



The Balgowlah Boys Campus Newsletter

Principal's Report

Week 4 Term 4 2016

I would like to start this report by thanking all those parents and friends that attended our Sport Assembly. Mr Tom Elliott, an Olympic Swimmer and current member of the Australian Swimming Team addressed the assembly. He encouraged all students to not only work hard towards their dreams, but to also take the support from their coaches, friends and family if they face disappointment or low spirits.

This presentation was timely as students from Balgowlah were featured in the ABC Special "Man Up". Gus Worland, father of Jack, tells of his journey in life dealing with the loss of a good mate through suicide. The program questioned the perception of the stereotypical male that needs to be strong, stoic and quiet. Through a number of open and often emotional interviews with different male groups including current year 11 students at Bally the show examined the importance of speaking up. To not only seek support for yourself, but to help others and are ask if they are OK.

Congratulations to our wonderful Jazz Ensemble for their performance at the Manly Jazz festival. They were given the stage facing the ferry wharf and had hundreds of onlookers entertained.

Balgowlah Boys Jazz Ensemble playing to full house at Manly Jazz Festival



Our "crazy" Science faculty had the whole school abuzz with its celebration of Science Week. The Science team organised final "throw off" for the paper plane competition. For the first time the school assembled on the re-surfaced quad, resplendent in green! With the school population over 800 next year, this may be a more common venue for assemblies.



Whole school on quad, including band, paper planes, bikies...?



Images from the Paper Plane Competition

The school launched a new merit award system this year and the first students are now gaining Silver and gold certificates.



Year 9 Silver Certificate recipients


**Bally P&C invite all
parents & boys to attend our**

Working Bee!

SATURDAY 12TH NOVEMBER
START TIME IS 12PM

Apart from tidying the gardens, we would like to give the school a bit of a clean, so we're calling on all owners of high pressure hoses – please come armed and ready. It could get dirty so please bring old clothes plus gardening tools.

We will reward your hard work with a BBQ afterwards so please email your RSVP by Friday 11th Nov to: ballyboyspandc@gmail.com

The Bally P&C are holding a Working Bee next Saturday 12 November, to revitalise the canteen quad area of the school. It would be great if parents would be able to give a few hours of their time to lend a hand and make the school environment a little nicer for our boys.

Paul Sheather

Library Lines

With approximately 900 books on the current NSW Premiers Reading Challenge 2016 available in our school library, it is not surprising that so many completed the task of reading twenty of the listed books.



Congratulations to the following students:

Year 7

Maxime Atkinson de la Ferrier
 Mitchell Bennett
 Isaac Brighton
 Mack Calder
 Gordon Carroll
 William Dixon
 Joseph Doyle
 Tom Ellis
 Jordon Hatch
 Issac Kao
 Ewan MacKechnie
 Thomas McLean
 Noah Moss

Sean Oikawa
 Paul Pham
 Lachie Phillips
 Jack Polkinghorne
 Cooper Robinson
 Jack Roche
 Patrick Ruffner
 Jackson Scott
 Steven Stavrellis
 Boston Stead
 Josh Turner
 Jake Vernon

Year 8

Max Faulkner
 Hamish Kemmers
 Rafael Mamott
 Jack Rodgers

Year 9

Jack Evans



It is time now to start reading for next year's challenge! To make it easier, the Library now has a new on-line program – OLIVER.

All students and staff have access to this program through their portal. Look for 'My School Library' and you will have access to searching for all resources held in our school library. All books on the NSW Premiers Reading Challenge list are prefixed with PRC.

Remember, although twenty books are the goal, five of these may be of your own choice. This means from both the wider fiction section and non-fiction section. Non-fiction books now have a prefix NON before the



White Ribbon Day Volunteers Needed

On Friday 25th November, Balgowlah Boys will be hosting a breakfast to raise awareness for White Ribbon. The boys are asked to attend and bring along a significant male family member or friend (women are also welcome to attend!). There will be bacon and egg rolls, juices, cake stalls to purchase on the morning.

We are seeking as much help from our school community as possible so if you would like to get involved in this event please email nbscbalgb-h.school@det.nsw.edu.au or call the school number on 9949 4200. We are particularly looking for a parent or member of our school community who may like to speak at the breakfast.

There will be a number of events during the week and the boys will be learning about masculinity and the link with White Ribbon.

We will also ask you to all be a part of a White Ribbon art installation as a token of support for White Ribbon.

Please put this date in your diary and we hope to see you for breakfast on Friday 25th November from 7.30am!

Why engage men in white ribbon?

The violence perpetrated by men against women must stop and it is up to men to stop it. The victims are not merely statistics; they are wives, sisters, mothers, daughters and friends. Good men cannot and will not sit on the sidelines while those they love are at risk of harm.

The White Ribbon Campaign is about recognising the positive role that men play in preventing violence against women. It fosters and encourages male leadership in the prevention of violence against women, based on the understanding that most men are not violent.

The Campaign is a means for men to speak out against violence against women, and to safely and effectively challenge the attitudes and behaviours of a minority of men who use or condone violence against women.

White Ribbon Australia believes in the capacity of the individual to change and to encourage change in others. Our generation can and must work towards stopping violence against women so that all women can live in safety, free from violence and abuse.

The prevention of violence against women will change society for the better.

<http://www.whiteribbon.org.au/why-engage-men>

Year 11 Study Skills Workshop

This week Dr Prue Salter from Enhanced Learning Educational Services (www.enhanced-learning.net) ran a study skills session with Year 11. The session focused on helping students identify changes and improvements they could make to their approach to their studies in order to maximise their results in their final years of school. The main areas covered with the boys were setting up an effective home study environment, managing resources for school (both paper and digital), working effectively at home and dealing with distractions, managing time efficiently, using the diary as a planning tool, making brain-friendly study notes and using a wide variety of active study techniques to suit individual learning styles. Parents are encouraged to review the handout from the session with students and discuss the main areas identified where changes need to be made. Parents can also find extra study skills tips on the following website: <http://studyskillstoptips.com/> .

New Subscription to Online Study Skills Handbook

Our school has recently subscribed to the ELES Study Skills Handbook. This is a great online resource for parents and students to address all their study skills issues and concerns as well as learn new ways to improve students' results at school. The handbook has a huge amount of information for both students and parents as well as lots of interactive activities, multimedia experiences and useful resources. To access the handbook, go to www.studyskillshandbook.com.au and **login as a subscriber** with these details

Username: balgowlahboys

Password: 23achieve

Please note, the above user name and password is for the use of the parents and students **AT OUR SCHOOL ONLY** – please do not pass our school's details onto students or parents from other schools or other individuals or organisations. Please also ensure you read through the terms of use the first time you access the handbook. We encourage all parents and students to take advantage of this opportunity to further develop their students' study skills abilities through this great online resource.

Exams coming up shortly?

Follow these steps to help you achieve your personal academic best:

1. Find out what you need to learn: ask your teacher if you will be tested on the whole year's work or just the second half of the year. You may like to work through the PREPARING FOR EXAM BLOCKS unit to help you put together a study plan.
2. Make your study notes: work through the SUMMARISING unit to learn how to make brain-friendly study notes. On the THINGS TO PRINT page you will find a very useful Study Notes Checklist. You want to get your study notes finished as quickly as possible.

3. Learn your study notes: make sure you remember what you study by using the techniques in the ACTIVE STUDYING unit. If you are interested in exploring learning preferences, you can find more in this unit on this topic.
4. Practise the skills of the subject: do as many different questions, revision sheets, chapter reviews, sample essays or past examination papers as you can. There are suggestions on how to make sure the practise you do is effective in the ACTIVE STUDYING unit.
5. Review your test-taking techniques: this ensures you make the most of the time in the exam. You can learn more about what to do the night before, the morning of the exam, how to approach multiple choice questions and essays in exams and much more in the TEST-TAKING unit.
6. And when you get your exam paper back make the most of it by using the strategies in the AFTER TESTS AND EXAMS unit.

Don't leave your study until the last minute – get yourself organised well in advance.

You can learn more about more effective studying at www.studyskillshandbook.com.au by logging in with these details:

Username: balgowlahboys

Password: 23achieve

Beating exam stress

Exams are pretty much always stressful. But it's completely possible to manage some of the stress that's brought on by exams if you use different strategies. If there's stuff you're not strong on, or you're really stressed out, there are people who can help you.

This will be useful if:

- You have to do exams
- Exams stress you out
- You have trouble planning or concentrating on study
- You need help with some stuff you're studying
- You need help planning your time

Tackling exams

There are a whole bunch of things you can do to help you get through exams the best way you can.

Manage your stress

You'll be less stressed if you've got an idea of how the lead-up to your exams is going to look, so plan what you're going to study and when, and stick it up on the wall, or on your desktop. Break it down into manageable chunks and start working through it at the rate you planned. It's probably more boring at the start, but it's far less stressful. Plan some break times and days off too!

Take the pressure off

Deal with pressure and expectations by realistically assessing how you think you'll go, and working to do the best you can. If other people's expectations are pressuring you, talk to them and try to get them to back off. If you're putting too much pressure on yourself, try

to realise failure isn't fatal. It's likely that the worst that can happen is that you take it again, with a massive head-start from the work you've already done.

Do it together

There are other people studying for the same exam, and they probably don't like having to lock themselves away to study any more than you do. Get together with them and take the books outside from time to time. If you're not as strong in certain areas, it could help to talk to other students as well. If you are good at it, share the brain-wealth.

Get enough sleep, eat good food, and keep moving

It's really important you look after your physical health when studying for exams. Make sure you're stopping to eat regular meals and try to set aside 30 minutes a day to do some exercise, even if it's just going for a walk. Having enough sleep is also really important.

Have options

Make sure you don't pin all your hopes on one outcome. Have a few options, and realise that if your heart's set on one thing there are always going to be other paths to it.

If you're really stressed

If you're finding things tough, ask for help. It's your teacher's job to help you understand the subject, so if you're not understanding stuff, tell them and they should be able to help. If your study load or exams are driving you mad, please ensure you speak to your Year Advisor or make an appointment to see the Counsellor.

Multicultural Day



On Friday 9th December we will be holding a Multicultural Day at school for all boys. We have a number of groups coming to school to perform including Chinese Magic and Dance, Capoeira, a traditional Mongolian Throat Singer, Bollywood Infusion and Indigenous Infusion.

We would like to hold a picnic lunch with the boys being able to try some foods from a variety of countries. I'm wondering if there are any parents with expertise in this area who might be interested in becoming involved I would love to hear from you.

Also, if you are able to perform anything to reflect your own culture and you are available on this day I would love to hear from you as it would be great to hear from you and include you in the program! Please feel free to call me at school or email Vanessa.briggs1@det.nsw.edu.au

Japan Trip January 2018 Expression of Interest

The Study Tour is designed to allow students of the Japanese language to consolidate their knowledge in the native language environment, and connect much of the intercultural learning they have done. Balgowlah Boys has Japanese High schools in Japan which visit annually. The trip is 10-12 days long, in January 2018, and will conclude before we return to school.

As the approval process is an extensive process I am hoping to ascertain the number of students who may be interested in joining this study tour prior to seeking approval. At this stage if your son is interested they need to fill in an expression of interest form and we will hold an information session early next year and ask for a deposit if we have enough students and have the trip approved. Please feel free to see Vanessa Briggs or Ian Host if you require any further information. Expression of Interest notes will be handed out to students in class or please feel free to visit our staffroom.



Old Boys Bally Breakfast BBQ

Thank you so much to Tom Miles and the Old Bally Boys who provided a breakfast BBQ for us last Friday morning.



HSIE

Year 9 Geography:

Students have spent the last 8 weeks studying urban planning and thinking about what features makes a place "liveable". As part of this project students were given the task of redesigning a part of the industrial estate at Brookvale. Students needed to consider access and linkages, comfort and image, uses and activities and sociability in their design. the whole of year 9 spent an afternoon walking around the area doing traffic and place surveys before breaking into groups to construct their designs. Students created some fantastic 3D models as well as computer generated animations of their ideas. Well done boys!

Year 9 and 10 History

To coincide with the recent UN convention on refugees the HSIE faculty set up a similar conference at school. Students were allocated a country and researched their position for a few weeks. At the conference countries such as Hungary, Greece, Lebanon, The US and Australia had to negotiate how refugees around the world should be distributed. It was really pleasing to see them so critically engaged. Needless to say plenty of debate and fierce negotiation ensued!

Dance at Bally

2016 has seen the Bally Street Crew rise to new heights with a stellar performance at MAD and the acceptance of two students year 10 students, Fynn Avery and Cody Craven, into the Sydney North Boys Crew for School Spectacular. The Bally Street Crew have met every Thursday morning to perfect their routines and learn new tricks and have once again been accepted to enter in the Short Sharp Dance Competition run by FORM Dance Projects in Parramatta. In 2015 the crew was one vote off the People's Choice Award so this year they have trained harder and enhanced their performance quality to take out the top spot. Parents, caregivers, friends and staff are all encouraged to join the boys at Riverside Theatre on the 17th November at 7:30pm to support the boys and view an excellent show in the process.

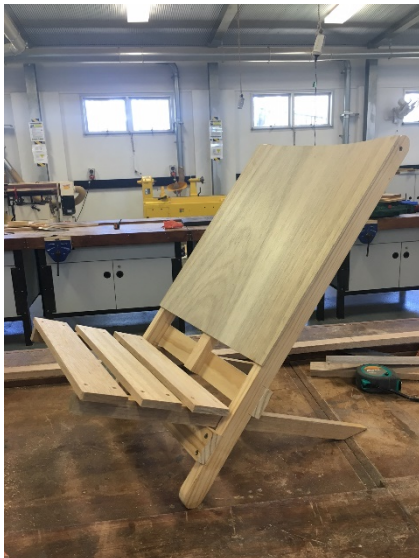
Miss Jan and Miss Duncan could not be prouder of the commitment shown by the boys and for the first time nominated students for positions as Dance Captain and Vice Captain to Geoffrey O'Neill and Sam Heaton. These students showed dedication to the street crew and have assisted with organisation of performances.

In term 4 the Bally Street a crew are opening their doors to three industry professionals for a Break, Hip Hop and Tricking Workshop in Week 10. This workshop welcomes students from inside and out of Crew to come and learn new tricks, routines and share some of their own with others.

Laura Duncan

TAS Faculty

Year 8 Technology



Year 8 Technology Mandatory (Timber)

Year 8 Technology students are currently working on a beach chair that they can use this summer! All students are gaining experience using a variety of tools and machinery in the Trade Training Centre.

VET Hospitality



Stage 6 Vet Hospitality students have been learning how to prepare salads, appetisers and sandwiches for their upcoming assessment. Pictured are house-made Arancini balls with Italian sauce.

Year 10 Industrial Technology Food Technology

Year 10 Food Technology students have currently been learning about food for special occasions. The students created some delicious products for their Halloween party.



Visual Arts Newsletter

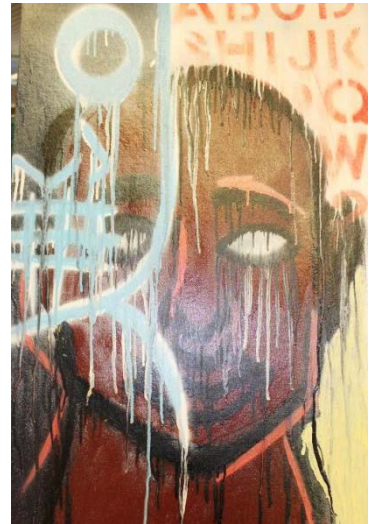
Express yourself- Manly Art Gallery HSC Exhibition 2017

'Express Yourself' is an annual exhibition held at Manly Art gallery that celebrates the best of the Northern Beaches Visual Art students and their work. This annual exhibition has been a spring board for many up and coming artists to showcase their HSC artmaking practice. This year we are proud to announce that John Nimo and Sam Allen have been selected to exhibit in the 2017 exhibition at Manly Museum and Art Gallery. Their art is a testimony to their hard work, their creativity, their classmates, and their teachers Sally Leaney and Chris Boylan. Well done boys.

John Nimo, *Untitled Self Portraits*



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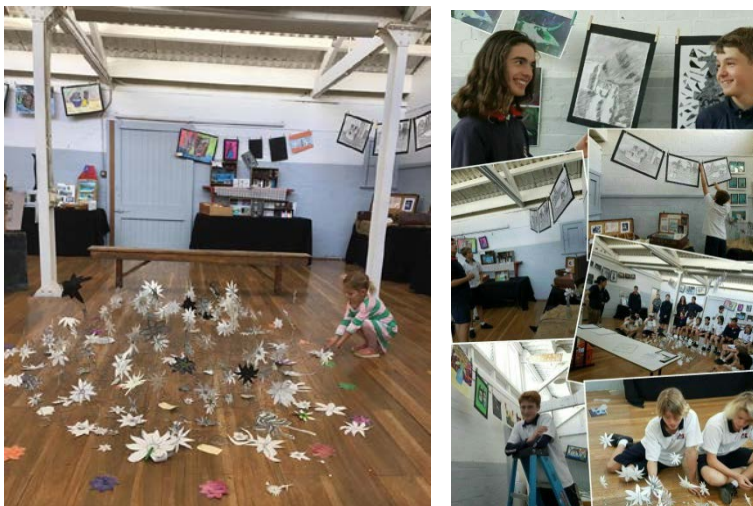


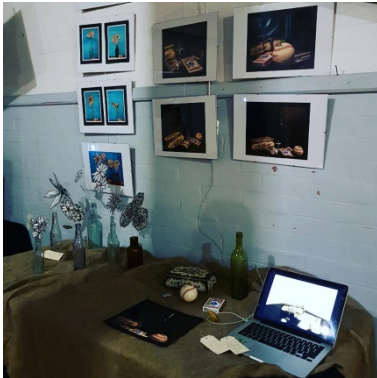
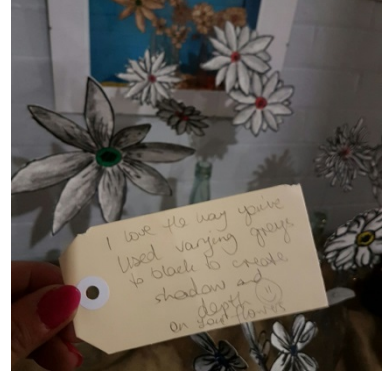
Good luck year 12!

On Tuesday 1st November the Year 12 Visual Arts class of 2016 will take on 11000 or more of the state in their HSC Visual Arts examination. We would like to wish you all the very best and hope you get the marks that you deserve (and we think you deserve excellent marks).

Year 9 Art in Quarantine Exhibition

We are extremely proud of our Year 9 Visual Arts Elective students who were a significant part of this year's Manly Art Festival, holding their very own exhibition about their impressions of the Quarantine Station. This was a great achievement and the result of very hard work from our students. The exhibition consisted of a range of artworks including 2D artworks drawings and prints, as well as 3D assemblages. Our students also produced an innovative and emotive interactive site-specific installation as part of the exhibition. Titled *Flowers for the Children*, this collaborative piece links the immigration detention history of the site of Sydney's Quarantine station to our current immigration detention. Visitors at the Quarantine Station were able to draw flannel flowers within the space and add them to the interactive and evolving work. A range of visitors contributed to the piece including local kindergartens. As a result of holding their own exhibition, Year 9s have learned about the role of the curator of their own exhibition space and artworks. Two practicing artists Ben Rak and Mandy Pryse-Jones, who have also produced work about the Quarantine Station, awarded prizes for the most accomplished works. We would like to congratulate Caleb Miller and Luca Modlin who won awards for their works which showed a sophisticated engagement with the local site and its history. We would also like to thank the Quarantine Station, and in particular, Education Program Manager Julie Regalado for providing our students with an amazing opportunity to exhibit their works to a wide audience.

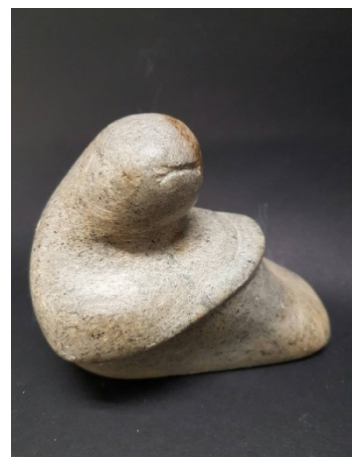


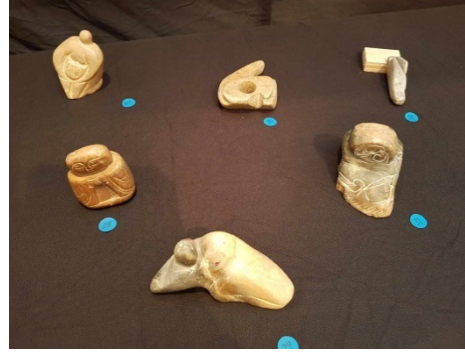


If U like Art Studio's 2nd Youth Sculpture Prize

It was also wonderful to see artworks by selected Year 10 Elective Visual Arts displayed at If U Like Art Studio's 2nd Youth Sculpture Prize in Brookvale from the 14th – 29th October. Congratulations to Billy Becke, Nick Eldred, Theo Hollington, Harry McIntyre, Teppakorn Pluangwan, Joshua Smith, Christian Tupou Kyle Inkster and Ethan Wan. Also to be congratulated are students Marin Turanec (Year 12) and Joshua Palmer (Year 7) who were also both selected for the works they submitted for the prize.

Marin Turanec, Joshua Palmer and Year 10 figurative soapstone sculptures including works by Joshua Smith and Kyle Inkster.





Photography Club

The photography club has moved to Tuesdays 3:30pm-4:30pm. Students have started working on a range of projects including portraiture, weather diaries, and framing the world. They are also building personal websites to showcase their photography work. Keep an eye on this space as we will be uploading links to their work shortly.

We would also like to congratulate Year 8 student and Photography Club member Archie Viesis. His work has just been used for the front cover photograph for the Manly Daily Well done Archie – A fantastic photograph!



Mth	Wk	Date	MONDAY	Date	TUESDAY	Date	WEDNESDAY	Date	THURSDAY	Date	FRIDAY
OCT	1A	10 Oct	Term 4 Starts Students Return HSC Extension Courses Begin	11 Oct	Yr12 AH	12 Oct	Faculty Meeting	13 Oct	Learning Support Meeting (L) All Schools Athletics HSC Written Exams Start	14 Oct	
OCT	2B	17 Oct	Year 11 reports to HT	18 Oct	Sports Achievement Assembly Welfare Team Meeting (L) P&C Meeting 7:30pm P/HS Band Music Day	19 Oct	HSC Written Exams Staff Meeting	20 Oct	HSC Written Exams ICT Committee Meeting (L)	21 Oct	HSC Written Exams Year 11 reports to YA Prefect Leadership Conference
OCT	3A	24 Oct	HSC Written Exams TPL Evening 3:30-6:30pm Primary School Visits	25 Oct	HSC Written Exams Primary School Visits	26 Oct	HSC Written Exams Faculty Meeting Primary School Visits	27 Oct	HSC Written Exams Open Cricket ko	28 Oct	HSC Written Exams Newsletter Items Due Yr 7 Vaccinations 3
OCT	4B	31 Oct	Primary School Visits Principal Tour BBC Confidential Due HSC Written Exams Year 11 Study Day 9-1pm	1 Nov	Primary School Visits HSC Written Exams	2 Nov	Staff Meeting Primary School Visits HSC Written Exams	3 Nov	Learning Support Meeting (L) BBC Confidential Distributed HSC Written Exams End Year 9 Science excursion	4 Nov	Newsletter Distributed
OCT/ NOV	5A	7 Nov	PBEL Meeting 3:30-4:30pm Yr 7 Assessment Period Yr 9 Assessment Period	8 Nov	Welfare Team Meeting (L) Yr 7 Assessment Period Yr 9 Assessment Period	9 Nov	Faculty Meeting Yr 7 Assessment Period Yr 9 Assessment Period US Election Day HSIE	10 Nov	ICT Committee Meeting (L) Yr 7 Assessment Period Yr 9 Assessment Period	11 Nov	☛ Remembrance Day Yr 7 Assessment Period Yr 9 Assessment Period Year 7-10US Presidential Day
NOV	6B	14 Nov	TPL Meeting 3:30-4:15pm Yr 10 Assessment Period Yr 8 Assessment Period	15 Nov	Welfare Conference Yr 10 Assessment Period Yr 8 Assessment Period P&C Meeting 7:30pm Nth Beaches Careers Advisors Meeting Common room	16 Nov	Staff Meeting Yr 10 Assessment Period Yr 8 Assessment Period	17 Nov	Yr 10 Assessment Period Yr 8 Assessment Period Faculty CANVAS Training Short Sharp Dance Comp.	18 Nov	Yr 10 Assessment Period Yr 8 Assessment Period Newsletter Items Due Faculty CANVAS Training
NOV	7A	21 Nov	Yr 7 Reports to HT Yr 9 Reports to HT Lemon Car Activity 10's and 11's White Ribbon Week Senior Workplacement	22 Nov	Ext St 1:30-3:30 White Ribbon Week Senior Workplacement	23 Nov	Faculty Meeting Peer Support Nominations Ext St 1:30-3:30 White Ribbon Week Senior Workplacement	24 Nov	Learning Support Meeting (L) Year 5 Showcasing Excellence Day (Formerly "Taster" Day) Ext St 1:30-3:30 Ext St Evening White Ribbon Week Senior Workplacement Yr10 Mural painting Transistion support	25 Nov	Year 7 - 12 Places to DP Newsletter Distributed Yr 7 Reports to YA Yr 9 Reports to YA Yr10 White Ribbon MT White Ribbon Week Senior Workplacement
NOV/ DEC	8B	28 Nov	Conquest of the World HSIE Principal Tour Yr 7 Reports to DP Yr 9 Reports to DP Yr 10 Reports to HT Yr 8 Reports to HT VET Teachers meeting	29 Nov	Welfare Team Meeting (L) ABW Conquest of the World HSIE Transistion support	30 Nov	Staff Meeting Yr 7 - 10 Places to HT/DP ABW Conquest of the World HSIE	1 Dec	ICT Committee Meeting (L) Principal's Morning Tea ABW Conquest of the World HSIE Finance Rollover 7,8&9 All Schools Transistion support	2 Dec	Merit Day Out ABW Conquest of the World Yr 10 Reports to YA Yr 8 Reports to YA
DEC	9A	5 Dec	TPL Evening 3:30-6:30pm Yr 7 Reports to Office Yr 9 Reports to Office Peer Support Leader Training Yr 10 Reports to DP Yr 8 Reports to DP	6 Dec	Year 7 2017 Orientation Day Year 10 Formal Peer Support Leader g Year 8 maths / Luna Park Year 7 Science to Manly Year 10 Wet and Wild	7 Dec	Faculty Meeting Summer Band Tour	8 Dec	Summer Band Tour	9 Dec	Summer Band Tour Newsletter Items Due (Seaforth Kindy-Hall Sat) Yr 10 Reports to office Yr 8 Reports to office Multi- Cultural Day
DEC	10B	12 Dec	Presentation Day 9:30am	13 Dec	P&C Meeting 7:30pm Hip Hop Workshop - Dance	14 Dec	Staff Meeting	15 Dec	Newsletter Distributed English Planning Day	16 Dec	Year 12 Morning Tea HSC Results Released Last day students End of Term 4
DEC	11	19 Dec	Staff Development Day 4	20 Dec	Staff Development Day 5						