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Balgowlah Boys Campus Newsletter

Week 4

Principal's Report

It has been a busy start to 2021 and while relishing the amazing academic performances that were announced with last year's HSC results, this term has been all about sport. The school held its annual Swimming carnival in week 2, but, unfortunately due to Covid restrictions we could not invite spectators. Once again our swimmers produced some amazing results (see sports report). Liam Jordan, Lachlan Davies and Alex Smith all setting new school records.

Bally Aqua Gift competitors



By



Effort we...

Cooper





Control Centre



Year 7



Teacher's Race

The Basketball program has now grown to over 230 boys signed up for competition and training under head coach Ben Knight. This has fully stretched the basketball facilities in the school. Our Open Boys defeated Freshwater Senior Campus in the first round of the state knock out.

Mr. Kobelke managed our rowing teams at the state regatta at Penrith last week and the boys exceeded all expectations (full results later in the newsletter). Balgowlah was placed third in the Champion School rankings behind Sydney Boys and Sydney Girls high (with a 100 year history in GPS competition) not bad for a school that has been competing for 2 years!



Back to the classroom, it has been an extremely smooth start to the year. Timetables and Classroom allocation has met all the demands to ensure that the boys have started their curriculum with gusto. Mr. Chris Boylan is relieving deputy principal (Year 7, 9 and 11) and Mr. Host is relieving deputy principal (8, 12 and administration). Mr. Seldon continues with Year 10 and is working with all teachers around explicit delivery in the classroom to enhance student learning (Balgowlah Boys was the subject for a Department of Education case study on 'what works best in teaching' around explicit delivery).

TECHNOLOGY AND APPLIED STUDIES

WHAT'S HAPPENING IN TAS?

Year 7 Food Technology

Developing cooking skills in the Kitchen



TECHNOLOGY AND APPLIED STUDIES

WHAT'S HAPPENING IN TAS?

Year 7 Timber Technology Designing and building skateboards



TECHNOLOGY AND APPLIED STUDIES WHAT'S HAPPENING IN TAS?

**Year 8 Food Technology
Tasty cheese nachos**



**Year 9 Food Technology
Lemon myrtle Shortbread**



TECHNOLOGY AND APPLIED STUDIES

WHAT'S HAPPENING IN TAS?

Year 10 industrial Technology Timber Designing and building a timber hall table



TECHNOLOGY AND APPLIED STUDIES WHAT'S HAPPENING IN TAS?

Year 10 Food Technology students teaching year 6 students
how to make cookie monster cupcakes for Open Day



TECHNOLOGY AND APPLIED STUDIES WHAT'S HAPPENING IN TAS?

Year 12 Hospitality with Miss Fitzpatrick



TECHNOLOGY AND APPLIED STUDIES WHAT'S HAPPENING IN TAS?

Year 12 Hospitality with Miss Fitzpatrick



Sports Report

Bally Volleyball

We are excited to introduce the launch of a new sporting program here at Balgowlah Boys Campus. Bally Volleyball has been unofficially working in the background on either side of the 2020 Covid 19 pandemic to bring to you an exciting new opportunity.

We are thrilled to welcome aboard Olympians Julien Prosser and Kerri Pottharst who have kindly offered their time and expertise to coach our Bally Boys. With the help of Julien, Kerri and both Miss Laura Duncan and Miss Shelley Duncan we have been able to create the opportunity for volleyball to grow at Bally and encourage students to get involved with an incredible sport that has an amazing community within the Northern Beaches.



Bally Volleyball has been running trainings before school in the GYM for the 2020 CHS Volleyball team and the 2020 State representative team, who placed 4th overall at the Schools Cup in December 2020. The Indoor volleyball team has been working hard to develop and improve their skills. They are excited and well prepared for the 2021 CHS Knock out competition to start.

We are now looking to build this program by expanding to encourage students wishing to learn how to play volleyball and those that want to build on skills they already possess.



Want to get involved?

We will be holding trials on the **30th and 31st March** for new participants. Any students interested in trialing for training sessions and 2021 Indoor and Beach teams please sign up with Miss Shelley Duncan in the PDHPE Staffroom.

Students must **register your interest before Friday 26th of March**. Students will then be assigned a trial date.

Trials will commence before school in the school GYM on Tuesday 30th March and Wednesday 31st March.

- 7:30am warm up
- 8:00am – 9:00am Trial

Please bring a water bottle, appropriate footwear and comfortable clothing to train in.

Our Coaches

Julien Prosser

Julien is a three time Australian Olympic representative in beach volleyball and 14-time Australian Open Champion. He has won more Australian National Titles and National Tour events than any other athlete (male or female) in the history of beach volleyball in Australia.

He started playing indoor volleyball at high school in Western Australia. During this time, he won three junior indoor Gold medals. Julien has been coaching junior volleyball athletes (beach and indoor) for nearly 20 years on the Northern Beaches and is now one of our Bally Volleyball Teams, Head Coaches.



Kerri Pottharst

Kerri is a three time Australian Olympic representative. She won a Bronze Medal at the Atlanta Olympics in 1996 and a Gold Medal at the Sydney Olympics in 2000. The Sydney Olympic gold medal in beach volleyball is considered a major historic moment and has seen Kerri and partner Natalie Cook immortalised on Bondi beach with a beautiful mural

Kerri has World Tour coaching experience including coaching the USA Number 3 women's team for the a season and the Belgium Number 1 women's team for a full season. Kerri has also taken part in various World, Australian, National tours and coached numerous Junior players at camps Australia and overseas. Kerri's coaching philosophy is "Repetition is the mother of and "Strategy trumps physicality". She stresses the importance of practicing the basic foundation of passing and setting until it's consistent. Then she builds on that. Kerri says "Winning is a mindset".



in

skill"

BALLY SWIMMING CARNIVAL 2021

On Friday 5th of February 2021 Balgowlah Boys we held our annual swimming carnival. It was a different atmosphere without the buzz of parent support but we had an excellent day out none the less and the boys competed with excellence. Thank you to all the staff and students that attended on the day. Due to the hard work and dedication of everyone involved the day went off without a hitch and we have some incredible records and achievements to show for it.





Congratulations to the boys who made it through to the zone carnival. Please check the PE noticeboard or on the CANVAS 2021 page to see what events you will be representing the school for.



2021 Age Champions

12 Years	Liam Jordan
13 Years	Lachlan Davies
14 Years	Max Ryan
15 Years	Alexander Smith
16 Years	Daniel Miners
17 Years	Carter Harrison

Swimming Records

12 Years

100m Breaststroke	L Jordan	2021	1:34.19
100m Freestyle	L Jordan	2021	1:10.20
100m Backstroke	L Jordan	2021	1:24.32

13 Years

100m Breaststroke	L Davies	2021	1:23.27
100m Backstroke	L Davies	2021	1:09.30

15 Years

200m Freestyle	A Smith	2021	2:05.09
100m Breaststroke	A Smith	2021	1:19:35
100m Butterfly	A Smith	2021	1:02.11

16 Years

15-16 Years 200IM	A Smith	2021	2:25.46
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Congratulations to Lachlan Davies who won the 2021 Aqua Gift. A handicapped race that saw 10 of the fastest boys complete in a 50m freestyle event.

Congratulations to Miss Jenkinson who won the staff race and to Miss S Duncan and Miss K Wait who came in a close second and third.



CHS Regatta

NBSC had a very successful day at The CHS rowing regatta, with all in attendance having a great time.

The rowing students left the northern beaches at 6am on Friday to arrive in Penrith, Sydney International Regatta Centre SIRC in time for the first race.

NBSC dominated throughout the day and were competitive in all 13 events entered by the 40 Bally rowers in attendance.

In the U16 double scull Oscar Schell-Gamborg and Dion Hansson backed up their 2nd place silver result from the NSW State championships the week before with a Gold at CHS, an outstanding performance.

Gold kept coming throughout the day.

Gold for the Championship Men's Coxed four of Alan Perry, Sebastian Bush, Lewis Mills and Conor Goulding.

Gold again for the U17 men's Coxed Quad crew of Oscar, Dion, Dane Ferguson and Zane McGregor cox; Jett Crawford.

Gold for the U16 men's Coxed Quad crew of Coby Reeves, Levi Williams, Adam Yates and Jack Groves.

Silver for Chase McLean and Toby Bustos in the U15 double.

Silver in the U17 men's Coxed Quad for Kai Coetzee, Oliver Briggs, Owen Balharrie and Sam Merry cox Wilhem

Also,

Silver for the Championship men's 8+, Alan Perry, Seb Bush, Lewis Mills, Conor Goulding, Tom Taylor-King, Malachi Morris Toby Morris and Zane McGregor.

Bronze for the U15 men's Coxed Quad of Jelle Spijker, Matthew Hussy, Joel Kemmersanf Tim Verwohlt.

Bronze for the U16 Mens Coxed Quad of James Dodd, Harrison Burke, Harry Coddington and Maverick Anderson.

Bronze for the Championship Men's double scull of Alan Perry and Harry Whiston.

The overall success of the NBSC Bally rowing squad was rewarded with a 3rd place in the regatta point score behind Sydney Boys High (GPS rowing program) and Sydney Girls High. Bally rowing Program Director Kieran Kobelke is looking forward to CHS next year to challenge

these schools for the overall point score top position.

The top performers from CHS will continue training hard in the gym at Bally and on the water at Middle Harbour to prepare for the "all schools" Head of the River on the 13th of March.

A big thanks to Mr Tiaan Van Rooyen for being the teacher supervisor, also Kelly Marsh and John Perry for driving the students out and back on the campus busses.

If you are interested in getting involved in the NBSC rowing program please text Kieran on 0491 032 592.



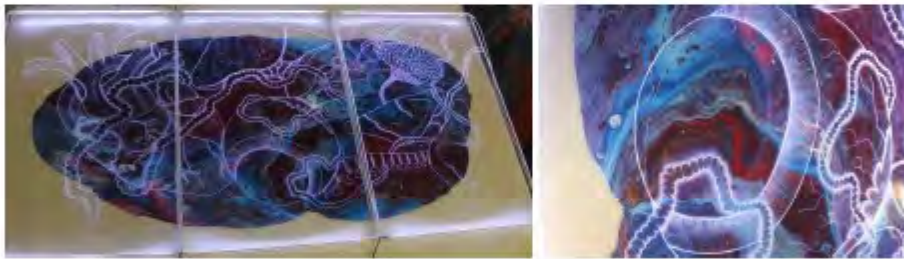
Creative and Performing Arts

VISUAL ARTS

We are very proud to showcase last year's HSC Visual Arts body of works in this newsletter. Our 2020 HSC cohort showed great talent and tenacity in artmaking and art theory throughout their time in Visual Arts.

Unfortunately due to Covid-19 we were unable to exhibit the works as we would usually do. The exhibition is a wonderful celebration of our boy's achievements, and it was disappointing not to be able to show the works of such a talented group of students. We hope you enjoy these photographs.

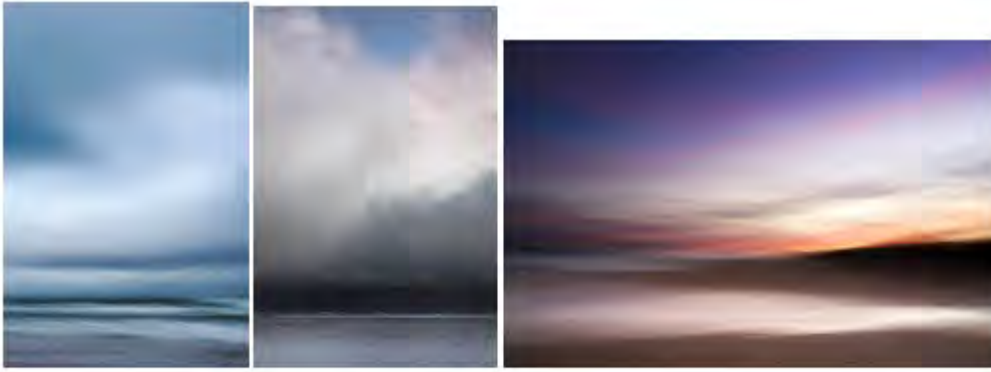
Congratulations to Aidan McCully and Callum McKay for their well-deserved selection for Manly Gallery's Express Yourself exhibition (19 February - 28 March). This is a wonderful achievement for the boys and we are very proud of their achievements. Please visit the Express Yourself at Manly Gallery and be inspired by a spectacular display of works from our students from HSC students from different schools in the Northern Beaches area.



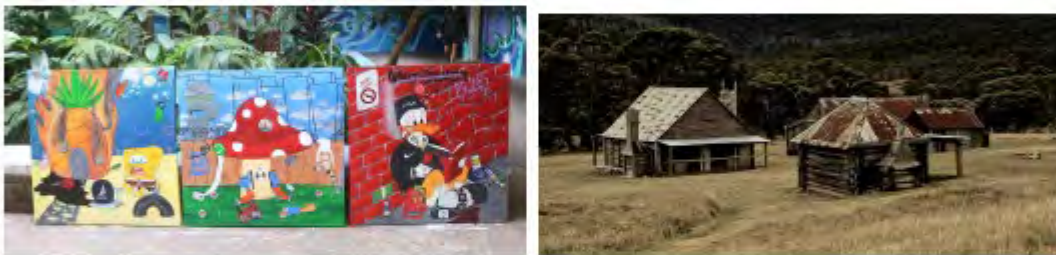
Aidan McCully's drawing *Anatomic Flow*



Callum McKay's *The Starter's Gun - from the time you are born you start dying.*



Archie Viesis' photographic representation of the sublime



Dan Kirk's humorous poke at contemporary society and Hamish Kemmers' photographic exploration of rural Australia



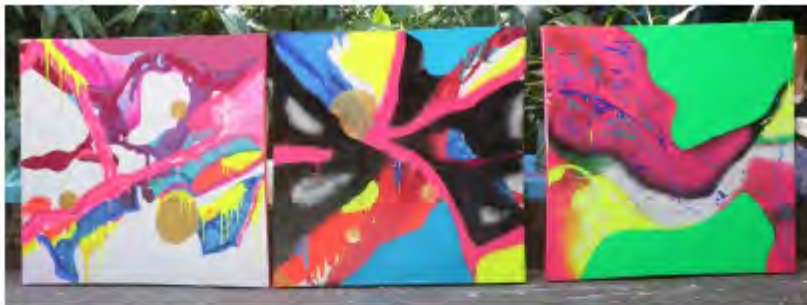
Eddie Byrne's refined drawings of the Byrne family's connection to Australia's bushrangers and Lincoln Wood's large-scale pop and street art representations of popular cartoons



Henry Goarin's pen investigation of the human condition and Lucas Harpers' large-scale painting characters from the imagination



Jonathan Nordenfelt's large-scale painting explorations of the psyche



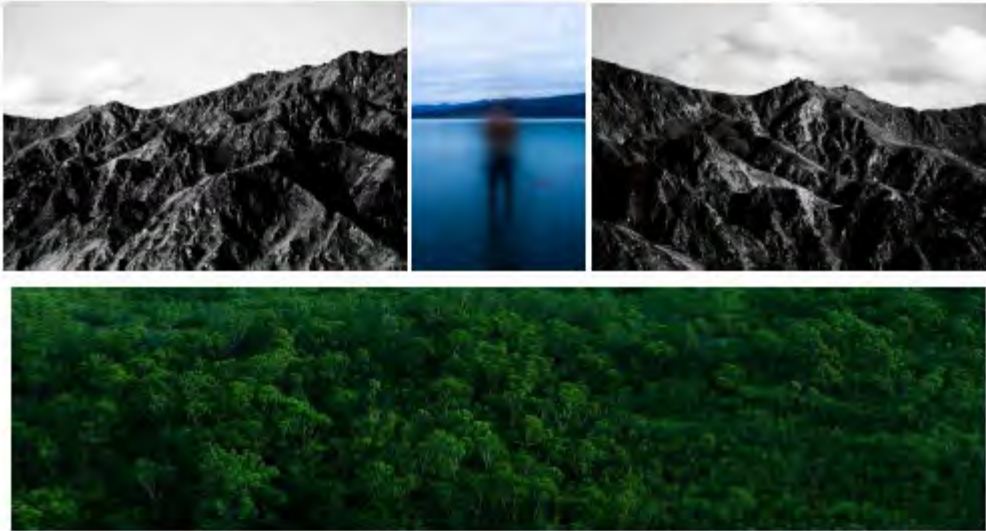
Kabir Panesar's painterly representation of the Indian Holi festival



Matthew Smith's expressive portraits in ink and acrylic and Teppatat Pluangwan's digital drawings of a character from his childhood



Oscar Christiansson's monumental paintings of some monumental local characters and Lachlan Anthony's hip hop beats on wood



Michael Candrick's investigation of the relationship between man and nature



Stills from Ryley Clarke (left) and Boston Brinkman's (right) video pieces

MUSIC

The Music Department is a well established part of the school culture at Balgowlah Boys. They run curriculum lessons as well as a variety of extra-curricular programs including the Band Program and HPGE Music Program. Balgowlah Boys has three curriculum Music staff, as well as two external conductors.

MUSIC CURRICULUM TEACHERS AND COORDINATORS

Mr Iain Robertson

Iain was a drummer in a professional rock band in the 90's and was signed to London Records and EMI Music Publishing. Iain then went on to study Music in the UK gaining degrees in Music Production at Newcastle College then a Music Education degree at London Metropolitan University. Iain started teaching in London and was in 2 different schools for 11 years between 2006 and 2017. Iain then moved to Australia with his young family and worked briefly in Emanuel school in Randwick. He then opted to come and work in the state system and he considers himself very fortunate to work at Balgowlah Boys. Iain is a multi-instrumentalist and considers himself a drummer first, but enjoys playing guitar, piano and trumpet. Iain is very passionate about rock and popular music and never stops talking about the Beatles.

Ms Eva Stokes

Since completing her Bachelor of Music Education with honours at UNSW where she gained accolades for her research into music pedagogy, Eva has been teaching at Balgowlah Boys since 2019. She has taken both Music 1 and Music 2 courses through the HSC with much success, channelling her knowledge and experience in performance, composition and musicology. Eva has a wealth of experience as a classical and jazz pianist, as well as a multi-instrumentalist who enjoys playing bass, drums and guitar. Eva is the main point of contact for the Band Program.

Mr Ben Corby

Ben completed a Bachelor of Contemporary Music at JMC Academy and a Master of Education at UNSW. From age 15 he has been performing regularly as a professional musician in original and cover bands across NSW. Ben has gained valuable experience in the music industry, recording in some of Sydney's top studios and developing his own skills as a music producer. Since starting at Balgowlah Boys in 2016, he has continued working as a professional musician which allows him to pass on current information and advice to students interested in a career in the music industry.

MUSIC CURRICULUM

Curriculum classes have commenced with a bang and the new Year 7 cohort are always excited to do Chair Drumming. This teaches the boys about rhythm and duration and they all learn how to play the drum kit and are able to play different rhythmic motifs. The boys all get really excited with this program and it challenges them to play in large groups in class and also gives them a chance to play the drum kit. Our boys (and teachers) all seem to enjoy this program.

Year 8 all learn guitar this term under the topic of Rock Music and our elective classes are stronger than ever with the biggest Year 9 cohort opting to take music with over 30 students in the elective stream.

All of our worksheets and tasks can be found on the schools curriculum Canvas pages. Each year group has their own area.

After our strongest HSC results last year (thanks to Ms Stokes and her excellent boys who got 40% band 6s) the Year 11 and 12 classes have an excellent basis to work from and we have two strong and talented classes in Stage 6. Hopefully we'll see some fantastic results this year as well. Last year's Year 12 set an excellent benchmark.

We are also hoping that a number of concerts will go ahead this year which will feature both the Band Program and curriculum work.



BAND PROGRAM

Our Band Program is well and truly in full swing, with rehearsals for all ensembles beginning this week. We offer a comprehensive Band Program that caters for instrumentalists of all skill levels and tastes. The school bands are involved in performances at school assemblies, awards days and showcases, as well as external eisteddfods and festivals. The program assists students in reaching their musical goals, whilst refining their ensemble skills by having access to highly experienced teachers and conductors. We offer two comprehensive programs that are available to all students – the Concert Band Program and the Jazz Program.



BANDS AT BALLY

The offered bands and their rehearsal times are:

Concert Band Program:

- Junior Concert Band (Year 7 – 8) – Friday, 7:30am in the School Hall
- Senior Concert Band (Year 9 – 12) – Tuesday, 7:30am in the School Hall
- Saxophone Ensemble (all years) – Friday lunchtime in DS7
- Guitar Ensemble (all years) – Tuesday lunchtime in DS7

Jazz Program

- Junior Improvisation (for students new to improvisation) – Tuesday, 7:30am in the Music Studio
- Senior Improvisation (for students with experience improvising) – Monday, 7:30am in the School Hall
- Stage Band (all years, auditioned) – Thursday, 7:30am in the Music Studio
- Jazz Orchestra (all years, auditioned) – Friday, 7:30am in the Music Studio

All auditions for the Jazz Program are now completed - students who have successfully auditioned can check their position outside the CAPA Staffroom in G Block.

The Band Program welcomes musicians of all skill levels and backgrounds and aims to foster the enjoyment of playing music with peers. For more information about the Band Program at Bally and how to register, please see the information pack linked on the BBC website:

<https://nbscbalgb-h.schools.nsw.gov.au/learning-at-our-school/creative-arts.html>.

For all enquiries regarding the Band Program please contact eva.stokes2@det.nsw.edu.au.

DRAMA



'The Players'

The Company's latest performance: a compilation of excerpts from Shakespeare's Macbeth, The Merchant of Venice and Hamlet, Tom Stoppard's Rosencrantz and Guildenstern Are Dead and Commedia dell'arte Lazzi.

Where: The Hall Theatre, Balgowlah Boys Secondary College.

When: March 15th, 16th, 17th. 7.30 pm onwards

A gold coin donation.

Historically: We founded The Company in October 2018 with an original ensemble of fourteen boys from Years 7/8/9. In March 2019 they performed **Lord of the Flies** scripted by **Nigel Williams**. The Company grew and in November of the same year we put on a contemporary Australian play, **Skate**

by **Debra Oswald**. The Plays were a great success and at the beginning of last year I auditioned Year 7 students and more were accepted into our ensemble. Our number had grown to twenty-one students.

Last year 2020, amongst lockdowns due to CoronaVirus, the stage, hall, and bio-box received a necessary face-lift. Unfortunately, we could not mount a production, but from September we were able to participate in workshops in preparation for this year.

Last year we welcomed Brandon Diaz into the Drama department. We shared a vision to build a substantial Drama curriculum within the Creative Arts department. Brandon's hard work has resulted in Drama being offered in years 9 – 11 this year and hopefully the first Year 12 in 2022.



Year 9 students last year studied Commedia dell'arte, both theoretically and practically, comedy dating from the 16th-18th Century. Their improvised performances, punctuating the end of their unit, were outstanding and these will be performed intermittently throughout the production.

Tricia Herman (Director)

Commedia Dell' Arte stock characters

Welcome back from the School Counselling Service

Dudley and Alice (School Counsellors) would like to welcome all new and returning students. We hope you have had a restful and re-energising school holidays.

As a reminder, the School Counselling Service is available to all students during school hours. The School Counselling Service is a free, confidential service designed to meet the needs of secondary school students.

Students are encouraged to use the self-referral process to access the School Counselling Service. Students have been made aware of this process through their year meetings. If students are in doubt about the self-referral process they can talk to their Year Advisors or Deputy Principal.

School Counsellors:

- contribute to student wellbeing by providing specialised psychological assessment and evidence-based interventions
- work collaboratively with the learning and support team, parents and carers, and other agencies, to develop appropriate school-based support for students
- refer students and their families to other agencies that can support the development of the student's health and wellbeing
- receive regular training and supervision to perform their duties

The School Counselling Service is not a crisis service. In an emergency, please contact Emergency Services on Triple Zero (000) or visit the Accident and Emergency Department at your local hospital.

For psychological support services outside of school hours please contact:

1. Lifeline (24/7) on 13 11 14
2. The Northern Beaches Child Youth Mental Health Service on (02) 9388 5150
3. Mental Health Line (24/7) on 1800 011 511
4. Kids Helpline on 1800 551 800 or visit: <https://kidshelpline.com.au/>
5. Suicide Call Back Service on 1300 659 467
6. Beyond Blue on 1300 22 46 36 or visit: <https://www.beyondblue.org.au/>
7. eHeadspace on 1800 650 890 or visit: <https://headspace.org.au/>

BALLY BOYS

Parents & Citizens Association

P&C Sound Bytes

The P&C would like to take this opportunity to warmly welcome everyone back to the new school year and especially extend greetings to all the new year 7 families who have joined the school.

Thanks to Bunnings Balgowlah



A huge thank you to Theo and the team from the Bunnings Balgowlah store who have kindly donated a Lawn mower to the school. This will really assist our wonderful GA Sam with mowing the trickier areas within the school grounds.

P&C Submission on Proposed Tunnel Northern Beaches Tunnel

The P&C is working on submitting input around the impact that the proposed works will have on Balgowlah Boys and we are extremely grateful to the parents who have offered to assist us with pulling this together in such a short period of time. We would still encourage individuals to raise their concerns also

P&C Meeting and AGM

Thanks to all the families that joined us at our first general meeting for the year on Feb 9th. A round up summary can be found on our website. The next P&C meeting will be held on March 9th 7.30pm (format to be announced) and is also the AGM at which all our positions become vacant. We would welcome all parents to consider joining the P&C and perhaps volunteering some time to one of the roles. Details can be found on our P&C website www.ballyboys.org.

LEARN HOW TO IMPROVISE and take your music to another level.

Northern Beaches Secondary College offers an Improvisation Program (Music) like no other. Students learn how music works and how to improvise. They learn to make their own music - finding their 'voice' – by combining theoretical understanding and how to put it into practice.

Throughout the **Improvisation Program @NBSC Music** students learn about scales, modes and harmony and how to use these in various music styles (such as rock, jazz, blues, classic, pop). They practice basic to advanced improvisation in a small band with individualised tuition.

If your child enjoys playing an instrument in a band setting and likes a challenge, then the

Improvisation Program @NBSC Music is for you!

2021 ENROLMENTS ARE NOW OPEN

Visit the Northern Beaches Secondary College website, College Opportunities, for further information and to download the application form.

<https://nbsc.schools.nsw.gov.au/>



GT Speed Coaching
Pre Season Speed and Fitness
Learn to run... fast!

Professional Sprint Coach with over 30+ years' experience

- ✓ Former Manly Sea Eagles sprint coach
- ✓ Former Australian Beach Sprint Champion
- ✓ Coach of professional athletes and Stawell Gift finalists
- ✓ Current Head Sprint Coach at Newington College since 2012
- ✓ PD/H/PE teacher for 25 years
- ✓ All ages and abilities welcome, teams, groups, individuals ... You will get faster!!!
- ✓ Training at Griffith Park, Long Reef and The Sydney Academy of Sport, Narrabeen.
- ✓ Thursdays at 4.15 pm- 5.15pm

Now is the perfect time to improve your technique, acceleration and speed in the PRE SEASON FOR ALL

