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Balgowlah Boys Campus Newsletter

Principal's Report

Welcome back to term 1 2023. We now have a school population of 1160 students and we also welcome 180 new year 7 students and two new permanent teachers. Mr Amit Sharma replaces Mr Stephen Roche (who has moved to the country) and Ms Elanor Jeavons who replaces Ms Chloe Christensen.

Once again, we maintain staff stability, this has been one of the key factors that has enabled Balgowlah Boys to maintain such high standards over the past decade. Our HSC students again did us proud, the school ranked in the top 10 of 500 comprehensive schools across the state. We are one of only two schools that have been in the top ten through this period of time. Our English results were again outstanding Balgowlah ranked 22nd in the state for Advanced and Extension English, including all 43 selective schools. Our Math's results were "not too bad" either, Balgowlah was ranked 19th in state (again including selective schools). This demonstrates that students that attend this school can achieve at the very top of the state academically or be prepared to transition to a career after graduation, with some 20 students accessing trades this year.

School Improvement Programs are in full swing; the Hall Façade upgrade commenced at the end of December and should be completed early term 2. We have new roofs to be installed to A and G block this term and painting of a major part of the school.

Our P&C have as their main focus the School and Community Consultation, we currently have 400 submissions, however, the P&C would like to appeal to parents, even new parents to the school that have not yet submitted to do so before the end of this month. If you are not quite sure about the design elements (section 6) perhaps just speak to your son and get his thoughts. As far my personal view on the opportunity, building functionality and condition, aesthetics and effective use of space would be worthy goals.

I am in a very enviable position as principal, especially at school such as ours, I am regularly contacted by parents, community, students, and teachers with suggestions of improvements to the school both its physical surround and its curriculum. So, when the Prefect body approached the deputies and I with a strategy for increased student participation by resurrecting the House system I was absolutely delighted to give it the nod. To their credit the leaders followed through with actions and the swimming carnival last week was testament to the positive outcome of this idea. Students and staff got into the spirit by dressing in House colours and competing. Please see below.





Paul Sheather



Technology and Applied Studies

Year 7 Food Technology - Making Fruit salad & Toasted Sandwiches





Technology and Applied Studies

Year 7 Timber Technology - Making Skateboards





Technology and Applied Studies

Year 9 Engineering - Helping Harbord Primary School students reduce their carbon footprint for the NBSC Design Make Innovate Project





Technology and Applied Studies

Year 9 Engineering - Helping Harbord Primary School students reduce their carbon footprint for the NBSC Design Make Innovate Project





Technology and Applied Studies

Year 9 Food Technology



Year 10 Food Technology





Technology and Applied Studies

Year 11 Industrial Technology Timber



Year 11 VET Hospitality





Year 9 Industrial Technology Multimedia - Poster Designs



Year 10 Industrial Technology Multimedia - Logo Designs





Year 11 Multimedia - Poster Designs & Animated Canvas covers



[Year 11 Industrial Technology Mul...](#)
[11ITM 23](#)
[2023](#)





Year 12 VET Hospitality



Languages are booming at Bally!

In French, students can confidently converse in French and participate in hands-on activities as they develop proficiency.

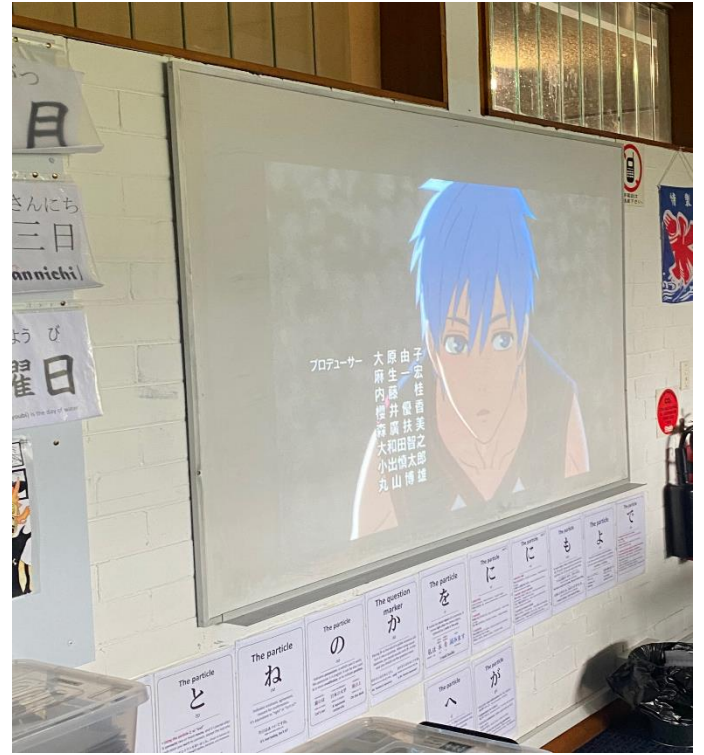
In Japanese, students in years 7 and 8 are already mastering the hiragana writing system like pros! Year 9 Japanese students are showing success in constructing complex sentences in Japanese when talking about their everyday lives - working towards their VLOG. Year 10 students are expanding their knowledge of Japanese with the interactive topic of Making Plans - where students work towards a goal of meeting up with friends in Japanese. Year 11 and 12 Japanese students are working very hard towards the HSC. Currently in Year 11 have already studied the topics Personal World, Exchange Students and School Life and My First Time in Japan. Year 12 are doing the topic on Travel Plans and Destinations.

Some of our dedicated students also attend our Monday Morning Mentoring Club - where year 10 Japanese students work with students in years 7-9. It is a great opportunity for students to get to know students across other year groups.

This year, the Japanese Club has also had a revival! Happening every Thursday at Lunchtime in G201. At the beginning of the Term, Mackellar Girls gave origami hearts and chocolates for Valentine's Day and Balgowlah Boys will reciprocate a month later for White Day. *In Japan it is a custom on Valentine's Day for girls to give a gift, and a month later the boys reciprocate.* The boys were quite surprised by the high quality origami hearts and the chocolates were eaten in a flash!

Throughout the term in Japanese Club, the students will have the opportunity to further their cultural understanding of Japan by interacting with Japanese media with anime, Japanese advertisements and music videos. There will also be opportunities for students to engage in more hands-on activities.





Chess Club

Yes! It is back! We have many eager boys who want to challenge themselves and their intellect with chess! All are welcome in G201! Looking forward to seeing some awesome matches!

Wellbeing

Welcome back to 2023!

I would like to take this opportunity to introduce the Wellbeing Team.

Vanessa Briggs – HT Wellbeing

Ian May – HT Learning Support

Sara Lewis – Student Support Officer

Eliza Bloor - Counsellor

Lincoln Comans - Counsellor

Cliona Mulloy - Counsellor

Isaac Buckley – Careers and Mentor Teacher

Tom Mitchell – Mentor Teacher

Year Advisors 2023

Year 7 - Mrs Sarah Olivier and Mr Andrew Songssermongkol

Year 8 - Mr Brandon Diaz and Ms Naomi Williams

Year 9 - Ms Lara Hirsch and Mr Iain Robertson

Year 10 - Ms Dayna Spink and Ms Brigette Armstrong

Year 11 - Ms Clare Fitzpatrick and Mr Peter Stephens

Year 12 - Mr Thomas Brecht and Ms Joanna Suh

We all work together to help the boys to be happy, healthy, engaged and motivated both in the classroom and around the school. If you would like to access Wellbeing or Learning Support for your son, we ask that you complete the following form

<https://bit.ly/BBCWeLLST>

This will allow us to direct your request to the most appropriate person. Your son has a number of ways he is able to access support including via the Counsellor and Wellbeing Page on Canvas.

We look forward to a successful 2023 and please feel free to contact us if you have any questions, comments or concerns.

Vanessa Briggs
Head Teacher Wellbeing

Year 7

With a lot of smiles and a few tears we have welcomed Bally's class of '28 into the fold. Congratulations to all the boys as they have navigated new timetables, teachers and friends with the tenacity and aplomb befitting a Balgowlah Boy. The term started with a gauntlet series of orientation activities where the boys got to know each other, make new friends and familiarize themselves with the school. The week capped off with a day in the park, where the sun shone upon the boys, resplendent in their Bally Blue and Red, as they made their way down to North Harbour reserve. Here the boys demonstrated their physical and mental prowess as they devised ways to relay basketballs between teams with no hands, capture tags, make their way out of complex tangles and conquer the year 10's in a monumental battle of tug-o-war. It was a fun day had by all and a lovely way to end their first week.

Now classes have begun, and the boys will be able to access their course information via Canvas. This is the platform where teachers will put all information covered in classes as well as any upcoming work that is due, it is important for the boys to check Canvas regularly.

We are proud of the boys for how they are settling into classes and engaging in the content being taught and look forward to an action-packed Term One.

Ms Olivier & Mr Songsermmongkol
Year 7 Advisors

Year 8

Welcome back Year 8! It is fantastic to see you settling into the new school year and growing into diligent and focused young men. We are looking forward to a wonderful school year full of growth and challenge.

We would like to remind Year 8 to ensure they are accessing and checking Canvas pages, as this is the primary source of communication with teachers.

In the next few weeks, we will be welcoming Darren Cairnes who is a Police School Liaison Officer to speak with year 8 on Monday 6th March 9:30am. More details will be sent out to students regarding this in the coming weeks.

Have a great start to Term 1,
Mr Diaz and Miss Williams

Year 9

It is such a pleasure to welcome back Year 9 in 2023. After a long break, we are now back into full swing with school. Sports teams, bands and ensembles, clubs and other extra-curricular activities are commencing again so we hope to see some willing participation from our year group. We also have some great plans moving forward that we will share very soon so keep an eye out for forthcoming information.

We hope that everyone has made final decisions regarding elective subjects and that students are settling nicely into their selections. We are hoping now that we will see Year 9 progress nicely throughout Stage 5.

NAPLAN will be commencing later this term so we hope our boys can study hard and remember to make use of our famed Literacy and Numeracy strategies at Bally.

Canvas is also up and running so please keep up to date with announcements and notifications on the subject pages. Our Year 9 page also contains details about forthcoming plans and events.

Good luck this year boys, we hope the best for everyone in 2023 and be mindful, kind and respectful.

Mr Robertson and Ms Hirsch

Year 10

Welcome back to a new school year!

We are looking forward to a smooth transition into Year 10 and are here to support the students in any way we can. The students have welcomed a new Year Advisor, Ms Brigette Armstrong, as Ms Chloe Christensen has moved on to a new school.

A presentation early in the term outlined Year 10 requirements and the knowledge and skills required for academic success. An assessment schedule has also been provided and is available on CANVAS. We encourage the students to read the schedule carefully, so they know what assessments they have approaching and how to prepare.

In Week 4, the Swimming Carnival was a smashing success and it was great to see so many Year 10 students participating. We are looking forward to seeing this participation continue in the Athletics Carnival on Monday, Week 6. Attendance is important as every race a student completes will earn them points for their House Colour!

This week Year 10 students also had the great opportunity to participate in the Tomorrow Man workshops. The workshop discussed tools to combat stereotypes and provided students with skills to lead a mentally and physically healthy life. This is the first of four that will be running for Year 10 throughout the year and we want to congratulate the year group on the respect and participation shown in the first workshop.

The students have also seen the introduction of the Bally Red Awards wherein students are acknowledged for their positive behaviour at school. We have been very impressed with the amount of Year 10s receiving acknowledgment for these positive incidents.

With a productive start to term, we are excited to see what the rest of the year has in store for our Year 10 students.

Ms Armstrong and Ms Spink
Year 10 Advisors

Year 11

Welcome back, we hope our Year 11 students had a great summer break.

Our brilliant young men have started their senior year with flying colours and looking fabulous in their senior shirts. We have received an overwhelming amount of positive feedback from their class teachers regarding their diligence, maturity and focus in the classroom.

The Year 11 Information Evening was held recently which outlined the requirements for your son's Preliminary HSC studies. We would like to take the opportunity to thank Mr Boylan and Mr McGuire for running this informative evening and for their continued support of our boys.

We would like to remind our year group that Canvas is the primary method of communication and we encourage all students to check the Year 11 Year Group Page on a daily basis to ensure they are receiving all important information, announcements and communication.

We are looking forward to the year ahead as our young men inch closer to the HSC.

Have a great first Term of Senior studies.

Miss Fitzpatrick and Mr Stephens
Year 11 Advisors

Year 12

A warm welcome back to our Year 12 students and their families!

We have had a fast start to the term and our students have settled in well as we continue our journey towards the HSC.

The next major milestone for our boys will be the Test of Limited Scope Assessment Period which is scheduled to be sat in Weeks 10 and 11 of this term. These assessments will cover course content studied in Semester 1 and will give our boys an opportunity to see how they are placed within their respective courses. Over the coming weeks, we will be holding small workshop sessions covering all things from organisation, to study habits and revision techniques to assist the preparation process. These sessions will be held on Wednesdays during Weeks 5, 7 and 9 during Year Meeting and Assembly. In the meantime, if students have any questions or concerns regarding this upcoming period and the content that is to be assessed, class teachers should be the first contact.

Mr Brecht and Ms Suh
Year 12 Advisors

Road Safety

The beginning and end of the school day are busy times for pedestrians and drivers outside schools, particularly in Maretimo Street. If you pick your child up in the afternoon, could we ask that you make a safe meeting spot for them to meet you. Please also remind your son to cross the road safely using the Pedestrian Crossing only.

You can help keep children safe by remembering the following:

- drop off and pick up children on the school side of the road
- never call out to children from across the road – it is very dangerous
- always take extra care when driving in 40km school zones
- follow all parking signs – these help keep children as safe as possible
- park responsibly even if this means you have to walk further to the school gate
- never double park – it is illegal and puts children at risk
- never do a U-turn or three-point turn outside the school as it puts children at risk of harm
- model safe and considerate pedestrian and driver behaviours to your children

Mathematics Tutoring

The Mathematics faculty tutoring sessions have resumed for 2023. These are drop-in sessions for students who want extra help or revision.

These sessions commence at 8am in A303, with students welcome to join at any point.

Year 7 and 8 – Tuesday 8am

Year 9 and 10 – Thursday 8am

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

Regards

Mr Hickford – Head Teacher Mathematics

Creative and Performing Arts

VISUAL ARTS

YEAR 12 AGNSW and MCA Excursion

Year 12 Visual Arts Bally Boys took a grand tour of major galleries on Wednesday 8th February to view Art Express at the Art Gallery of New South Wales (AGNSW), and Do Ho Suh at the Museum of Contemporary Art (MCA). The boys were able to experience the astounding New Modern build (the new North Building of the AGNSW), and gain extensive ideas and inspiration for their HSC body of work which they are working on this term. The boys agreed that the Art Express



exhibition of top performing 2022 HSC Visual Arts students was astounding and were able to gain insight into NSW Visual Arts students' creativity and issues

important to them. Click here for more information about the exhibition: <https://www.artgallery.nsw.gov.au/.../artexpress-2023/> Do Ho Suh at the MCA was also an amazing experience for the students. South Korean artist Do Ho Suh is known for his large-scale sculptures and architectural installations, which address the often complex relationships between the body, memory and space. The boys were very lucky to have been able to immerse themselves in the work of this prolific artist. The Do Ho Suh exhibition finishes soon - more information can be found here:

<https://www.mca.com.au/artists-works/exhibitions/do-ho-suh/> Year 12s will be working on their body of work extensively this term, and are encouraged to use time in class, as well as free

periods and time at home to produce the works. Bally's large Visual Arts classrooms are an ideal place for students to take time out from the day and work on their creative endeavours. The boys are encouraged to use their calendars to plan their term to accommodate regular artmaking. Year 12 also have an assessment in Week 9 based on the 'Unseen Plates' format of the HSC Visual Arts examination. To support ongoing art historical and critical investigations, students are encouraged to practise past papers on the NESA website <https://www.educationstandards.nsw.edu.au/wps/portal/nesa/resource-finder/hsc-exam-papers/2021/visual-arts-2021-hsc-exam-pack+>



DRAMA - THE COMPANY

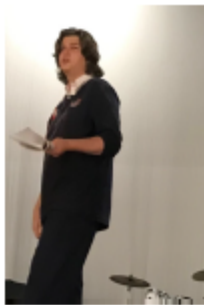
Reflections 2022

Last year was a vibrant and exciting year for The Company. The actors were in training but competent in both acting and vocal skill. Away by Michael Gow was all I could have hoped for and with a competent technical crew and minimal set, the performance was outstanding. We would always hope to have a full house, but the play was well received.

Dream a Little Dream With Me was performed in November last year and nine of The Company were involved under Direction of Gordon Carroll, a Balgowlah boy leaver in 2021. This was a high point for The Company as Gordon had remained with The Company whilst studying at Macquarie University. Gordon had been with us since Year 8. We have said a sad and fond goodbye as he must now focus on his second year.

Performances for 2023.

So...on to 2023. The Year 7/8 Drama Club is in rehearsal with James and the Giant Peach. There will be a notification of performance dates on the Facebook page once decided in three weeks time. These students are rehearsing on Friday afternoons and Saturday mornings and are under the teacher and Director Alison Burns. I will be assisting.



Twelfth Night by Williams Shakespeare is also in rehearsal and will perform in the Theatre on Monday 12th, 13th and 14th June. This is The Company's sixth play, and will be the last play with our current ensemble before I invite the Year seven - nine students to audition for The Company. Twelfth Night is a romantic comedy and was first performed in 1602 on the 2nd February at the inner temple of the inns of court. This was the last day of the celebrations of Christmas at that time. The audience at that time would have been Courtiers and therefore grasp the double entendres, which in our modern era may elude us. Our objective is to make it

accessible to our audience.

In fourth term Brandon Diaz our Curriculum Drama Teacher will be mounting a school play called Mr Burns: A post-electric play: 16th, 17th, 18th October.

So, a busy year on the stage and spread amongst a greater number of students.



Actors reading and analysing the text during rehearsals before blocking begins on the stage. They have seen and understand the set they will be working on. Actors on stage being directed by myself and assisted by Coll Burns, now in Year 12. He is hoping to study Linguistics at university next year. Matthew McCook: Sir Toby Belch, Oliver Akhurst: Sir Andrew Aguchek and Rory Hollinsworth: Malvolio on the stage, being blocked, but experimenting and playing with their characters.

We look forward to seeing you in our Theatre.

Tricia Herman (Director)

SENIOR DRAMA

Starting off strongly this year, Senior Drama has hit the ground running.

Beginning with Absurdism, Year 11 is studying Eugene Ionesco's play, 'Rhinoceros'. Here is a photo of some of the students, staging the first scene in a Cafe.



Year 12 has begun this year learning about Black Comedy and how it pushes societal norms and boundaries. Reading through Harold Pinter's 'The Homecoming' and Oscar winner Martin McDonagh's 'The Lieutenant of Inishmore', they have started to investigate how Black Comedy leaves audiences wanting to cry and laugh at the same time.

As part of their studies, on the 10th of February Year 11 and 12 went to HSC OnStage 2022, at the Seymour Centre. Enjoying a wonderful array of performances, the boys were left highly amused, intrigued, and entertained at the best performances from last year's graduating HSC class. Below is the link to the program:

https://www.seymourcentre.com/media/almjhmvt/v3-a_onstage-hsc-2022-program-a_03_02.pdf

ELECTIVE DRAMA

Year 9 and 10 have begun the year off well, learning the tenants of improvisation in their first taste of drama.

Beginning with Greek Theatre, Year 10 investigated the founding theatrical style, looking at the actor Thespis, the great playwrights Euripides, Aeschylus, Sophocles, and Aristophanes.

To finish off, last week, I pitched for a whole school performance to the P&C in Term 4 this year. Based on Anne Washburn's 2013 'Mr Burns: a post-electric play', it looks at the retelling of a Simpsons episode in a post-apocalyptic landscape. Pending approval, I hope to share with you all positive news regarding this play.



Brandon Diaz - Drama Teacher

MUSIC

WELCOME TO THE BALLY MUSIC DEPARTMENT

Our Music Department staff offer a wealth of experience and skills to the students. We have three full-time Music staff, one part-time Music staff and two external conductors who help with the Band Program. All of our staff are committed to providing engaging, exciting, modern and inclusive musical experiences to the students of Balgowlah Boys.

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 Band Program Coordinator at Bally.

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.

MISS AMY HARRIS

Amy completed a Bachelor of Music at the University of Newcastle, majoring in vocal performance. She has performed around the Central Coast and Newcastle as a singer in a jazz and pop cover band. After completing a Masters of Teaching in 2019, she moved to Norfolk Island to work at the local school with students from K-12, working with a vocal group and organising Battle of the Bands. She is enjoying her second year at Bally. \

YEAR 7 AFRICAN DRUMMING WORKSHOP

On Thursday 16th February, Year 7 were treated to African Drumming workshops where they had the chance to play an assortment of djembe, shekere and agogo bells. Year 7 had an amazing time and rated the workshops very highly! For more videos and photos, please head to the [Music at Bally Website](#).



BAND PROGRAM UPDATE

At NBSC Balgowlah Boys Campus, 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. For more information about the Band Program, please see the [Bands at Bally website](#).



BANDS AT BALLY

Rehearsals have officially begun for 2023. A huge congratulations to our successful auditionees for the Jazz Program - lists for each ensemble can be found on the noticeboard outside of the CAPA Staffroom. Rehearsal times and locations are as follows:

CONCERT BAND PROGRAM:

Junior Concert Band (Year 7 – 8, all welcome) – Friday, 7:30am in the School Hall

Senior Concert Band (Year 9 – 12, all welcome) – Tuesday, 7:30am in the School Hall

Guitar Club (all years, all welcome) – Tuesday lunchtime in DEM6

JAZZ PROGRAM

Junior Improvisation (for students new to improvisation) – Monday, 8am in DS7

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

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

Jazz Orchestra (all years, auditioned) – Monday, 8am in the School Hall



CURRICULUM MUSIC

YEAR 7

Year 7 have started the Term with a bang with our very popular program that is Chair Drumming. The boys tend to love this topic and it teaches all of our Year sevens basic drum kit skills. The boys expend a lot of energy and work as a team in the classroom and drum to tracks such as "Uptown Funk", "Lonely Boy", "Beds Are Burning" and "Smooth Operator". The boys are assessed on their performance skills and rhythmical timing and all of our boys tend to really engage in the topic.

YEAR 8

Year 8 has started the year with the topic Rock Music. The boys will learn a selection of rock riffs including, 'Seven Nation Army,' 'Sunshine of Your Love,' 'Feel Good Inc' and for the more advanced students 'Sweet Child of Mine,' 'Beat It' and 'Purple Haze.' The boys have the opportunity to work in a class group, small groups and individually to develop their guitar playing skills. Over the course of the term, opportunities to play the drums, guitar, bass and vocals will arise. We are looking forward to a great year, expanding and building on the skills learnt last year.

YEAR 9

Year 9 have started their Elective Music journey with a focus on Jazz and Blues. The boys have been very engaged in learning the chord structure, walking bass and blues scale ready for improvisation. Some are even challenging themselves with different chord voicings and additions. A brilliant start to the year!

YEAR 10

Following a great deal of interest in Elective Music, Year 10 has been split into two classes for 2023 and is joined by Ms. Stokes who is working alongside Miss Harris this year. We have started the year with the topic Electronic Dance Music (EDM), where the boys will compose their own EDM song. There are opportunities for the boys to work on their own choice of performance pieces, and once a week refine and develop their theory and listening skills. We are looking forward to a great year of musical talent and performance opportunities to showcase the incredible talent of this year group.

YEAR 11

Year 11 have a huge start to their studies with two major projects underway. They are performing a piece of their choice under the topic area "Popular Music". Some of our boys are playing in groups and also doing solo work and the pieces this year range from pieces by Radiohead and Jimi Hendrix through to some 12 bar blues and Paul McCartney solo acoustic. The students also complete a trial Viva Voce which is a musical presentation based around their Popular Music topic. The boys will be performing in concerts throughout the year and we are looking forward to some great musical treats from Year 11.

YEAR 12 MUSIC 1

Year 12 are getting to the crunch time this year and they have some huge assessments this term. The boys are firstly completing their first elective performance pieces with songs such as “Donna Lee” (Jaco Pastorious), “Ain’t no mountain high enough” (Marvin Gaye and Tammi Terrell), “SWLABR” (Cream) and Get the funk out (Extreme) demonstrating the wonderful musical prowess of our students. The boys are also completing a composition piece that will also include a full composition diary so this is a very busy term for our students. We are hoping for some great success from our Year 12 cohort.

YEAR 12 MUSIC 2

Music 2 have been exploring the impact of collaborative practice on Australian Music of the Last 25 years through the works of Australian composer and trumpeter, Nadjé Noordhuis. Studying her works *Mayfair*, *Water Crossing* and *Le Hameau Omi*, Music 2 have learnt about the stylistic features of Irish Jig and Reel, Spanish Flamenco and Minimalism. Noordhuis’ works have been a class favourite so far, and we’re looking forward to seeing their influence on the upcoming composition assessments. If you’d like to have a listen to the wide variety of works studied throughout the HSC Music 2 course, you can find the playlist here: [Year 12 Music 2 2022/2023 - Playlist](#).

Sports report

Welcome to term 1 2023 sport at Balgowlah Boys Campus. It has been a hectic but enjoyable start to the sporting year.

Many of our open (18yrs) school teams are holding their trials in preparation for their NSWCHS knock out competitions. All boys have been notified through CANVAS of the trial dates for the various sports.

Wednesday sport began on the first day back of term 1 and all boys appear to have settled in well with the structure of Wednesday sport. Boys are participating in a variety of sports including, surfing, squash, tennis, Futsal, boxing and skateboarding. Year 7 have been kept as a year group for term 1 and are playing a variety of sports on Balgowlah Oval. The company No Limit Sports are operating this sport with assistance from Balgowlah boys staff.

There have been a number of Sydney North Trials with the following boys gaining selection on their respective sports:

Lincoln Stead and Charlie Steer were selected in the Open Sydney North Baseball team to compete at the NSWCHS Championships.

Jett Rocker Graham and Tyson Dagenais were selected in the Sydney north Open Volleyball team.

Oliver Prosek, Alejandro Bernal Ganados and Mikhail Dalichau were selected in the 15yrs Sydney North Tennis team.

The 63rd Annual Balgowlah Boys Campus swimming carnival was held on Friday 17th February. It was a magnificent day with the majority of boys participating in at least one event. The addition of the house system created plenty of colour and atmosphere to the event.

There were a number of age records broken by some outstanding swimmers. The records broken were as follows:

Davies, Lachlan - 15-16 200m Individual Medley 2:20.17 (1) 10 Record: 2:20.17

Davies, Lachlan - Boys 15 100m Backstroke 1:05.17

Davies, Lachlan - Boys 15 100m Breaststroke 1:17.20

Davies, Lachlan - 15yrs 50m Freestyle 26.03

Davies, Lachlan - 15 100m Freestyle 56.75

Davies, Lachlan - 15 100m Butterfly 1:01.53

Smith, Alexander 17-19 100m Breaststroke 1:13.37

Smith, Alexander 17-19 100m Freestyle 56.59

Green, Ethan 17-19 50m Freestyle 25.71

This is an outstanding effort having 9 records broken at a swimming carnival.

Our Age champions for Swimming in 2023 are as follows;

12 Years Heath Schutt

13 Years Jacob Chalmers

14 Years Liam Jordan

15 Years Lachlan Davis

16 Years Max Ryan

17 Years Alexander Smith

We now move quickly onto our Athletics carnival as the Sydney Academy of Sport athletics track will be closed for resurfacing for the majority of term2.

Our athletics carnival will be held on Monday 27th February at the Sydney Academy of Sport, Narrabeen. Details have been emailed out to all parents in week 1 of 2023. The day will start at 9.00am at Balgowlah Boys Campus where all boys will have their name marked off, pay their \$12.00 for bus and track hire and then bussed to Narrabeen. The bus will return the students to school at approximately 2.30pm.

I look forward to another day of seeing the boys competing to the best of their ability.

Yours in sport,

Gary Theodore

WHAT IS THE I CAN NETWORK NATIONAL ONLINE PROGRAM?

I CAN Network's National Online Mentoring Program is having an impact on Autistic and neurodivergent young people who are socially isolated and face difficulties in life. Participant and parent feedback has been positive and highlights the variety of outcomes which participants can achieve in our programs.

From their comments, parents observe the following outcomes among young people engaging the National Online Programs:



Improved Mental Wellbeing

Improved Communication Skills

Improved Social Skills

Willingness to Participate

WHAT PARENTS SAY

Enjoyment of the Program

Building of Social Connections

Increased Positivity on Autism

"He has built so much more confidence and now talks more about his Autistic Identity with pride.

It's been amazing for his sense of belonging and also for his self-esteem."

- Parent of Online Participant

"After participating a few times, she started to communicate.. [and] even participated by speaking, which was a great breakthrough."

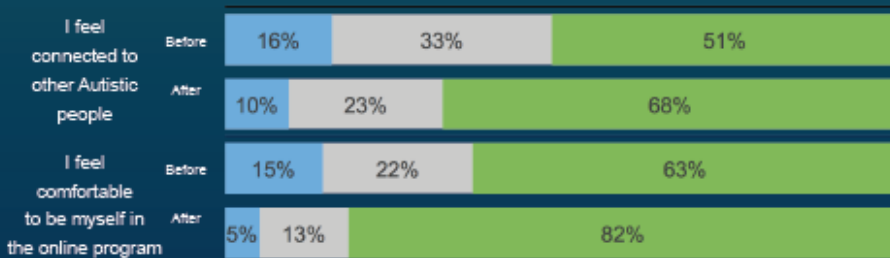
- Parent of Online Participant

"I really enjoy the games, the people, the community, how lovely everyone is, how accepting everyone is...it's, also not too... overwhelming because it's not like real-life..." - LGBTQIA+ Participant

"It means that I am not lonely & I can talk to some [Autistic] people like me." - Young Adult Participant

PARTICIPANT RESULTS

Changes among online participants in a 6-week cycle



■ Disagree or Strongly Disagree ■ I am not sure ■ Agree or Strongly Agree

No. Students = 144 for before and No. Students = 136 for after, pooled from 21 programs

In the National Online Programs, participants can establish social connections with other Autistic young people and be themselves. These are enabled by a positive, safe group environment where participants can engage in the session without feeling judged or stressed.

JOIN US



Write to our Online team at: online@icannetwork.com.au

Or for more information visit our website at: icannetwork.online or follow us on social media.



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Sexual and Gender Diversity

Webinar for parents and carers

Thursday 2 March, 7 - 8.30pm

Being a parent, grandparent, or primary carer of a LGBTQIA+ young person can be wonderful and enriching but can also seem overwhelming and confusing at times. Join us as we provide information that can make a difference to the young person in your life.



Online, Free
Bookings essential
Suitable for parents and carers of 10 - 24 year olds
Scan to book



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