2016 Term 1, Week 1 - 29 January 2016

Principal's Message

Welcome to the new school year! I am so delighted to be writing to you as the 10th Principal of Ravenswood.

What a joy it was to welcome new and returning students through our school gates on Wednesday and Thursday of this week. They arrived with a real spring in their step, and greeted each other with much enthusiasm. Our Year 12 Prefects, meanwhile, formed a guard of honour along the footpath of Henry Street to celebrate the return of their fellow students – and even I was invited through! A truly festive start to the year.

Our grounds have since been abuzz with excitement as students have set about learning and engaging in school life with energy and commitment; reconnecting with one another, forging new friendships, sharing stories from their holidays and preparing to make the most of new opportunities.

Earlier this week, in preparation for our students’ return, our staff were working diligently across a range of areas to ensure an excellent start to the year. On Monday we had some enriching professional learning sessions together in which we explored key concepts and strategies in the area of Positive Psychology – an exciting field that offers a scientifically validated framework for wellbeing. In addition, throughout last week, 16 Ravenswood staff members, including members of the School Leadership Team, Year Coordinators and representatives from both the Junior and Secondary School attended the Penn Positive Psychology Program for Educators led by academics and trainers from the University of Pennsylvania. We are now working on plans to embed Positive Psychology purposefully and meaningfully across the school so as to help our girls flourish, learn more powerfully – and support our endeavours in fulfilling our motto semper ad meliora – ‘always towards better things’. I look forward to sharing our work with you in this area as the year unfolds.

The Commencement Chapel Service on Wednesday for Year 7 and all new students and families in the Secondary School was a wonderful occasion. Reverend Humphries delivered a lovely message during which he shared a bible passage in which Jesus explained the two greatest commandments: love the Lord your God with all your heart, with all your mind, with all your soul and all your strength and love your neighbour as yourself. Our Prefects presented a series of engaging songs filled with humour, zest and Ravenswood spirit – really focusing on encouraging the girls to make the most of every opportunity and supporting them at this time of transition. They also shared a great video presentation introducing themselves over their holidays from wherever they were in the world, with their Ravenswood hat in tow: from St Ives to Nelson Bay to Thailand to England and the piece was aptly entitled: The Sisterhood of the Travelling Panama. Our School Captain Jessica Williams delivered a marvellous speech in which she declared that at Ravenswood ‘there is always someone to turn to and people genuinely care about what individuals think and believe... and I honestly love coming to school each day!’

On Wednesday night, together with a number of School Leadership Team members and staff, I valued the opportunity to meet with Boarders and their families at the Boarders' BBQ. Our Senior Residential College makes our school a home for approximately 30 girls who come from a range of local, rural and international backgrounds. This diversity is enriching to our community and certainly embraced by the Boarders themselves who are a close knit group of 'sisters' who seem to thoroughly enjoy their beautiful boutique second home together!

Our inspirational new Science and Technology Centre is very nearly complete and staff and students are looking forward to many engaging learning experiences in this brilliant new facility. Meanwhile, our Year 12 students have moved into a new self-contained Senior Lounge adjacent to the café which is beautifully appointed, and they are already making it their own. This has meant that there is now more seating room in our café area as well.

I would like to extend a warm welcome to the following newly appointed members of staff at Ravenswood: Miss Alana Bratby – Sport Administrator; Miss Melissa Bullimore – Boarding Supervisor; Mrs Rebecca Carolan – Executive Assistant to the Principal and Manager of International Enrolments; Mrs Jackie Gilson – Director
Boarding and International Students; Miss Rita Guo – Mandarin teacher; Mrs Tamara Heath – Science teacher and Coordinator of the Duke of Edinburgh’s Award Scheme; Mr Terry Humphreys – PDHPE teacher; Miss Abigail Hutchison – History and Legal Studies teacher; Mr Adam Lee – English and History teacher; Miss Suellen Loughhead – Mathematics teacher and Coordinator Academic Studies; Mrs Amie Nasr – Year 4 teacher; Mr Robert Pickup – Social Science teacher; Ms Dawn Russell – Psychologist; Miss Robyn Sewell – Science Laboratory Technician; Miss Carmen Stoddart – 2016 Teaching Scholarship Recipient (Junior School); Miss Simone Turpin – Social Science teacher; Miss Rebecca Walker – Year 1 teacher; and Miss Anna Wilkinson – Year 5 teacher.

Second Row: Miss Robyn Sewell, Mrs Amie Nasr, Miss Anna Wilkinson, Ms Dawn Russell, Mr Robert Pickup, Mr Adam Lee, Miss Simone Turpin, Miss Alana Bratby

Front Row: Miss Suellen Loughhead, Mrs Rebecca Carolan, Mrs Jackie Gilson, Mrs Anne Johnstone, Mrs Tamara Heath, Miss Rebecca Walker, Miss Abigail Hutchison

Absent: Miss Melissa Bullimore, Miss Rita Guo, Mr Terry Humphreys, Miss Carmen Stoddart

I would also like to welcome back to Ravenswood following extended leave Mrs Bronwen Calcraft, Mrs Jo Haibus, Mrs Judy Lawry and Ms Georgia Poulos.

Well, our year is off to a flying start. Wishing you all God's blessing for a wonderful year. May I take this opportunity to thank you for extending such a warm welcome to me, and my family; I look forward to getting to know you all over the time ahead.

Mrs Anne Johnstone

Chaplain's Message

Welcome to a new school year. You will probably hear a lot about such things as the power of gratitude as Ravenswood further embraces Positive Education. I am grateful for being blessed to work with such vibrant young women and help them as they grow and learn and shape their character. This year holds much promise but it is up to us to find it, draw upon it and realise it.
Have you ever written or received a letter of gratitude - not just a thank you note but a letter where someone has taken the time to write down their thoughts and feelings in detail about your strengths, the way you have affected them and their life in a positive manner and the difference that they have been able to identify in themselves as a result? This simple but disciplined act has power not only for the recipient but also for the writer. I shared some of one of the letters by the Apostle Paul with staff this week in our staff Chapel Service, where he expressed gratitude and hope for a group of people close to 2000 years ago. This is perhaps evidence of the power such a letter has, in that people are still treasuring such words and learning from them even today.

As a community we may not always love or live well with each other but Ravenswood is a place of love where we do strive to be our best, give of our best and work for the best in others. I am grateful to be part of such a place and it is my hope that we will continue, with God’s help, to go from strength to strength this year and always. So, in the name of the Christ, I greet you and pray for you. May you find much to be grateful for in your life and in your connection with our school. God bless.

Rev Jon Humphries

Whole School

Welcome to 2016 Cocktail Party

Don’t forget to book for the Welcome to 2016 Cocktail Party by the end of Sunday 31 January, which takes place on Thursday 11 February from 7.00pm-9.00pm. Join us for drinks and canapés and meet Ravenswood’s tenth Principal, Mrs Anne Johnstone. To book your complimentary place, go to http://www.trybooking.com/t76467.

Ravenswood Scholarships 2017

A reminder to all Year 6 and Year 10 students that scholarship applications for Year 7 2017 or Year 11 2017 will close on Monday 8 February.

To participate, students must register online through the ACER Scholarship Test website and if required, additional paperwork is to be sent to the enrolments office by Monday 8 February.

The requirements for the scholarships on offer are listed on our website http://www.ravenswood.nsw.edu.au/enrolments/scholarships.

If you have any questions, please contact Mrs Clair Stock in the Enrolments Office on 9498 9908 or by email enrol@ravenswood.nsw.edu.au.

Photo Day

The whole school Class/Year Group and ID/Portrait photos were taken today. Your daughter should have brought home an envelope with details of the various purchases on offer, or you can order securely online at www.advancedlife.com.au using Ravenswood’s unique nine digit Online Order Code: AV1 ORB PCI.

There will be opportunities for sibling photos later in the year at the two Co-Curricular photo days, which will take place on Thursday 2 June and Tuesday 16 August.
It’s A Shoe In

Donate your ‘too tight’ shoes to families in need.

If you have purchased new school shoes in 2016 and your previous shoes are still in good condition, please consider donating them to needy country families in Central Western New South Wales.

Shoe In is a coordinated project between Ravenswood and the St Vincent de Paul Society, Lindfield, who transport and distribute the shoes to families through their eight branches in Central Western New South Wales.

To participate, please:

1. polish your shoes to a sparkling shine and tie the laces together
2. label the shoes clearly with the shoe size
3. deliver your shoes to the box in the cafeteria.

Thank you for your support with this project.

Mrs Jane van Beek, Social Service Coordinator

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Junior School

Head of Junior School

I would like to extend a warm welcome to all Junior School girls and their families for the beginning of the new school year. Our first week has begun smoothly with the girls settled and working steadily.

We welcome Miss Rebecca Walker (Year 1), Mrs Amie Nasr (Class 4G), and Miss Anna Wilkinson (Class 5G) to the Junior School team. The teaching staff has been working closely in these early days to ensure the best possible outcomes for all of the girls throughout the year.

Academic and social goals have been devised for the students to ensure they fulfil their potential both academically and socially. You will find these in the Term 1 Letter (see below).

Some skills for the girls to be able to attain these goals are to:

- be focused and open-minded
- make connections between previous and new knowledge
- communicate effectively
- be proactive with learning
- increase effort
- be receptive and reflective in learning.

Some of our social aims are to:

- be inclusive
- look after each other
- listen to one another.

Junior School has developed a mantra to inspire the students to strive for excellence. It is to move from our comfort zone to our courage zone. The aim of this is for the girls to strive to challenge themselves, to develop new strategies and skills and to deepen the application of knowledge. The social aims link to the strong multifaceted Pastoral Care Program in Junior School. All students will experience a range of different programs
that include The Alannah and Madeleine Foundation Better Buddy Program, Peer Support, The Big Sister Prefect Program and Circle Time. The School Counsellor, School Psychologist and Chaplain are all available for additional social and emotional support.

The first days have been filled with a Commencement Assembly, swimming trials and ID and Class/Year Group photos. In the coming weeks, we are excited about Year 6 Leadership Day, the Junior School Diving Carnival and Swimming Carnival.

**Important Dates**

**Monday 1 February**
Parent Information Evening commencing at 5.30pm in the Auditorium, followed by a classroom information session at 6.15pm.
There will be two staff members and some Year 11 students supervising school-aged children on the play equipment and picnic tables from 5.30pm-7.00pm. In the event of rain, a movie will be shown in the Learning Resources Centre.

**Wed 3 – Fri 5 February**
Year 5 Camp

**Friday 5 February**
Year 6 Lead with Courage Course

**Wed 10 – Thu 11 February**
Parent/Teacher Sharing About My Child Conferences
Bookings are open via the Parent/Teacher Interview icon on the Ravenswood Portal.

**Thursday 11 February**
Years 3-6 Diving Carnival at school

**Thursday 11 February**
Ravenswood Welcome Event at 7.00pm [http://www.trybooking.com/l76467](http://www.trybooking.com/l76467)

**Tuesday 16 February**
Induction of Year 6 Leaders in Chapel – 8.25am-9.15am, invitation will be sent out next week

**Thursday 18 February**
Years 3-6 Swimming Carnival at Knox Grammar School

**Friday 19 February**
RPA Junior School Term 1 meeting 9.30am Mabel Fidler Boardroom

Information in the Junior School is communicated with families via the Newsletter, notes and the Ravenswood Portal. Notes are sent home on ‘T’ days, Tuesday or Thursday, with copies of the notes posted on the Portal on Class Pages, should you wish to print them out at home.

The Term 1 Letter will be emailed and posted on the Portal this term. The letter provides detailed information about each term. As we are trying to increase the use of the Portal, teachers will post discussions and online learning for their Class or Year Group for access by the girls.

I am anticipating a wonderful year in 2016 for the Junior School.

*Mrs Cheryl Bailey, Head of Junior School*

**Technology Maker Club**

Do you like Science and Technology? Do you like making things and coding? Then the Technology Maker Club is for you! Every week we’ll create amazing technological inventions – Building gadgets and gizmos using Littlebits Electronics, program MBOT robots to play Robo-Soccer and have balloon wars, Design and 3D print Jewellery and items, all while learning valuable technological skills and having tons of fun!

Technology Maker Club focuses on developing problem-solving skills, critical thinking and creativity as we work collaboratively using Science and Technology as the catalyst to build and code exciting and fun projects!
Technology Maker Club is open to all students from Years 3-6 and suits students wishing to extend their Science and Technology knowledge in a fun, interactive and adventurous manner. This program will be conducted by Amnon Carmel, founder of TechScience Australia (www.techscience.com.au) in Room LE3, Junior School.

Further information can be found on the Portal under Co Curricular Booklets: https://myravo.ravenswood.nsw.edu.au/igloo/portal/.

Mr Matthew Scadding, ICT Integrator

Secondary School

Welcome back to the 2016 school year, and a special welcome to parents of girls who have joined the Ravenswood community in Years 7 to 11 this year. I hope the recent Christmas holidays were enjoyable and provided a much needed rest for you and your family and time to rejuvenate.

I think it is important for parents to keep informed about what is happening in the Secondary School, to understand the role of key personnel and the procedures we expect the girls in Years 7-12 to follow. For this reason, I will contribute regularly to the weekly school newsletter. Whilst all the information may not be relevant to you and your daughter(s), I trust you will appreciate that the opportunity to keep abreast of information is available. As Deputy Principal and Head of Secondary School, my responsibility lies primarily with overseeing the pastoral care and academic care of students in Years 7-12. Working closely with the Cadet Liaison, the Director Music and Performing Arts, the Director Sport, the Director Student Wellbeing and her team, and the Operations Coordinator, I will be responsible for overseeing the functioning and co-curricular programs in the Secondary School.

It is part of my vision that each student in Years 7-12 feels valued for the unique contribution she makes at school, and her academic, spiritual, social and emotional wellbeing is nurtured. To achieve this, I will work closely with the Year Coordinators and teachers to ensure each girl is able to perform to the best of her ability in a happy, safe and caring environment where she will be able to flourish.

The school acknowledges that girls in Years 7-12 are at different stages of development and our staff work hard to cater for their needs accordingly. The opportunities available to girls are numerous and as the year begins I encourage all students to embrace a new challenge.

If you have any questions regarding your daughter, please direct your enquiry to her Mentor. If you are not sure about the name of your daughter’s Mentor, please email secondaryschool@ravenswood.nsw.edu.au. The Mentors work closely with the Year Coordinators and with the support of Assistant Year Coordinators, monitor the pastoral care and progress of the girls in their Year Group.

The Secondary School Year Coordinators and Assistant Year Coordinators in 2016 are:

Year 7  Mrs Melinda Wilson  Mrs Louise Byers
Year 8  Mr Duncan Stedman  Mrs Heather Allan
Year 9  Mrs Kate Barbat  Miss Ashleigh Nottage
Year 10  Mrs Pamela Elliott  Mr Dean MacRae
Year 11  Mrs Katie Jackson  Mrs Catherine Leal
Year 12  Mrs Gaye Deck  Mr Michael Varecka

Other key personnel in the Secondary School who work closely with the girls are:

- Mrs Liz Crosby – Assistant to Deputy Principal and Head of Secondary School
- Ms Meg Hall – Careers Counsellor
- Rev Jon Humphries – School Chaplain
- Mrs Terrie Jones – Deputy Principal and Head of Learning Innovation
• Mr Robin Julian – IB Coordinator
• Ms Peiling Kong – Psychologist (Monday, Tuesday, Friday)
• Ms Dawn Russell – Psychologist
• Miss Suellen Loughhead – Coordinator Academic Studies

These members of staff are able to assist girls with specific areas of enquiry.

The start of any new year brings its own exciting challenges for all and I look forward to seeing familiar faces in the coming weeks and welcoming new girls and families to the Ravenswood community. I am also looking forward to working with your daughter throughout the year as we endeavour to enable her to reach her potential and acknowledge her contribution to the school.

Next Tuesday, Year 7 students will be distributed their laptops. Girls will receive an orientation to the device, how to use their school Portal and a discussion on internet safety.

If you have any concerns about your daughter, please do not hesitate to telephone the school and ask to speak with her Mentor.

Mr David Garner, Deputy Principal – Head of Secondary School

Debating

Trials for the ISDA and Archdale Debating seasons will be held in Week 2, Term 1.

We encourage all students who are interested in debating to trial. There is absolutely no requirement of past experience. Trials will involve a short speech but you won't be required to do a full debate. There are also opportunities to become involved in social debating outside of the inter-school competitions.

The times for trials will be:
• Years 7-8: Wednesday 3 February 3.30pm
• Years 9-10: Thursday 4 February 3.30pm
• Years 11-12: Friday 5 February 3.30pm

Trials will be held in LRC Seminar Room 1. You can send any expressions of interest to me or just show up at the designated time.

If you cannot attend on the day your Year Group is trialing, we can organise another time. If this is the case, please let me know at rpickup@ravenswood.nsw.edu.au

Mr Robert Pickup, Debating Coordinator

Maths Help

MATHS HELP 2016
WEEK A Monday and Tuesday
WEEK B Monday and Tuesday
3.30pm-4.30pm
LRC Foyer Level 2

Ms Hazlehurst (Mon Week A), Mrs Close (Tues Week A and Mon Week B) and Mrs Luong (Tues Week B) will be available for individual help with homework, preparation for testing or review of problem topics.

All Years 7-12 Mathematics students are welcome.

Please encourage your daughter to take advantage of this opportunity to consolidate her mathematical understanding in a relaxed and supportive environment.
Community

From the Development Office

If you have not already sat down with the beverage of your choice to read the Newsletter, I encourage you to put the kettle on now as we have quite a bit of information contained below ...

Firstly, welcome to all our new families and welcome back to our existing families. I hope you have all had a relaxing and joyous holiday period. We are excited about the opportunities for our parents and families this year and have been busily working during the holidays on some events for you.

For those who are new to the school, the Development Office oversees the social, community and philanthropic activities of the external groups to the school. We work with the Ravenswood Parents’ Association (RPA), the Ravenswood Foundation, The Ravenswood Old Girls’ Union (ROGU), Fidler Fellows (those who have generously made bequests to the school) and Ravenswood Association of Past Staff (RAPS).

We offer opportunities for parents and guardians to volunteer throughout the year and we provide support to families during challenging times. In particular, we facilitate the Meals Made With Love/Helping Hands (anonymous) meals service for families experiencing serious illness or circumstances and The Ravenswood Connect Group for families new to the area/State/country. Both these initiatives are coordinated by our amazing parent volunteers.

We are also excited to welcome our 2016 Class Parents who will be coordinating all the social events for your Year Group. In order to facilitate ease of communication between parents, we encourage you to update your contact details (even if it is just your name and email address) on the Portal so that parents can contact one another easily for social events.

The 2016 Fixtures List can be found on the Portal: https://myravo.ravenswood.nsw.edu.au/igloo/portal/showfile.php?file=EA69E800-C24F-48BC-BF73-A0843C24163, which details events throughout the year. The Fixtures List, can and does change, so please refer to the Portal for the current information. Alternatively, the calendar on the website is always up-to-date and includes all events: http://www.ravenswood.nsw.edu.au/todays-events.

If you have any questions or comments, please do not hesitate to contact either myself or Anne Reilly, Community Relations Coordinator, via areilly@ravenswood.nsw.edu.au or call 9498 9825.

We are very much looking forward to working with you this year.

Welcome to 2016 Cocktail Party – Thursday 11 February 7.00pm–9.00pm

All parents are welcome to the Cocktail Party on Thursday 11 February. Due to space considerations we are limited with numbers and the location will be the Top Deck of the Mabel Fidler Building and the Old Girls’ Courtyard. Please RSVP via www.trybooking.com/l76467 as we will need final numbers as soon as possible for catering purposes.

RPA and Foundation Tuition Raffle

Last year, the Ravenswood Parents’ Association (RPA) and the Ravenswood Foundation launched the inaugural Ravenswood Tuition Raffle. The tickets are $250 each and the winner can nominate a student to receive free tuition at the school for 2016. The original Terms and Conditions (on the Portal), as laid out in Clause 6, state that in order for the prize to be drawn, a minimum of 150 tickets have to be sold. We have since reviewed this and have reduced the minimum number of tickets to be sold to only 120.

As of Wednesday 27 January, we have sold 117 tickets and we would like to draw the raffle on Thursday 11 February at the Welcome to 2016 Cocktail Party.
The odds of receiving a year's free tuition for your daughter are great. If you would like a chance to purchase a ticket, go to http://www.trybooking.com/JGFQ. Note that a small TryBooking fee is payable.

Ms Liane Leslie, Development and Relationships Manager

Performing Arts

Music

Instrumental Music Ensemble Welcome Morning

Ravenswood’s Instrumental Music Ensemble Welcome Morning is scheduled for Saturday 30 January. Ensembles will be rehearsing from 10.00am-12.00pm (with a morning tea break). This is a compulsory event. Please register your daughter and submit payment ($40 per student) via the Ravenswood website or Parent Portal under Quick Links/Online Payments: select Other School Payments; then select the Music Ensemble Welcome Morning 2016 (from the dropdown list).

If your daughter has not yet auditioned for an instrumental ensemble or would like to schedule to audition again, please contact Mrs Thornley (music@ravenswood.nsw.edu.au). Families are welcome to join their daughter for a BBQ from 12.00pm. Students may be collected between 12.00pm-1.00pm. For catering purposes, please register your family and total number attending (including your daughter(s) who will be attending rehearsal) at http://www.trybooking.com/JVPW.

Junior and Secondary School Rock Bands

Auditions for the Junior School Rock Band and Secondary School Rock Bands will take place on Wednesday 3 February from 7.15am. Students who play electric guitar, bass guitar, drum kit, keys, or vocals are welcome to audition and should register their interest by signing up on the Performing Arts Noticeboard. Please prepare a popular/rock song to perform at the audition and supply a backing track if necessary.

Lunchtime Concerts

Term 1 Lunchtime Concerts will take place on Wednesday 2 March (Secondary School) and Wednesday 9 March (Junior School). Registration forms can be obtained from Mrs Thornley (music@ravenswood.nsw.edu.au).

Mini Music Showcases

We are excited to announce that in 2016 we are introducing a new format of concerts, in lieu of the single K-12 Music Showcase (held in Term 3 in previous years). These Mini Music Showcases will feature a variety of choral, instrumental and orchestral ensembles from K-12. These include all bands, all string ensembles, Symphony Orchestra, all auditioned choirs, Ravo Voices, Rock Bands and Junior School grade choirs. A complete schedule of which ensembles are performing at each concert can be found: https://ravonet.ravenswood.nsw.edu.au/performingarts/music/Lists/Announcements/Attachments/1/Mini%20Music%20Showcases%202016%20Final%2029Jan16.pdf. Admission to these concerts will be $5 (general admission, cash only). Tickets will be available from Performing Arts Reception two weeks prior to the concert and on the night at the door.

Vocal Ensemble Auditions

Students interested in auditioning for Junior Vocal Ensemble (Years 5-6), Middle Vocal Ensemble (Years 7-9) and Senior Vocal Ensemble (Years 10-12) should attend auditions on Tuesday 2 February. Students do not need to prepare anything in advance and do not need to sign up in advance. Junior Vocal Ensemble auditions are at 7.15am in Room B1.06 (old Room 501). Middle Vocal Ensemble auditions are at 6.45am in Room B0.03 (old Room 401). Senior Vocal Ensemble auditions are at 6.45am in Room B2.02 (old 609). See the Performing Arts Booklet.

Mrs Heather Aird, Director Music and Performing Arts

Dance

After School Dance Classes

The majority of after school classes are full, with waiting lists being created. Positions are still available in:

**Years 9-12 Dance Class**, Thursdays 3.45pm–4.45pm - This class is aimed at teaching students a variety of dance styles as a way of keeping fit and active. A number of visiting teachers will be coming from time to time to teach speciality lessons in hip hop, acro and much more.

**Secondary School (Years 7-12) Zumba Fitness**, Thursday 4.45pm-5.30pm - Zumba is an upbeat aerobic fitness program where dance and aerobics combine. This class is a termly enrolment allowing for students to work around other after school commitments.

**Kindergarten - Year 2 Dance**, Friday 3.15pm-4.00pm - with the Tuesday class filling up in just a week, a second K-2 Dance class has been opened allowing for more girls to experience the joy of dance.

Email dance@ravenswood.nsw.edu.au for more information or to enrol.

2016 Dance Companies

Congratulations to all students who auditioned for the Junior and Secondary School Dance Companies. We had over 70 Junior and 60 Secondary School students auditioning for a position. Results have been posted on the Performing Arts Noticeboard and those successful in gaining a position, must collect a commitment form from Mrs Thornley in Performing Arts Reception as soon as possible.

**Miss Ebony Keys, Dance Convenor**

Speech Communication

Lessons with Mrs Jillian Burgess commence in Week 3 on Tuesday, Wednesday, and Thursday. Ms Elizabeth Walsh is available next Monday and Wednesday. Would students please see both teachers in the Performing Arts Department to receive their lesson time.

**Speak Up `n` Out** Years 7 and 8 will commence in Week 2 in Room 609 in the Performing Arts Department, beside the Drama Staffroom, from 3.35pm–5.00pm.

**Mrs Jillian Burgess, Convenor Public Speaking**

Sports

Term 2 Saturday Sport

Online sport registrations for Term 2 will open on Monday 1 February for students in Years 7-12 who would like to play IGSSA Basketball, IGSSA Football or SEHA Hockey (formerly known as EDWHA). Registrations will close on Friday 12 February so please get in quickly to secure a place in a Ravenswood team. Trials will be held between
Monday 15 and Friday 26 February. For more information about each sport and the trial dates, please log on to the Sport Portal.

**Rowing**

There are still a few places available for rowing classes in Term 1, for Years 10-12 students. No experience is required and classes will be flexible to cater from beginners to those with some previous experience. The sessions are conducted by qualified coaches from Macquarie University and are based out of their boatshed in Lane Cove. The program runs for five weeks with sessions on Tuesday and Thursday afternoons from 4.30-6.30pm, commencing on Tuesday 9 February. It is loads of fun so if you are keen to give it a go and learn a new sport, complete a registration form and drop it into my office as soon as possible.

*Dr Michelle Nancarrow, Director Sport*

**Tildesley Tennis Camp**

From Tuesday 19 January, Ravenswood's Tildesley Tennis squad made its way down to Melbourne for four days. The camp was a success with the girls taking part in an intensive training program and also enjoying learning from the pros at the Australian Open. The highlight was watching the world number one Novak Djokovic in his third round match against 19 year old Quentin Halys on Rod Laver Arena. Djokovic’s ability to stay in the match and determination was truly admired. We were able to put this fighting mind-set into play when all girls participated in challenge matches against one another, showcasing their abilities. With all the hard work that the girls put in, we were rewarded with a visit to Luna Park and a team dinner at St Kilda’s Pizzeria.

Thanks to all the girls for making my last Tildesley Camp the best one yet and making it so memorable. Special thanks to our tennis coaches Alex Wilson and Blake Brookman for giving up their time to come and help enhance our skills on court. We would also like to acknowledge Miss Bratby for all her support and encouragement over the duration of the trip, we all very much appreciated it.

*Rachael, Tennis Captain*

**Sport Training**

Sport training begins next week.

**Saturday Sport**

IGSSA Softball and Tennis starts next Monday 1 February, with games beginning Saturday 6 February
Loreto Badminton starts next Monday 1 February, with games beginning Saturday 13 February
IPSHA Football starts next Monday 1 February, with games beginning Saturday 6 February
IPSHA Softball starts next Tuesday 2 February, with games beginning Saturday 6 February

**Extra-Curricular**

Swimming starts today
Artistic Gymnastics, Rhythmic Gymnastics and Diving start Monday 1 February
Tennis and Golf lessons start Monday 8 February
Rowing starts Tuesday 9 February
Team lists, training times and draws (when available) can be accessed on the Portal and Sport noticeboards.

*Miss Alana Bratby*
**SCC Timetable – Term 1**

In 2016, the Strength and Conditioning Centre is happy to introduce group exercise classes to Ravenswood. These classes are the chance for all Secondary School students and staff to participate in a fun and motivating environment with a qualified instructor, to push their limits. These classes are free to attend, however, you must see me prior to attending, to fill in a pre-exercise questionnaire.

NB – During the times the classes are running, you’re still welcome to come in and complete your personalised programs.

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<th>Mornings (6.45am-8.15am)</th>
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<td>Monday</td>
<td>Boot Camp</td>
<td>Athletics and Cross Country</td>
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<td>Wednesday</td>
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<td>Boot Camp</td>
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**Boot Camp:** A mixture of boxing, stairs, medicine balls, bodyweight, circuits, abs, running and much, much more. Are you ready for this? SIR, YES SIR!

**Athletics and Cross Country:** Specialised training session for athletics and cross country girls.

**ABT:** Time to get those abs, butts and thighs burning!

**Super Strong:** Feel like taking your strength gains more seriously? Super Strong is aimed at girls who want to learn to lift properly and really increase their strength.

**HIIT:** High Intensity Interval Training is the training of today! HIIT involves alternating high and low intensity exercises to get that heart pumping harder than ever before.

**Tabata:** HIIT training in intervals of 20 seconds with 10 second breaks that add up to four minute bursts. Tabata will tame even the fiercest warriors!

*Miss Annabel Davies, Athletics and Fitness*
Joint Ravenswood and AHIGS Risk Warning

Joint School and AHIGS Risk Warning

Risk Warning Under Section 5M of the Civil Liability Act 2002 Issued on behalf of Ravenswood School for Girls, AHIGS and IPSHA:

Sporting Activities 2016
Ravenswood School for Girls organises many individual and team sporting activities during the course of a year. Some of these are organised in conjunction with the Association of Heads of Independent Girls’ Schools NSW (AHIGS) and some with the Independent Primary School Heads’ Association of Australia NSW (IPSHA). Students participating in these sporting activities take part in practice and in competitions.

Ravenswood School for Girls, AHIGS and IPSHA expect students to take responsibility for their own safety by wearing compulsory safety equipment, by thinking carefully about the use of safety equipment that is highly recommended and by behaving in a safe and responsible manner towards team members, opponents, spectators, officials, property and grounds.

While Ravenswood School for Girls, AHIGS and IPSHA take measures to make the sporting activities as safe as reasonably possible for participants, there is a risk that students can be injured and suffer loss (including financial loss) and damage as a result of their participation in these sporting activities, whether at training or in actual events.

Such injury can occur while the student is engaging in or watching a sporting activity, or travelling to and from the event. The injury may result from a student's actions, the actions of others, the state of the premises or equipment failure.

On some occasions, an injury can be serious (such as torn ligaments, dislocations, back injuries, concussion or broken bones). In very rare cases an injury can be life threatening or result in permanent disability. If a student has a pre-existing injury, participating in a sporting activity could result in an exacerbation of that injury.

Students could also suffer loss as a result of their personal property being lost, stolen, damaged or destroyed.

Non-Sporting Activities 2016
Ravenswood School for Girls organises many activities such as debating, mock trial, orchestra, choir etc. during the course of a year. Students participating in these activities take part in practice and in competitions.

The Association of Heads of Independent Girls’ Schools NSW (AHIGS) administers and convenes inter - school activities (such as Archdale Debating and Festival of Speech) in which many students, including students of this school, participate.

While Ravenswood School for Girls and AHIGS take measures to make the activities as safe as reasonably possible for participants, there is a risk that students can be injured and suffer loss (including financial loss) and damage as a result of their participation in these activities, whether at practice or in actual events.

Such injury can occur while the student is engaging in or watching a non-sporting activity, or travelling to and from the event. The injury may result from a student's actions, the actions of others, the state of the premises or equipment failure (e.g. a collapsed stage during a debating competition).

On some occasions, an injury can be serious (such as torn ligaments, dislocations, back injuries, concussion or broken bones). In very rare cases an injury can be life threatening or result in permanent disability.

Students could also suffer loss as a result of their personal property being lost, stolen, damaged or destroyed.
Ravenswood History and Languages Tour 2017

ITALY, GERMANY, BELGIUM AND FRANCE – 8-24 APRIL 2017
Open to students of History, French, German and Latin, in Years 10-12 2017

$8250* per student, based on 20 paying students and 3 staff escorts

* Costs are subject to currency fluctuations, airline increases and seasonality changes for 2017.

Tour cost includes:

- Return economy airfare Sydney/Rome/Paris/Sydney
- Economy airfare Naples–Berlin, Berlin–Brussels
- All taxes and fuel surcharges for flights
- All accommodation in 2, 3 and 4 star hotels throughout and all meals
- All land travel by private coach or public transport
- Entrance fees to all sites listed on the itinerary
- All tipping
- Local guides at all major sites
- One-hour lecture with Dr Estelle Lazer (about Pompeii and Herculaneum)
- Tour manager for the entire trip
- Guided walking tour of Roman Forum and of Rome’s landmarks
- Vatican Museum guided tour, entrance to the Cupola and visit to the Basilica
- Visit to Mount Vesuvius
- Guided tours of Pompeii and Herculaneum
- Guided tour of Berlin, Reichstag, Brandenburg Gate, Checkpoint Charlie, Eastside Gallery, Soviet Memorial, self-guided tour of DDR Museum
- Orientation tour of Ypres
- Passchendaele Memorial Museum, Wreath Laying Ceremony at Menin Gate, transfer to the Somme Valley and WWI battlefields with a guide, guided tour of Villers Bretonnues
- Guided tour of Paris, including the Eiffel Tower, Arc de Triomphe, dinner on the Champs Elysees
- Visits to the Louvre, Palace of Versailles, Hotel Carnavalet or sister school Le Lycée Carcado-Salisseval, Montmartre and Sacre Coeur, Bateaux Mouches cruise along the Seine.
- Comprehensive travel insurance with Suresafe

If your daughter is currently in Years 9-11, studying History, French, German or Latin and is keen to improve her understanding of important historical sites, cultural knowledge and/or linguistic abilities, then you are welcome to attend an information evening which will be held in February 2016, details to follow.
Crunch&sip Information for Parents

6 tips to increase fruit and vegetables at home

1. Be a role model.
   Let your kids see you enjoying fruit, vegetables and water.

2. Get the kids involved.
   Grow, shop and cook with your kids. They’re more likely to eat something they’ve helped prepare.

3. Make it accessible.
   At home, keep ready to eat fruit and vegetables in easy-to-see and reach places. For example, place a fruit bowl on the counter and have ready chopped veggie sticks or fruit at kids’ eye level in the fridge.

4. Try Crunch&sip at home.
   Make time on weekends or during school holidays for a quick snack of fruit or veggies.

5. Keep trying!
   Kids might need to be offered new foods up to ten times before they try them, so don’t give up if a new food is rejected first time.

6. Include it in every meal!
   Think about how you can add vegetables to all your meals. For instance, add grated vegetables such as carrot and zucchini to bolognese, shepherds pie, pasta sauce and burger patties.

Crunch&sip Information for Parents

What is Crunch&sip?
Crunch&sip® is a primary school program where children crunch on fruit and/or vegetables and sip water at a set time during class every day.

Why it matters:
Crunch&sip® encourages children to choose fruit and vegetables as a snack and water as a drink. It enables them to “refuse” and “withhold”, which helps improve concentration and mental and physical performance. Children rarely drink enough water and often forget to drink unless reminded, which can cause headaches and irritability. Crunch&sip® gives them the opportunity to drink water, avoiding dehydration.

Crunch&sip® helps ensure the fruit or vegetables you pack are eaten when they otherwise may not be. It is a great opportunity to promote vegetables as research shows children don’t eat enough veggies, whereas they often eat enough fruit. Fruit and vegetables provide vital nutrients for kids, which are important for good health, both now and in the future.

What you need to do:
Send your child to school with a water bottle and some fruit or vegetables so they can participate in Crunch&sip®. The fruit or vegetables need to be ready to eat in the classroom. See www.health.nsw.gov.au for suggestions.
ADHD Support Group Speaker Evening

Northern Beaches ADHD Support Group

A problem shared is a problem halved

The Northern Beaches ADHD Support Group is a voluntary, parent-run group offering support for parents of children or teenagers with ADHD, via regular meetings. The group aims to provide a safe and supportive environment to discuss and learn more about ADHD in order to best help parents and kids.

SPEAKER EVENING: FRANCES ADLAM – The Bridge
“Ready, Steady, Pause … ”

Frances Adlam has degrees in education, counselling and special needs. She has lectured in multiple intelligences and been an advisor for the Ministry of Education NZ. She now works supporting children with learning and behavior challenges.

At The Bridge she focuses on helping all children learn by bridging the gap between a child’s current learning ability and their highest learning capability, through the provision of support, advice and resources to families and teachers. She is an experienced educator who believes that all learning issues can be addressed effectively, once properly identified. These may include learning issues in the areas of writing, reading, maths, concentration and behavior.

Frances will be sharing the new, gentle way she has been coaching children with ADHD to improve emotional control, resilience, grit, bouncing back and making friends.

Frances will be sharing great success stories and ideas that can be easily implemented at home and school.

Tuesday 9th February 2016 @ 7.00-9.00pm
The Pittwater RSL, Main Sail Room, 82 Mona Vale Road, Mona Vale

Ticket reservations essential via

Visit us on Facebook

Facebook: https://www.facebook.com/BeachesADHDSupport
Facebook Forum: https://www.facebook.com/groups/BeachesADHDSupportGroup/
Email: nbadhdupportgroup@hotmail.com
Website: www.northernbeachesadhdupportgroup.com.au
We sell the Entertainment Book online via our website

Venue kindly sponsored by Pittwater RSL Club
Transport Sydney Trains – Gordon Station Improvement Work

Gordon Station improvement work

We’re working in your area from 20 January to 31 March. Here’s what you need to know.

What we’re doing

Sydney Trains is undertaking maintenance work on the multi-storey car park of Gordon Station from Wednesday 20 January to Thursday 31 March.

We will be upgrading crash barriers and installing signage to improve safety for customers. Work will be done in several stages to minimise the impact to customers and neighbours.

We understand that this work will have an impact on you and your neighbours. We appreciate your patience and understanding.

How this affects you

Noise

These works may create additional noise during the day. We apologise for any inconvenience this may cause.

Work will take place between 7am to 5.30pm, Monday to Friday.

Additional work may be required on Saturdays between 8am and 1pm.

Partial Closure: Henry Street multi-storey car park

To ensure work can be undertaken safely and efficiently, capacity of the car park will be reduced during construction on each level for customers.

The work is being completed in stages so that there is minimal disruption to customers.

Alternate car parking is available at various commuter car parks near the station.

Avoid slips and falls when travelling around the network. Slow down and mind your step on platforms, and when boarding and alighting from trains.