Dear Parents

Our HICES Athletics team are to be congratulated for their performances last week in Sydney. To achieve 2nd placing in Division 1 (Aggregate) and then to win the Percentage Trophy for Division 1 speaks volumes for the effort and skill of our students and the staff involved. A special mention to Ms Astrid Lepelaar whose specialised coaching is making significant improvements in our students.

As a result of this carnival some of our students will now represent HICES at the CIS (Combined Independent Schools) carnival on 21 September. We are still awaiting confirmation.

Book week activities and dress up took place last Thursday. In a shift from the format of previous years our Year 6’s again showed great leadership and teaching skills in working with their Peer Support groups to read books and complete some crafty ideas stemming from these books. They were well prepared under the supervision of our librarian Mrs Deans and are all to be congratulated for their contribution to a wonderful Book week. Well done Year 6!

Our Scientia Programme is currently focused on Art. A lot of very creative ideas are now at the stage of putting them into practice and already there are some great projects taking shape. Mrs Essex, Mr May, Mrs Whitley and our artist-in-prep school residence Ms Jaq Davies are overseeing the Scientia Art.

Our choirs all performed with great credit at the Orange Eisteddfod. The K-2 Choir came 2nd, our Year 3/4 choir took out a Highly Commended and our 5/6 choir came 3rd. All the students sang with purpose and enjoyed the challenges offered. Well done to Mrs McRae and all our choirs.

The last week illustrated the variety of activities that the students are involved in. The focus and desire they have to achieve is a quality to be applauded.

This week the reading from Michael Grose is directed towards ‘Helping kids manage anger’. He writes that managing anger is one of the biggest emotional issues that children have.

Enjoy your week.

Regards
Rob McLean
Head of the Preparatory School

Merit Awards:  Remy Niven x 2, Charlie Hodges, Johie McLachlan, Saxon Buckley, Ruby Meehan, Tara Channo, Hugo Pearce, Elliot Hannelly, Samuel Harris, Alexander Strutt, Stanley Zhang, Sameeka L’Estrange, Jack Smith, Maddy Szrich, Taylah Caro, Bailie-Rose Miller, Sally Crossing, Alannah Seedsman, Joel Furness, Lizzie Kwa, Emma Choi, Gidgette Pratten, William Rawson, Sophie Brunner, Dempsey Bryant, Mia Taylor, Hunter Rose, Fiona Hill, Freya Hill, Ethan Buesnel, Emma Crossing, Jay Gounden, Phillipa Mannix, Chris McClare x 4, Tupou Faiva, Scott Sullivan x 4, Logan Buckley, Jessica Amos x 3, Maddie Smith x 4, Ailish Seedsman x 3, Luca Wynn x 6, Charlotte Anderson x 3, Kyle Furness x 3, Noah Lamrock x 3, Joshua Chai x 3, Bradman Gavin x 4, Zac Condon x 3, Myriam Kwa x 3, Jemima McPhee x 3, Olivia Mirrington x 4, Charlotte May, Cameron Pasquali, Mitch Harris, Louisa Gilmore, Ollie Steele=Park, Jock Pryse-Jones, Maddie Smith, Ruby Niven, Brianna Priest, Jesse Swain, Emma Hazelton, Monique Worsley, Chelsea Foster, Sosaia Faiva, Angus Wright, Emma Pryse Jones x 2, Eloise Coleman x 2, Alice Litchfield, Charlie Pittman, Parham Raoof x 4, Sam Aylward, Kelsea Bellamy x 8, Paddy Hain, Zali Thomas x 2, Megan Crossing, Jemima McCalman,
Elizabeth McKenzie, Hannah Engelhardt x 2, Angus Crossing, Kiara Taylorwood Roe, Samantha Syme x 4, Charlie Greer, Emerson Miller x 2, Jack Bilton, Henry Welsh, Isabelle Rees, Lochie Hazeldon, Sam Harbison, Sophie Amos, Siokapese Faiva, Callie-Jane Jeffress, Will Sullivan, Olivia Trehowan, Harry Brunner x 2, Johannah Collins x 2, Sophie Fenton, Kelsey Gray, Milli Niven x 3, Zoe Pickford, Harrison Rees, Elizabeth Silvester x 6, Sebastian Smith, Dylan Swain, Annabelle Tierney.

**Courtesy Awards:** Saxon Buckley, Angus Lewis-Minogue, Johie McLachlan, Kate Murray, Sterling Graham, Will Rouse, Grace McBeath, Yoshi Gounden, Molly Knight-Hannan, Catriona Denholm, Mia Taylor, Sarah Davies, Beau Meehan, Emma Crossing, Bella Hoyle-Davies, Logan Buckley, Oscar Tierney, Maddie Smith, Mitchell Strike, Monique Worsley, Saskia Smith, Eva Bloomfield, Jemima McCalman, Paddy Hain, Mary Munro, Elizabeth McKenzie, Hannah Engelhardt x 2, Angus Crossing, All of 5M, James Crockett, Louis Lockwood, Emily Shields, Chris Wood, Alex Mirrington, Meg Crossing, Harry Brunner, Kate Hall, Annabelle Tierney, Sam Mac Smith.


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**Allenby Road**

We are extremely concerned about the safety of students at and near the Allenby Road entrance to the school. Parents are advised of the following:

- **The Music Centre car park is not** a drop-off zone for students. **It is for staff parking only.**
- **The staff parking area near the maintenance shed/Health Clinic is not** a drop-off zone.
- **We are currently negotiating with Orange City Council to have either side of the Allenby Road entrance made into a designated 1-minute parking/drop-off area. We will keep parents informed of the progress of those discussions.**
- **Allenby Road is a public street, so we must use it as such.**
- **There are many students in this area at the beginning and end of the school day; please be VERY vigilant so that we do not have any sort of accident situation which could turn out to be tragic for all concerned.**
- **Parents are asked to use the drop-off zones at the Prep. This may be frustrating for parents, but it is much safer than using Allenby Road.**

We seek your support on this matter so that an accident does not occur; there have been a disturbing number of close shaves at and near the Allenby Road entrance.

Rob McLean  
Head of the Preparatory School

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**Props for Maharabad’s Bazaar**

We need sandals for a display stall- they can be adult or children. We would like them to be flat Roman style or similar. The bazaar people will need a pair each to wear. Harem girls will need ballet flats or jiffies.

![Sandals](image1.png)

We also need a sheep like the one Thompson’s Nursery has on display. If we could have these items brought in next week that would be wonderful. Bring to 5E classroom clearly labelled with your name.

Many thanks, Mrs E
Helping kids manage anger

Kids need to learn that anger can be expressed in ways that are not hurtful to anyone including themselves by Michael Grose

Managing anger is one of the biggest emotional issues that children face. Children who can learn to manage their anger have a head start on handling fears and other emotions.

Currently, our community is undecided about how to handle anger. In fact, anger is discouraged as we see no place for it in homes, schools or community. ‘Civilised people don’t get angry’ seems to be the accepted wisdom so we tend to encourage children to bottle up anger rather than let it out.

Anger needs to be managed, rather than simply avoided. Bury anger deep-down and it will go away is the attitude! This doesn’t work for many children as bottled up emotions don’t always dissipate. They simmer away, eventually spilling over into physical violence or hurtful verbal abuse, which so often backfires on the angry person.

Kids need to learn that anger can be expressed in ways that are not hurtful to anyone including themselves. Here are six steps that parents can use to help kids of all ages keep their emotions under check, and respond safely when emotions run high:

1. **Understand it:** Help kids understand the events and situations that trigger angry responses. These situations will vary, but may include, playing rough games, not getting their own way and being teased by others. Help kids to reflect on the events that trigger a ‘wobbly’, so they can take preventative measures. This type of self-knowledge is really helpful for older primary school children and teenagers.

2. **Name it:** Help them recognise the physical signs of anger, such as clenched fists and teeth, tension around their shoulders and heavy breathing. Then assist them to develop a vocabulary around anger. “Mad as a snake”, “about to lose it”, “throwing a tantr” are some possibilities. Children can probably generate more! Naming emotions promotes good emotional literacy in kids.

3. **Diffuse it:** You need some strategies to diffuse anger and bring down emotional levels in kids. Distraction and time out can be effective for toddlers with short fuses, and even shorter attention spans. For older children, parents should use diplomacy rather than discipline. You may need to give some kids some space on their own before attempting to talk. Listening to their story, validating their right to be mad and focusing on feelings are some ways to diffuse anger. Sometimes knowing that someone else knows how you feel is enough to make anger go away.

4. **Choose it:** Help children understand that they do have a choice about how they respond to their anger. They may feel like lashing out, but they don’t have to get physical or verbally aggressive when they get angry. Let kids know in clear terms that slamming doors, throwing things and refusing to cooperate are the wrong ways to display anger. Help them understand that while you are on their side, as they mature they need to choose socially acceptable ways of handling anger.

5. **Say it:** Encourage children to express how they feel verbally, rather than bottle things up or become aggressive. The use of I statements is one way of letting others know how they feel. ‘I feel really mad when you say nasty things to me. I really don’t like it!’ is one way of being heard and letting the anger out.

6. **Let it out safely:** Boys, in particular, need physical outlets for pent up anger. They may go for a run, belt a pillow or play a physical game to let their frustration out. Some kids may even pour their anger into a letter, some work on a productive activity. Help children find legitimate outlets for their anger.

Parents need to role model healthy anger management so children see firsthand how adults handle anger in mature ways. That means parents take time to listen to each other, talk things through and find healthy physical ways to let off steam when you feel yourself getting to boiling point. The maxim for families who want to learn to manage anger in healthy ways should be: “There is nothing so bad that we can’t talk about it. However there are behaviours that are not acceptable.”

Published by Michael Grose Presentations. All rights reserved. For more ideas, support and advice for all your parenting challenges visit: www.parentingideas.com.au
MAHARABAD’S BAZAAR

ORANGE CIVIC THEATRE

7:30 pm Thursday 23 September 2010

Phone Ticketek for tickets on 63938111

Adults: $30, Concession: $20,
Students: $16 & Family: $80.00
**KINROSS WOLAROI SCHOOL – CANTEEN ROSTER - Month of : August/ September**

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<tr>
<th>MONDAY</th>
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<td>17 Andrea Healy Wendy Brooks</td>
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<td>Canteen Supervisor Rebecca Jorquera</td>
<td>22 Cathy Bloomfield</td>
<td>23 Melissa Bellamy</td>
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**Help Wanted**

The Year 5/6 extravaganza is happening at the end of Term 3. Come and be part of a fun group of enthusiastic costume makers on Mondays. Special sewing skills are NOT essential. To get directions ring Aileen Priest on 63651125

**Important Dates for Term 3**

- 17 September – Years 3 & 4 Drama Presentation
- 21 September – Parent/Teacher Interviews
- 23 September – Years 5 & 6 Drama Production

**From Sick Bay**

If you have medication for sickbay to administer, please send it in a labelled container with a letter from the parent. Thanks you

**Eisteddfod Results**

Oscar Tierney - FIRST - 10 years and under
THIRD – 9 yrs piano solo

**VACATION CARE BOOKINGS FOR SEPTEMBER/OCTOBER 2010**

Bookings for Orange City Council’s September/October 2010 Vacation Care program will be open from Monday 6 September to Friday 17 September 2010. This can be done from 9.00am to 12.00pm and 1.00pm to 5.00pm each day, at the Community Information and Services Centre, 79-81 Kite Street, Orange. Bookings can only be accepted during these dates and times and a member of staff will be available at these times to assist you with your booking. Payment will be required at the time of booking.

If your child has not attended a Council Vacation Care service before, please contact the Out Of School Hours Care Services office on 6393 8616 or email oosh@orange.nsw.gov.au to obtain an information package prior to the booking dates. A list of planned activities and excursions for the holiday period is available.

Please contact the Family Assistance Office (FAO) on 131650 to test your eligibility to receive Child Care Benefit. You will be required to show your letter from the FAO at the time of booking.

**From the Canteen**

Delicious Hot Chocolate now available at the canteen - Served with two marshmallows. Only $2.50
KWS P&F Meeting

- The next KWS P and F meeting will be held **next Wednesday evening (8th September)**, commencing at 7.30 in the Anderson Centre.
- For those new to our school - The agenda and previous minutes are placed on the KWS website – just click on ‘communities’ and then ‘P and F’.
- We will be commencing our plans for the 2011 school Fair – an Italian Festa. This is our major fundraiser and it is a great opportunity to get involved and to meet other parents… it doesn’t commit you to any other P and F activities – so please consider becoming involved.
- There will also be discussion about the 2010 second hand text book stall – all those volunteering to help this year will have first choice of the texts (great reason to get involved).
- Our Principal, Head of Boarding and Head of Prep attend all P and F meetings and this is an ideal time for you to get to know them better and be able to ask questions regarding our school. I do hope to see you next week.

Please forward any apologies or last minute agenda items, through the school office on 63920300. Richard Cheney, President P and F

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SWIMMING NOTICE
There is to be NO children in the water before or after their lessons.
Even if parents are there to supervise. Our Instructors are there to TEACH the children in the lesson at the time and not SUPERVISE children playing in the pool. This is for your children’s SAFETY and to prevent an accident, please work with us in implementing this rule.

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**Little Athletics Australia**

Cost is $75 for tots and U/6’s, $80 for U/7’s to U/17’s.

Registering and paying online saves time. Once registered you need to attend one of our collection days to pick up your competition number and information about Little Athletics.

Collection day’s are on the 12th and 19th of September, 2010 at Waratah Sports Club between 2.00 pm and 4.00 pm.
For more information go to our website [www.orangela.org.au](http://www.orangela.org.au).
First time athletes please note:

1. You will need to provide proof of age when you collect your competition number
2. Athletics requires parent assistance to run the competition nights

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**SPORTS NEWS**

**HICES ATHLETICS CARNIVAL**

The HICES Athletics Carnival was held on Tuesday 24th August at Olympic Park in Homebush. The KWS team departed on Monday afternoon and stayed overnight very close by at Olympic Park Lodge. Individual results during the day were outstanding which culminated in another sensational outcome for KWS. For the second year in a row, KWS came 2nd in the Overall Points Competition and won the Percentage Trophy in Division 1! Well done to all of the boys and girls!
Highlights of the placings are below. The full listing of results is available in the Prep Office for perusal.

**FIRST PLACE**

- Sophie Fenton – 12y Shot Put, 12y Turbo Jav
- Hugh Britton – 12y Shot Put, 12y High Jump
- Jemima McCalman – 11y 800m, 11y Discus, 11y 100m Heat 2, 11y Turbo Jav
- Mitchell Strike – 9y 100m Heat 1
- Chelsea Shrimpton – 10y 100m Heat 4
- Jemma Barrett – 10y 100m Heat 3
- Zali Thomas – 11y 100m Heat 4
- Snr Girls B Relay (Z. Thomas, M. Vazouras, E. Shields & L. Silvester)
- Snr Girls A Relay (K. Gray, J. McCalman, A. Tierney & E. Pryse Jones)

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**SPORTS NEWS**

**Orange Little Athletics season commences Friday 15th October. Save time and register online now at [www.laansw.com.au](http://www.laansw.com.au).**
Cost is $75 for tots and U/6’s, $80 for U/7’s to U/17’s.

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First time athletes please note:
SECOND PLACE
Louis Lockwood – 12y Shot Put, 12y Turbo Jav, 12y 200m Heat 2
Ollie Steele-Park – Jnr 800m, 9y 100m Heat 2, Jnr Turbo Jav
Jemima McCalman – 11y Long Jump, 11y Shot Put, 11y 200m Heat 1
Fletcher Rose – Jnr Shot Put
Maddie Smith – 8y 100m Heat 1
Chris McClare – 8y 100m Heat 1
Laura Sharp – 10y 100m Heat 2, Jnr 200m Heat 2
Charlie Pittman – 11y Discus
Emma Pryse Jones – 11y 100m Heat 3
Kelsey Gray – 11y 200m Heat 2
Hugh Britton – 12y 100m Heat 2
Jnr Girls Relay (L. Sharp, M. Kwa, C. Shrimpton & J. Barrett)
Jnr Boys Relay (M. Strike, O. Steele-Park, F. Rose & B. Bellamy)

THIRD PLACE
Kelsey Gray – 11y 800m, 11y High Jump
Oscar Tierney – Jnr Discus
Emily Shields – 12y High Jump
Monique Worsley – Jnr Turbo Jav
Annabelle Tierney – 12y 100m Heat 1, 12y 200m Heat 1
Louis Lockwood – 12y 100m Heat 4
Alex Mirrington – 12y 100m Heat 1, 12y 200m Heat 1
Tracey Kasjan – 11y Shot Put
Mitchell Strike – Jnr 200m Heat 2
Sophie Fenton – 12y Discus
Henry Welsh – 11y Turbo Jav
Snr Boys B Relay (H. Britton, S. Mac Smith, A. Mirrington, C. Pittman)

The HICES Representative Team has not been announced as yet but KWS is sure to feature in many events, especially the relays. The CIS Athletics Carnival will be held on Tuesday 21st September at Olympic Park.

Many thanks to all of the coaches who prepared the team in the various events and particularly to Ms Lepelaar whose enthusiasm and expertise have been a driving force in Prep Athletics for a number of years now.

Tudor House Visit

Despite the weather the boys involved in the visit from Tudor House had an alternative Rugby and Soccer game, being involved in Indoor Rugby, Indoor Soccer and waterpolo. A big thank you to all our families who billeted the students and also to those who offered.

FINALS TIME!

Good luck to our Netball Semi-Finalists and our Hockey Finalists this week. Check the Sports draw for details if you would like to go along and support one of Prep teams on Saturday.

END OF 2010 WINTER SEASON TRAINING

Once your team has finished its Saturday sport commitment, you are no longer required to train on Mondays and Wednesdays. There will be no play practice on wet days for the remainder of term unless Mr H contacts you individually.

REPRESENTATIVE NETBALL 2011 TRIALS

First phase trials for U12’s are this Wednesday 1st September from 4.30-6.30 p.m. at Anzac Park Indoor courts. Please meet Mrs Bellamy at 4.15 outside. First phase trials for U11’s and U13’s are on Wednesday 8th September. The 11’s from 4.00 - 6.00 p.m. and the 13’s from 6.00 -7.30 p.m.

UP-COMING DATES

Saturday 4th September – Final Round for Football, Semi-Finals for Netball & Finals for Hockey
Tuesday 21st September - CIS Athletics
Monday 18th October – Prep School Sports Assembly

TEAMS OF THE WEEK

U10 Pulse & U11 Tornadoes

Rugby

Our Rugby season has now finished. Unfortunately the weather played havoc with many fixtures. Nevertheless there was a lot to be gained this year with the promise of a bigger and better 2011.

Mr Jock Steele-Park, Mr Jarrod Rose and Mr Toby Hazleton have done an outstanding job in coaching the boys. Their enthusiasm, passion and knowledge were greatly appreciated by the boys and parents. A big thank you to you all.

Sports Draw for Saturday 4 September

Football Draw – Saturday 4 September

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<tr>
<td>U/6 Tigers</td>
<td>10:00 am</td>
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<td>U/6 Bears</td>
<td>10:00 am</td>
<td>PLC 3</td>
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<tr>
<td>U/7 Pumas</td>
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A tough defensive game against Emerald CYMS. Netball:

Hopeful everyone to what was a great team effort. The final score was 4.

Emma Holman scored two and disappointed anyone except the opposition. Eloise determined to win the semi.

U/11 Tornadoes:

Girls keep up the good effort. Anneka Graham

fun although we lost 2.

goal scored by Ruby and the th.

Haidee, Florence and Alana.

game there was some great tackling and defence by

U9 Hurricanes:

Lottie Graham

match,
goal scoring skills. They played an exciting mini.

game on the sun.

Minkey:

Hockey:

A

S

U/13 Cyclones

U/10 Magic: On a cool Saturday Morning, the under 10 Magic set out to play Robin Hood for the second time this season. We all did some great passing & defence, There were also some very close shots by our shooters Monique & Louisa.

The end score was 8-0 the opposition’s way. We may have lost though we still played great as a team & we have all improved. Thankyou Mrs Seedsman for coaching us & a Great, Super, Awesome game girls! Ailish Seedsman

U/ 11’s Swifts: It was a very chilly morning and the KWS Swifts were very eager to start our game of netball so we could warm up. We got the adrenalin pumping through as we wanted to win our last game of the season against PCYC. Throughout the game we showed just how good we could get with excellent defence, attack and shooting. We were all the best we could be and won 16-2. We give a big thank you to Mrs Whiteley for teaching us so much over the year. Amelia Rawson

U/12 Firebirds: As the Semi finals draw close the Firebirds set out to play half a game against Calare Crusaders and half against Orange East Simple Nile Cafe. There was great attacking and defending by everyone. In the game against Calare we lost but in the game against Orange East we won. Thank you Mrs Essex for being a great coach. Great games everyone. Zoe Pickford

Shooters Jess, Emma C, Charlotte A and Miriam had to work hard to score 6 goals.

Topou, Saskia, Emma H and Jess played a tight defensive game with many intercepts also keeping the CYMS goals to a minimum.

Centre court players Billie, Charlotte M, Charlotte A and Miriam continued with brilliant blocking which nearly brought the last quarter to a head.

Unfortunately CYMS took the lead and the Pulse was defeated 7 to 6. A great game was had by all and the Mighty Pulse is even more determined to meet CYMS in the final show down. Emma Crossing

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Sports reports for 28

August

Hockey:

Minkey: The children enjoyed practising their hockey skills on the sun-drenched hockey fields last Saturday. They practised their dribbling, hitting and goal scoring skills. They played an exciting mini-match, with all team members participating with enthusiasm. Well done girls!

Lottie Graham

U9 Hurricanes: ON Saturday we had a smashing game there was some great tackling and defence by Haidee, Florence and Alana. There was one great goal scored by Ruby and there were some great hits down the field by Olivia and Ruby, we had lots of fun although we lost 2-1 their way. Great game girls keep up the good effort. Anneka Graham

U11 Tornadoes: The U11 hockey took to the field determined to win the semi-finals. We didn’t disappoint anyone except the opposition. Eloise scored the first goal, Emma Holman scored two and then Zali whacked in a winner with three seconds left. The final score was 4-1 our way. Well done everyone to what was a great team effort. Hopefully we’ll keep up our winning ways for the finals next week! Juliet Sharpe

Netball:

U/10 Pulse: The Mighty Pulse put their hands up for a tough defensive game against Emerald CYMS.