# **Blue Mountains Grammar School**

Newsletter Vol 4, 2nd March, 2018



# FROM THE HEADMASTER

### How the 100/0 Principle Works

From The 100/0 Principle, by Al Ritter

What is the most effective way to create and sustain great relationships with others? It's *The 100/0 Principle*: you take full responsibility (the 100) for the relationship, expecting nothing (the 0) in return.

Implementing *The 100/0 Principle* is not natural for most of us. It takes real commitment to the relationship and a good dose of self-discipline to think, act and give 100 per cent.

The 100/0 Principle applies to those people in your life where the relationships are too important to react automatically or judgmentally. Each of us must determine the relationships to which this principle should apply. For most of us, it applies to work associates, customers, suppliers, family and friends.

STEP 1 — Determine what you can do to make the relationship work... then do it. Demonstrate respect and kindness to the other person, whether he/she deserves it or not.

STEP 2 — Do not expect anything in return. Zero, zip, nada.

STEP 3 — Do not allow anything the other person says or does (no matter how annoying!) to affect you. In other words, don't take the bait.

STEP 4 — Be persistent with your graciousness and kindness. Often we give up too soon, especially when others don't respond in kind. Remember to expect nothing in return.

At times (usually few), the relationship can remain challenging, even toxic, despite your 100 percent commitment and self-discipline. When this occurs, you need to avoid being the "Knower" and shift to being the "Learner." Avoid Knower statements/thoughts like "that won't work," "I'm right, you are wrong", "I know it and you don't", "I'll teach you", "that's just the way it is", "I need to tell you what I know", etc.

Instead use Learner statements/thoughts like "Let me find out what is going on and try to understand the situation", "I could be wrong", "I wonder if there is anything of value here," "I wonder if..." etc. In other words, as a Learner, be curious!

### **Principle Paradox**

This may strike you as strange, but here's the paradox: when you take authentic responsibility for a relationship, more often than not the other person quickly chooses to take responsibility as well. Consequently, the 100/0 relationship quickly transforms into something approaching 100/100. When that occurs, true breakthroughs happen for the individuals involved, their teams, their organizations and their families.

Trevor Barman Headmaster

# FROM THE ACTING CHAPLAIN

### Clean your room

A young and wealthy couple moved into a fancy neighbourhood as both had recently been promoted in their respective jobs. Each morning over breakfast the woman noticed that her neighbour was hanging up dirty laundry. Disgusted by this she said to her husband, "Can you believe she doesn't even know how to wash clothes properly?" The man scoffed and replied, "I know, and what's worse is she hangs up dirty laundry every day!" One morning several weeks later, the woman was shocked to see her neighbour hanging up clean clothes. "Look, I believe she has finally learned the fine art of operating a washing machine!" Without looking up the man muttered, "No… I got up early this morning and cleaned our windows".

This story reminds me of something Jesus says in Matthew, "First get rid of the log in your own eye; then you will see well enough to deal with the speck in your friend's eye" (Matthew 7:5 NLT). If we want to help others and leave a positive mark in the world, then we should start by cleaning our own windows, removing our own logs. Psychologist Jordan B. Peterson says, "My sense is that if you want to change the world, you start from yourself and work outward, because you build your competence that way. I don't know how you can go out and protest the structure of the entire economic system if you can't keep your room organized."

In Chapel this week I was inspired by Peterson's idea and suggested to Years 11 and 12 that a good starting point is to clean your room. Your room reflects your life because it is where you spend a lot of your time (especially as a teenager). It is one of the few spaces you have complete control over; a place where you find rest, and organise your thoughts, hopes, and quite literally your dreams. Start with cleaning, organising and arranging your room and you will be surprised at how this seemingly small change will impact many other areas of your life. It will impact your family, and may even prove to be a harder task than imagined as your family will wonder what you are doing in there. They might be inspired, challenge you, or even become slightly jealous of your newfound proactive behaviour! It will give you a feeling of accomplishment and help you to then have the space and confidence to look at other areas of your life where you want to succeed. This could be a good experiment to run during the Lenten season in order to see what impact it has on your spiritual life? It certainly could not hurt and could possibly lead to a brighter future... or, at the very least, cleaner windows through which to see the world.

### L. Webb

# FROM THE PARENTS' AND FRIENDS' ASSOCIATION

The Parents' and Friends' Association will be holding their Annual General Meeting on Tuesday, 13<sup>th</sup> March at the Senior School campus and all Offices of the Executive Committee (Chair, Secretary, Treasurer, Committee Member, Campus Representatives) will be open for re-election. This will be immediately followed by our Term 1 General Meeting. I look forward to seeing you there.

If parents have any items for the Agenda, please email these to me on <a href="mailto:dba23266@bigpond.net.au">dba23266@bigpond.net.au</a>

A Nomination Form for Office Bearers appears below and this may also be downloaded from the School Portal.

If you are interested in taking on a Committee role, or to just be involved as an active member, or would like more information prior to nominating, please leave a message for me at any of the School Receptions and I will contact you.

The Committee is seeking assistance for the upcoming Centenary Autumn Festival; in particular for Saturday, 17<sup>th</sup> March, from midday to 2:00pm (the Sports afternoon). If you are able to assist with the BBQ or with food sales, please leave your name and contact with any of our School Receptionists, Mrs. Boros (Preparatory School), Mrs. Lowe or Mrs Arrell (Junior School) and Mrs. Dunstan (Senior School), who will forward this information on to the Committee.

### **Duncan Barrell**

Chair, Parents' and Friends' Association

# BMGS Parents' & Friends' Association Annual General Meeting

Tuesday, 13<sup>th</sup> March, 2018 7.30pm in Coorah

All current BMGS school parents are members of the BMGS Parents' & Friends Association. There are four (one each term) general meetings held each calendar year and all parents are welcome at these meetings. The Headmaster and senior staff attend each of these meetings. One of these meetings each year is also the AGM of the Association, during which the Executive Committee stands down from their roles and nominations are taken for a new Committee. Outgoing members of the Committee may also stand for re-election if they so choose.

The P & F Executive Committee holds approximately eight meetings throughout each year, to discuss any issues raised by parents with the members and to co-ordinate upcoming P & F social or fundraising functions.

The Association's AGM will this year be held on Tuesday 13th March, 2018 in the Coorah Gallery, Coorah (Senior School) at 7.30pm.

The Offices of each member of the P & F Executive are therefore now open for nominations for the following positions for 2018: Chair, Senior School Representative, Preparatory School Representative, Secretary and Treasurer. It is intended that each of the separate Representatives would then co-ordinate parent helpers for functions unique to that campus. Please note, the role of a Campus Representative may be shared between two parents.

# Nomination Form Grammar Parents' and Friends' Committee, 2018/2018 Nominations are now being called for the Executive Committee to represent the Blue Mountains Grammar School Parents' & Friends' Association in 2017. The election of members shall occur at the AGM on Tuesday, 13<sup>th</sup> March. Please complete the form below to lodge your nomination: Chair Campus Representative (Senior) Campus Representative (Preparatory) Secretary Treasurer Name of Nominee (please print): Signature of Nominee: All signed nominations are to be lodged at Coorah Reception (Senior School). Nominations may be lodged up until 4.30pm on Tuesday, 13<sup>th</sup> March, 2018

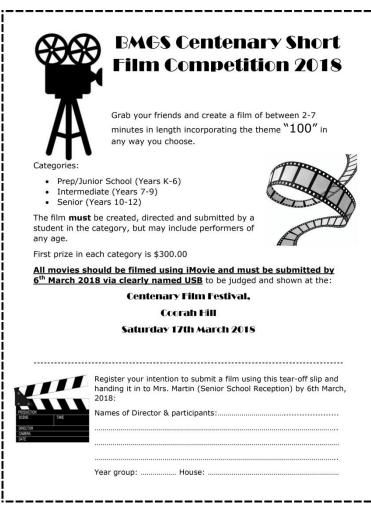
# **BMGS CENTENARY CELEBRATIONS – 2018**

The Autumn Festival weekend will commence with *Cocktails at the Carrington*. Tickets can be purchased online via Trybooking.com.au (Search for the event name: Cocktails at the Carrington). This will be a fabulous social event in our Anniversary calendar, and tickets are selling extremely quickly so avoid disappointment and book today.

We are seeking submissions from our students for our Centenary Film Festival. The theme set for the films is "100" and it will be screened at a Movie Night during our Autumn Festival which will take place on 16<sup>th/</sup>17<sup>th</sup> March, 2018. **The closing date is 6<sup>th</sup> March**.

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

### **BMGS Foundation Committee**





# FROM THE ACTING DEPUTY HEAD - HEAD OF SENIOR SCHOOL

### Three Highlights from the Winter Olympics and Character

There is something about the Winter Olympics. Perhaps it's the re-runs of *Cool Runnings*. The 'otherness' of a winter environment, the enigma of curling or the sheer absurdity that is the Skeleton. This year the Winter Olympics received significant air time in my home and there were three moments I was drawn to. These moments speak a word that is relevant as winter sports registrations open.



The first was in the opening ceremony. Aside from the sight of a brave-faced Tongan athlete dressed for the tropics, I found myself moved by the scene when the Korean team entered the stadium. Two nations which have technically been at war for over 50 years united under a common flag. It was a symbolic gesture of peace and hope. Sometimes sport transcends competition and offers a chance to put aside past grievances and promote reconciliation.

The second was the attire of Australian bronze medallist Scotty James. An athlete who listens to heavy metal while making his way down the half pipe and who has custom made 'boxing gloves'. He wears these to remind himself to stay in the fight of competition. To maintain the right fighting mindset. The sporting field is a fine gymnasium for the mind, teaching grit and resilience.

And finally, the character of David Morris. David found himself nudged out of the next round of the men's aerials in circumstances that appeared dubious to a skiing novice such as me. He had completed a virtually identical jump to another competitor. He had landed it. His competitor had not. The other competitor went through and not David. Yet not for a moment did David question the judges. Rather, he acknowledged the difficulty of their role and celebrated the opportunity to compete at the highest level.

Can I commend you to consider the Winter sport offering in the Senior School. This is not just an outstanding opportunity to build friendships and develop fitness. Students will be provided outstanding role models who shape students to become young women and men of character. For any questions about Winter sports please contact Mrs Megan Harris <a href="mailto:mharris@bmgs.nsw.edu.au">mharris@bmgs.nsw.edu.au</a>.

A. Beitsch

# FROM THE DEPUTY HEAD - TEACHING & LEARNING

### Important Dates for Term 1:

Year 12 Parent/Teacher Night: Thursday, 8<sup>th</sup> March Year 7 Parent/Teacher Night: Wednesday, 21<sup>st</sup> March Year 10 Parent/Teacher Night: Thursday, 5<sup>th</sup> April

### Impact of reading from a screen versus from printed material

Students spend increasing amounts of time reading from a screen, for both pleasure and learning. But is it better to read a digital text or printed? The research results are mixed, and changing as more digital texts become available. Part of the issue is that many digital texts are simply digital versions of printed texts, and the two formats work differently. As publishers invest more in developing more intuitive and digital texts, this will change.

Technology is here to stay, so the key pieces of advice for students (and parents) are listed below. One of the best articles to read on this debate is by Jabr (2013) *The Reading Brain in the Digital Age: The Science of Paper versus Screens*. Some advice for families when it comes to printed versus digital literacy skills are below:

### 1. DEVELOP BOTH PAPER AND DIGITAL LITERACY SKILLS

Students need to develop their reading, comprehension and learning skills in both arenas. They need to develop one set of skills to build their competence in reading and learning from paper, however they also need to develop a completely different set of skills: digital literacy and navigation skills. Some parents are critical of the use of technology in schools and fearful that students' handwriting and learning will be affected (Salter, 2013), however in an increasingly digital world it would be irresponsible of schools to neglect developing students' digital literacy skills, especially as external testing is moving in this direction.

### 2. CREATE OPPORTUNITIES TO MAINTAIN HANDWRITING SKILLS

Finland has long been known as a leader in educational circles, and recently announced they will no longer teach cursive handwriting. They will continue to teach printing, however, will transition to keyboarding skills. The move of NAPLAN to an online format is beginning this year, and will inevitably lead to the HSC exams being completed online. However, it hasn't happened yet! Students are advised that when it comes to exam time, when facing a written exam, they should handwrite their study notes or, if typed, then print them out when they are learning them. They should also actively create opportunities to maintain their handwriting skills, consciously choosing to handwrite at times when they might normally type.

### 3. LEARN TO TOUCH TYPE

Learning to touch type is a skill that definitely pays off in the Senior years in terms of saving huge amounts of time. There are lots of free online touch typing programs. *BBC Bitesize Dance Mat Typing* is a great resource for students to use - <a href="http://www.bbc.co.uk/guides/z3c6tfr">http://www.bbc.co.uk/guides/z3c6tfr</a>

M. Hastie

# FROM THE HEAD OF MUSIC

### **Fanfare Competition**

Do you love writing music? Imagine hearing your music performed by the Australian Youth Orchestra! The Fanfare Competition is open to students aged 12-21. To enter you need to compose a 30 second attention grabbing fanfare. Eight selected participants will work with professional composers as well as the Australian Youth Orchestra and a leading conductor to record their fanfares.

For further information see http://artology.org.au/fanfare/ or call 02 80077322

Entries close at 3pm Monday 4 June <a href="https://www.artology.org.au">www.artology.org.au</a>

### The Brain and Music

Now more than ever, scientists are learning about the brain and discovering that music can change the brain's structure as well as engage its networks. A new study by the Brain and Creativity Institute at the University of Southern California has found that even as few as two years of music education can produce multiple benefits.

Long term studies are revealing that the type of Music we listen to, or playing an instrument and reading music can assist with decision making, assist with focusing and inhibit impulses. For more information: <u>Music training can change children's brain structure and boost decision-making network</u>

### **ACO Young & Emerging Artists Programs**

The ACO offers programs for advanced school students and young musicians on the cusp of their professional careers. Students are given access to our exceptional musicians, with opportunities to be mentored by and play alongside these world-class players. Applications are now open! For further information, telephone 1800 444 444 | Email: <a href="mailto:aco@aco.com.au">aco@aco.com.au</a>

### **Contemporary Vocal Group**

The BMGS Contemporary Vocal Group, directed by Amelia, held its first rehearsal this week. If anyone is interested in singing you are still welcome to join the Group, who rehearse Monday afternoons in the Recital Room 3:15pm - 4:30pm.

### SYO Sinfonia Call for Scores 2018

Sydney Youth Orchestras is pleased to announce the SYO Sinfonia Call for Scores! NSW composers aged 24 or under are invited to submit their compositions for consideration. Up to three works will be selected for a reading session on 2<sup>nd</sup> June, 2018. Following the reading session, one work will be selected for performance on 8<sup>th</sup> September, 2018.

Eligibility: Applicants must be:

- A NSW resident.
- Aged 24 or under on 1st January, 2018.
- Successful applicants are expected to attend the reading session. Instrumentation: 3 Flutes, 2 Oboes, 4 Clarinets in Bb, 1 French Horn, 2 Trumpets in Bb, 1 Tenor Trombone, 1 Harp, String Section (16.12.5.8.1).

<u>Guidelines</u>: Conducted by esteemed musician and educator Brian Buggy OAM, Sinfonia is the earliest full orchestra training experience offered to students at SYO.

How to apply: Email the following to angus.davison@syo.com.au: transposed score (PDF), midi audio (mp3, aiff) and completed application form (PDF). Please clearly label each document.

Deadline: 30th April, 5:00pm. All applicants will be informed of the result by late April.

**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, 22<sup>nd</sup> March – Recital Room, Performing Arts Centre

Easter Sunday Service: Sunday, 1st April, Holy Trinity Anglican Church, participating

Choristers 10:30am

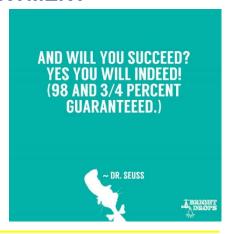
D. Smith

# 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 <u>almichielsen@bmgs.nsw.edu.au</u> 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 <a href="mailto:ghorne@bmgs.nsw.edu.au">ghorne@bmgs.nsw.edu.au</a>

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 IT DEPARTMENT

### Cyber Safety News - 26th February, 2018

Parents may be interested to read the latest blog from Jessica Hill, Education Engagement Manager for Cyber Safety News – a link to this blog appears below:

### Cyberbullying Myths

The national conversation around cyberbullying gathered intensity with calls for a total ban on smartphones in schools making front-page headlines across Australia. Read more via <a href="https://www.familyzone.com/school-blog/cyberbullying-myths?...">https://www.familyzone.com/school-blog/cyberbullying-myths?...</a>

J. Cooney

# FROM THE UNIFORM SHOP

### All weather jackets

Fittings for these jackets will take place over the next three weeks (Mon  $5^{th}$  /Tues  $6^{th}$ /Mon  $12^{th}$ /Tues  $13^{th}$ ; Mon  $19^{th}$ /Tues  $20^{th}$  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 our Blazers.

On **Monday 12**<sup>th</sup> **March only** the Uniform Shop will close at 1.45pm – I apologise for any inconvenience.

K. Arrell

# **SENIOR SCHOOL PHOTO DAY**

Photograph Day for the BMGS Senior School is on Friday, 9<sup>th</sup> of March, 2018. Envelopes have already been distributed to students via tutors. Parents are encouraged to place orders online with Advanced Life School Photography @ www.adavancedlife.com.au, using the unique 9 digit online code. Parents who place their orders online do not need to return the order envelope to school on photo day. Any parents who wish to pay via cheque, cash or money order will need to return the order envelope to school with their child on photo day.

On Photo Day can all parents **please ensure** that their children are in correct School uniform – blazers compulsory - and that students' hair and general appearance is in line with that stipulated in the School Uniform Guidelines.

### K. Hunter

# FROM THE HEAD OF SPORT

This weekend we have Semi-Finals in both Cricket and Basketball. The Cricket boys will be travelling to Bowral to take on Oxley College and the Basketballers will be heading to Penrith for games throughout the day at Penrith Basketball Stadium. Congratulations to all those teams who have made the Semi-finals, best wishes for your games and please ensure you play to uphold the honour of the School.

For those intending to support please come along decked out in blue and gold!

### **Swimming Carnival**

The Swimming Carnival will be held next Wednesday, 7<sup>th</sup> March at the *Glenbrook Pool (please note change of venue)*. Students who are competing in the Medley will be required to be at the pool by 8:15am for their race at 8:45am. All other students need to be at the pool by 8:30am.

Students are expected to catch the train to Glenbrook and walk to the pool. Any Year 7 students who still require a lift from BMGS could you please email Mrs Martin in Senior School Reception via gmartin@bmgs.nsw.edu.au

### **School Swimming Team**

The School's ISA Swimming team will be posted on the noticeboard on Thursday, 8<sup>th</sup> March and notes will be sent to successful students. These notes will be required to be returned by Monday, 12<sup>th</sup> March as the ISA Carnival is to be held at SOPAC on the 14<sup>th</sup> March.

### ISA 2018 Winter Season

All students have been sent the Survey Monkey link to register for winter sports. This form needs to be completed for a student to be permitted to trial. The survey takes only a minute to complete and needs to be completed by Friday, 9<sup>th</sup> March as trials will commence the following week. https://www.surveymonkey.com/r/GHBQCM3

### M. Harris

	Saturday Sport Fixtures - 3rd March, 2018- Round 7					
	Team	Opponent	Venue	Time	Court	Bus INFO
Girls'	Junior B	CCGS	Penrith Valley Indoor Sports Centre	8:00am	3	Private transport
Basketball	Open D	Oakhill	Herbert St Cambridge Park	9:00am	2	
Boys' Basketball	1st V	Oxley	Penrith Valley Indoor Sports Centre	12:30pm	5	Private transport
	17s	SPC	Herbert St Cambridge Park	2:00pm	2	
	14A	St Spyridon		12:00pm	2	
Cricket	1st XI	Oxley	Oxley College	10:00am		BMGS 7:00am Lawson 7:15am Buttenshaw 7:30am Glenbrook 7:45am Bus return approx. 6:00pm
	14s	Wentworth Falls	Top Reserve	8:30am	N/A	N/A

## Match Reports - 24th February, 2018

### Cricket

### BMGS 1st XI defeated Oxley College

Our team Captain, Tim Crowe, crafted the coin toss in our favour and enthusiastically elected to bat. Again, Mr Collins - 'The Pitch Doctor' - had prepared a challenging deck that required the batsmen to apply their trade with focus and skill. Ethan Cusick (10) showed determination to bat through the first session, but the Oxley College bowling attack were precise and bowled a consistent 4th stump line that saw BMGS in trouble at 4/22 in the 18th over. Jackson Prowse (35) and Charlie Campbell (10) batted through the second session, demonstrating the importance of playing straight, to add 58 runs for the 5th wicket. Jude Danta (7) absorbed the pressure of the Oxley bowling attack as the opening bowlers returned for their second spell and Henry Horwood (11 n.o.) took the game to 49.5 overs before the final wicket fell for 119. Based on previous matches, this would be a challenging total for the highly rated Oxley batting line-up. The BMGS bowling was outstanding, with all of the bowlers maintaining a consistent line and length. Jude Danta (2/5 from 10), Tom Bloodsworth (2/7 from 9), Charlie Campbell (3/2 from 6), Christian Wright (0/19 from 10), Daniel Lane (0/15 from 5) and Ethan Cusick (3/24 from 6) kept the Oxley batsmen under pressure throughout their innings, to see them dismissed in 49.5 overs for 100 runs. This was our third straight victory on our home ground. The BMGS 1st XI should be proud of their achievement this season with 7 wins and 1 loss to be placed third in the competition. Their Semi-Final match will be against Oxley College in Bowral this Saturday.

### D. Horwood

### Girls' Basketball

### BMGS First V were defeated by Oakhill College, 67-43

This week we came up against Oakhill College for our final game of the season. The last time we played against this team it was a very tough game and this week was no different. We played well and stood our ground for the duration, but it just wasn't enough to come away with the win. As it was the final game of the season it was very obvious how far the girls have come. They always put in their best effort every game and they have improved immeasurably. All the girls should be so proud of their achievements this season.

### BMGS Open B BMGS were defeated by St. Andrew's Cathedral School 41-16

For their last game of the season, the Open Bs played against Saint Andrew's Cathedral School. After losing by only five points the last time they met, the Open Bs were determined to gain a win and end the season on a high note. However, the girls were slightly flustered against SACS' relentless defence and found it difficult to penetrate the key. Despite their best efforts, the game did not go in their favour and SACS came away with the win. I am tremendously proud of the Open Bs and how much they have improved this season, and am glad I had the opportunity to coach such a wonderful team.

### BMGS Open C were defeated St. Paul's Grammar School, 36-6

The Open C team faced some tough competition against St Paul's Grammar School on the weekend. The girls were hoping to secure a win in the lead up to the Semi-Finals next weekend. Unfortunately, this was not to be the case. The first half saw St Paul's pull out to a strong lead due to some great shooting on their part and some defensive miscues on ours. The girls also couldn't seem to find their range to the basket, with Jess Prowse scoring all our baskets. The second half, however, saw a much improved effort from the girls, who only allowed six points in the first ten minutes of the second half. Sadly, our offence did not match this defensive improvement and St Paul's maintained their lead, winning the game. The girls played hard and should be proud of their efforts, particularly in the second half of the match. They are looking forward to the challenging game this weekend in the Semi-Finals.

### BMGS Intermediate B were defeated by St. Andrew's Cathedral School, 38-18

The Inter Bs displayed an extraordinary set of skills during their last game of the season. Truly showing what they have learnt over the season and effectively incorporated them into the game. Despite having to deal with some aggressive competitors, the girls never gave up and continued to make this game their best. This game ended up being their highest scoring and closest game of the season. The girls really game together and played like a team and never gave up. I am so proud of the girls and what they have accomplished on and off the court and hope that they all continue their Basketball careers at BMGS.

### BMGS Junior A were defeated by St. Paul's Grammar School, 32-15

The Junior As knew they had their work cut out for them coming into the game against St Paul's Grammar School. Having gone into overtime during the first match, the girls knew they had to play hard. St Paul's came out firing and took an early lead in the game, playing with great intensity. After a quick timeout, the BMGS girls came back strongly but could not capitalise on their shot opportunities. This meant that St Paul's took a solid lead into the second half. Unfortunately, the first five minutes after

half time saw the opposition attacking, successfully scoring a number of baskets to extend their lead. While the girls attempted a counter attack, they could not muster a consistent level of defensive stops in order to catch up to the lead that had been built. It would have been nice for the girls to achieve a win for the last game of the season but unfortunately it was not to be.

BMGS Junior C were defeated by St. Paul's Grammar School, 27-6

The Junior Cs played a tough game to round out the regular season, unfortunately ending with a loss. The girls played hard the entire game, making a concerted effort on both the offensive and defensive ends. Sadly, it was our lack of shot-making that let us down as the St Paul's players were able to capitalise on the offensive end. The game was hard fought and the girls should be extremely proud of their efforts. I look forward to seeing them continue to improve next season.

C. Ingold - MIC Girls' Basketball

### Boys' Basketball

BMGS 13s were defeated by St. Pius, 36-27

Although I was again, unfortunately, unable to coach the team for their game due to timetabling, from all reports it was an incredibly unlucky end to a great season. I would like to thank Nick Van Tilburg and Byron Lester for assisting me by coaching the team this weekend. While not managing to win enough games to make Semi-Finals (finishing 5th), the team showed major improvement over the season, competing strongly in their last game against a team which will probably do very well in Semis. I'm glad that the boys enjoyed their last game, 3's and rejections and all. It's been a pleasure coaching them this season.

### BMGS 14As defeated St. Pius, 49-15

The final round of the regular season showcased the skill level of the team and how far they have come since the start of the season. The team started slowly, falling behind 10 minutes into the first half. This forced the team to focus on their defence as they quickly turned the game around, taking the lead and only allowing St Pius to score three more points by the end of the half. The second half resumed much the same way, with solid defence leading the way forward. St Pius were only able to score three points in the second half, while the boys demonstrated great teamwork to keep everyone engaged in the game. This was a great way to prepare for what will be a tough Semi Final against St Spyridon.

### BMGS 14Bs defeated St. Andrew's Cathedral School, 24-14

The BMGS Under 14B's final game for the season against St Andrew's Cathedral School also proved to be their greatest. All players displayed their best efforts which culminated in strong team cohesion, with equally stunning defence and offence. Sam made several layups in a stylish manner after being masterfully set up by Elliot's careful and crafty planning. Kane and Zach were in fine form as usual racking up points on our scoreboard to secure a steady advantage that was maintained throughout the second half of the match. Jacob stylishly trod the court in his new 'designer' shoes, giving him a boost in confidence which 'paid' off. Raph stepped up his performance as Centre, grabbing countless rebounds and making his shots really stick; perhaps his mother's and sister's court-side cheering played a factor in this? Tyler was the glue that held BMGS' offence all together setting up some perfect plays. Tom was the perfect combination of power forward and point guard; some very fancy hand work and shooting turned him into a formidable presence throughout the game. Finally, Fin's and Rory's defence and ability to block, steal and pass pushed the BMGS U14 Boys to a triumphant and well-deserved victory of 24/14. If they continue to build on their success they will be a force to be reckoned with in the future. Congratulations to the boys and a big thank you to the boys' parents for their continued support!

BMGS 15s were defeated by St. Pius, 52-16

The last game of the season showed everyone how far the U15s had come in the last few months. After a forgettable first half the boys came back and outscored St Pius in the second half. They played the best defence of the year, completely shutting down the St Pius attack and in the end the final score didn't provide an accurate representation of the game. This has been the story of the season with the U15s play increasingly improving but the results not going our way. I look forward to seeing this coming together for them next season.

BMGS 17s defeated St. Pius, 36-31

BMGS 1stV defeated St. Pius, 44-34

V. Morgan-Hort, MIC Boys' Basketball

# FROM THE HEAD OF THE JUNIOR SCHOOL

As parents are aware, Mr. Cockington is currently interstate and on bereavement leave. Our thoughts and prayers are with him, and his family, at this difficult time.

# FROM THE EARLY YEARS CO-ORDINATOR



How do 'phonemes help us read'? Do you know the correct way to pronounce letters? What games can you play at home to help your child's reading?

All these questions, and more, were addressed in our EL Literacy Information session at the Junior School last Thursday. Parents joined the Early Learning Staff for a 'Reading Workshop'.

We explored key issues such as

developing phonemic awareness in young children, routines for reading and practical activities to try at home. We also shared with parents, some of the regular games and activities that we use in the classroom.

Thank you to all those who were able to attend this workshop, which resulted in lots of interesting discussion.

B. Knebel



# **JUNIOR SPORTS NEWS**

### Basketball Results - Term 1 Round 12

A highlight for me at this week's Basketball games was coaching my 3/4 Red team against one of the toughest teams in their competition. At one stage, we were one point out in front and we were really giving it our all to try and prevent the opposition from scoring in the dying minutes of the game. Unfortunately, they penetrated our awesome defence and went on to win by 2 goals. The students were so proud of their efforts and left the court delighted that they nearly defeated one of the top teams. Mrs K was also treated to an exciting game on Friday night which saw the 5/6 Gold team claim victory by three baskets. Our Primary Basketball program encompasses more than just trying to win. Through this program, we are teaching the children about resilience, fair play and team skills. It is clear to see that our students display these attributes from one week to the next and as MIC that makes me super proud of all of our players.

Our Basketball Presentation will be on Friday, 6<sup>th</sup> April at 3:10pm in Coote Hall. The Presentation usually runs for one hour and is a great way to finish our season. To assist with the smooth running of this Presentation, I would like all those who can contribute a plate of food to share, to place it in the Junior School kitchen at the start of the day. If your food requires refrigeration, just pop it in the fridge. I have also approached one student from each team to write a small thank you speech for their coach and to collect a donation from each player in their team to purchase a gift for their coach. They will be in touch with you soon.

### Reminder:

Check the draw at <a href="http://www.bmbasketball.com.au/draws.html">http://www.bmbasketball.com.au/draws.html</a> to see what time your game is on so you are prepared.

### Results

- 5/6 Boys' Gold played the Mighty Minions BMGS Gold won 26 to 20
- 5/6 Boys' Blue played the Mountain Royals The Mountain Royals won 69 to 0
- 3/4 Mixed Blue played the Misfits The Misfits won 22 to 10
- 3/4 Mixed Gold played the Fruitloops The Fruitloops won 28 to 6
- 3/4 Mixed Red played The Cheerios The Cheerios won 22 to 20
- 5/6 Girls' White played 5/6 Girls' Red BMGS White won 20 to 7

### L. Gerrard

# FROM THE PARENTS' AND FRIENDS' ASSOCIATION

The Parents' and Friends' Association will be holding their Annual General Meeting on Tuesday, 13<sup>th</sup> March at the Senior School campus and all Offices of the Executive Committee (Chair, Secretary, Treasurer, Committee Member, Campus Representative) will be open for re-election. This will be immediately followed by our Term 1 General Meeting. I look forward to seeing you there.

If parents have any items for the Agenda, please email these to me on <a href="mailto:dba23266@bigpond.net.au">dba23266@bigpond.net.au</a>

A Nomination Form for Office Bearers appears on Page 4 or this Newsletter, or it can be downloaded from the School Portal.

If you are interested in taking on a Committee role, or to just be involved as an active member, or would like more information prior to nominating, please leave a message for me at any of the School Receptions and I will contact you.

The Committee is seeking assistance for the upcoming Centenary Autumn Festival; in particular for Saturday, 17<sup>th</sup> March, from midday to 2:00pm (the Sports afternoon). If you are able to assist with the BBQ or with food sales, please leave your name and contact with any of our School Receptionists, Mrs. Boros (Preparatory School), Mrs. Lowe or Mrs Arrell (Junior School) and Mrs. Dunstan (Senior School), who will forward this information on to the Committee.

### **Duncan Barrell**

Chair, Parents' and Friends' Association

# FROM THE HEAD OF THE PREPARATORY SCHOOL

### Never underestimate the impact of the life you lead

Working closely with children, we are constantly reminded that they are watching, listening and absorbing everything they see. They speak about things they have seen and they model the behaviours on the playground and in the classroom. The way we live is a powerful example to children.

I would like to thank all of the teachers and parents of the Preparatory School for the example they set for our students. I encourage you all to continue to aim to provide an example you would be happy to have emulated.

### **Swimming Carnival**

Congratulations to students in Years 3 and 4 for a fantastic Swimming Carnival last Friday. It was a great day from the start to the final race! The children had lots of fun and participated with such a positive attitude and great sportsmanship.

### **Uniform Reminder**

The warm weather is still upon us and it is important that the students have appropriate sun protection. School hats are to be worn by the students at all times when they are outside. The Preparatory School has a 'no hat – play in the shade' policy, however, it is important that the students have appropriate sun protection at all times.

### Co-Curricular

Cooking club began this week for the Stage 2 students.

### **Fundraising**

The Parents' & Friends' Association chocolate fundraiser has begun. We ask all families to please return their note to Reception as quickly as possible to indicate how many boxes they would like to receive or to opt out of the project.

### **Upcoming Events**

Next Friday, 9<sup>th</sup> March, will be our annual 'Picnic on the Lawn' welcome event for the Preparatory School. Information was sent home earlier in the week about this event and we look forward to spending a relaxing evening with our Prep School families.

### **Assembly Awards:**

Kindergarten – Sophie Pawlyk Stage 1 – Rose Cottle and Mikhaela Sommerville

### A. Brace

# DATES FOR YOUR DIARY - MARCH 2018

Friday, 2<sup>nd</sup> March – Year 10 Wilderness Education MP Canyon excursion

Saturday, 3rd March - Summer Sport Semi-Final round

Sunday, 4th March to Tuesday, 6th March – Year 9 Wilderness Education Canoe Expedition

Sunday, 4th March to Friday, 9th March - F1 in Schools National Finals, Tasmania

Wednesday, 7th March - Senior School Swimming Carnival, Glenbrook Pool

Wednesday, 7th March - Junior HICES Swimming Carnival, SOPAC

Thursday, 8th March – Year 7 1st Dose Vaccinations and Year 8 Second Dose Vaccinations

Thursday, 8th March - Year 12 Parent/Teacher Evening

Friday, 9th March – Senior School Photo Day

Friday, 9th March – Preparatory School's Picnic on the Lawn