep to sort and store memories and information from the previous day and get ready for the day ahead.

Behaviour

Sleepy children tend to have more problems with behaviour at preschool or school – and at home too! For example, a sleepy child might play up in class or refuse to follow the teacher's instructions. A sleepy child might miss out on learning because the teacher is busy managing their behaviour. Their might also miss out on playing with other children if they don't like the way they are behaving.

Source: http://raisingchildren.net.au/articles/school_age_sleep_nutshell.html

Picnic on the Lawn:

Last Friday, 9 March, the Preparatory School enjoyed its annual 'Picnic on the Lawn' event. It was a wonderful opportunity for parents, students and staff to take time away from their busy schedules and spend some time relaxing and enjoying some good food and good company.

There was music, a sausage sizzle and plenty of fun and games. It was particularly pleasing to see different families pulling their picnic blankets together and making new connections.



Upcoming Events:

Preparatory School Photographs: Monday, 19th March – All students must have their blazer.

Assembly Awards:

Pre K: Poppy Rodgers, Christian McHugh

Kindergarten: Elyse Walker

Stage 1: Max Thomas, Jack Lowe

Stage 2: Tara Sataka, Jaiden Marsh

A. Brace

DATES FOR YOUR DIARY – MARCH 2018

Friday, 16th March – Red Cross Calling, Preparatory School

Friday, 16th March to Sunday, 18th March – Centenary Heritage Autumn Festival Weekend

Monday, 19th March – Preparatory School Photo Day

Tuesday, 20th March – Years 9, 10 and 11 French Film Festival, Norton Street Cinema, Leichhardt

Tuesday, 20th March – Senior School Basketball Presentation Evening

Wednesday, 21st March – Year 7 Parent/Teacher/Student evening

Thursday, 22nd March – JS CIS Primary Swimming Championships

Thursday, 22nd March – Senior School Music Soiree No. 1

Friday, 23rd March – JS Early Learning Autumn Walk