2016 Term 1, Week 2 – 5 February 2016

Principal's Message

‘Every successful individual knows that his or her achievement depends on a community of persons working together,’ Paul Ryan

It has been another full and engaging week. I find myself very busy but each day has been marked by special encounters with girls, the stimulation of ideas and input from staff and the pleasure of discovering more about Ravenswood.

Highlights have included the Junior School Information Night, which provided an insight into the vibrant, forward-thinking programs on offer for our younger girls and the Class Parent Breakfast, which gave me an opportunity to meet the people who have so enthusiastically taken on the important role of Class Parent Coordinators. I was particularly inspired by the inaugural parade for the Cadet Unit where I witnessed the students engage in activities such as medic lessons and drill. Young women with the focus, discipline and leadership skills being attained by our cadets are being well prepared for the world beyond our gates. My heartfelt thanks to everyone involved in the organisation of these events.

At a leadership team level we have begun evaluating the ways that strategies and approaches in Positive Psychology can further enhance our pastoral care programs. Positive Psychology is often referred to as the science of optimal functioning, as it offers a range of evidence-based approaches and interventions that promote wellbeing and resilience. I believe this is vitally important in seeking to provide an excellent education, as it not only helps develop character, but also promotes learning and achievement.

Applying these strategies in an educational setting (Positive Education) enables us to help our students discover and harness their own strengths to find a greater sense of engagement and flow. This optimises their learning and their experiences both within and beyond the classroom and encourages them to pursue purposeful goals and meaningful lives; serving causes greater than themselves and in doing so, being other-person centred rather than self-focused. It assists girls to see strengths in each other and offers strategies for fostering good relationships. I look forward to leading a parent information session on this topic in coming weeks – an invitation will be issued in next week’s Newsletter.

Research reveals that children whose parents are more involved in their school lives have greater levels of engagement, as well as increased social connectedness and even levels of achievement. I believe very much in the concept of school as a partnership between the students, staff and family. Effective partnerships depend on the strength of the relationships that underpin them. I hope to see as many of you as possible on Thursday night at the Welcome to 2016 Cocktail Party on 11 February from 7.00pm-9.00pm – a chance for us to begin to develop those relationships. Please RSVP by no later than Monday 8 February at http://www.trybooking.com/176467, so we can cater for you.

I look forward to meeting with you next Thursday evening and at the many other activities planned for a busy and exciting term.

Mrs Anne Johnstone

Chaplain's Message

Have you ever been in that situation where you thought you knew someone and then they did something that you never expected in a million years and then end up wondering if you really knew them at all? This year, in Secondary School Chapel we are exploring the idea of meeting Jesus again for the first time. We will be looking at
the story of his life as told by Luke and discovering aspects of Jesus – his life, teachings and Character, which may not fit with who we think Jesus is or supposed to be.

I could say that I met Jesus again for the first time when I experienced a vision of Jesus on the cross and I saw in his eyes the truth of how far I fall short of my potential but more importantly, how much I was loved and what my potential for good could be. My life and faith was transformed, not that I didn’t believe or know things about Jesus but I learnt new things and discovered things which I previously misunderstood.

When it comes to faith and religion, just as it is with many aspects of our life, we can get caught up in thinking traps and get stuck in seeing things which confirm our bias or prevent us from being aware. For me, coming to realise that God was present and personal, and in Jesus, did not simply conform to the patterns and restrictions of religion and religiosity, it was a bit of a shock, just as it often was to his first disciples those many years ago. I have come to realise that I am called to share and introduce God whom I know, rather than just a God who I know about, and this God whom I met in Jesus, in person, not just in some story or teaching told to me by others. It was and continues to be something worth thinking about.

I am happy to talk about it should you ever be interested or if you have questions or an experience of your own. God bless.

Rev Jon Humphries

Whole School

Student Safety

It has come to my attention that a number of students are not following the correct route when they are walking to and from Gordon station.

Safe student travel is of paramount importance, so I would like to remind students of the following travel plan:

1. Students should not be crossing Underpass Road at the pedestrian crossing in the morning or the afternoon; they should be using the overhead walkway.

2. Students who alight from buses in the bus interchange in the morning are expected to follow the same route to school as the students who have travelled by train in the morning, i.e. via the bus interchange and the overhead walkway, not via Henry Street.

3. Students who travel to and from school by bus and train are NOT permitted to cross Ravenswood Avenue in the morning or the afternoon.

4. Students who are driven to or from school should be dropped at a distance from the school and walk the last few 100m in an effort to reduce traffic congestion in Henry Street, Cecil Street and Ravenswood Avenue. Similarly, in the afternoon, please encourage students to meet you some distance from the school, (but NOT in Henry Street opposite the entrance to the multi-storey car park).

5. Parents should drive around the school in an anti-clockwise direction and drop their daughters either in Cecil Street or Henry Street.

6. Students should NOT be dropped in Cecil Street or Henry Street as their parents drive in a clockwise direction and be expected to walk across the street to the school.

7. Parents should NOT be arranging to meet their daughters in Henry Street opposite the multi-storey car park. This encourages students to cross Ravenswood Avenue.

Please refer to the Ravenswood Traffic Management Plan in the News section towards the end of this Newsletter.

Mr David Garner, Deputy Principal - Head of Secondary School
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.


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.

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Co-Curricular Visual Arts

After School Ceramics, Photoshop/Digital Imaging, Drawing and Digital Camera classes have now begun. Please see the Visual Arts Department or Amanda and Enza for class locations or information.

Please note that the Tuesday Drawing class is now FULL. There are limited spaces in The Digital Camera (on Wednesday) and the Thursday Ceramics class.

Junior School

Head of Junior School

Parent Information Evening

It was wonderful to see so many parents attend the Parent Information evening on Monday this week. Principal, Mrs Anne Johnstone, enjoyed meeting and engaging with many Junior School parents. Sharing of the information about the teaching and learning program, hearing from the Association of Independent Schools expert about the impact of hard work, effort and developing resilience, making connections with other parents and getting to know your daughter’s teacher are all essential elements that help to ensure your daughter has a successful time at school. Sharing about my Child with your daughter’s Class teacher on Wednesday 10 and Thursday 11 February will be the next opportunity for you to speak formally with your daughter’s teacher. Bookings are open via the Parent/Teacher Interview icon on the Ravenswood Portal.

Term 1 Class Captains

Year 2
REPA – Madison Gilson

Year 3B
Class Captains – Erin Brady, Abigail Powell
SRC – Tiffany Chan
REPA – Eva Mather

Year 3G
Class Captains – Ava Amies, Celine Huang
SRC – Eve Kirkpatrick
REPA – Lara Keayes

Year 4B
Class Captains – Lucy Malmquist, Phoebe James
SRC – Lily Tranter
REPA – Imogen Taylor-Thorne

Year 4G
Class Captains – Hannah Baldry, Priscilla Lee
SRC – Ava Marriott
REPA – Catherine Swemmer, Alexandra Balog, Chloe Van Vliet

Year 5B
Class Captains: Jessica Hildebrand, Alana Tully
SRC – Charlotte Block
REPA – Chloe Carr

Year 5G
Class Captains: Kate Marshman, Emma Harvey
SRC – Clare Goben
REPA – Mariam Nazha

Year 5R
Class Captains – Isabelle Fife, Elizabeth Rutherford
SRC – Mia Viljoen
REPA – Ocea Couzner

Year 6 captains will be announced at the Year 6 Induction Service.
Important Dates

Wed 10 - Thu 11 February  Parent/Teacher Interviews 3.30pm–6.30pm
Thursday 11 February  Years 3-6 Diving Carnival at school during Activities and Lunchtime
                       Welcome to 2016 Cocktail Party 7.00pm
Monday 15 February  Commissioning of the Principal – K-12 students to attend
Tuesday 16 February  Induction of Year 6 Leaders in Chapel – 8.30am
Thursday 18 February  Years 3-6 Swimming Carnival at Knox Grammar School
                       Students will travel by train in Class groups. Parents are welcome to travel
                       by train with the students. Years 3-6 students will attend roll call at 8.15am
                       and return to school at 3.15pm
Friday 19 February  RPA Junior School Term 1 meeting 9.30am Mabel Fidler Boardroom

Mrs Cheryl Bailey, Head of Junior School

OSHClub News

Now the school year has started, After School Care is back and we are
looking forward to meeting new Ravenswood families who might need our services this year.

After chatting and catching up over a tasty afternoon tea, that the girls now serve themselves, it’s homework
time, before the girls can do creative activities, which are always lots of fun. If they prefer, they can read in the
quiet corner, dress up, draw, or play in the garden.

We are looking for old phones to use in drama games. Please send them in with your daughters or drop them in to
the Junior School Office. We would be very grateful, your trash could be our treasure!

Any new families are more than welcome to pop into Annesley House to see how we run.

Mrs Di Basche, Coordinator

Secondary School

It has been wonderful to see the students in Years 7-12 settle in to classes and co-curricular activities for the new
year. There is such a positive feeling around the Secondary School at the moment and the energy of the girls and
their enthusiasm is to be commended. Rehearsals for Grease are underway, ensembles have been practising,
IGSSA sport commences this weekend and sport teams have been training regularly.

Mentor Groups

In last week’s Newsletter, I referred to each student in the Secondary School being part of a Mentor Group and
the girls’ Mentor being your first point of contact at the school. The following link will take you to a list of all the
Mentor Groups and names of Mentors. Students meet with their Mentors each day except Day 6 (Monday, Week
B) when an Assembly is scheduled. The link also shows the names of Ravo Connect teachers. Your daughter’s
Ravo Connect group is either her core class (Years 7-10) or her Religious Education class (Years 11-12):

Future Secondary School Events

Term 1 Week 3
Monday 8 February  
Tuesday 9 February 
Wednesday 10 February 
Wednesday 10 February 
Thursday 11 February 
Thursday 11 February 

Term 1 Week 4

Monday 15 February 
Wednesday 17 February 
Friday 19 – Sunday 21 February 

Term 1 Week 5 

Wednesday 24 February 
Thursday 25 February 
Thursday 25 February 
Saturday 27 February 

Term 1 Week 6 

Monday 29 February 

Year 7 – dTpa (Diphtheria, Tetanus and Pertussis (whooping cough))

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**Elevate Study Skills Seminar**

As part of their Orientation Program, Year 7 students will be undertaking an Elevate Study Skills seminar on **Wednesday 10 February**. Parents are invited to attend a Parent Seminar on **Thursday 11 February at 5.30pm** in the Lorraine Smith Auditorium. The seminar is designed to help you assist your daughter in implementing good study habits.

The seminar will be followed by the **Year 7 Welcome to Secondary School** presentation at 6.30pm and then by the Welcome to 2016 Cocktail Party from 6.30pm.

*Mrs Melinda Wilson, Year 7 Coordinator*

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**Vaccinations**

Please note that the School Vaccination dates for 2016 are as follows:

**Visit 1: Friday 4 March**
Year 7 (plus Year 8 catch-up) – HPV Dose 1

**Visit 2: Friday 17 June**
Year 7 (plus Year 8 catch-up) – HPV Dose 2
Year 7 – dTpa (Diphtheria, Tetanus and Pertussis (whooping cough))
Visit 3: Wednesday 24 November
Year 7 (plus catch-up Year 8) – HPV Dose 3
Year 7 - VZV (Chicken Pox)

For full details on the 2016 School Vaccination program, please see the flyer from NSW Health in the News section of this Newsletter.

Careers

Careers@ Ravenswood

All students and parents are welcome to use the careers resources at Ravenswood.

Printed resources are located on Level 3 of the LRC and online resources, including a weekly newsletter (mhs), can be found on the school Portal.

The Careers Office on Level 3 is open from 8.00am-4.00pm Tuesday, Wednesday and Thursday each week. Students are welcome to contact me by email for an appointment or to ask a question, or drop in to discuss tertiary courses, careers and other opportunities. Parents are also very welcome to telephone or email me.

Coming Up:

Year 10 students will have a career assessment on the morning of Wednesday 10 February in the Assembly Hall. Details were emailed to Year 10 parents towards the end of last year and students were reminded of the assessment this week. Follow-up interviews and return of a written career profile will occur in late May/June.

Year 12 students will receive a copy of Where do I start? in Week 3, a Ravenswood handout of essential resources for Year 12 students. The handout will also be available on the Careers page of the Portal.

Ms Mag Hall, Careers Counsellor
9498 9927 mhall@ravenswood.nsw.edu.au

Maths Help

Erratum The details published in last week's Newsletter, stated that Maths Help runs on Wednesday and Thursday in Week B, which was incorrect. The correct days are:

Maths Help 2016

WEEK A 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

We would love to thank all the Class Parent Coordinators who have volunteered to coordinate social events for their Year Groups this year. We have provided them with guidelines which are available on the Portal. They will be contacting parents via the class lists on the Portal, so I encourage you to put in the level of detail that you are comfortable with (ideally at least email). All Class Parent events will be listed on the Portal and placed in the Newsletter.

Welcome Cocktail Party

We are very excited that so many parents from our community want to attend the Welcome event. For those who missed out, we have decided to include the Boarders Courtyard so that we can accommodate more attendees. Please go to http://www.trybooking.com/176467 to register your attendance by Monday 8 February for catering purposes.

Thank you for all your support for us and each other.

Ms Liane Leslie, Development and Relationships Manager

All Ravenswood Parents

Upcoming RPA Meetings

The RPA Executive meets this Monday 8 February at 7.30pm in the Mabel Fidler Boardroom. For all enquiries, contact the Development Office on 9498 9825.

Both the Junior School and Secondary School subcommittees meet on Friday 19 February (times and venues tbc).

RPA and Foundation Tuition Raffle

We are delighted to announce that Principal, Mrs Anne Johnstone, will draw the raffle at 7.45pm at the Welcome to Ravenswood Cocktail Party on Thursday 11 February. Tickets are still available; the ticket price is $250, plus the TryBooking fee, at http://www.trybooking.com/JGFQ. For more information and the Terms and Conditions, see the Parent Portal.

Ravo Parents’ Prayer Team

Kick off the year with prayer. Please join the Parents’ Prayer team to pray with our School Leaders for 2016: Friday 19 February 7.30am-8.15am in the Centenary Centre Foyer (enter via School Reception). All staff and parents are warmly welcome. Contact Lloyd on irwin.lloyd@gmail.com for information.

The Ravenswood Connect Group

There will be a coffee morning at Pecorinos Cafe (in Werona Avenue, opposite Gordon Station) from 8.30am on Monday 22 February. Please email Marissa Nerwich (marissaneil@gmail.com) so we can reserve a big enough table. This group is for Ravenswood parents interested in meeting other parents across all Year Groups. It can be particularly beneficial for those new to the school or the area. You are welcome to drop in and out of the group as you choose.

Lost Property

Lost Property is located at the rear of Hutchens House (the Uniform Centre) on Tuesdays and Thursdays between 1.10pm-1.40pm. Alternatively, make an appointment with Anne Reilly in the Development Office by emailing developmentoffice@ravenswood.nsw.edu.au. Thank you to the parent volunteers coordinating this.

Second-Hand Textbooks
The RPA has registered Ravenswood on the Sustainable School Shop website, which operates in a similar way to sites like Gumtree or eBay. You can list either ‘Wanted’ or ‘For Sale’ adverts, and part of the negotiation is how the seller gets the books to the buyer. Ravenswood’s booklist will be loaded into the system, so you know which books you need, and the site guides you to the cheapest items: www.sustainableschoolshop.com.au. For more information, see the flyer on the Parent Portal.

Performing Arts

Music

Junior School and Secondary School Rock Bands

There will be another session of auditions for both Junior and Secondary School Rock Bands:

Junior School Rock Band – if you missed this week's audition, please come to the Performing Arts Department on Tuesday 9 February, at lunchtime (12.50pm). Please bring a backing track on a phone or iPod/portable device. We are especially in need of a drummer and a keyboard player.

Secondary School Rock Bands – if you missed this week's audition, please come to the Performing Arts Department on Tuesday 9 February, at lunchtime (12.50pm). Please bring a backing track on a phone or iPod/portable device. We are especially in need of a drummer, keyboard player and bassist.

Come-and-Try Flute Session

If you are interested in learning to play the flute, there will be a special 'come-and-try-the-flute' session on Thursday 11 February at 1.20pm in Room B2.02 (old Room 609). You will get to meet our flute teacher and will have the opportunity to try the flute. Junior School students are especially welcome.

Mrs Heather Aird, Director Music and Performing Arts

Sports

Term 2 Saturday Sport

Online sport registrations for Term 2 are open for Years 7-12 students 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 act 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 logon to the Sport Portal.

Rowing

Learn-to-row classes commence with Macquarie University next Tuesday 9 February. All parents are reminded that they need to organise transport for their daughter to and from the boat shed on Tambourine Bay Road at Lane Cove, behind Riverview. If there are any queries, please email me at mnancarrow@ravenswood.nsw.edu.au.

Badminton

This Saturday, all badminton players are required to attend a round-robin series of practice games, at Ravenswood. The schedule of games at 8.00am, 9.00am, 10.00am and 11.00am are on the Portal and noticeboards. Please remember to bring your racquet.

Dr Michelle Nancarrow, Director Sport
Secondary School Swimming Carnival

The Secondary School Swimming Carnival is on Tuesday 9 February at Sydney Olympic Park. A reminder to those girls who wish to compete in 50 metre events, to add their competition number to their upper left arm on Tuesday morning before coming to school. Please refer to the note that was sent home for further information.

Mr Mitch Falvey, Head Coach Swimming

Junior and Secondary School Athletics and Cross Country Information Evening

On Monday 8 February there will be an information evening at La Scala in the Learning Resources Centre from 6.30pm-7.15pm. It is recommended that anyone who is interested in athletics or cross country in the Junior School or Secondary School attends this evening with a parent/guardian. There will be information on training sessions, Ravenswood carnivals, representative carnivals, selection, awards, additional events and Ravenswood’s affiliations. It is also the ideal time to ask any questions regarding these sports.

If you have any questions, please contact me at adavies@ravenswood.nsw.edu.au or 9498 9898.

Miss Annabel Davies, Head Coach Athletics and Fitness

IGSSA Tennis

This Saturday marks the beginning of the IGSSA Tennis season. A reminder to all players to check the Portal and Sports Noticeboard for the draw and updated team lists (please note there have been numerous changes over the past fortnight). Players are to arrive at their match 30 minutes before the scheduled start time to warm-up. Any student who cannot make a match, please let me know well in advance, finding out on Friday or Saturday can leave teams short.

Diving

Next week, Ravenswood hosts both our Junior School and Secondary School Diving Carnivals. To be eligible to compete, students should have registered their interest with me and must attend the training session on Monday 8 February in order to train and submit their dives to Sally Paling. We wish the girls competing in both carnivals the best of luck and look forward to reporting the results next week.

Photo: IPSHA Diving team 2015

Snowsports

Ravenswood Snowsports is hosting the annual Information Evening on Wednesday 23 March at 6.00pm. The evening is a way to give parents who are interested in joining, an insight into how we run our Program. Anyone wishing to register their interest in Snowsports, please contact me at dberg@ravenswood.nsw.edu.au or 9498 9919.

Mr Dale Berg
News

Ravenswood Traffic Management Plan
Ravenswood Traffic Management Plan (updated 28 August 2015)

LEGEND

- Traffic Flow
  - (Pick up follow directional arrows for pick-up and set-down)
  - This enables girls to be set down or picked up safely at the kerbside adjacent to the school.

- Set-down and pick-up only during
  - 7.30am-9.00am and 2.30pm-4.30pm school days
  - Bus Zone (No pick-up or set-down within the bus zone)

- Parking permitted

- Four hour parking permitted - during the hours 8.30am-10.30am

- Cleanway 6.00am-10.00am

- Staff and student parking only
  - 7.00am-8.00am school days

- Staff and student parking only
  - 8.00am-9.30am
  - 2.30pm-4.30pm School days

- Traffic Lights
  - No Stopping
  - No Parking (pick-up or set-down only)

- SCHOOL ZONE
  - 8.00am-9.30am
  - 2.30pm-4.30pm

- School days

GENERAL COMMENTS

U-turns and turns into driveways are associated with increased safety risks. Please continue around the school site in the direction indicated by the traffic flow signs.

Ravenswood TRAFFIC MANAGEMENT PLAN

Pick-up / set-down of students

As with most schools, there is intense traffic activity, particularly in the afternoon, around Ravenswood. We already have four staggered finishing times:

- K-2 Mon-Thurs Pick up on Cecil St, Gate 8 at 3.00pm
- K-2 Friday Pick up on Cecil St, Gate 8 at 3.05pm
- Years 3-6 Mon-Thurs Pick up on Henry St, Gate 4 at 3.15pm
- Years 7-12 at 3.23pm
- Closure: On Fridays is at 2.50pm for Years 7-12.

No Parking means you can pick-up or set down passengers for a two minute period but the driver must not leave more than three metres from the vehicle.

The corner of Cecil Street and Henry Street on the school side is designated NO STOPPING up to the first driveway in Henry Street to reduce the bottleneck at this point where Henry Street narrows.

There is a BUS ZONE near the Henry Street gate entrance to the Centenary Centre. Bus Zone indicates no pick-up or set-down at all for vehicles other than a bus.

Parents/carers are encouraged to collect girls at pick-up points on the streets that border Ravenswood (excluding Pacific Highway - Cecil Street, Henry Street and Ravenswood Avenue). Frequently, the Cecil Street No Parking zone is free for every pick-up of students after 3.30pm when Henry Street can be congested.

Parents must not park in No Parking Areas. This practice is not only illegal but restricts vehicle access to the kerbside, creating a safety issue for girls being dropped off.

Please discuss the various pick-up point options with your daughter's, especially in relation to their locker location and proximity to a pick-up area in one of the above streets. Similarly, morning set-down can occur at various points around the school block at a point closest to a student's locker area, that may be less congested than say, Henry Street.

Traffic Flow

To reduce traffic congestion and hence, reduce the risk of accidents, parents are asked to drive vehicles around the school block in an anti-clockwise direction, keeping to the school to the passenger side of the vehicle. This will enable girls to be set-down or picked up at the kerbside adjacent to the school rather than crossing roads.

Traffic consultants have identified congestion caused by vehicles doing U-turns and turning into driveways as being the major problem, with associated safety risks. No Parking zones must be used for pick-up and set-down only. If parents need to wait for or accompany students into the school, vehicles must be parked well clear of designated pick-up/set-down areas. Often parents double park or park illegally when there is a legal parking space less than 30 metres away.

Staff and Student Parking Areas

Parking spaces within the school grounds are strictly for staff and service/delivery vehicles only.

Visitor/parent parking spaces are provided in Henry Street, diagonally opposite Gate 1. To use these spaces, please place a dashboard sign in your vehicle, available on the day from Main Reception or the Junior School Office.

The remannder of the parking spaces along Henry Street are leased by Ravenswood, to provide the mandatory quota of staff and student parking.

Secondary School Swimming Carnival Information
Ravenswood Secondary School Swimming Carnival 2016
Sydney Olympic Park Aquatic Centre, Homebush Bay

The Secondary School Swimming Carnival is a compulsory school event and therefore every student in Years 7 to 12 is required to attend. It will be compulsory for all students to compete in at least one event of their choosing; either a 50 metre event or a 25 metre event. All students will earn a House point for each event contested. Students will not be required to nominate or trial for this year’s carnival, they will simply sign in at the marshaling area in age groups for the 50 or 25 metre events.

All students will travel to and from the event by train except for those competitors in the Ravenswood Swimming Squad who will depart earlier via bus. No students are to go directly to the Aquatic Centre with their parents unless permission is sought beforehand from Mr Garnier.

Any student that will be collected by a parent at the conclusion of the carnival needs to submit a note to Student Reception by no later than Friday 5 February.

Summary details of the arrangements for the carnival are provided below.

When: Tuesday 9 February 2016, 8.00am - 2.00pm
Where: Sydney Olympic Park Aquatic Centre, Homebush Bay
Uniform: All students in Years 7 to 11 must wear their PE uniform and should sit in their House groups. Only Year 12 students may dress up (this may be worn all day, including to and from school)

Competition Numbers: All students intending to compete in 50 metre events will be required to wear a competition number. These numbers will be drawn onto the upper left arm in a permanent marker before arriving at the Aquatic Centre so they are highly visible. These numbers are required for sign in at the marshaling area. Numbers will be provided in advance and checked at roll call.

Transport: Swimming Squad
The Ravenswood Swimming Squad bus will be departing from Gate 1, Henry Street at 7.15am sharp. All members of the squad are required to catch this bus and attend the warm-up at approximately 8.00am. All Swimming Squad members are required to return on the train unless a note has been handed to Student Reception by Friday 5 February.
Secondary School students apart from Swimming Squad

All other Secondary School students are asked to be at school no later than 8.40am for roll call. Students will walk to Gordon Station to catch an 8.38am public train to Hornsby Station. At Hornsby Station this train will then become a Ravenswood only charter train to Sydney Olympic Park. There will be no charge for travel on trains.

Each student will need to bring:

- Asthma puffer (if required)
- Enough food and drinks (drink bottle) for the entire day. It is recommended students bring lunch with them, although a limited range of food and drinks will be available at the venue.
- Girls should come prepared with umbrellas and jackets for walking to and from the train station if the weather forecast is poor.

All students are expected to follow instructions given and to behave in a responsible manner at all times.

Following the completion of the Carnival, the train will depart Homebush arriving at Gordon Station at approximately 3.11pm. All students will be dismissed from Gordon Station.

Parents and other family members are most welcome to attend. There is designated spectator seating on the western side of the pool. Parents can park in the P2 car park for the duration of the carnival at a cost of $4 (tickets must be validated at the front desk of the venue to receive this price).

If your daughter’s medical details have changed, please record this information by going to https://rmyravo.ravenswood.nsw.edu.au and following the prompts to update her Student Medical Details.

Please recall that you consented to this excursion at the beginning of the year via the Ravenswood Compulsory Events permission note.

While the school takes measures to make the activities as safe as possible for participants, there is a risk that students can be injured and suffer loss as a result of travelling and activities in an around the above venue.

NSW Health School Vaccination Program
NSW SCHOOL VACCINATION PROGRAM

Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

In 2016 the following vaccines will be offered to Year 7 students*:

- dTpa vaccine (Diphtheria, Tetanus & Pertussis (whooping cough)) as a single dose
- varicella vaccine (chickenpox) as a single dose; and
- human papillomavirus (HPV) vaccine in a 3-dose schedule at 0, 2 and 6 months (students who commence HPV vaccination in Year 7 but do not complete the course may be offered catch-up doses at school in Year 8)

* The Parent Information Kits contain a consent form, information sheet and privacy statement that details how personal information will be collected, stored and utilised.

Parent Information Kits will be sent home to parents/guardians. To consent to the vaccination of their child, parents/guardians are advised to:

- read all the information provided
- complete the consent form, including signing their name next to the vaccine/s they would like their child to receive
- return the completed consent form to their child’s school
- ensure that their child eats breakfast on the day of the school vaccination clinic.

Parents/guardians who wish to withdraw their consent for any reason may do so by writing to the school Principal or phoning the school. The Procedure for Withdrawal of Consent is available on the NSW Health website at www.health.nsw.gov.au/immunisation.

To improve vaccination completion, students will be opportunistically offered any missed doses throughout the year where possible.

A Record of Vaccination will be provided to each student vaccinated at each clinic. Parents/guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination.
ACHIEVING YOUR GOALS

A big step towards achieving your goals is developing and maintaining a goal setting mindset as the attitudes you have learnt and develop will influence the way you view goal setting. Approaching a task with a negative and self-defeating attitude makes it much harder to actually be successful at that task.

You need to have a positive attitude when you are setting and trying to achieve your goals. A positive attitude means you are looking for ways to succeed rather than focusing on the difficulties and obstacles that could be in your path.

To create a more positive attitude:
- Each day note down something you did towards achieving your goals.
- Note down any changes someone else has noticed, e.g. your teacher says well done on your work.
- Don’t stop trying if something goes wrong, rather reassess your goals or decide you need to work harder to achieve them.
- Find a mentor or helper to encourage you to achieve your goals, possibly someone who is interested in the same things or is good at the same subjects, but is a bit further ahead of you.

Other reasons why we don’t achieve our goals:
- No action plan.
- No true commitment to the goal.
- Not rewarding yourself along the way.
- Trying to focus on too many goals.
- Not preparing yourself for success.
- Fear of failure.

If you are still not achieving your goal try this:
- Clarify your goal.
- Write a list of actions.
- Analyze, prioritize and prune.
- Organize your list into a plan.
- Monitor the execution of your plan and review your plan regularly.

You can learn more about goal setting and many other topics to help you achieve your best at school at www.studyskillshandbook.com.au, logging in with these details:

Username: ravenswood
Password: 42 achieve

Ravenswood History and Languages Tour 2017
Ravenswood History and Languages Tour

ITALY, GERMANY, BELGIUM AND FRANCE – 8-24 APRIL 2017
Open to students of History, French, German and Latin, currently 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 Bretonneux
• 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-Saisseval, Montmartre and Sacre Coeur, Bateaux Mouches cruise along the Seine.
• Comprehensive travel insurance with Suresave

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 invited to attend an information evening on Tuesday 16 February 2016 from 6.00pm in the LRC.

Ravenswood widens her world
Crunch&Sip Information for Parents

A bottle of plain water
When it comes to thirst, choose water first! Give your child a bottle of water to take to school every day.

A whole piece of fruit or veg
Choose an easy to eat fruit or vegetable that isn’t messy, such as a carrot, apple, mandarin or banana.

Several whole, smaller fruit or veg
Use a container or bag to pack snow peas, corn, mushrooms, strawberries or grapes, for example.

Chopped fruit or veg
Pack a container of bite sized pieces of fruit or vegetables, such as watermelon, mango, broccoli or cauliflower. If needed, remember to include a fork or spoon to avoid sticky fingers.

Veggie sticks
Cucumber, capsicum, celery and carrot are great options.

Canned fruit
Fresh fruit and veg are best, but fruit canned in water or natural juice is OK every now and then.

Dried fruit
For example, apple, mango, apricots or bananas, a maximum of once a week.

Helpful tips for Crunch&Sip®

1. Only fruit and vegetables are suitable for Crunch&Sip®. The following are NOT suitable: fruit juice, fruit products such as roll-ups, leathers or strips, potato or veggie chips, olives, fruit canned in syrup, popcorn.
2. Crunch&Sip® is a good opportunity to encourage your child to eat a variety of fruit and vegetables. Variety packs look great and are a good way to introduce new fruit and vegetables alongside more familiar or accepted ones.
3. Make sure whatever you pack is a suitable amount for your child and ready for them to eat. No chopping or prepping can be done at school, include a fork or spoon when needed.
4. Prepare Crunch&Sip® snacks in advance. Plan for the week ahead by chopping all the snacks needed for Crunch&Sip® at one time. Or, simply cut extra vegetables when preparing dinner the night before.
5. Crunch&Sip® is an excellent opportunity to encourage vegetables. Research shows that most kids eat enough fruit, but they need to increase the amount of vegetables they eat every day. Raw veggies make a great snack for Crunch&Sip®.
6. Dried fruit should only be eaten occasionally such as a maximum of once a week, as it sticks to teeth increasing the risk of tooth decay. Encourage your child to wash water around their mouth after eating dried fruit to help prevent tooth decay.

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