



Balgowlah Boys Campus Newsletter

Week 6, Term 2

Principal's Report

We are currently in the middle of our half yearly exams with Years 8 and 9 about to launch into their assessments this coming week. The boys will be fully aware of the nature of these assessments as teachers have made the outcomes of the learning this semester quite explicit. Reports will be completed before the end of term, and these will be sent through the parent's portal.



I was extremely proud of the performances of our various ensembles when they took to the stage at the *Bally Macka Jazz Night* (see the *CAPA Report*). Well done to our music teachers and band leaders for their hard work and Ms Eva Stokes for putting the night together.



Balgowlah Boys perform at Jazz Night



Brady O'Sullivan's HSC major film project last year not only earned him a great HSC result, the winner of 2022 Torrens University Design (Film) Scholarship Award, a finalist - 2021 Student World Awards (Los Angeles) - Best Experimental Film Category and a host of national and international titles but he is now in France for the Cannes Film Festival as a finalist in the 2022 American Pavilion Emerging Filmmaker Showcase

Brady with ones of his idles, Woody Harrelson.



School improvement programs are in full swing and promise to deliver more functionality and improved aesthetics to our learning and recreational spaces. The year 7 basketball court has been re-surfaced and new posts installed. We are just waiting on a new fence surround. The final *Flexipave* surface will not be applied until the temperatures increase, temporary court markings will be laid down so the court will be in use before the end of term.

Our *Future Bally* team has again been active, working with the school to progress the upgrade to the hall forecourt. The project is at the final design stage, and while I am unable to share this (as it needs to stay confidential until it goes out to tender), the team is extremely excited about the prospects. The forecourt will be completed before the end of the year, hopefully for Presentation Day. It is always difficult to single out individual members of our parent community, as we are so very lucky to have so much support. However, I must make mention of the generosity of three of the Future Bally team, Anita Tymkiw, John Choi and Peta Hewitt who have been invaluable with their support, balancing very busy careers with what appears endless energy to complete this project.

Perhaps less exciting, but equally important, scopes of works have been finalised for new roofs on A, G and F blocks. The school's stormwater pipes have been mapped (akin to an archaeological dig) to mitigate the water penetration we witnessed to buildings during the big wet. We also have a commitment from Infrastructure NSW to refurbish and extend the infamous G block toilets.

Paul Sheather

Creative and Performing Arts

VISUAL ARTS

YEAR 7

Year 7s are currently completing realistic self portraits. Their portraits are developing so well in terms of their high degree of realism, use of shading and tone, and application of art materials such as graded graphite, kneadable erasers and blending tools.



Nicholas T



Patrick B



Shay E



Louie P



Wyatt L



Max V



Louie T-M



Oliver S

YEAR 9

Year 9 Elective Visual Arts has been working toward developing their drawing skills through creating a realistic self portrait this semester. Students researched the work of contemporary portrait artists, influencing their own artmaking practice in charcoal and graphite. The boys each produced a large scale self portrait which challenged their technical drawing skills and refinement of detail, expression and proportion.



B M



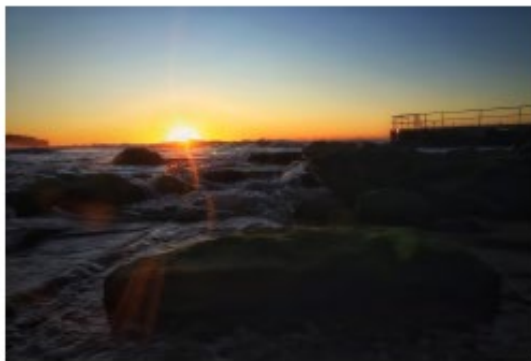
Piet B



Lachlan P

YEAR 11

Year 11s have just submitted a body of work dealing with the genres of landscape, portraiture, still life and history painting. Below are a few examples of some of the works the boys produced.



Nick R's landscape photography



Emmanuel E's cloud paintings



Emmanuel E's cloud painting



Benji F's pen and ink self-portrait



Tom G's digital landscape



Rahul C's landscape photography



Max M's photography - the body in motion

MUSIC

BAND PROGRAM UPDATE

Rehearsals are back up and running for Term 2. We have several performances to prepare for over Term 2 and Term 3, so it's fundamental that all members are attending rehearsals regularly. Please ensure to communicate any absences with the Music Department. The rehearsal schedule for the program continues as follows:

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) – Monday lunchtime in DS7

Guitar Ensemble (all years) – Tuesday lunchtime in DS7

Junior Improvisation (for students new to improvisation) – Tuesday, 7:30am in DS7

Senior Improvisation (for students with experience improvising) – Monday, 7:30am in the School Hall

Stage Band (all years, auditioned) – Thursday, 7:30am in the School Hall

Jazz Orchestra (all years, auditioned) – Friday, 7:30am in DS7

Keep an eye on our [Bands at Bally website](#) for updates, news and more information about the Music Department!

BALLY MACKELLAR JAZZ NIGHT

Last Monday, ensembles from the Bally Jazz Program performed to a packed house at the Bally Mackellar Jazz Night. This is the second year of our collaboration, which will hopefully turn into a long-running tradition!



Our Stage Band opened the night with Freddie Green's 'Until I Met You' and Larry Neeck's 'Big Band Boogie', with ripping solos from Finn Walker (Year 9) and Mack Barker (Year 9).



Our Junior Improvisation Ensemble blew the crowd away with their rendition of Eddie Harris' 'Cold Duck Time' and Elvis Presley's 'Jailhouse Rock', featuring Taiyo Marchand (Year 7) as a vocalist.



Our Saxophone Ensemble played the Ellington classic 'C Jam Blues', featuring solos from Tristan Jorgensen (Year 10), Austin Holley (Year 10), Arkie Thomas (Year 10), Tom Vogel (Year 10) and Patty Day (Year 10) on the P&C funded Baritone Saxophone.

Senior Improvisation gave great renditions of 'Summertime' and 'Song For My Father', including improvisations from all members of the ensemble.



Our Jazz Orchestra rounded out the evening with tight renditions of Weist's 'The Groove', with a solo from Patty Day (Year 10), as well as Prince's 'Thieves in the Temple', featuring solos by Arkie Thomas (Year 10) and Lode Lievens (Year 8).



We are so proud of how the Bally boys performed after such a time between concerts. A huge thank you is due to Caleb Miller and Julian McKay for their conducting of the ensembles, as well as to Ms Eva Stokes for her organisation of the evening.



CURRICULUM UPDATE

Year 7

The boys across Year 7 are completing their composition assessments on Google Songmaker. In the last few years we have used Google Songmaker to help students understand musical concepts such as pitch and melody, writing basslines and drumbeats as well as developing composing skills. This is a great introduction to computer music and we have some amazing work done so far and the compositions are sounding great. All the music staff are looking forward to marking the Year 7 work at the end of term.

Year 8

Year 8 have been doing some exceptional work in lessons with the focus being on learning about chords and harmony. Students have been working on several songs such as "Don't stop believing" and "Stand by me" while starting to understand how chords work on their chosen instruments. Most of the students are playing guitar or piano and all work can be found on Canvas.

Year 9

Year 9's are still rocking up a storm with our 'Conventions of Pop' topic. The awesome and talented group of young men have been working collaboratively on songs by Guns n' Roses, Toto, Coldplay and many others. I hope to get these performances ready to showcase in the upcoming Bally concert in August. We are preparing for the upcoming listening exam on Thursday week 7, with all resources available on Canvas for preparation.

Year 10

The Year 10s have been working in groups this term and we are hoping to exhibit some work at the school concert in August. The boys are also studying hard for their exams and have just completed their Aural Examination which is an essential part of the course that will lead to them gaining a good understanding of musical concepts in the HSC.

Year 11 Music 1

Music 1 students are in the process of completing their Film Music compositions and are composing music to a Wallace and Gromit clip. The boys also completed their Half Yearly Aural Examination and special mentions go out to Xavier Gillespie, Sebastian Nop and Archie Partington for scoring exceptional marks.

Year 11 Music 2

Our Music 2 students have finalised their core compositions for the Preliminary course this Week with some amazing compositions in the Classical style coming from the class. Here are a couple of exemplar works that our students have submitted:

[Symphony no.1 in A Minor - Alex Hughes \(Year 11\)](#)

[Symphony in E Major - Tristan Jorgensen \(Year 10\)](#)

Year 12 Music 1

Year 12 have finalised their elective choices and are working hard in class to refine their performance pieces. We're seeing amazing progress in their technical skill and work as ensembles which we are excited to share with you at the Bally Showcase in August (further details coming soon!).

DRAMA

CURRICULUM DRAMA

Entering their final lessons for the semester, Year 7 will be creating original and improvised performances for their end of term assessment.

Continuing on with their same dedication and determination, Year 9 and 10 Drama students are in the process of completing their exams. This term, Year 9 is focusing on Commedia dell'Arte and will be performing in pairs and creating an original story based on the stock characters, which may include Il Dottore, Zanni, Pantalone, the young lovers, and Il Capitano.

Meanwhile in Year 10 Drama, they are searching for a monologue as they seek to complete an individual performance based on the tenets of Stanislavski. Utilising his system, the students will find or write their own script, creating memorable pieces that will stretch and further develop their acting skills.

SENIOR DRAMA

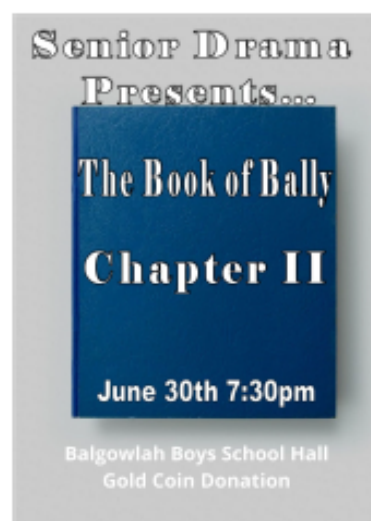
Senior Drama has been working hard on their Group Performances for this term, completely improvising their ideas from scratch to create their own original piece of theatre.

At the end of Term, Years 11 and 12 will be showcasing their work in the show:

'The Book of Bally: Chapter II'

Running for one night only on the 30th of June with entry only a gold coin donation, come and support the boys and the first graduating HSC Drama class in over 5 years in what will be a hilarious and 'dramatic' night, filled with entertaining, thoughtful, and stunning theatrical performances.

- *Brandon Diaz. Drama teacher*



THE COMPANY

Thursday evening, 3.30pm - 5.00pm, we met again after their successful Production of 'Away' by Michael Gow.

Students from Years 7 upwards who are interested in auditioning should come to the CAPA office in order to receive their audition sheets. They will be given two weeks to learn the work. I'll set up an audition time and the students may bring a friend with them.

The Company will be workshopping and experimenting with improvisation based on the play 'Dream a Little Dream with me'. This play was written by Gordon Carroll last year and gives him an opportunity to shape this play with all the production elements in order to make it a reality. We are all excited about this. I will assist Gordon but also begin the play to be staged in 2023.

Away Reviews:

'Congratulations on such a fabulous production. The English staff and I were absolutely blown away with the standard of the performance last night.' Aimee Jan Head of English

'Running in the School Hall for the next three nights, the performances are a revelation! The sets and the costumes are sublime. The half time music is first class. The direction by our very own Tricia and Gordon is Emmy Award-winning. And the performances are far and AWAY (see what we did there?) the best we have seen to date at Bally...no...Australia. This play has everything - laughs, tears, but most of all, heart. Oh, and the most divine cameo by our very own Chloe Christensen.' Sally Leaney Head of CAPA, Victoria Pomfret, English.

"Believable and interesting performances from all the cast." Paul Winchester Artistic Director (Point Break)



Photographs by Ned Henderson.

YEAR 7 & 8 DRAMA CLUB

Drama club is continuing to work on their play 'Framed'. We are reading through the script and will commence formal rehearsals shortly.

ENTERTAINMENT

The Year 11 Entertainment students have had a busy start to Term 2. After completing work experience at the Easter Show during the holidays they jumped straight into the production of Away which ran during Week 2 from Tuesday to Friday. The boys set up, programmed and ran the audio, lighting and vision for the play. They worked as a team to enhance the production while developing their understanding of equipment, different roles within theatre, as well as specific procedures and responsibilities. The boys gained valuable insight into the industry and should be proud of their contribution to such a successful production.





Technology and Applied Studies

Year 7 Getting busy in the workshop building skateboards





Technology and Applied Studies

Year 7 Getting busy in the workshop building skateboards





Technology and Applied Studies

Year 9 Creating their own recipes for their Food Product Development unit





Technology and Applied Studies





Technology and Applied Studies



Apple Crumble Danish Pie



Chicken & Leek Pie



Cheeseburger Triangles



Mexican Meat Pie



Apple Berry Turnover



Strawberry Custard Delight



Apple Custard Crumble Pie



Technology and Applied Studies

Year 9 Engineering - Completed Bridge Designs for their Engineered Structures unit





Technology and Applied Studies

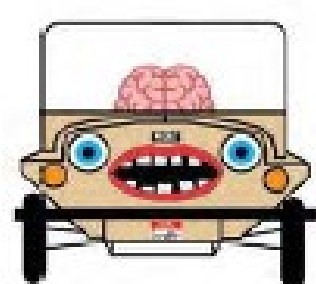
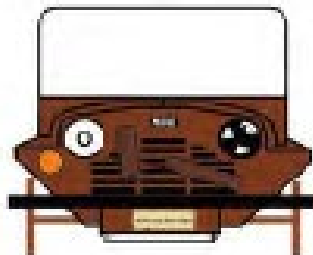
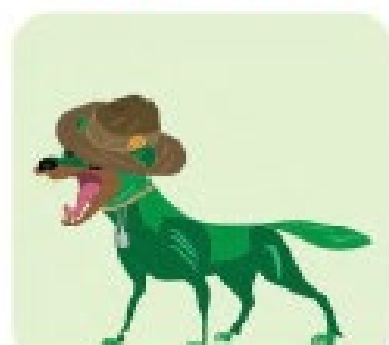
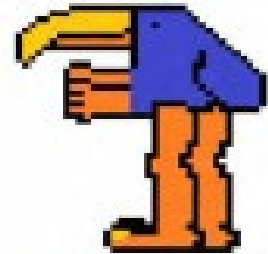
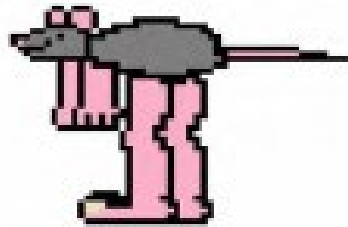
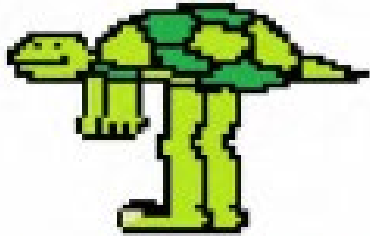
Year 9 Engineering - Performing Destructive tests on their Bridge Designs





Technology and Applied Studies

Year 9 Multimedia - Creating Non-Fungible Tokens using Adobe Software





Technology and Applied Studies

Year 9 Multimedia - Creating Non-Fungible Tokens using Adobe Software





Technology and Applied Studies

Year 12 VET Hospitality - Learning How to fillet Fish with Mr. Dowsett



Wellbeing Newsletter

Year 7

Year 7 have been working extremely hard this Term ensuring that their NAPLAN tests and class assessments are being completed to amazing standards. It's been so reassuring to watch the boys settle into high school and consistently show resilience and effort towards their studies.

With the current cold and flu season well and truly upon us, please remember that your health is the priority, and that messaging teachers via Canvas is the best way to catch up on missed work.

We are super excited to be off on Year 7 Camp next week - we have a heap of exciting activities planned and are sure that we'll have a great time. We look forward to sharing photos with you in the next newsletter!

As always, students are more than welcome to come see us at the CAPA Staffroom in G Block should they like to touch base and have a chat. We hope you have a great remainder of Term 2!

Mr Diaz and Ms Stokes

Year 8

Now that the term is in full swing, we are looking forward to watching our Year 8's complete their exams in week 7 and please be aware that both Year advisors will be on hand should any students need our support. Ms Hirsch can be found in the Well-being/Languages staffroom in the library and Mr Robertson is in the CAPA staffroom in G block.

Project Penguin saw 8R and 8P support students at Balgowah Heights public school in week 6, with all of our boys getting messy helping primary students make their models. We will conclude after two more sessions and a visit to Taronga Zoo will complete the project. Our boys have been exemplary in helping the younger students from the primary school.

Some Year 8's participated in the Mackellar Jazz evening last week and there were some great improvisations from our boys. We have some very talented musicians in Bally. There are some great photos in this edition of newsletter.

Our exam timetable is up on Canvas and revision resources from ALL subjects will be up on there so please encourage our students to keep up to date with this.

Finally, Mr Robertson is very grateful for getting the opportunity to replace Mr Hardy as year advisor and he is really enjoying the new role, working with Ms Hirsch.

Keep working hard and most importantly, BE KIND.

Ms Hirsch and Mr Robertson

Year 9

Hello Year 9.

Well done for making it through the first half of a very busy Term 2. As you know, Ms Sharrat has embarked on her journey towards motherhood. We are very lucky to have Ms Christensen filling in while Ms Sharrat is on leave. Congratulations on your success with the Naplan examination. You were the very first Year 9 cohort in history to complete the exam online and you did so with patience and diligence.

All Year 9 students will be undertaking their Half-Yearly Examinations next week. You can find the study guide and examination timetable on the Year 9 Group Canvas page. Please note that you will still be attending regular classes outside of your scheduled exams. If you are absent on the day of your exam, please contact your class teacher on Canvas inbox so they can advise on what you need to do next. We have no doubt that you will do your best!! Good luck boys.

We hope you enjoy the remaining weeks of Term 2.

Ms Christensen and Ms Spink

Year 10

Year 10 have been working extremely hard in the lead up to their half yearly exams. We have received numerous comments from many Year 10 class teachers about the positive work ethic and commitment to learning our students have been demonstrating, which is great to hear!

A reminder that work experience is happening in Week 10 this Term. Information and details can be found on the Year 10 year group page on Canvas. All forms need to be returned to Mr Boylan in the front office. This is a fantastic opportunity for our young men to go out into the workforce and see what life is like beyond Bally.

Subject selection information is available on our Canvas page for students to access. There are a variety of videos for students to watch about the different subjects offered in Year 11 as well as discussion forums for students to ask questions about specific subject areas.

We hope everyone has a fantastic remainder of Term 2.

Miss Fitzpatrick and Mr Stephens
Year 10 Advisors

Year 11

Year 11 have made it through their first major assessment period and we would like to congratulate all our boys for their fantastic efforts throughout the week. It has been extremely heartening to see the dedication and commitment to their studies - we couldn't be prouder!

We are excited to announce that our Senior Jerseys are currently in production and we are eagerly awaiting the delivery of the final products. We have been given an approximate delivery date of mid-late August.

Finally, with the Flu-Season fast approaching, we would like to encourage our boys to utilise the CANVAS platform if they are absent in class to ensure that they are catching up with any missed work and communicating with their teachers.

Bring on the rest of Term 2!

Thomas Brecht and Holly Mason

Year 12

Our fabulous Year 12's are in the groove and working toward their HSC Trials which loom only 6 school weeks from now (Week 3-4, Term 3). More than ever, now is the time for them to engage in effective time-management and study habits, to work with their teachers to build confidence and technique so they succeed to achieve their goals and full potential. But life shouldn't be all work and no play, so...

A special thanks to our school Captain Sebastian Bush and his fantastic team of prefects for organising and supervising a very special school-wide 'dodgeball' tournament. The lunchtime tournament spanned several weeks and provided a great opportunity for students across all year groups to interact in a healthy competitive environment, to let off a little scholastic steam and to have a HUGE amount of fun. Seb also invited a team from Northern Beaches Youth Services (including Head Space and local police) who, despite their brave efforts, were promptly defeated by our year 12 Dodgeballers, with Mr Boylan announcing Kenny Myamura as a "Dodgeball Wizard". This year's tournament grand champions were 'The Richards', and 'The Finnos'. Well done to all involved!

It's been a busy term for our School Captain Seb Bush and Co-Vice Captain Brendan Ravi having recently attended the Pittwater High School Leaders Conference bringing together seniors from across the Northern Beaches to discuss and plan effective leadership within their schools.

Thank you to Ms Kosoric for presenting an in-depth session, and for providing resources, to help our young men navigate their university application process. Thank you also to all staff who continue to support year 12 in so many ways.

Stay tuned for exciting news on our Year 12 graduation.

Mr Mills & Mr Katz

Sports Report

We have had a very busy and wet term of sport so far, with Grade sport having a number of washouts due to the closure of grounds.

Our athletics carnival was able to go ahead on the 13th May, we were the only school in our Zone to hold all the field events, thanks to our staff who braved the conditions and adapted where necessary.

Our Age Champions from the athletics carnival were as follows:

12yrs Dominic Davies
13yrs Riley Grant
14yrs Hudson Carberry
15yrs Freddie Benson Sparkes
16yrs Luke Ashley
17yrs Ollie Benson Sparkes.

We had two records broken by Freddie Benson Sparkes :

15yrs shot put with a distance of 13.51m
And in the discus with a throw of 46.60m... Awesome effort Freddie.

We have had some outstanding team results so far this term with a number of teams still alive in their respective CHS knockout competitions.

The open touch football team defeated Barrenjoey High school 7-1 and now progress to the 4th round against Terrigal High School.

The open Volleyball team defeated Epping Boys High School three sets to nil and progress to the fourth round.

The open Basketball team hosted their last home game of the season on Tuesday 31/5/22 against Dubbo Secondary college. After a close first quarter Balgowlah Boys ran out convincing winners 95-30 and now progress to the final 8 of the state-wide competition. The Zone cross country was held in wet and muddy conditions on Monday 30/5/22 at Warringah Rugby Park. The boys looked excellent in their new singlets and were convincing Zone Champions.

Individual results will be released when they have been finalised.

NSWCHS Rugby are currently playing their trials against other state associations to select the NSW All schools teams. We are proud to announce that the captain of NSW 2nds is Max Marsters and the captain of NSW 1sts is Seb Bush. An outstanding achievement to have the captains of both teams from the one school.

Have a great second half to the term and I look forward to bringing in more outstanding results.

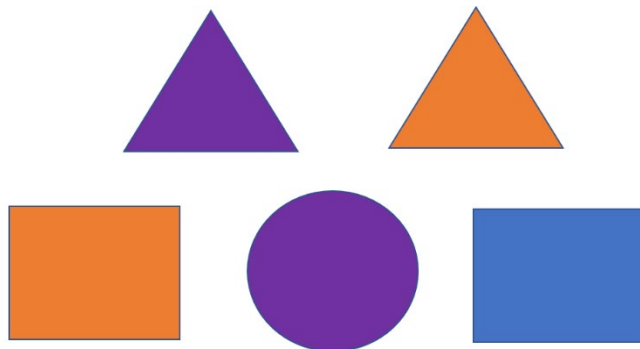
Regards
Gary Theodore

Math

Critical thinking challenge:

The math staffroom has a challenge for you to solve with a prize on the line 😊

Nour and Rachel are mathematicians who use logical reasoning to identify where a prize is hidden underneath the selection of objects as shown below. Nour is told the colour of the object where the prize is hidden, while Rachel is told the shape of the object where the prize is hidden.



1. Mr. Rankin asks, "Do either of you where the prize is located?"
2. Nour & Rachel respond "No"
3. Mr. Rankin asks again: "Do either of you know where the prize is now?"
4. Nour & Rachel respond: "Still no"
5. Mr. Rankin asks for a final time: "Do either of you know now?"
6. Nour & Rachel respond at the same time "Yes"

Come to the math staffroom and tell us the shape and colour of the object that hides the prize for a prize of your own!

Mathematics Tutoring

The Mathematics faculty tutoring sessions have resumed. All sessions commence from 8am in A-Block.

Year 7 – Monday Week A (A303), Week B (A202)

Year 8 – Thursday Week A and B (A303)

Year 9/10 – Wednesday Week A (A202), Week B (A303)

All are welcome. For more information, please contact your Maths teacher.

Regards

Mr Hickford – Head Teacher Mathematics

Library Lines

Who's reading and what are they reading?

The Year 7 students are rocking their reading with even more completing the NSW Premiers Reading Challenge 2022 in recent weeks. The following boys have managed to read twenty books since September 2021. Well done to all!

7 LIBM

Mason Cox

7LIBO

Keegan Anthony, Tomi Crofton, Matthew Hawley, Baxter Nicolson, Darcy Ryan, Luca Scott and Finn Stewart

7LIEP

7LIBMikhail Dalichau and Noah Jarrett, Casper Bartley, Leonardo Del Bene, Hayden Little, Samuel Kirkman, William O'Sullivan, Sydney Therrien-Girard and Archie Ware.

7LIBR

Hamish Day and Charlie Mooney

7LIBT

Tyler Wrench, George Jarrett and Adam Naim

7LIEV

Conor McCoy



7 VIEW

Isaac Holt and Cruz Langridge, Oscar Lee, Tenzin Tsungmey and Prescott Williams

7LIBY

Wyatt Antolik, Lucan Guerra, Louie Poschalk, Nicholas Thomson and Harley Tran, Thomas Abernethy, Allan Lang, Harvey Matheson

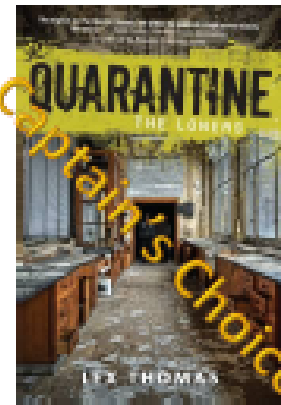


What are our school leaders reading?

A balanced lifestyle, our school leaders incorporate reading for enjoyment into their busy lives. When I asked if they would share their current reading, they discovered they enjoyed the experience of writing a review. Reading for enjoyment led to a desire to write.

Read what they have to say.

"Describing *Quarantine: The Loners* as a "Modern Day *Lord of the Flies*" may be considered sacrilege, to compare William Golding's classic to this bizarrely relatable, yet very exaggerated adaptation of a "desert-island" situation. *Quarantine* opens with a brief excerpt from later in the novel, where an intense 'Mexican Standoff' occurs with students scattered around the perimeter of their school's quadrangle, waiting impatiently to scavenge the goods delivered by an opaque helicopter, through an opening in a large dome that encapsulates the entire school. Once detached from the helicopter, a violent struggle to obtain as many goods as possible ensues, where Lex Thomas leaves us on the cliff-hanger:



"David never thought high school would be this hard"

Here, we have our "remote island" situation, as it were.

Following this prologue, the author introduces his audience to our protagonist *David*, where his deflating social status amongst his fellow high-school peers, his disintegrating relationship with his "angelic" girlfriend, Hilary, AND *David's* violent actions from a weekend party, is revealed to be the source of his shameful misery. The next day after headbutting Sam at this party, David is riddled with fear, both of Sam and of the wider school population. Yet, during a class, a deafening explosion causes the school to descend into chaotic panic, where every adult present in the school drops to a bloody and mysterious death. Though, no students are harmed... except for the ones escaping, who are gunned down by waves of military personnel surrounding the school, who implement an impenetrable wall around the school.

Here, the *Lord of the Flies* allusion makes itself known to the reader and one may be able to imply that from this explosion and forceful imprisonment within the bounds of their school, the story is about to get dire.

Lex Thomas employs a temporal shift, to about 2 weeks after the explosion, where during a clean-up of the teachers' bodies, soldiers cut into the dome and setup a large screen, broadcasting a military general, who tells the students that they are hosts to a severely contagious and lethal virus, artificially manufactured by a local chemicals company, designed to instantly kill adults, but leave teenagers and children unharmed.

With another temporal shift to two years later, David and his younger brother Will are now living in a small cleaner's cupboard, and make routine visits to a 'marketplace', where food and comforting goods are traded between the students, who are now all part of 'gangs', distinguished by their typical high-school labels: The Pretty Ones, The Skaters, The Geeks and Varsity, the powerful school bullies. Though, critically, David and Will remain *without* the protection of a gang.

As at time-of-writing, I have not yet finished the book and unexpectedly leave my audience on a cliff-hanger. However, for the curious teenager, *Quarantine: The Loners* is a great novel to read, and I highly recommend it if studying Golding's *Lord of the Flies*."

Sebastian Bush
School Captain

The word then spread and more school leaders are joining the wide-reading brigade. I asked both our School Vice Captains to share their current reading choices and thoughts around reading beyond prescribed HSC material.

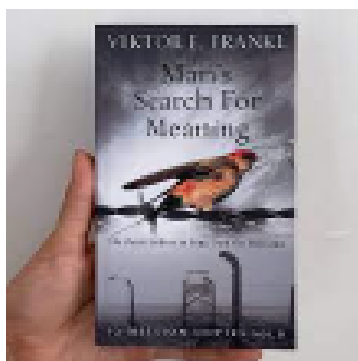
"Now in year 12, I started reading regularly in early year 10 for the purposes of self-development and gaining knowledge in running a business, where books like 'Think and Grow Rich' and '7 Habits of Highly effective people' had a particular influence on me. Since then, I have moved toward more philosophical and aesthetically inclined books, Herman Hesse being a current favourite author, quickly escaping the restrictive notion that reading is something we should do as young men simply because school tells us to. Since taking an interest in reading for the purposes of edifying my perspective and approach to life, filling the gaps in my education which school curriculum alone should not be relied upon to fill, I have come to realise that it is an activity which every teenager, perhaps especially the more rebellious of us who dislike the standardised nature of school, should take the time to enjoy, learn from, and ultimately increase their capacity to take on life with.

I'd like to offer some recommendations which would serve the purpose of aiding boys' development into powerful, goal driven, charismatic, self-reflective, and intellectually competent young men. Irrespective of the kind of student they are currently in class, boys who make the choice to read these kinds of books and act on the lessons they learn, will, at the end of the day, have a better map for navigating their life's challenges and a greater ability and confidence in themselves than any so called 'top students' who may never make the liberating choice to take full responsibility and ownership over the quality and contents of their mind by reading books to saturate themselves with the life experience and knowledge of some of history's greatest minds."

Vice-Captain's Choice!

1

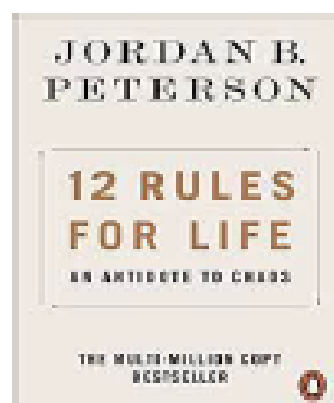
Man's Search for Meaning
by Viktor Frankl
Hesse



Corban Noakes
School Vice-Captain

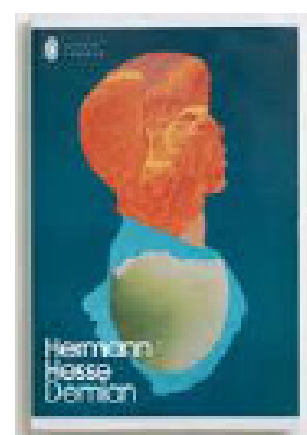
2

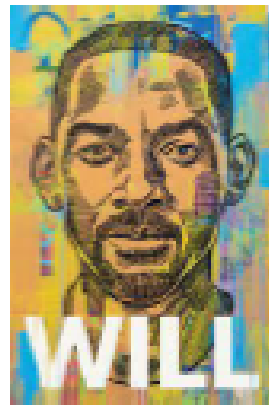
12 Rules for Life
by Jordan Peterson



3

Demian
by Herman





Vice-Captain's Choice!

"A key part of my routine to manage the stresses that are associated with sitting the HSC has been engaging in personal reading of Will Smith's memoirs, "Will".

Reading the book has allowed me to explore the insights of an influential individual for over two decades, who has made a lasting impact in his career choice as well as the wider world around him.

His detailing of the experiences that characterised his young life and adulthood has allowed me to put into perspective and relate the value he puts into family and progression in acting, public speaking and fitness into the importance I put into aspects of my life such as my friends, family, mental health, fitness, and leadership to my own.

Although the key "game changing" events in his life have been quite profound & life changing compared to my own, exploring the insight of an author which has such weight on society has allowed me to gain a new and more reflective outlook of the world around me and how my actions can make a difference as well as positively affect my future beyond year 12.

As mentioned, by reading Will Smith's memoirs, I have found new value in the concept of reflection which I have intentionally channelled into journaling and hearing other people's insights on managing the pressure of Year 12, as well as personal challenges they may have faced in their lives and the process of overcoming them.

Journaling has allowed me to take a deep dive into my emotions by putting pen to paper and unpacking my feelings, struggles, perceptions, and expectations that have and will continue to influence my journey not only in year 12 but beyond.

I have then been able to channel these emotions into exploring new ways in which I can personally better my life and wellbeing in year 12 by consistently challenging myself to reflect and improve my mentality as well as efforts toward what I value in life.

These reflections also allow me to have the confidence to talk to others in my community and listen to podcasts/talks to learn from others' experiences, which often lead me to see the world around me in a different and more manageable light."

Brendan Ravi
School Vice-Captain

What are Year 7 reading?

Most popular amongst Year 7... it's all about series!

It changes year to year, one year the most popular is the Cherub series (Robert Muchamore), another Percy Jackson series. Every year the same ones star. This year the Treehouse series is slightly ahead in popularity. The main think is the boys are reading and because they love series, once introduced to Volume 1, they keep reading, often reading the entire set. A win win!



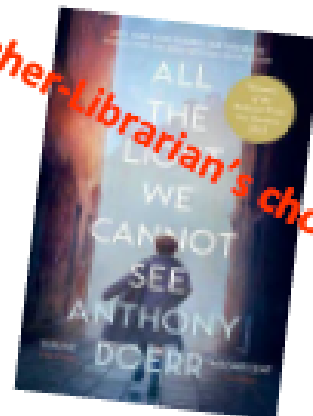
What is the Teacher-Librarian reading?

As Teacher-Librarian, many books pass through my hands, many scanned quickly and a selected number read for enjoyment. My mission this year is to select novels from the NSW Premiers Reading Challenge list and immerse myself in some of the student's recommended reading material.

Last year the challenge organisers added an extra category, 9+, aimed at the more mature reader. This is the book that caught my eye, 'All the Light we Cannot See' (Anthony Doerr). A Pulitzer Prize winner, this captivating war novel is sensitively written as it follows the journey of a young French girl, blind at six, and a young orphan German boy, following their individual journeys, to when and how their paths collided in occupied France and how they both tried to survive. A warning - I could not put this page-turner down, so be certain to save it for when you have time.

Joy Jones
Teacher-Librarian

Teacher-Librarian's choice!





MACQUARIE
University

Cool Kids/ Chilled Kids Online

INTERNET DELIVERED CHILD AND ADOLESCENT
ANXIETY TREATMENT (AGES 7 -17 YRS)

Program Tel: 02 9850 6393

E: CKOschools@mq.edu.au

Approximately 1 in 5 young people experiences significant anxiety and fearfulness that affects their daily life. The NSW Department of Education has engaged the Centre for Emotional Health at Macquarie University to offer free access to online treatments for students who have significant anxiety disorders.

WHAT IS ANXIETY?

There are a range of different types of anxiety experienced by children and teenagers including finding it difficult to be away from parents, being extremely shy, worrying about what others think of them, avoiding social and school activities, or worrying a lot about everyday matters, potential dangers and the future. Sleep difficulties, headaches, nausea and difficulty breathing can be part of these feelings. Many children experience more than one type of anxiety.



BENEFITS OF COOL KIDS ONLINE

- Families can access Cool Kids Online in the comfort of their own homes
- The interactive online format is easy to navigate and engaging for children and young people
- Families receive professional telephone support throughout the program from qualified, experienced psychologists
- Cool Kids Online is based on research and has been shown to be effective in reducing anxiety.



WHAT DO THE ONLINE PROGRAMS INVOLVE?

There are 8 modules that contain text, videos, and exercises – to teach the youth (and parent) clear and practical skills to help the young person manage their fears and worries and overcome their anxieties. The modules will cover:

- a. Learning about feelings and anxiety
- b. Fighting fear by facing fear
- c. Detective thinking, and learning to think more realistically
- d. Building assertiveness and dealing with teasing
- e. Helpful ways of coping when upset

Families also receive four, 30 minute-telephone sessions with an experienced psychologist during the program. These sessions enable parents or youth to **ask questions** about program content and help them **apply the skills** to their fears and worries.

For children in primary school, the program is mostly delivered to their primary caregiver, who then uses it to help their child. For adolescents in high school, the program is directly delivered to the teenager, with some additional support from their caregiver

WHAT DO WE NEED TO DO?

- Eligible families from bushfire affected schools, who are referred by their school counselling team contact the Cool Kids team at **02/ 9650-6363** or CKDschoools@mq.edu.au
- You will first speak to an intake officer who will ask a few basic questions.
- Next you will be given a link to a website where you will receive a series of detailed questions for both the caregiver and the young person to complete. This is an extremely important assessment that tells us whether the program is suitable for your child.
- A psychologist will call you to give feedback about the assessment.
- If the program is suitable, you will receive your personal login and four therapy sessions will be scheduled.
- You and your child will work through the program with support from your psychologist over the next 12 weeks.
- At the end of 12 weeks, you will once again be asked to complete the online assessment so that we can see how much your child has improved.

ABOUT US

The Centre for Emotional Health (CEH) is an internationally recognised specialist research centre at Macquarie University in Sydney, Australia. The CEH conducts research to further our understanding of child and adult emotional disorders and to improve methods of assessment and treatment.

The Cool Kids Programs have been developed and evaluated at the CEH over the past 25 years. Cool Kids is a structured, skills-based program that teaches children and their parents how to better manage anxiety. Many scientific studies show that most young people who complete Cool Kids experience significant improvements, with decreases in worry, fear, family distress and life interference.

PRODUCTION
Centre for Emotional Health Clinic
Macquarie University NSW 2109 Australia
T: +61 (0) 9650 6363
E: CEH@mq.edu.au
W: mq.edu.au/ceh-clinic
CEH Clinic Provider manual



MACQUARIE
University

Connecting as Dads Workshop

Wednesday 22 June 7-9pm

Wednesday 29 June 7-9pm

A two-week workshop providing tips and tools to help connect with your teen.

Men's counsellor and father of two teens, Adrian Workman will lead this interactive forum.

Seaforth Village Community Centre 550 Sydney Rd, Seaforth 2092

Bookings are essential and numbers are limited

Cost \$25 covers both sessions

Please pay via try booking link below

<https://www.trybooking.com/BZJJJ>

RSVP via email: afc@northernbeaches.nsw.gov.au or call 8495 5013



northern
beaches
council



Family &
Community
Services

GT Speed Coaching

Learn to sprint...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 The Sydney Academy of Sport, Narrabeen on
Thursdays at 4.30pm-5.30pm

Improve your technique, acceleration, and speed for the winter sports season and school athletics carnivals.

Call Gary #0403936895 email: gtheo1@yahoo.com