2016 Term 1, Week 6 – 4 March 2016

Principal's Message

Ravenswood has a longstanding reputation for academic excellence and, in the spirit of *semper ad meliora*, our high calibre staff continue to strive to develop our outstanding academic offering to help our girls excel in their studies from Kindergarten to Year 12.

Every day I see examples of deep learning and engagement in our classrooms – and from time-to-time am privileged to have students even come and share their learning with me. Recently, I had the joy of some senior students visiting my office to perform, with great aplomb and drama ‘Sudden Sonnets’ – an array of beautiful and thought-provoking Shakespearean sonnets. I was most impressed with their excellent performances and with these girls’ reflections on each sonnet – the imagery, symbolism and the layers of meaning, as well as their confidence and ability in articulating these ideas so eloquently.

In an exciting recognition of the collaborative professional learning culture here, and our improved NAPLAN results, we recently hosted visitors from the Department of NSW Premier and Cabinet who were keen to learn about strategies used at Ravenswood to optimise student achievement in the top two bands of NAPLAN results in the Junior School. They hoped to be able to share these strategies more broadly in an effort to help increase the proportion of NSW students in the top NAPLAN bands. A team of staff, including Mrs Terrie Jones, Mrs Cheryl Bailey, Mrs Amy Van Arkkels, Mrs Anne Gruenewald and Ms Melissa Stewart spent time detailing our successful strategies including:

- Our tailored and purposeful professional learning program and the process of departmental goal setting and collaborative practice (that research shows drives improvement)
- Ravenswood’s Model for Reflective Practice, that highlights the importance of defining students’ learning needs through close analysis of data and student feedback and the importance of enlisting the expertise of others in professional collaborations
- Use of a developmental appraisal process called: *Appretio* which is a deep inquiry project undertaken every three years by Ravenswood teachers. Teachers undertake a year-long action research project that involves a more sustained exploration of an aspect of a teacher’s practice which is documented and shared with colleagues
- Collaboration with industry specialists over a two-year period to achieve a substantial improvement in our NAPLAN numeracy outcomes in Years 3 and 5.

High quality teaching makes a significant difference to a student’s achievement levels and I have been inspired by the commitment of staff to aiming for continuous improvement in this area.

Another exciting coup for the Junior School is the appointment of Dr Joshua Ho, Laboratory Head and Senior Lecturer, Victor Chang Cardiac Research Institute as our scientist-in-residence. This is part of the Scientists and Mathematicians in Schools (SMiS) program, which is a national program managed by CSIRO. It provides skilled volunteers the opportunity to have a positive impact and make a difference to science, technology, engineering and mathematics (STEM) education in schools. Dr Ho will work with staff to provide access to real-world, contemporary experiences that will inspire our girls.

Our commitment to STEM will be further strengthened in the Junior School, through its successful application for an AIS grant which focuses on excellence in Primary Science and Technology. I congratulate Mrs Cheryl Bailey and her staff on this magnificent achievement.
I am proud to lead a school where every girl and member of staff has the opportunity to flourish. Our busy term continues with a superb Mini Music Showcase performed last night that really highlighted the immense musical abilities of our students, while meanwhile other students prepare for the production of The Lark. I was delighted to see how happy our Year 4 girls were yesterday as they assembled in readiness for the adventures of camp, laden with pillows and other camping gear. Some of these girls shared with me a new term they had coined: 'nerv-cited' which apparently meant a blend of nervousness and excitement very cute! Indeed, most Year Groups are returning or about to embark on their annual camp and we are so pleased they have such enriching and bonding outdoor educational experience as part of their educational experience. Meanwhile, preparations also continue for our annual Open Day on Wednesday 16 March.

Mrs Anne Johnstone

Chaplain's Message

Positive Psychology, as you might know, works on an enhancement model rather than a deficit model. That is, whilst traditional psychology has focused on what is wrong with someone and then finding ways to correct that deficit, Positive Psychology works from the base of what is right with someone and how we might leverage this or build/enhance upon what exists, to foster wellbeing. It is not a case of either/or, for they are both key aspects of nurturing wellness. The same kind of dynamic is at work in Christianity.

Some people work from a deficit model, where humanity is defined as essentially sinful and needs the interaction of God to redeem and restore us and lift us from our tendency towards evil. This is perhaps the most well-known kind of Christianity, because it tends to make headlines or is stereotyped by tele-evangelists etc.

However, at the heart of Christianity, there is an enhancement theology at work too. Right from the story of Creation, where God made everything good, through the use of flawed people such as Moses and David, to the way Jesus interacted with people in the recounts that we read in the Gospels, God is always working for our best, to bring out our best and help us realise our potential for good. And, as in Positive Psychology, which recognises that we do have deficits and there are problems which need to be addressed in order to restore people to emotional and psychology health, 'Positive Theology' does not deny our tendency to fall short of our potential and our calling (aka sin), but does not make it the focus or premier defining characteristic of the human condition.

I first came across this in the work of Matthew Fox who coined the term 'original blessing' as a corrective of the traditional church's focus on original sin. There is no doubt that we, as people, fall short of our potential. We fail to live well in both what we do and what we have failed to do. The key aspect of Positive Theology is captured for me in the words of Jesus on the cross, 'Father, forgive them, for they know not what they do.' This is exemplary of God's grace - which is about helping us move forward through forgiveness and where God leverages the good within us to restore and redeem even our worst living, so that we might find wholeness meaning and purpose. Positive Theology has always been there, for it is no mistake that message of God's love, revealed most fully in the person of Jesus, has always been referred to as 'good news.' Anyway, it is something to think about. God bless.

Rev Jon Humphries
Whole School

Kokoda Track Donations

In the April holidays, a group of Cadets will be taking on the challenge of walking the Kokoda Track with their parents. On this ten-day journey they will be stopping at Alola village to spend a day with the local children in their elementary school. We are looking for the following items to take with us to donate to the school:

- sporting equipment (rugby, netball, tennis and volley balls)
- stationery (colour and lead pencils, erasers, rulers and stickers)
- Beanies
- jigsaw puzzles (ages 4-7)

Please drop any donations into the box outside the ICT Office.

Ms Liz Brockliss, Cadet Liaison

Ravenswood Maths Club

- Open to all students in Years 5-10
- Maths competitions & preparation
- Fun & games
- Enrichment opportunities

Every Tuesday lunchtime in Room J 3.22

Bring your lunch. First meeting Term 1, Week 6B.

Teacher in charge: Mrs Lisa Kim

‘Mathematics is like a love: a simple idea, but it can get complicated.’

~ George Polya ~
Junior School

Head of Junior School

Thank you to Class 4B for its Chapel Service that focused on Gratitude. This is an aspect of Positive Psychology which is being adopted by our school. Gratitude focuses on positive emotions and how it impacts our daily life. Class 4B presented meaningful ideas related to gratitude, some pertinent bible readings and writing samples.

Years 3 and 4 have been enjoying their Camp Programs this week. The feedback has been positive with the girls engaging well with their peers and activities presented.

Congratulations to the IPSHA Swimming and Diving team which competed admirably at Wednesday’s carnival at Homebush.

Congratulations to Charlotte (Yr 5) who has been selected in the NSW State Nippers Surf Life Saving team. She is competing today, representing Ravenswood and Freshwater SLSC.

The Junior School has been invited to join the Quality Learning and Teaching in Primary Science and Technology research, being conducted by the University of Technology, Sydney. It will involve the implementation of a Spiral of Inquiry framework, an innovative tool that supports inquiry learning in Science and Technology, professional learning for staff that focuses on improved and demonstrable outcomes and learning experiences for students and on changing the experience of learners through developing new learning and new actions.

As you are aware, we strive to maintain a rigorous program for developing and wellbeing in Junior School. On Monday, Mrs Anne Gruenewald, Deputy Head of Junior School, presented on our Wellbeing Program at the recent AIS Resilient Kids, A Curriculum-Based Approach to Bouncing Back conference with Dr Toni Noble.

Road Safety

Driving vigilantly around the school is essential as young children require special assistance when crossing the road. Adhering to the school’s requests of driving one-way down Cecil Street and only picking-up on the school side of Henry Street is vital. This is to stop the girls crossing the road, as cars block their view. Also restraining from doing u-turns on the corner of Henry Street and Cecil Street is necessary due to the lack of vision and space in this area. Thank you for your cooperation with ensuring the safety of our girls.

Important Dates

Week 7A

Tuesday 8 March
Chapel commences at 8.30am, all parents are welcome
Year 4 Easter Experience 10.10am Chapel

Wednesday 9 March
Junior School Lunchtime Concert commencing at 1.00pm in Music Room B0.03 (previously Room 401). Parents are invited to attend.

Thursday 10 March
House Football 12.25pm (Activities) on the oval

Week 8B

Wednesday 16 March
Open Day from 9.00am-12.00pm
House Modball 12.25pm (Activities) on the oval

Thursday 17 March
New Parents’ Dinner 6.00pm, invitation to come

Week 9A

Tuesday 22 March
Easter Chapel Service
CIS Swimming and Diving Carnival
Wednesday 23 March  
Years 3-6 and Year 2 girls who have turned 8 years old Athletics Trials

Thursday 24 March  
K-12 Easter Service 12.10pm Gymnasium  
K-2 Easter Hat Parade, invitation to come

Friday 25 March  
GOOD FRIDAY

Week 10B

Monday 28 March  
EASTER MONDAY

Wednesday 30 March  
K-2 Father/Daughter Breakfast 7.00am, invitation was sent on Wednesday

Thursday 31 March  
Year 6 Little Puppy Cupcake Day, cupcakes will be sold at Recess  
Mini K-12 Music Showcase II, 6.30pm Auditorium – see the Performing Arts section for more information

Saturday 2 April  
IPSHA Cross Country, The King's School

Mrs Cheryl Bailey, Head of Junior School

Secondary School

Year 11 IB Diploma Information Evening

An information session has been arranged for Year 11 International Baccalaureate (IB) Diploma students and their parents, commencing at 6.30pm on Thursday 10 March in the Lorraine Smith Auditorium.

At the beginning of the two-year Diploma journey, Year 11 students and their parents attend this information evening to learn about the structure of the IB Diploma and the assessment requirements for the Core of the Diploma programme; the Extended Essay, Theory of Knowledge and aspects of Creativity, Action and Service. Parents are introduced to Managebac, the IB Diploma learning management system used by Ravenswood staff and students, and provided a parent login to facilitate home-school communication.

Positive Psychology - Information Evening for Parents

Positive Psychology offers a range of evidence-based approaches and interventions that promote wellbeing and resilience. Here at Ravenswood, we believe this is vitally important if we are to provide a well-rounded education, because not only does Positive Psychology help develop character in students, it promotes learning and achievement. Often referred to as the science of optimal functioning, Positive Psychology enables our students to discover their own character strengths and how these strengths can be harnessed to find a greater sense of engagement at school. Furthermore, it allows students to establish a greater sense of ‘flow’, again enabling them to optimise their learning within and beyond the classroom.

If we can help students to establish an optimistic approach to learning and build resilience, they will flourish.

In an effort to enable parents to learn more about Positive Psychology, Mrs Anne Johnstone will be facilitating an information session for parents on the night of Monday 7 March. If you would to learn more about Positive Psychology and our plans to introduce Positive Education, or ‘Pos Ed’ as it is known here at Ravenswood, please register to attend the information session in the Lorraine Smith Auditorium at 7.00pm next Monday:

http://www.trybooking.com/KNWQ.
Applications for exemption from school

In last week’s Newsletter, I wrote about changes to legislation that have necessitated a review of the school’s procedures for excusing students from school. In the same way legislation requires us to receive retrospectively an explanation in writing from a parent for a student’s absence from school, if parents know in advance their daughter is going to be absent from school, they must seek permission from the Principal for their daughter to be exempt from attending school. If the application to be exempt from school is approved, parents will receive a Certificate of Exemption which they must retain.

To seek permission from the Principal for your daughter to be exempt from attending school for any of the above reasons, please download the appropriate form from the Parent Portal and forward your application to either the Junior School Office or Student Reception. Please ensure relevant documentation is attached to your application to enable consideration to take place in a speedy manner.

The following forms are available are available on the Parent Portal:

Form A: Application for extended leave – Travel (click here to view the form on the Portal)
Form B: Application for exemption from school attendance for students participating in an accredited elite sports program or event or elite Arts program (click here to view the form on the Portal)
Form C: Application for exemption from school attendance – exceptional circumstance (click here to view the form on the Portal)
Form D: Application for exemption from school attendance for students engaged in employment in approved entertainment industry activities (click here to view the form on the Portal)

If you have any questions about this process, please contact Student Absences student.absences@ravenswood.nsw.edu.au or telephone 9498 9805 (Secondary School) or 9498 9831 (Junior School).

Coming Secondary School Events

**Term 1 Week 7**

Monday 7 March  Positive Psychology Information Session
Mon 7 - Wed 9 March  Year 10 Camp
    Year 11 Camp

Thursday 10 March  IB Diploma Information Evening

**Term 1 Week 8**

Mon 14 - Fri 18 March  Year 7 Camp
Tue 15 - Fri 18 March  Year 8 Camp
Wednesday 16 March  Open Day

**Term 1 Week 9**

Thursday 24 March  Boarders’ travel day
Friday 25 March  Good Friday
Saturday 26 March  Easter Saturday
Sunday 27 March  Easter Sunday
Term 1 Week 10
Monday 28 March          Easter Monday
                                  Boarders travel day
Wednesday 30 March         Year 11 Parent/Teacher/Student Conferences
Fri 1 - Fri 8 April        Cadet Annual Field Exercise (AFX) – Singleton

Term 1 Week 11
Mon 4 – Fri 8 April        Year 9 Camp
Friday 8 April              TERM 1 ENDS
                                  Boarders’ travel day

Mr David Garner, Deputy Principal – Head of Secondary School

CareMonkey  Emergency and Care Information
From time to time, our external Camp providers require their own medical forms to be completed. Parents of Years 8 and 9 students will have received an email from CareMonkey – emergency and care information. This email is legitimate and parents are asked to complete the form. If you have any questions regarding the form, please contact Matt Tranter at tranterm@oeg.nsw.edu.au.

Careers
UNSW update: all students thinking of studying Law at UNSW Australia in 2017, will need to sit the new LAW ADMISSIONS TEST (LAT). Find out more at www.law.unsw.edu.au/LAT.

Ms Meg Hall, Careers Counsellor
mhall@ravenswood.nsw.edu.au

Ravenswood History and Languages Tour 2017
Applications for the Ravenswood History and Languages Tour in April 2017, are due by Friday 11 March 2016. Mrs Bronwen Calcraft, Languages Coordinator and Dr Catherine Arends, History Coordinator, have organised an exciting itinerary and will be taking History and Languages students to Paris, the Western Front, Berlin, Rome and Pompeii. Students who will be in Years 10-12 in 2017, have expressed their interest. Places are now being offered to current Year 8 students who will be in Year 9 in 2017.

An information package outlining costs, inclusions, payment schedule and Application Forms is available directly from Mrs Calcraft or Dr Arends, or from Student Reception. Payment of a $500 deposit to secure your daughter’s place should be made by Friday 11 March. Details regarding costs and preferred payment method are outlined in the information package.

Please see the flyer in the News section of this Newsletter.
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.

Boarding

This week, we congratulate Sarah (Yr 12) and Emily (Yr 12) who have both been
elected as their Mentor group captains in the day School. Both girls received their
leadership badges in Assembly on Wednesday.

Our musicians, Tiffany (Yr 10), Jemima (Yr 12) and Sarah (Yr 12), all performed
outstandingly at the Mini Music Showcase on Thursday evening. Congratulations to
Jemima who was also selected to be one of the MCs.

Next week, our Residential College will be very quiet as we
farewell Years 10 and 11 on camp. I look forward to visiting
the girls at their respective camps and joining in with some
of the exciting activities.

In 2016, Ravenswood will be represented at the Dubbo, Griffith, Wagga and Narrabri
Boarding Schools Expos. Please pencil these dates in your diaries as we will be
organising some events for our past and present Boarders and their families in rural
NSW.

Mrs Jackie Gilson, Director Boarding and International Students
Community

From the Development Office

We are excited to promote the Positive Education Parent Information Session given by Mrs Anne Johnstone, to be held in the Auditorium next Monday evening at 7.00pm. At this stage we have approximately 220 parents attending and there is room for a further 112 before we move to standing room. As someone who was fortunate to attend the Positive Education course held in January along with the Ravenswood team, it has been exciting to see how ‘Pos Ed’ is being applied across the whole school and how I have been able to utilise it in the Development Office. I look forward to hearing your feedback from the evening.

Here is the second in a weekly series detailing information about the RPA, ROGU, Foundation, Fidler Fellows and RAPS:

The Ravenswood Foundation is the primary fundraising body of the school, created in 1991 to ensure the long term future of the school. The Foundation has raised funds over the last 25 years to build the Strength and Conditioning Centre, the Centenary Centre, the Mabel Fidler Building and the SciTech Centre opening this year.

The Foundation also has an important role in raising funds for Scholarships and the Library. These funds, including the Building Fund, are all tax-deductible donations. The Ravenswood Foundation is chaired by Suzanne Stanton and we ask you to ‘save the date’ for Saturday 30 July for the Foundation Gala Ball. For more information on the Ravenswood Foundation, please visit our website http://www.ravenswood.nsw.edu.au/community/giving/foundation.

Ms Liane Leslie, Development and Relationships Manager

All Ravenswood Parents

Class Parent Events

Please contact your Class Parent Coordinator via the Portal to RSVP for these events or for more details and a reminder to please update your contact details on the Portal if you have not yet done so.

Kindy parents are holding a dinner at 7.00pm on Friday 11 March at Urban Tadka Indian restaurant, Terrey Hills. To RSVP and for more details, please go to the Kindy page on the Parent Portal.

Year 1 parents are holding a Cocktails and Conversation night at the Dietz home in St Ives from 7.30pm-10.30pm on Saturday 2 April. To RSVP and for more details, please go to the Year 1 page on the Parent Portal.

Year 2 parents meet for coffee after school drop-off on the first Wednesday of the month during term time. The venue is Runaway Spoon.

Year 3 parents are invited to a drinks evening at Kiplings Garage in Turramurra on Thursday 7 April. Please RSVP to your Class Parents by 4 April.

Year 4 parents: please save the date: dinner on Thursday 31 March. Details tba.

Year 5 parents are invited to an evening paella night at the McLean home on Saturday 19 March. For more details, please go to the Year 5 page on the Parent Portal.

Year 6 is holding a family dinner at the Avondale Golf Club on Sunday 13 March. Please arrive from 5.30pm for 6.00pm start. To RSVP and for more details, please go to the Year 6 page on the Parent Portal.

Year 7 is holding a coffee morning at Runaway Spoon on Friday 11 March from 9.00am. Note that the date of our cocktail party has moved. Please save the date of Saturday 30 April.
Year 8 parents are invited to the Reed home in Northwood on Saturday 2 April for cocktails. Theme: a touch of bling. Please go to the Year 8 page on the Parent Portal for more information.

Year 9 parents are invited to the home of Linleigh White for drinks on Friday 18 March from 7.30pm-10.30pm. To RSVP and for more details, please go to the Year 9 page on the Parent Portal.

Year 10 parents are having a cocktail party on Friday 1 April. Details to be released soon.

Year 11 parents, please save these dates: you are invited to a movie night on Tuesday 29 March. The next parents’ coffee morning is Friday 1 April. Details of both events tba.

Year 12 parents are invited to drinks at Q-Station, Manly, from 3.00pm-5.00pm on Sunday 13 March. Note that this is also a fundraiser for the Valedictory Dinner. To RSVP and for more details, please go to the Portal.

Lost Property

A document with photos plus a document listing items currently held in Lost Property have been posted on the Parent Portal. (Go to Page Link, then RPA Home Page and then look for those two Lost Property documents.) Students can collect their Lost Property on Tuesdays and Thursdays between 1.10pm-1.40pm. Parents are welcome to make an appointment with the Development Office (please don’t drop in; you risk finding the office unattended). Email developmentoffice@ravenswood.nsw.edu.au.

Photo: Robert Ewan, Knox Grammar School, receiving the Ravenswood Summer Carnival Battle of the Bands Trophy 2015 from Adam Bate who organised the Battle of the Bands as part of the Summer Carnival 2015.

The Knox Band Amish Tech Support was the winner in a closely fought competition amongst Northern Brothers Christian School, Roseville College, St Aloysius’ College and Ravenswood. Knox is looking forward to competing again this year.

Performing Arts

Music

Ravo Presents 2016

The Performing Arts Department has a very busy calendar this year, but due to popular demand, is hosting Ravo Presents early on in Term 2 – this is an additional event in the calendar. There are some changes to the format; Ravo Presents 2016 will be a celebration of Ravenswood singers, not a competition. The competition part will be the Heat, held on Tuesday 29 March after school. If you wish to find out more about this event, please access the Ravo Presents pack from the Performing Arts/Music Portal page. As a heads-up, backing tracks are due one week before the Heat, which is Week 9, so start thinking about your entry NOW! Entries must be submitted via email to music@ravenswood.nsw.edu.au.
Music Scholars’ Concert

Last Thursday evening, a small audience was treated to the crème de la crème of performers at Ravenswood. Eleven Music Scholars from Years 6-12 performed a piece of their choice on piano, violin, cello, alto saxophone, clarinet and French horn. We were treated to an eclectic and varied program. Congratulations to our Music Scholars 2016.

Photographs from the Music Scholars concert are available to view and order online. Please go to www.skippingstone.com.au and click on ‘Order Prints’. Your password is: ravenswood.

Term 1 Junior School Lunchtime Concert

A reminder that the Junior School Lunchtime Concert for Term 1 is next Wednesday 9 March. Kindergarten to Year 6 girls may sign-up to perform at this event via Mrs Clare Thornley at the Performing Arts Reception.
Mini Music Showcase II

You are warmly invited to the second of four of the Music Department’s Mini Music Showcases on Thursday 31 March at 6.30pm in the Auditorium. The Secondary Rock Band, Ravo Voices, Hyde String Ensemble, Middle Vocal Ensemble, Year 5 Choir and Symphonic Wind Ensemble will perform. Tickets are $5 per person, available from Performing Arts Reception or at the door. Doors open at 6.00pm.

*Mrs Heather Aird, Director Music and Performing Arts*

**The Lark** by Jean Anouilh

‘Without question it was Joan: singing like a lark in the sky over the heads of your French armies’

Excitement is building for the Term 1 Secondary School Drama Production, *The Lark*, which opens on Thursday 17 March. *The Lark* tells the legendary tale of Joan of Arc; her accusers, her believers, her life – and her death. The production features a seating design with the audience on stage, and in direct contact with the actors and the dramatic action of the play.

Performances are Thursday 17, Friday 18 March, Saturday 19 and Sunday 20 March in the Carolyn Trotter Studio and begin at 7.00pm, with the exception of the Sunday performance, which commences at 5.00pm. Please note that due to the seating arrangement for the production, tickets are by general admission, with no pre-assigned seating. Tickets are Adult $22.00, Student/Concession $15.00 and will be on sale from Monday 7 March via [http://www.trybooking.com/186675](http://www.trybooking.com/186675) or simply go to ‘Buy Tickets’ on the Trybooking website and type in Ravenswood and the date of the performance you wish to attend.

*Mr Chris Bird, Drama Coordinator*
NEW Dance Classes

Are you interested in joining a dance class for fun and fitness? In Term 2, Dance will be offering two NEW classes due to increased interest. The classes are as follows:

Years 7-8 Dance Fitness (Monday 4.00pm-5.00pm) with Miss Sophie—An open dance class where a variety of dance styles and techniques are taught. The focus is on having fun and staying fit and active.

Secondary School Zumba (Thursday 4.45pm-5.45pm) with Miss Emily—This is a dance meshed with salsa and a lot fun.

If you are interested in joining either of these classes, please email dance@ravenswood.nsw.edu.au

House Dance Captains 2016/2017 Nominations

Students who are interested in nominating themselves for House Dance Captain, must see Mrs Aird or Miss Keys prior to nominations, to ensure they are aware of the expectations.

Miss Ebony Keys, Dance Convenor

**Sports**

**House Badminton**

On Monday 29 February, the inaugural House Badminton Competition was contested. The competition saw a large number of girls, both those who play for the school and those who wanted to give a new sport a go, play in a series of doubles matches, against their opposing Houses. It was a tight contest between Tudor and Windsor, with both Houses on equal points up until the final round. Congratulations to Tudor for taking out the inaugural title, followed closely by Windsor and then York and Stuart. All the girls displayed great sportsmanship and House spirit and were a credit to their Houses.

Miss Laura Borkman
News

Year 10 Integration Day

On Thursday 25 February, Layton, Kels and Harriet from Burn Bright came to speak to Year 10. We learnt the essential skills for leadership and what qualities help make a person strong. There were many activities that helped us with teamwork, getting to know each other and expressing our own opinions. These activities helped us to get to know girls in our Year Group who we do not regularly talk to, such as the 'speed dating' activity, where we were randomly put with others in our Year Group and talked to them about our families, relationships and goals. Doing many activities like these helped us bond as a Year Group. We will be meeting Burn Bright again at Year 10 Camp to hopefully improve on our skills.

Anna and Caitlin, Year 10
STUDY SKILLS HANDBOOK NEWSLETTER ITEM FOR MARCH

STARTING THE DAY WELL

Do you find it hard to get out of bed some days and be positive about going to school and learning? It can be hard to turn the day around when you wake up like this and don’t take steps to start your day in a positive way. Your approach in the first hour of the day dictates the direction of your day of learning at school.

To ensure you start your mornings well you need to make sure you have a night-time and wake-up routine.

1. **Set Your Intentions Before Bed**: consciously decide every night to create a positive expectation for the next morning.
2. **Move Your Alarm Clock Across The Room** so you have to get up to turn it off.
3. **Brush Your Teeth** when you wake up and splash water on your face.
4. **Drink a Full Glass of Water** to hydrate yourself after several hours without water.
5. Add some of the following ideas to your own routines.

The *Miracle Morning* is a book written by Hal Elrod and he speaks about starting your morning with ‘Life **SAVERS**’. The idea is that you add some of these to your morning routine or come up with your own activities for a positive start to the morning:

- Silence can be meditation, mindfulness, prayer etc.
- Affirmation can be a word you use that reminds you of who you are and how to be.
- Visualisation is an intention (directing your focus) on how you want your day to be.
- Exercise can be a short walk or stretching or going for a run (exercise is a great thing to do in the morning).
- Reading something that is positive and enjoyable. What you read ‘resonates’ with you. It gets you thinking and expanding ‘beyond yourself’.
- Scribe is about journaling. Writing in your journal about your day gives you insight and clarity about issues. It also helps you realise what’s working and how far you have come.


You can learn more about creating positive learning handouts and many other topics to help you achieve your best at school, at [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au) by logging in with these details:

Username: ravenswood
Password: 42 achieve
Ravenswood History and Languages Tour

RAVENSWOOD HISTORY AND LANGUAGES TOUR
France, Belgium, Germany and Italy - 8-24 April 2017.
Open to History, French, German and Latin students in Years 9-12, 2017

♦ Visit Paris, Rome, Berlin, WWI Battlefields, Pompeii, Mt Vesuvius
♦ Guided tour of Paris, including the Eiffel Tower, Arc di Triomphe, dinner on the Champs Elysees
  ♦ Visit the Louvre, Palace of Versailles, Montmartre, Sacre Coeur
  ♦ Somme Valley and WWI battlefields with guide.
  ♦ Visit Passchendaele Memorial Museum
  ♦ Wreath Laying Ceremony at Menin Gate.
♦ Guided tour of Berlin, Reichstag, Brandenburg Gate, Checkpoint Charlie.
♦ Guided tours of Pompeii and Herculaneum
♦ Guided tour of Rome, Roman Forum, Vatican Museum and the Basilica
  ♦ All accommodation in 2/3/4 star hotels throughout and all meals
  ♦ Local guides at all major sites and a Tour manager for entire trip

♦ Mrs Calcraft and Dr Arends will be leading the Tour.

♦ An Information package outlining costs, inclusions, payment schedule and Application Forms is available directly from Ms Calcraft or Dr Arends, or from Student Reception.
♦ Payment of a $500 deposit to secure your daughter’s place due by Friday 11 March.
  ♦ Details regarding costs are outlined in the Information package.
Northern Beaches ADHD Support Group Speaker Evening

The Northern Beaches ADHD Support Group is a voluntary, parent-run group offering support for parents of children/teenagers with ADHD via monthly meetings. The group provides a safe & supportive environment to discuss and learn more about ADHD.

SPEAKER EVENING WITH DR LEILA MASSON

“5 EASY STEPS TO START HELPING YOUR CHILD WITH ADHD”

Dr Leila Masson, integrative Paediatrician, combines Allopathic Medicine with a nutritional and biomedical approach treating the whole child, not just the symptom & supporting the family on their path to optimal health.

In this talk Dr Masson will discuss an optimal diet, nutritional supplements, sleep, ways to reduce stress & additional therapies that may improve learning, behaviour, focus & attention.

Tuesday, 8th March 2016 @ 7.00-9.00pm
The Pittwater RSL, Main Sail Room, 82 Mona Vale Road, Mona Vale

S$5 CONTRIBUTION ON THE NIGHT
Ticket reservations essential via the website or http://www.eventbrite.com.au/org/4122746761

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

Venue kindly sponsored by Pittwater RSL Club
Join our information sessions in Sydney and Melbourne this month.

Our sessions will provide students and parents with everything they need to know about our 2016 language immersion programs.

Our Nacel ambassadors will run the program presentation and will be there to answer all your questions about how the programs run, the experiences they offer, and the life changing benefits of making the world your learning ground.

SYDNEY
Sunday 06 March at 3pm
Fred Hutley Hall, 200 Miller St, North Sydney
Email us to book your place now.

For more information, click here.