Please note; the **P&F AGM**
Will be held at 7.30pm on Wednesday 10th March 2010
upstairs in the Anderson Centre to be followed by a General Meeting

*Everyone Welcome*

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**The Fair is this SATURDAY !!!**

This Saturday (27th) is the 2010 KWS P and F Fair, I would like to firstly thank **Sally Wilson** and **Melanie Pratton** for their tireless work over the past 2 terms to make the 2010 Fair one which we already know will be great fun and very successful. I hope that you will also congratulate them on the day.

Parents have often wondered - what are we raising the money for exactly? As in past years, each faculty has generated items on a 'Wish List' for the P and F and the table below outlines how money raised at the 2010 Fair will be spent.

<table>
<thead>
<tr>
<th>Faculty</th>
<th>“Wish List” items</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food Technology/Hospitality</td>
<td>2 replacement stove units</td>
<td>3 500.00</td>
</tr>
<tr>
<td>Social Science</td>
<td>Resources for Whiteboards/CD ROMs Business Studies</td>
<td>594.00</td>
</tr>
<tr>
<td>Languages</td>
<td>Dictionaries and subscriptions</td>
<td>1 000.00</td>
</tr>
<tr>
<td>Library</td>
<td>Display stand</td>
<td>975.00</td>
</tr>
<tr>
<td>Music</td>
<td>Piano and Stereo System for Prep music</td>
<td>5 000.00</td>
</tr>
<tr>
<td>History / RE</td>
<td>Software for SMART boards/ DVDs and Books</td>
<td>3 250.00</td>
</tr>
<tr>
<td>Visual Art</td>
<td>Digital Cameras</td>
<td>3 200.00</td>
</tr>
<tr>
<td>Science</td>
<td>Experiment equipment</td>
<td>3 640.00</td>
</tr>
<tr>
<td>PDHPE</td>
<td>New display notice Board for better communication with students</td>
<td>3 500.00</td>
</tr>
<tr>
<td>Agriculture and Industrial Technology</td>
<td>Upgrade and extension to Greenhouse, workshop materials</td>
<td>4 077.00</td>
</tr>
<tr>
<td>Prep</td>
<td>Moving Whiteboard and pattern board</td>
<td>1 000.00</td>
</tr>
<tr>
<td>Learning Support</td>
<td>Emergency slide for disability access and Future Problem Solvers Program</td>
<td>1 000.00</td>
</tr>
</tbody>
</table>

**Total Target Amount** 30 736.00

You will see that we have an ambitious target - but with your support on the day we will be able to purchase all of these items this term. Be assured that all of these items will directly impact upon and improve upon the educational programme for all students at KWS.

I look forward to seeing you on the day (in Hawaiian shirts)

Richard Cheney
KWS P and F President.
This year’s Senior School musical will be Gilbert and Sullivan’s Pirates of Penzance and will be a great experience for all involved. Auditions are now well underway for leads and chorus. If your child is interested, they should see Mr Moxey or Mrs Litchfield ASAP to organise an audition time.

Boys needed!
Rehearsals for The Pirates of Penzance start this Friday afternoon and we need more Pirates and Policemen. Singing experience is not required. The musical is a great experience that shouldn’t be missed. If your child is interested, they should see Mr Moxey or Mrs Litchfield ASAP.

The commitment involves rehearsals on Friday and Sunday afternoons, several days in the last week of the July school holidays and most of week 1, term 3 (Performance week). If you would like further information, please contact Mr David Budden at school on 6392 0300.

Plastic Covers for Student Diaries
All students have been issued with the “new look” blue Student Diary for 2010. A charge for this will have already been billed to your account. At the time of ordering the diaries, an order was also placed for a custom-sized plastic cover for each diary. Unfortunately, these have been delivered after the diaries themselves and their cost was not included in the cost of the diary itself. Because the cover is such a good way of protecting the diary (and indirectly lowering dramatically the cost of replacing it), all students have been issued, through their Tutor House, a cover and a name label for their diary. A small charge ($2.20) will appear on your account, charged via the KWS Shop, for this cover and label. I apologise that the two costs were not incorporated into one at the time of issue of the diary itself and I thank you for your understanding.

If you are not already familiar with your child’s Student Diary, please take the time to read through it and check it each week. It contains very useful information and it enables you to keep track of homework, assignments and the like. There is a place for parents to sign each week to show the Tutor (and your child!) that you are monitoring his or her progress.

Bev West
Head of Senior School

Relay for Life
The KWS Prefects are entering a team in the Relay for Life to raise money for Cancer research. Please consider supporting this worthwhile cause by speaking with your Tutor House Captains and Prefects regarding sponsorship.

## Learning Matters

A flying start to the year and keeping on top of things!

It is already Week 4 in Term 1! This term is travelling very fast and when terms go fast, it is essential that students stay on top of things. I encourage students to get organised for themselves to ensure that they meet deadlines, review their work and balance their commitments outside school. Sometimes, keeping up with homework is difficult enough and students who are feeling swamped by this should speak to their tutors.

Parents/guardians can also monitor this via communicating through the diary. More often than not it is also the extra-curricular commitments which tip students over the edge. Some juggle music, sport, part-time jobs, socialising and other hobbies. Whilst these are all important for a variety of good reasons, at the same time we do not want to overload our children or replace high priority items with low ones. Sometimes, like a good gardener (which I am not!) we need to trim, prune and guide to ensure healthy growth. The analogy is important. We sometimes need to make decisions with our time to keep on top of things! The principle of “bite off only what you can chew” comes to mind!

Some simple strategies include:

- Obtain a yearly calendar and write down all assessments and other important dates and stick it up somewhere visible
- Fill out a homework study programme to ensure you are making time for homework/assignments etc
- Pick a sensible time for homework/study/assignments and stick to it – develop a habit
- Find a regular work area free from distractions and somewhere where you feel comfortable (good lighting, good air circulation etc)
- When feeling anxious – stretch, exercise, breathe deeply, just make a start, seek help
- Challenge your expectations - are they too low, too high. Set goals for improvement

For students who struggle with the above may be interested in the below workshop... (except for Boarders who will be attending these workshops via their Boarding Houses)

### Study/Organisation Support Workshops

These workshops are designed to assist students who may need assistance in getting a ‘kickstart’ into their studies. The workshop aims to be interactive and as practical as possible. They are a combination of exploring basic principles of good study habits, discussing their importance and application, reflecting and practicing study skills such as note-taking. The workshop will go over two sessions and the dates and times are below. These sessions are for students who struggle with motivation, procrastination and consistency.

Places are limited and if you are interested please register with Ms Sally Rattray-Wood.

**Dates:** Monday 1st March and the following Monday 8th March

**Where:** Room 65

**Time:** 5:15pm to 6:45pm

**Cost:** $10 for work-booklet + refreshments (charged to School Account)

**What to bring:** pens/pencil, study note book and current text from a subject that is difficult

Remember the principle, bite off only what you can chew...and we should get through this term successfully.

Best wishes,

Yooie Choi
CAREER NOTES WEEK 4 TERM 1 2010

1. UNSW Global is offering exciting CSI: Sydney holiday workshops in 2010:
   - Forensic Investigation - gives students practical, hands-on experience in crime scene investigation (fingerprinting, DNA Matching and facial reconstruction techniques)
   - Cyber Crime Investigation gives similar experience in crime scene investigation focusing on illegal IT activities
   Workshops are designed by international experts in their field and are for 2 days at a cost of $300 for students 15 years and over. To book call 1800 727 640 or email csi@unswglobal.unsw.edu.au

2. CSU is holding a Parent’s Information Session on Friday 26th February 2010 9.30am – 12 noon at their Orange Campus Conference Room, Leeds Parade, Orange. The aim of the day is to provide the opportunity for parents to talk to CSU staff and current students about issues regarding life after Yr 12 and attending university. Campus tours will be available. To register contact Judy Walsh on 63386010 or email infoevents@csu.edu.au

3. University of Newcastle has new Mathematics options for students interested in studying the all new Bachelor of Mathematics.

4. AgriVenture is an International Agricultural Exchange Program that has been running for over 40 years. They offer unique opportunities to work in Canada, USA, Europe, Great Britain, New Zealand and Japan. Open to young people 18 – 30 years of age, programs run from 4 – 12 months and AgriVenture organizes virtually every aspect of the trainee’s trip. For more information please contact Emma at agriventure@bigpond.com

5. Med Entry offers preparation courses for the selection test for undergraduate medicine UMAT. For more information please visit www.MedEntry.edu.au

6. The Young Endeavour Youth Scheme offers a unique opportunity for young Australians to apply to crew on the sailing ship Young Endeavour as it sails along the coasts of NSW, VIC, SA, QLD & TAS. This unique challenge inspires leadership, teamwork and a strong sense of community responsibility with training from a world recognized organization. Age limits are 16 – 23 and applications are now open and close on February 28 2010. For more information please visit www.youngendeavour.gov.au or call 1800 020 444

7. Orange Community Radio are seeking volunteers to work on their programs which run 24/7. Interested students should contact Dorothy on 6363 6503 or Susan on 6362 8263


9. CSU reminds Year 12 students of their online HSC resource www.hsc.csu.edu.au They will also be part of the regional University Roadshow which is visiting KWS in March presenting information. They are opening their new Dentistry and Oral Health facilities in Orange and Wagga this year.

10. SMH HSC & Careers Expo will be held over 3 days at Randwick Racecourse on June 4 – 6 from 10am – 4pm. Information will be available on HSC subjects, tertiary courses, careers, study skills and Gap year information and resources. The HSC Seminars will be presented by the Board of Studies. Admission is $10 or $25 for families for all 3 days.

11. A number of organizations offering overseas student exchange programs send promotional material. Please collect brochures from the careers office.

12. Next Friday 5th March the Regional University Roadshow will visit KWS at lunchtime. Representatives from CSU, UNE and Southern Cross will present information about applying for university, courses and study costs and student life. After this 30 minute presentation you will have time to ask questions. Please bring your lunch and be prompt.
Congratulations to the following students for their high standard of work and effort in previous weeks

**Academic Excellence Points**

**Year 7; Ma** - Codey Swadling

**Year 10; Geo** - Alice Haigh

**Academic Achievement Points**

**Year 7; Ma** - Sam Bellamy

**Year 8; Ma** - Ben Watt, Ashley Hudson, Nicola Thomas, Sally Marr, Elish Holmes, Emma Rutherford, David Nott

**Year 9; Ma** - Gemma Plunkett, Samantha Lloyd, RE - Jake Coleman, Kirstie Fitzpatrick, Gemma Plunkett, Nicholas Shillington, Lucy Taylor, Eden Taylorwood-Roe, Olivia Wright

**Year 10; Ma** - Nicholas Brill, Jack Rogers

**Year 11; Ma** - Alexander Trescothick-Johnston, Eng - Phillip Kasjan

**Year 12; Ma** - Michelle Jayasuriya, Oscar Jorgensen-Hull

**Academic Effort**

**Year 7; Ma** - Jayden Watson, Kate Clstonbury, Siobhan Herbert, Ian Crossing

**Year 8; Eng** - Braedon Cato, Kate Ponder, Talor Hamilton, Prudence Eccleston, Sally Marr, Cameron Robinson, Emma Harbison, Fr - John Thompson, Robbie Blatch, William Tierney, Laura Lewis-Minogue, Nikki Collins, Clare Davis, Bailey Hilder, James Mitchell, Yasin Bildiren, Sci - Andrew Johnson, Mu - Laura Lewis-Minogue


**Year 10; Ma** - Rachel Gentles, Danika Reiss, Bridget Bennett, Alex Grivas, Geo - Lucy Kocanda, Georgie Mutton, Craig Hogendyk, Krysten Hood, Max Cowperthwaite, Malcolm Cloete, Abbey Bartlett, Jessica Inder, Lucy Murdoch, Ben Nott, RE - David Crombie

**Year 11; Hosp** - Heather Wythes

**Year 12; Ma** - Cameron Kerslake, Kimberley Lewis, Declan Michell

**Tutor House Points –**

**DOUGLAS** Simon King, Lachlan Healey, Meg Forsyth, Eddie Kennelly, Meg Crouch, Maddie Griffiths, Jack Dodds, Mary Dodds, Hilary Wilkinson, Joel Watkins, James Young

**McLACHLAN** Edward Plunkett, Declan Michell, Meagan Rees, Zara Rolfe, Clare Peterson, Kathryn Moriarty

**GORDON** William Proudford, Jock Laurie

**RICHARDS** Jeremy Brill

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The KWS Canteen Survey.

Did you know that the survey results from the 2009, Term 4 survey are now available on the KWS website (P and F page)?

There was a wonderful response from years 7-12 (day students) and you can see a 2 page report per year group. If you wish to add any further comments - please contact me through the school office on 63920300.

The P and F, along with canteen staff and students will be working through all of the comments and suggestions for change and I will keep you updated on our progress.

Richard Cheney
KWS P and F President.
**Pacific Islands**
help required please

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**We still need help with :**

<table>
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<tr>
<th><strong>GORDON needs parent helpers</strong></th>
<th><strong>Contact Georgie Windsor</strong></th>
</tr>
</thead>
</table>

**Homebake stall**
We have a co-ordinator for the homebake stall but still need a few more volunteers so that people are not on the stall all day. Please email Sally at scarrs@ix.net.au if you are able to help

<table>
<thead>
<tr>
<th><strong>DOUGLAS Tutor House needs parent helpers for Tropical punch</strong></th>
<th><strong>Catherine Litchfield</strong></th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>Rowing club members &amp; supporters - helpers needed on Fair day</strong></th>
<th><strong>Please contact Rachel Mac Smith on 0438671300</strong></th>
</tr>
</thead>
</table>

| **Hangi**
4.00pm Friday (26\textsuperscript{th} Feb)- prep food at Canteen | **Please contact Cath Thompson on 042525930** |
|-------------------------------------------------------------------|-----------------------------------------------------|

| **Hangi**
4.30-5.30am Saturday start fire
6.30 - 7.30 Food in 12.00- 12.30 serve | **Please contact Heather Mewett on 0416197596** |
|-------------------------------------------------------------------|-----------------------------------------------------|

******Please note – for those parents running a stall, before approaching businesses for prizes or goods in kind, have a chat with our coordinators (Melanie and Sally), as they may have already approached this business on behalf of another stall holder******

Remember: the Boarders will be running a photographic competition; the subject is “My Town”. Photographs will be judged (on Fair Day) on original representation, entry is open to all KWS students.

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2010 KWS Fair Coordinator contacts:
- Sally Wilson Fair Co-ordinator By email: scarrs@ix.net.au
- Melanie Pratten By email: mimpratten@bigpond.com phone: 63652234
Kinross Wolaroi School Parents and Friends Association

Pacific Island
KWS school fair

Saturday 27 February 2010
9.30am to 3pm

traditional hangi - rides - arts and craft market - basket weaving
coconut shy - white elephant - dunk tank

Proudly Sponsored by:

[Logos of sponsors]
We wish to acknowledge and thank the businesses below who have supported the Kinross Wolaroi 2010 School Fair

Allan Davis Refrigeration & Electrical – Lords Place Orange
Amusement Hire
Angullong (Cellar Door) – Victoria Street Millthorpe
Ashcroft’s IGA
Benchmark Commercial – Cameron Place Orange
Blowes Menswear – Summer Street Orange
Borrodel on the Mount – Lake Canobolas Road Orange
Book City – Summer Street Orange
Brangayne of Orange – Pinnacle Road Orange
Camera House – Summer Street Orange
Central Caleula Motor Lodge – 60 Summer Street Orange
Coles Supermarket
Comfort Inn – Cambridge Surry Hills
Country Comfort Motel – Bathurst Road Orange
Danielle Louise Ladies Fashion – Anson Street Orange
Fitness Perfection – March Street Orange
Franklins Supermarket
Gaskill Greens – Canowindra
Glenroi Building Supplies (Mitre 10) – McLachlan Street Orange
Greg & Kate Kocanda
Hartfords Menswear – Summer Street Orange
Harris Farm
Highland Heritage Estate (D’Aquinos) – Mitchell Highway Orange
Jim & Annie Simpson
Keronga Park Pty Ltd
Maria Beyers Hair Salon – Byng Street Orange
Mayfield Vineyard – Icely Road Orange
Mid State Financial Services – Anson Street Orange
MSM Milling – Manildra
Parigi Furniture & Homewares – Summer Street Orange
Printhie Wines – Yuranigh Road Molong
Pybar – Corporation Place Orange
Raccine Restaurant (La Colline Wines) Lake Canobolas Road Orange
Canobolas Road Orange
Rex Airlines
Ross Hill Vineyard (Cellar door) – Wallace Lane Orange
SAMs Automotive – Peisley Street Orange
Scarrs Printing & Paper – Lords Place Orange
Sportsmans Warehouse Orange
Summer News & Gifts @Summer Centre Orange
Summer Centre Meats
The Rural Centre – Lords Place Orange
The Yoga Room – Orange Arcade
Tip Top Bakery
Utopia Beauty Therapy Day Spa - Anson Street Orange
Woolworths Supermarket
Word of Mouth Wines – Pinnacle Road Orange

McLachlan House and the KWS P & F Fair 2010

McLachlan’s contribution to the fair this year will be a ‘guess the weight’ competition. If anyone can help – i.e. supply an animal (lamb or ???) please contact Mrs Brideoake on 6392 0324 or email bbrideoake@kws.nsw.edu.au

The KWS Fair White Elephant Stall is seeking your donation of old books, CD’s, household items, bric-a-brac etc. When you are spring-cleaning, remember us. Please leave under the stairs at the front of Wolaroi House. Thank-you

Richards Stall at KWS Fair

Please donate Lucky Dips for the Fair

This year for the Kinross Fete, Richards House is holding a Lucky Dips, Balloons, Bubble Wand and Windmills stall. We need lots of donations of Lucky dips to make this a successful stall. If each parent donates 10 lucky dips we should have a good variety for the stall. Could you please wrap them in blue for boys and pink for girls. Can you please bring your wrapped lucky dips to Mr Stevens office in the Richards Locker room or leave at the front office. If you can help in any other way please call me, Sarah Carter on h. 6361 8562 or m. 0438 460952. Thank you. Richards Stall co-ordinator.
Welcome to “Boarders’ Bitz”, a column designed to keep parents abreast of developments in Boarding.

If you are able to assist on Fair Day with the Boarders’ Stall, could you please contact Sally Rattray-Wood at School on 6392 0325, or srattray@kws.nsw.edu.au You can contact the Boarders’ Stall convenor Gerard Higgins on 0428 411 164, if you have any great ideas for the stall this year.

The Year 7 Information session will be held on the morning of the P & F Fair, Saturday 27th February, at 9.00am in the Performance Theatre. This is an opportunity for our parents to learn more about the day school at KWS.

Please also remember that the Boarders Parents’ Executive meeting will be held at 3.30pm – 4.30pm in the Staff Room on Fair Day. I look forward to seeing some of our new boarding parents at this meeting. It is a great opportunity for you to get involved in the boarding community at KWS.

This meeting will be followed by Welcome to Boarding 2010 Drinks, for new and returning boarding families, near the foyer area of the Derek Pigot Auditorium. I look forward to meeting you all at what will be an ideal occasion for families to make new friends amongst our boarding community.

Bookings will soon be taken for boarding students who would like to travel to and from home at the end of term one using the Countrylink School service. Booking sheets will soon be circulating in the boarding houses and students will be asked to confirm their travel arrangements. Please begin discussing your travel plans with your son/daughter now, so that accurate bookings can be made. If you have any enquiries about the Countrylink service, please contact Sally Rattray-Wood at School on 6392 0325 for further information.

Following the great success of the 2009 Girls’ Boarding Exchange Programme with Strathallan School in Scotland, we are pleased to again offer an exciting exchange opportunity for a Year 9 or 10 girl boarder. The exchange is likely to take place in the Autumn term in Scotland. If you would like your daughter to be considered for this opportunity, please call Sally Rattray-Wood at school on 6392 0325, or email srattray@kws.nsw.edu.au to obtain an application form for you and your daughter to complete. There will be a formal application and interview process, which will be explained to all interested students and their families.

Please remember, any academic leave can only be granted in writing by the Head of Senior School, Mrs Bev West. Please forward your requests as early as possible by fax on 6392 0410, or email to Mrs West’s assistant, Mrs Jill Laurie at jlaurie@kws.nsw.edu.au It would be appreciated if you could also include an email address on any faxes for return confirmation.

Simon Shepherd
Director of Boarding
Annual General Meeting
of the
Kinross Wolaroi Ex-Students Association
Board Room, Wolaroi House,
Kinross Wolaroi School
10am, Saturday February 27th, 2010
Please go to the KWS website and follow the links to the
Ex-Students’ Association
for agenda and last AGM minutes

Chinese food containers & ice-cream containers needed!
If you have any spare Chinese food containers or ice-cream containers & lids at home they would be gratefully received & used by Mrs Marshall & the Food Tech & Hospitality students. Please bring them to Room 93 (upper level –Anderson Building) If the room is locked just leave them outside.

Collect an information brochure from Mrs Amos in the Accounts Department or it also available on the KWS Website in the Student Life/Co-Curricular /Sport section
Music Matters

The casting for our 2010 Musical, The Pirates of Penzance will be announced this week. All the members of the audition panel have been impressed with the quality of the students auditioning for lead roles, and a show with very high performance standards is indicated. More boys are needed for the chorus, and the ability to sing is not necessarily a prerequisite. Please see Mrs Litchfield, Mr. Budden or myself for further information. Otherwise please come along to rehearsal this Friday in the Performance Theatre from 3.30 – 5.00pm.

Billets are still required for interstate students attending the Combined Schools Music Festival to be held at the School in May. Billeting families would be required to provide accommodation and some meals for the nights of 19\textsuperscript{th} – 22\textsuperscript{nd}. Please contact me with any enquiries and offers.

At the annual Canberra Area Theatre Awards ceremony held last Saturday evening the school received two awards; Best Theatrical Moment for the Prep School’s production of “Strictly Zorro” and Best Musical Director for “Les Misérables”. Such recognition comes about only through a concerted team effort, and congratulations go to all cast, musicians, crew and staff who contributed to make both musicals such a success.

Parents are advised that student Buskers are required for the P and F Fair to be held this Saturday. These may be musicians (acoustic only), jugglers, mime artists, acrobats, dancers or any of the other traditional or even non-traditional buskers’ crafts. Although all proceeds will go to the P & F, prizes will be awarded to the student who earns most money, and also the most original act. Students should sign on the sheet outside my office so timeslots and locations may be allocated.

Have a musical week!
William Moxey
Co-ordinator of Music Performance

Dates for your Diary 2010

MARCH
6 – SSO Meet the Music Composition Seminar
26 – 1\textsuperscript{st} April – Music Camp – (Stanwell Tops 26\textsuperscript{th} – 28\textsuperscript{th})

APRIL
26\textsuperscript{th} March - 1 – Music Camp

MAY
7 – Camerata Concert – Chapel 7.30pm
8 – Scholarship Day
20 – 22 – Combined Schools Music Festival

JUNE
2 – Australian Chamber Orchestra Workshop –
18 – Cadet Dinner

AUGUST
11 OR 12 – SSO Meet the Music – Edwards and Scriabin – SOH 6.30pm
16 – 29 Orange Eisteddfod Music Sections

SEPTEMBER
10 – Camerata Concert – Chapel 7.30pm

OCTOBER
17 – 18 – Music Camp TBC
20 OR 21 – SSO Meet the Music – Tchaikovsky Piano Concerto No.1 – SOH 6.30pm

NOVEMBER
5 – Grandparents’ Day
6 – Open Day
12 – Music Festival

DECEMBER
10 – Carols Service
11 – Speech Day

Buskers needed!
For the P & F Fair, this Saturday 27\textsuperscript{th} February
Acts can include music (acoustic only) acrobatics, dance, mime, juggling, etc.

Please sign on the sheet on Mr Moxey’s noticeboard
KINROSS WOLAROI SCHOOL
INSTRUMENTAL PROGRAM

“MUSIC IS A MORE POTENT INSTRUMENT THAN ANY OTHER EDUCATION” (Plato 300BC)
“I ONLY WISH I HAD LEARNT A MUSICAL INSTRUMENT AT SCHOOL.”
(Just about every person I ever met who has never learnt a musical instrument)

IN THE MYSCHOOL WEBSITE A MUSIC SPECIALIST SCHOOL’S NAPLAN RESULTS WERE ALL SUBSTANTIALLY ABOVE IN ALL AREAS

Recent analysis of those receiving Speech Day awards demonstrated that of the total number of academic prizes 61% were awarded to students heavily involved in the school instrumental and vocal music program, THIS IS DESPITE ONLY 15% OF THE WHOLE SCHOOL LEARNING OR PLAYING A MUSICAL INSTRUMENT

Almost all students in Finland learn a musical instrument, Finland is one of the top performing countries academically in the OECD, Venezuela has copied Finland by instigating a free instrument lessons program in its schools resulting in a lift in academic standards and a sudden drop in crime rates

5 Reasons to Play a Musical Instrument
1. Playing A Musical Instrument Makes You Smarter
Many studies have been conducted on the effects of music to the brain. Scientists say that children who are exposed to music, or those who play an instrument, do better in school than those who don't. Recent research suggests exposure to music may benefit a child's reading age, IQ and the development of certain parts of the brain. Adults can benefit from learning to play an instrument too because it helps the mind to be alert and remain active eventually helping to sharpen the memory.

2. It Teaches Discipline
Learning to play an instrument is like learning to speak another language and it can be challenging at times. One of the qualities musicians possess is discipline. You have to be disciplined in order to master playing your instrument. You have to set time each day to practice, practice and practice some more.

3. Playing A Musical Instrument Relieves Stress
We all have days when we are so stressed out and we just want to take a break from it all. Have you ever noticed that when you hear soft, soothing music you feel more relaxed? Playing an instrument can do that and more, especially if you're the one playing. Music is one of life's simple joys; it helps calm the mind.

4. Sense of Achievement
If you're a beginner learning to play your first piece, it can be frustrating. But once you've mastered it, the satisfaction you'll feel is priceless. Never mind if it's just a simple piece, believe me you'll never forget the first piece you've mastered. You are one more step closer to achieving your goal and that is certainly something to be proud of.

5. Playing A Musical Instrument is Fun
Sure it can be a lot of hard work but there is no denying playing an instrument is fun. Once you get better at it, opportunities will arise for you to share your newly learned skill with your family and friends. Who knows, you may also consider playing professionally in the future. Playing a musical instrument opens up a lot of good possibilities that will surely enrich your life.

Suggested Websites:
http://www.youtube.com/watch?v=iG9CE55wbtY
http://www.youtube.com/watch?v=r9LCwI5iErE
http://arsedge.kennedycentre.org/champions/
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<td>A / B Rafting</td>
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<td>1st Aid / Cas Evac PG Fieldcraft. PG</td>
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<td>Yr 11 Bio Excursion</td>
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<td>5A</td>
<td>Mon 1/3</td>
<td>Nat Rowing Champs</td>
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<td>Mon 15/3</td>
<td>Year 11 Lake Mungo</td>
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<td>Fri 26/3</td>
<td>Annual Camp - Cadets Depart for Top Valley</td>
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ARU in Conjunction with Orange PCYC Proudly Presents

2010 Junior Rugby Development Camp

When: 13th, 14th, 15th April
from 9am - 3pm (Daily)

Where: Orange PCYC (Sir Neville Howse Stadium) 2-10 Seymour St

Who: Ages 12 - 17 years

Price: $200 per Child

3 Day Program Includes:

Mick Gray (ARU) Level 3 Coach and Accredited Staff

Weights Program

Nutritional Talks

Rugby Skills and Techniques

Fitness Drills

Morning Tea/Lunch Provided

Heaps of Giveaways

For Bookings Call Orange PCYC

Phone: 63602249
Fax: 63602672
email: orange@pcycnsw.org.au

PCYC

RUGBY
Rowing

Over the last weekend a team of 77 K WS rowers travelled to Canberra participate in the Independent Schools Regatta - a busy two-day event.

Saturday was the heats day, with all competing for places in the finals on Sunday. By the end of Saturday, 16 Kinross Wolaroi crews had qualified for the A or Championship finals on Sunday. There were a number of excellent performances in the heats, the most notable being the excellent performances of the boys and girls Eights in their first races of the season.

In the Sunday Finals, many of the crews showed the benefit of the racing experience on Saturday and improved considerably - Kinross Wolaroi School scored a total of 17 wins in the Saturday finals. For the regatta the Kinross Wolaroi team won 5 gold Championship medals, 2 silver medals and 4 bronze medals.

In their first major competition the Year 8 girls won one bronze medal in the double scull despite a little contact near the line between the two Kinross crews in the race and raced well and competitively in both single scull and quad scull events. The year 8 boys won bronze medals in both the double scull and the quad scull races and a number performed well in their single scull events.

The Year 9 girls qualified for the A final in the double scull, but were unfortunate not to finish their race in the quad scull heat after a collision caused an oar to be broken. They rowed very well to win their F final on the Sunday. The year 9 boys were the outstanding age group for Kinross Wolaroi at this regatta, winning 3 gold medals and one bronze. Tom Whitehead won the year 9 single scull and was a member of the other 2 gold medal winning crews as well. Eden Taylorwood-Roe was just behind him with 2 gold and one bronze medal for the championships, coming 3rd behind Tom in the single scull event.

The Year 10 girls had some members involved in senior crews and a number for whom this was a first major regatta experience. As a result there were no Kinross Wolaroi representatives in A finals from this group but there were some excellent performances reflecting great improvement in the Sunday finals. While the year 10 boys group only had one A final appearance, a winning performance in the year 10 single scull from Daniel Whitehead, they did provide winners for the B finals in both the quad scull and double scull events. Matthew Haege performed particularly well, rowing in 4 events each day, as he was called up to fill in in the Eight at very short notice.

The senior crews performed well, particularly the 2 Eights who both won silver medals, the girls losing by only ten centimetres as they were trying to overtake Canberra Girls Grammar on the line. The boys four also won a silver medal in their event, and a disrupted boys senior quad put in a strong effort on the finals day to win the B final of their event by a big margin. The girls four won both their heat on Saturday and their final on Sunday most convincingly to win their championship, shield and medals, in an excellent final preparation for the National regatta in a week’s time.

Overall it was a very busy and very successful weekend, as always strongly supported by a big parental contingent who assisted with towing and all the other logistics needed.

The dam at Spring Creek is being drained to minimal levels and the amount of water available for our training is thus very limited. Training during the week will continue at normal times, but will be based at the gymnasium and rowing machines. Next Saturday morning before the Fair commences, those who are not members of the team for the National regatta will have a row in small boats on what is left of Spring Creek. The bus for boys will leave at 7 AM and for the girls at 8 AM from the Wolaroi site. While the team is at the Nationals, normal gymnasium training times will continue for the remainder, but there will be no on-water training until 8 March, and this may have to be reviewed in the light of water levels available.

The buses for the Nationals team will depart at 7 AM on Sunday 28th of February, returning sometime in the afternoon or evening on Sunday, 7 March. Details have been distributed to all participants. We hope for some exceptional performances during this very challenging week.
Swimming news Term 1
The school swimming season has started with a bang this year with our swimmers competing in School trials, Central Western Districts Championships in Forbes, School House Carnival, Open State Championships in Sydney, The School Championship carnival and The Western Associated school’s championship. Not to be out done then Prep school have also had their carnival.
Starting the school year a week later has meant the compression of all these meets into a very short period of time which our swimmers have had to cope with.
Years 7-10 all completed their trials in week one with some 20 swimmers competing at the 2 day CWD Championship at Forbes. Our swimmers performed very well with a many gaining country qualifying times.
Tom Brodie(3), Josh Hay-McKenzie(1) and Ned Yeomans(2) all established new district records with Tom being named “Swimmer of the Meet” for his record breaking performances. Jordan Brodie, Ned Yeomans, Josh Hay McKenzie and Tom Brodie were named CWD Age champions.
From here we moved to the new look House Carnival which proved to be a great success with over 300 students competing in the swimming events. In a true Inter-house competitions students could gain points for their House from competing in the trials, swimming in the one of the division races each of which contained one swimmer from each house, or taking part in the lunch time Mega Relay or Beach Volleyball competition. Fortunately the weather held and after a tight struggle Douglas house came out winners from McLachlan house.
On the Weekend Shelby Archer and Emilie Miller contested the Open State championships held in Sydney. This meet is the last “Tune up” meet prior to the Australian Championships and Commonwealth games trials to be held in March. The meet was full of star performances. Jordan Brodie, Ned Yeomans, Josh Hay McKenzie and Tom Brodie were named CWD Age champions.

Tuesday saw the introduction of the new format Championship carnival which was approached with some reservation that the new format would have a negative effect on the championship performances. This proved to be totally unfounded with the results being outstanding. 14 Individual records were set, twice as many as last year leaving no doubt as to the success of the format.
New records were set by Ned Yeomans (4), Tom Brodie (4), Max Cowperthwaite (3), with Josh Hay-McKenzie, Jack Archer and Katie Strike all one each. The 2010 Age champions were 12yrs Angus Gilmore, Eddie Kennelly 13yrs Lachlan Brown, Meg Crouch 14yrs Ned Yeomans, Nicola Dalzell 15yrs Josh Hay-McKenzie, Katie Strike 16yrs Tom Brodie, Callin O’Connor 17yrs Brenton Byrne, Tamsyn Moana-Veale Open Jack Archer and Todd Wheeler eq, Hana Cowperthwaite
Friday evening saw us travel to Stannies for the WAS championship where we proved far too strong in the girls events winning the girls pointscore as well as the Co-ed. In the boys events due to a lack of 12yrs boys we were finished a very close second behind Stannies In Victoria Christopher and Alison Henderson – Matuschka both contested the Australian Age Open Water championships in the 5km. In this 1 hour plus event both swimmer encountered adverse conditions with visibility poor, rough water and a low water temperature. In spite of these conditions both swimmers acquitted themselves very well finishing in the top 20 in the country in their age group. They continue their heavy schedule this week with individual and team Triathlon.

Cricket
KWS Ifflands v KWS Lees
The result was a bit of shock to the Ifflands who were playing pretty well up to the Christmas break, but to be fair the Lees played pretty good cricket on the weekend specially Marcho & Bubbles who out played the Ifflands. Ifflands won the toss and sent Lees in to bat and it wasn’t that long before T. Baker had his first wicket with the score on 17 but the next three batsmen Dobbs 13, Harbo 23 and Frecko 32 made the end score a descent one of 120. The best of the Ifflands bowlers were T Baker (2), B Hunt (3) and L Freeth (3).
Ifflands started the run chase pretty well with A Bell (12), L Miller (12) and C Kostaglou (27) 3 for 64 and looking good, then young Frecko & Marcho came on to bowl and clean up the rest and we were all out for 103.
KWS 145 (153) v SJS (MU) (142)
SJS batted first and secured a good total due to one very competent batsman who retired at 40 (but was outscored by sundries). The KWS boys were very rusty after not playing a competitive game for 3 months. Fortunately our batting was consistent and reliable so we passed the SJS total with fiver overs and five batsmen to spare. Bailey Hilder was the best for KWs showing good pace while bowling and playing with focus and concentration as wicket-keeper and at the crease.