



The Balgowlah Boys Campus Newsletter

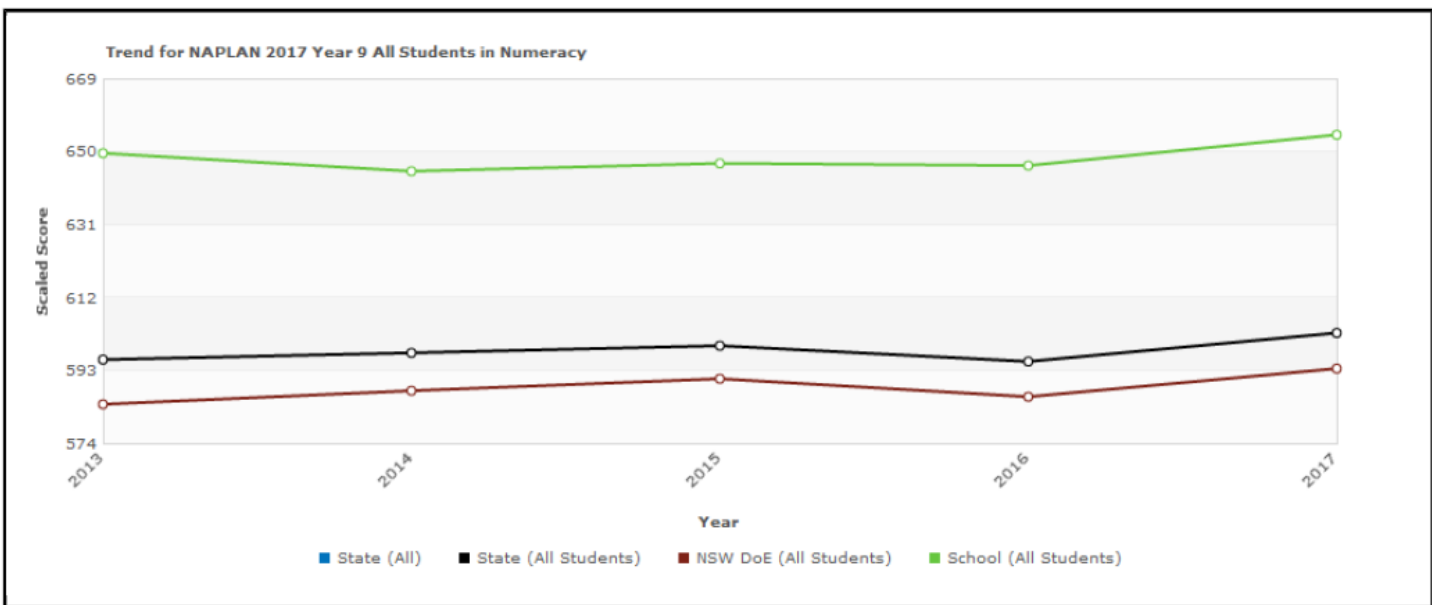
Week 6 Term 3 2017

Principal's Report

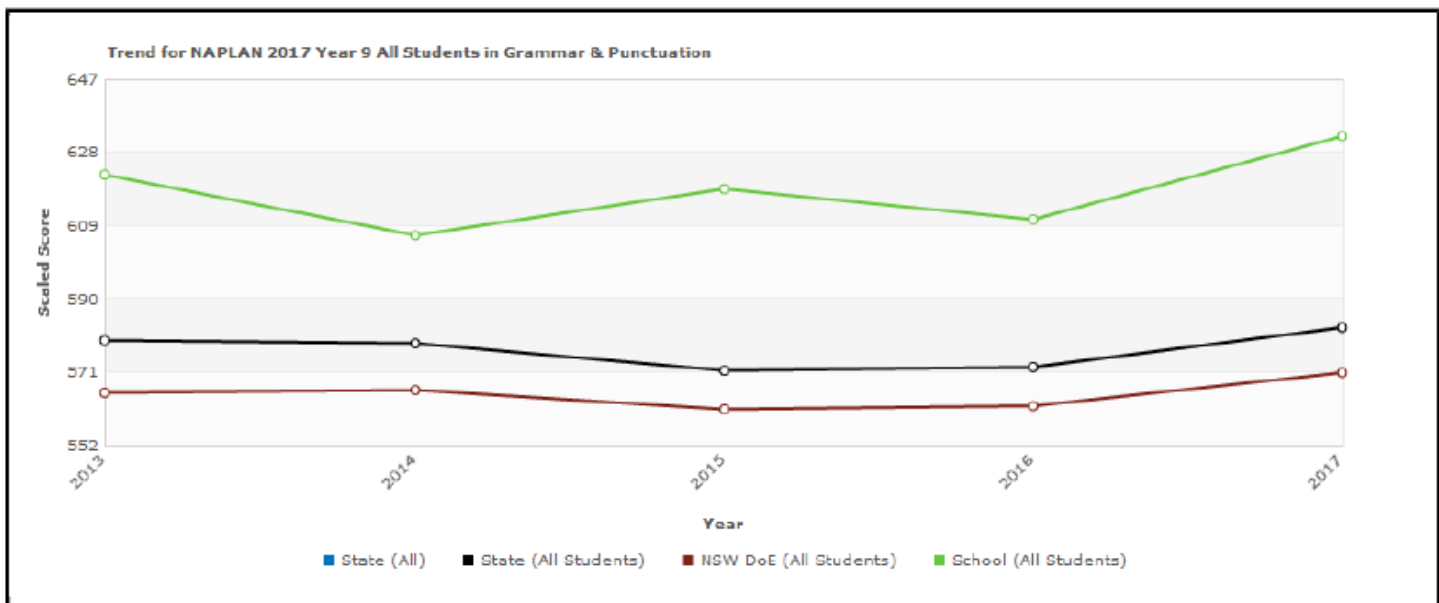
I am extremely proud to announce that Balgowlah Boys has once again produced outstanding results in NAPLAN testing. The trend data for aspects of literacy and numeracy from 2013 to 2017 indicate that the school is even improving upon the performances of the past;

Numeracy

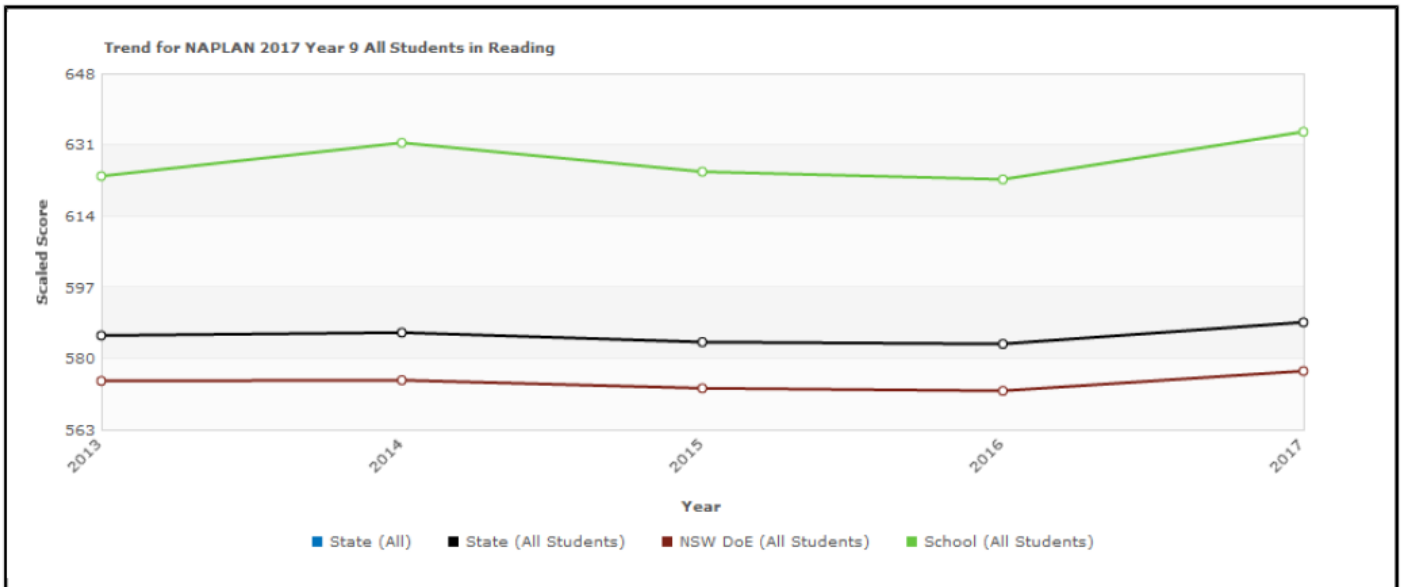
(Balgowlah is the green, All schools in state is black and Public Schools in red)



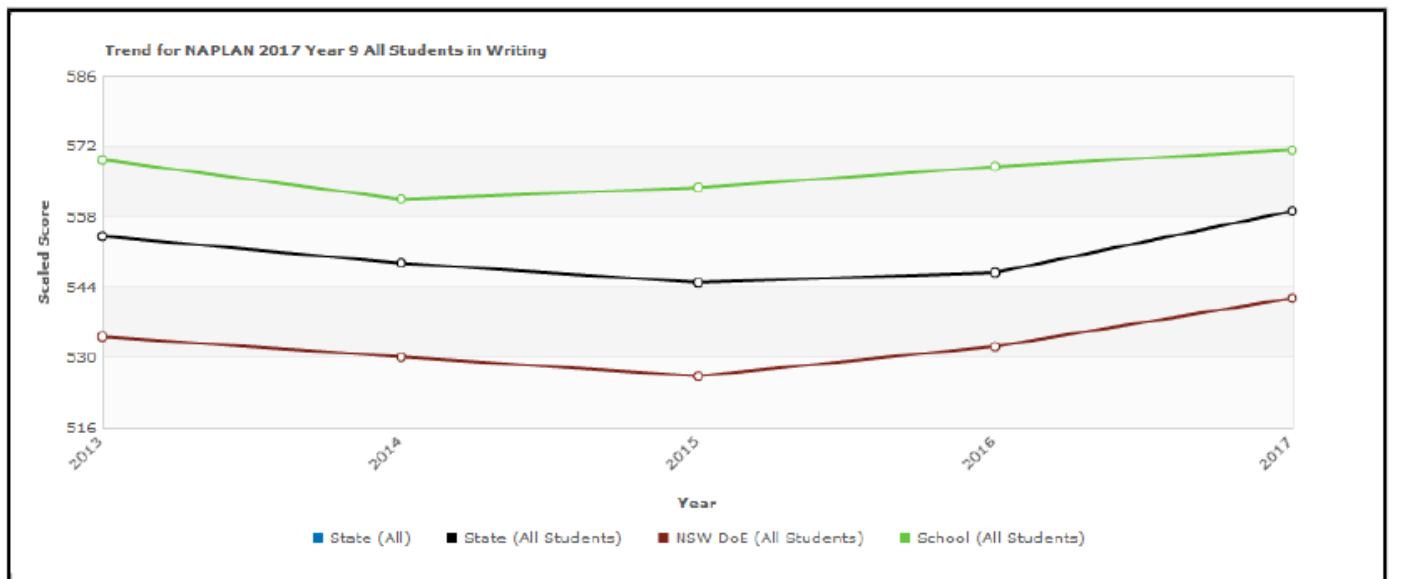
Grammar and Punctuation



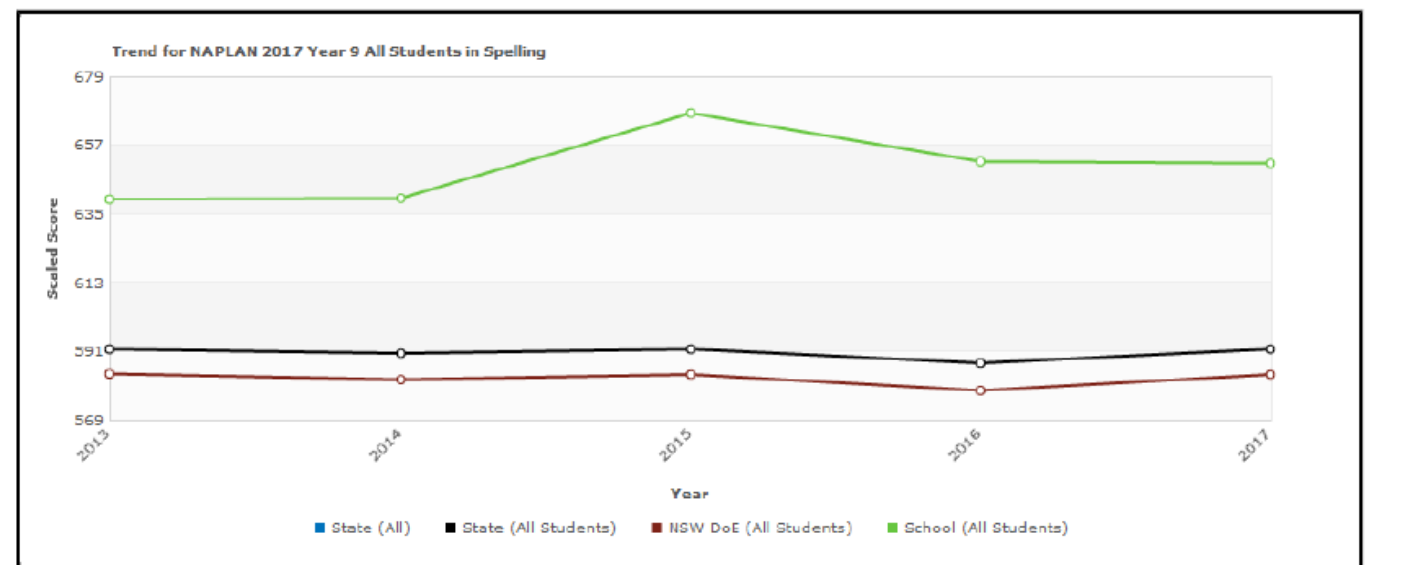
Reading



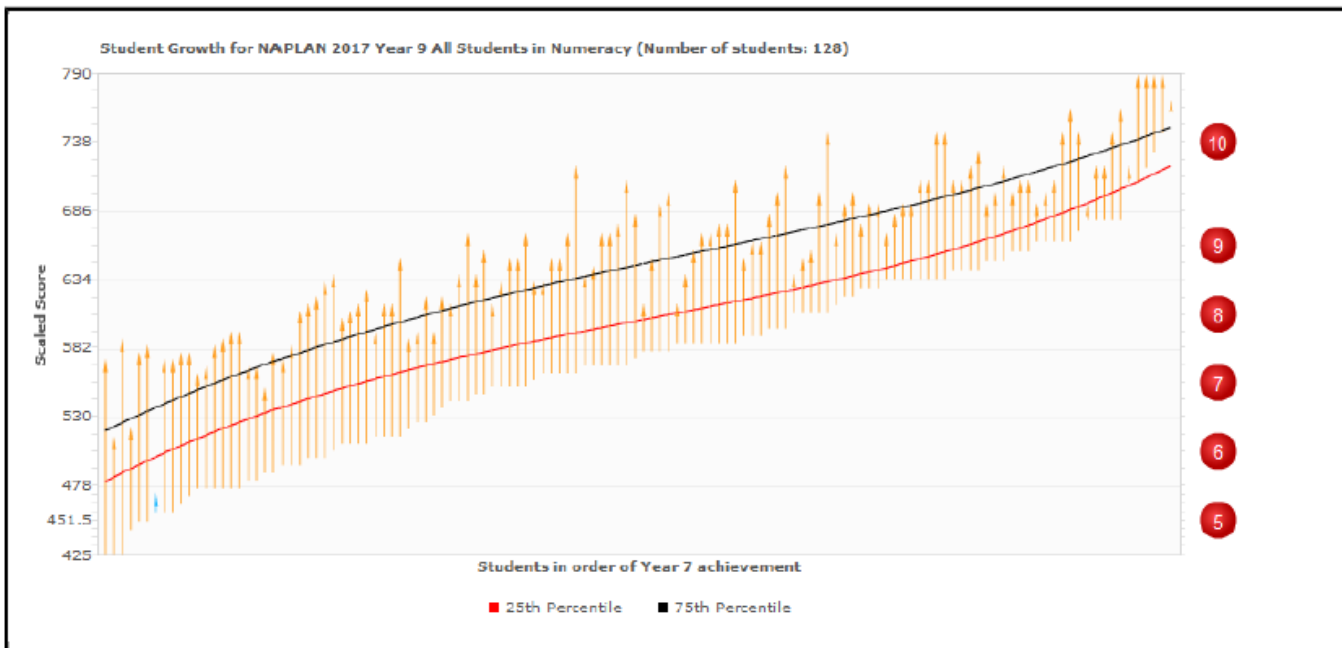
Writing



Spelling



The school's numeracy data was the real standout this year with every student in Year 9 growing in real terms. The arrows below show the amount of growth - upward (or deficit - downward)



This year's NAPLAN has been given even greater significance due to the introduction of a minimum standard in reading, writing and numeracy (a Band 8) that is required for a student to qualify for the HSC. The unfortunate outcome of this mandate is that 14 year olds are now being judged on a standard they need to meet as 18 year olds.

The data above demonstrates - Year 9 students at this school that are yet to meet the standard, but continue to work as hard as they have since year 7, will meet this level well before they are in Year 12!

Of the approximately 1,000 NAPLAN tests sat this year by Year 9, 80% received Band 8 or above. This perhaps put the achievements of this year's cohort into some perspective!

Parents interested may view [demonstration tests](#) on the NSW Education Standards Authority website.

It is not often I get the opportunity to get into the classroom to teach, however, I was absolutely delighted to work with some year 7 students on their Gifted and Talented Project this week. The students have worked in groups to design a website; "A Guide to Bally Boys" to enable future students to transition into high school. The boys have created time lapse-videos, written narratives and interviewed staff to enable students and parents to know more about the school.





Year 7 Gifted and Talented Project

Reflection from a teacher

As usual this week I asked staff if they wished to submit articles for this issue of the school newsletter. An article was left on my desk without a name, merely signed "A proud teacher". I could not help but include the letter below which reflects on the recent speeches by the nominees for School Captain 2018:

Imagine this, it's the eve of your final year at Balgowlah Boys. You are now a prefect. Today you will stand and present your carefully crafted presentation before the entire teaching staff. Yourself and five peers share a dream to be School Captain. The goal, convince your audience to vote 1, for you.

On Wednesday 22nd August I was one of those fortunate staff who witnessed six inspiring young men deliver six very different, yet equally compelling arguments as to why they should represent their school as Captain. There are times in life I hope we all stop to appreciate the magnitude of events unfolding before us. For me, this was one of those occasions. As a staff we witnessed the courageous exploration of opportunity, in what may have been for those candidates, daunting circumstances. The quality of their arguments, the planning, the recollections, the inspiration, the wit, the intelligence, the passion and their dreams were articulated in ways that made us all smile with pride.

There are days in school that only a school knows, and this was one of those days. I was reminded of the importance of our role in the world and of the quality of young people we support in their journey to adulthood. My humble, and sincere congratulations to those courageous six boys for representing themselves, and their school so well. You're all Captains to me.

*Signed,
A proud teacher.*

Congratulations to our student leaders, Tom Butler and Julian McKay for speaking at the Vietnam's Veteran's Service at the War Memorial at Manly Corso on the 18th August. The feedback from our veterans was extremely positive.



Speakers... Tom Butler and Julian McKay with MC Tom Warne OAM.

Another congratulations to our own Bob Burton for receiving recognition as a finalist for the NSW State Volunteers Awards held this week at Dee Why RSL. Bob was presented with the award by MP James Griffin and recognised for the many years of volunteer work with the Manly Jazz Festival and also making a pretty good Santa Clause at Xmas!



Paul Sheather

Wellbeing

Mental fitness

One in four young Australians live with a mental health difficulty and 75% of people with mental health difficulties will experience it's onset by the age of 24. It is therefore very important that we practise preventative measures in the school environment to provide young people with knowledge and support around mental fitness and wellbeing. There are a number of ways parents and teachers can support student's wellbeing and mental fitness within the school community.

- Encourage students to seek help if they feel they are not coping. This can be online help (e.g. ReachOut.com) or face to face help (e.g. speaking to the school counsellor).
- Set aside time to do short activities that promote mindfulness.
- Focus on student's strengths.
- Talk about mental health and wellbeing with students. Talking about mental health and wellbeing reduces the stigma around mental health difficulties and gives students permission to talk about their state of mental health without the fear of being judged.

By incorporating, some of these actions into everyday school life teachers and parents can help encourage mental fitness in students and prevent serious mental health difficulties.

Why practise mindfulness?

Mindfulness is about focusing on the present and living in the moment. When you practise mindfulness, you do not dwell on the past or worry about the future.

There is a lot of evidence that mindfulness can help you to:

- clear your head and slow down your thoughts
- be more aware of yourself, your body and the environment
- slow down your nervous system and aid your sleep
- concentrate
- relax
- cope with stress, depression and anxiety.

Being mindful helps you enjoy every little moment of life as it happens, which has a really positive impact on your mental and physical health.

Learn to meditate and live mindfully

- Hundreds of themed sessions on everything from stress to sleep
- Bite-sized meditations for busy schedules
- SOS exercises in case of sudden meltdowns



Staying fit and healthy

High School can be a stressful time for some students. Some factors contributing to this stress include relationships, friendship groups, school work, puberty, family life and peer pressure. With all these factors (and more) to navigate, it can be hard to prioritise staying fit and healthy. It's therefore important that teachers and parents encourage students to form healthy lifestyle habits and support them in having a healthy body and mind. Within the school community teachers and parents should promote healthy eating, sleeping and physical activity habits through

- Talking about the benefits of a healthy lifestyle
- Setting a good example
- Providing students with knowledge on how to create healthy habits
- Encouraging and supporting students to break bad habits

VISUAL ARTS

MAD is happening! Get down to the library on Tuesday and Wednesday August 29th and 30th from 4pm - 7pm to see the annual Balgowlah Boys Visual Art's showcase. Year 12 will be showcasing their amazing HSC works, and there will also be works by students in other year groups. After that you can wander down to the hall to see the Music, Drama, and Dance groups perform.

This year's MAD2017 Visual Arts Exhibition includes:

Year 7

Year 7 are busy assembling the beginnings of their zines, which will be ready for MAD in Week 7 and the Zine Fair at Manly Library later this year. The 'Insane Selfies' task has seen students reassembling their own face using a mashup of expressionistic selfies. All students have been incredibly creative and the selfies turned out to be very humorous masterpieces. During the next few weeks the boys will be adding more to their Zines and eventually creating a multi-page, handmade artwork. Zines will be sold for a gold coin donation at MAD on the Tuesday and Wednesday night to raise money for new equipment.



Year 8

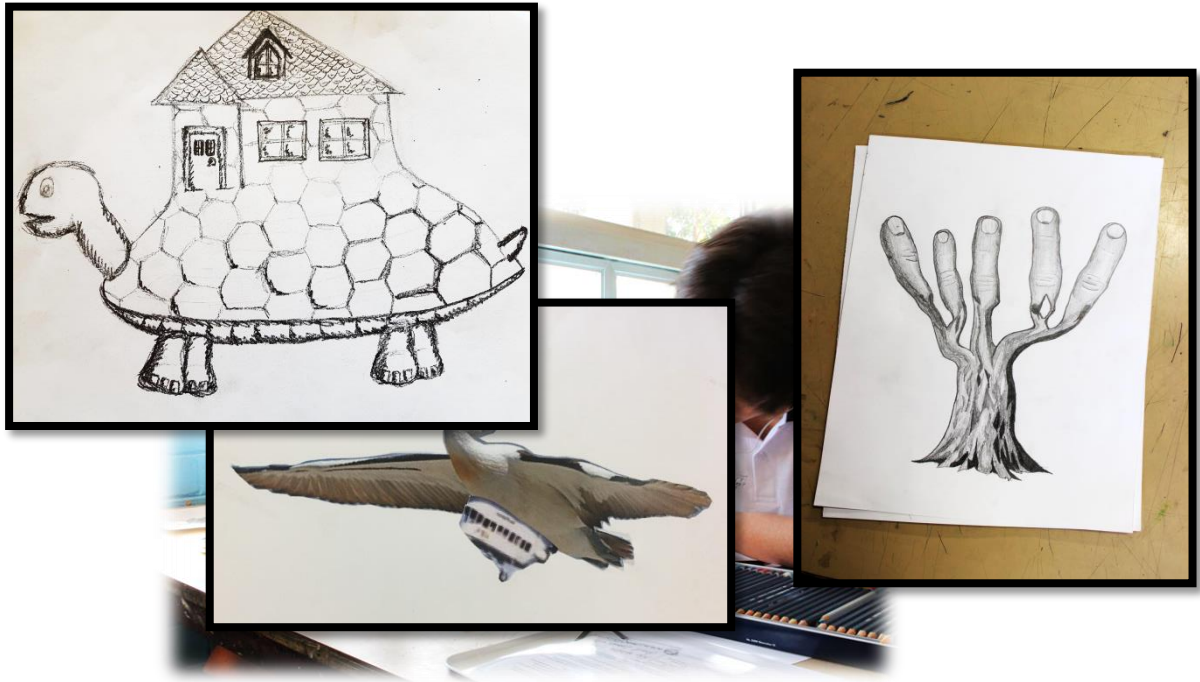
Year 8 are currently creating their own stencils within the Street Art program. They began with a practice stencil given to them by their teachers, which was cut and either spray painted or sponge painted. The boys are now designing their own stencil on Photoshop or using a photograph and converting it into a stencil.



Year 9

The boys have been finalising their surrealist drawings for the last couple of weeks. In groups, they have been producing three drawings and three digital images of exquisite corpses and a drawing mash-up of animals and nouns. Following this task, miniature surrealist sculptures will be designed which will be placed in the empty fire hydrant boxes around the school.

Next week, a selection of artworks will be showcased at the MAD night so please come see their hard work and superb talents!



Year 10

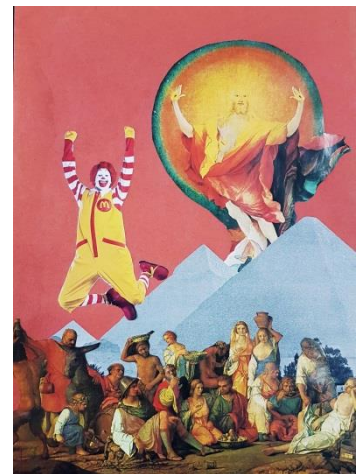
Students in Year 10 Elective Visual Arts have been learning skills with aerosol paint. They have completed the G-Block bathroom murals and they look sensational! These are the most colourful and creative bathrooms you have laid eyes on. The boys have also been painting large scale plywood boards in groups with aerosol paint. These will be displayed at MAD on August 29th and 30th in the library. Year 10's have loved learning about spray paint and street art. They are showing an excellent sense of professionalism in their artworks. Well done Year 10!





Year 11

Year 11 have been working on their unit of work centred around war, politics, rebellion and transgression. They are working in groups to produce works which respond to contemporary issues in the world. They are also preparing for their Yearly Examinations to be held in Weeks 9 and 10. Students have been critically analysing the work of artists who act as social and political commentators. Students have also been engaging in practices of self and peer marking, analysing marking criteria and work samples assess where their learning is at, what they need to do to improve, and how they will get there.



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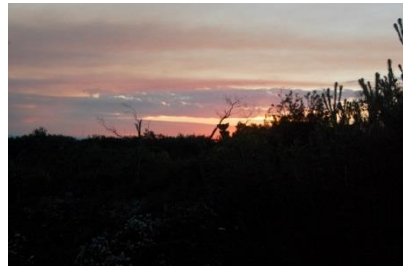
Year 12

Year 12 have been finalising their works for the HSC. The cohort have put together an outstanding series of artworks that reflect their beliefs, cultures, concerns, and insights into the world around them. Come down to MAD in the library from 4pm on Tuesday and Wednesday next week to see the works and chat to the students who made them.



Photography Club

Thank you to Mr Mills for running recent sessions with our students! Your photography expertise is much appreciated by all! This week's challenge, as set by Mr Mills, was "The Small Things". Please keep an eye out for Photography Club student's work hanging in MAD this Year! Our students will also be professionally documenting the Art Exhibition, as well as the Music, Drama and Dance performances.



Will's "The Small Things" photograph. Photographs by Matt S, Year 9



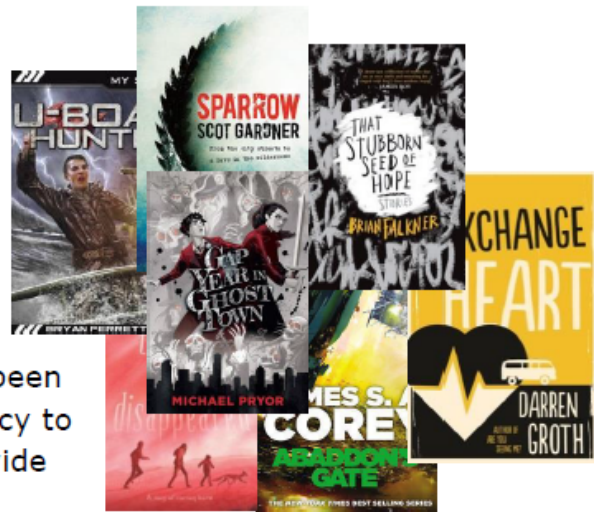
Follow us on Instagram @artatbally!

Meghan Hamilton
Chris Boylan, Sally Leaney
Visual Arts Teachers

Library Lines

New! New! New!

A smorgasbord of new books has recently been accessioned in the Library. It is Library policy to provide relevant materials to support the wide range of teaching and learning programs available at our school for Years 7 to 12.



Recent additions include the latest **Australian Junior Fiction**, an addition to James S.A. Corey's 'Expanse' series in **Senior Fiction** collection, 2018-2019 HSC Checkpoints in **Closed Reserve** and the latest 'Issues in Society' releases. A further flood of new titles will be added early in Term IV.

'Issues in Society' volumes are valuable, up-to-date references currently used throughout Australian learning institutions. They contain information that is thoroughly researched facts, statistics, latest news and diverse opinions, covering a wide range of contemporary Australian and global issues. The multi-modal design invites students with preferred learning styles to choose from a range of presentations including:

- fact sheets
- journal extracts
- magazine features
- extracts from government reports statistics, including tables and graphs
- newspaper reports and feature articles
- cartoons illustration, diagrams and photographs of current issues in society and
- accessible, magazine-style-full colour layouts.



Something for everyone! The Library holds 190 volumes which are easily accessed either by searching, 'My School Library' by topic or series. All volumes are available for loan and housed together for easy location and

browsing in the Library. A fantastic starting point when preparing for assignments!

The **Closed Reserve** collection includes study guides, past HSC papers with worked answers, Board of Studies Student Workbooks and some subject text books.

Added this week also are HSC 'Checkpoints' 2018-2019 in a range of HSC. They contain:

- official past exam questions with suggested responses and
- tips on studying effectively and succeeding in your exams



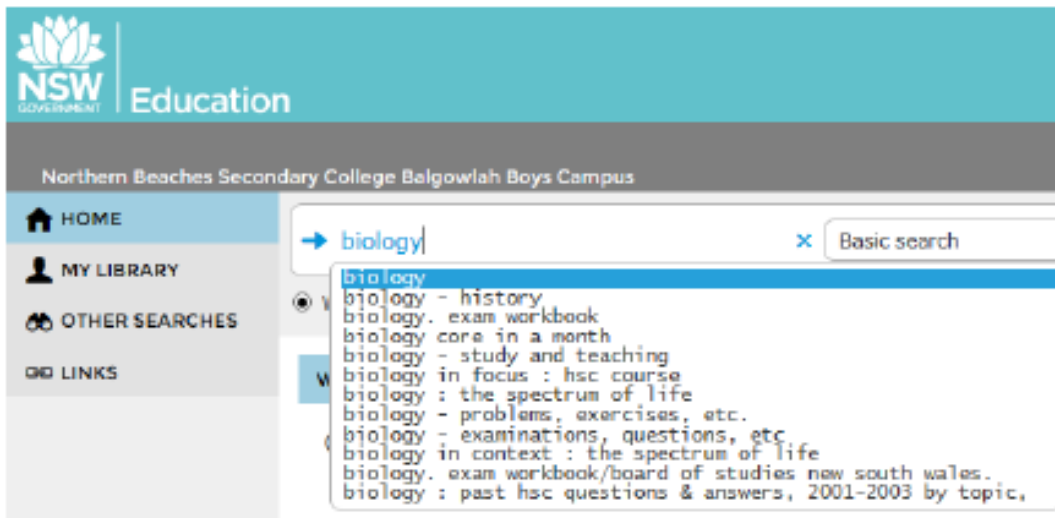
All written by experts in these subject areas!

They are easily located in Closed Reserve section of the Library arranged by subject. All students can locate the collection on-line through their Student Portal/My School Library and enter series title (Checkpoints) (see below)

The screenshot shows the library website interface for Northern Beaches Secondary College. The search bar contains the word 'checkpoints'. Below the search bar, there are filters for Word, Genre, Subject, Title, Author, Series, and List. The search results are displayed in a table with columns for checkboxes, book covers, titles, authors, and call numbers. A sidebar on the left contains navigation links like HOME, MY LIBRARY, OTHER SEARCHES, DO LINKS, and MODIFY RESULTS. The top of the page features the NSW Education logo and the school name.

Word	Genre	Subject	Title	Author	Series	List
<input type="checkbox"/>		HSC business studies	Williams, Tim (2015)	Closed reserve 010 059.875 561		
<input type="checkbox"/>		HSC modern history	Bright, Melissa & Neale, Troy (2015)	Closed reserve 010 909.86 954		
<input type="checkbox"/>		HSC economics	Anthony Stokes & Sarah Wright (2015)	Closed reserve 010 339.875 570		
<input type="checkbox"/>		HSC ancient history	Sidmar, Robert (2015)	Closed reserve 010 939.875 581		
<input type="checkbox"/>		HSC biology	Harris Leathers, Jan Leathers (2010)	Closed reserve 010 579.76 154		
<input type="checkbox"/>		HSC standard English	Dixon, Helenese J., Hughes, Amy & Murphy, Kate (2015)	Closed reserve 010 909 814		

or subject (see below)

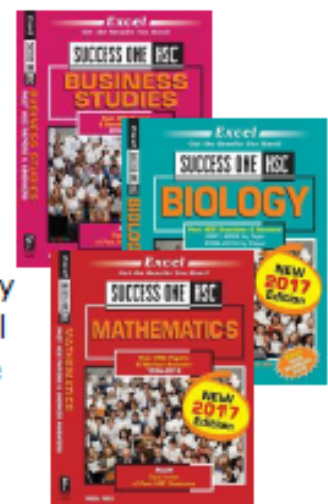


Board of Studies Student Workbooks contain:

- a full copy of the HSC examination paper
- marking guidelines – how marks are awarded in each question
- feedback from markers on each question
- real sample answers in students' own handwriting plus transcripts
- specific comments from markers on these answers
- interactive multiple-choice questions with scores generated automatically
- tips on exam technique

Excel – HSC Study Guides

Cover the complete Year 12 **HSC** course in NSW for a variety of subjects including Mathematics, Biology, Chemistry, Legal Studies, and many more. Specifically designed to maximise exam success, these study guides have been written by experienced educators and include revision exercises with answers and explanations.



As this term comes to a close, our Year 12 students are making the final journey of their school lives. We are committed to providing the most current and comprehensive HSC resources possible to support their effort to achieve excellence.



NSW Premier's Reading Challenge 2018

Registration for the 2018 challenge occurs in March next year, however books read from this September may be counted. The forthcoming school holidays offer a perfect opportunity to begin the journey. Please encourage your son(s) to borrow before the end of term and be well on the way.

Start now! Library staff members are more than happy to take requests and incorporate student choices in the collection, simply ask!

Joy Jones
Teacher-Librarian

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RESPECT | RESPONSIBILITY | EXCELLENCE



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