Message from the Principal

School Council AGM and the new P&F Office Bearers for 2013

School Council - AGM

At the recent AGM of School Council the following appointments were made:

Chairman – Tony Cheney

Deputy Chairman & Secretary to Council – Andrew Glastonbury

Council Executive – Tony Cheney, Andrew Glastonbury, Paul Bloomfield, Christine McIntosh

Convenor of Policy & Planning – Paul Bloomfield

Convenor of Finance – Andrew Glastonbury

Convenor of Capital Works – Martin Collett

Treasurer – Annabelle Forsyth

Foundation Representative – Ric Pasquali

A major change from 2012 is the stepping down as Deputy Chairman by Martin Collett. Martin has served as the Deputy for 3 years and fortunately for the school continues his long association with School Council via his leadership of the Capital Works Committee. Andrew Glastonbury moves into this important role, relinquishing his role as Treasurer in the process.

Parents will be aware of the recent new additions to School Council of current parents Annabelle Forsyth and Andrew Kermode with professional skills that complement the remainder of School Council. I applaud them for their willingness to stand for School Council.
formally welcome Annabelle and Andrew to School Council.

I take this opportunity on behalf of the School Community to thank our School Council for the wonderful work they do in leading and governing the school.

Parents & Friends Office Bearers

The Parents & Friends Association office bearers for 2013 are as follows:

President – Kris Battye
Vice President – Richard Cheney
Secretary – Jean Welsh
Treasurer – Sandra Jones
Canteen Treasurer – Sandra Jones
Canteen Management Committee – Richard Cheney, Hilary Britton, Jenny Glastonbury, Justine Peters, Jenny Illland
NSW Parent Council Representative/Publicity Officer – Pauline Solari
Prep School Representative – Michelle Srzich
Career Evening Co-ordinator 2013 – Richard Cheney & Sandra Jones

I am grateful for the contribution the above parents are making to the School in their respective roles within the P & F Association. I acknowledge and thank immediate past President Richard Cheney and immediate past Secretary Jenny Glastonbury for their outstanding leadership, service and commitment to the P and F over the last few years. I am pleased that Richard and Jenny continue their association with the P and F this year.

Each year the P & F undertakes an enormous amount of work within the School including major fundraising activities. Over the last few years we have been fortunate to have received in excess of $60,000.00 each year from the P & F to enhance and support the academic programmes within the school and to update and improve our facilities. This cash injection has been greatly appreciated by the students and parents and has added to our overall school improvement.

I look forward to working with the new P & F Executive for the remainder of 2013 and greatly appreciate the voluntary efforts of these parents.

Brian J Kennelly
Principal

From the Head of Senior School

As I write this message, we have just farewelled one set of official visitors to the school. The federal government, through DEEWR, allocates funding to schools, including Catholic and Independent schools. The funding is based on a school census submitted to the government in
August each year. Random schools are then selected the following year for verification of the census figures submitted; KWS was one of those schools in 2013.

Thanks to our database and administrative filing systems it has not been difficult to demonstrate to the auditors the accuracy of our 2012 submission. Now we just await the Board of Studies inspectors on Wednesday and Thursday for a more detailed verification in the Registration and Accreditation process!

**Year 9** head off to Jindabyne for the Snowy Mountains Geography excursion, beginning on Wednesday. This is always a major undertaking but students’ mandatory fieldwork can be completed and they invariably have a great time, usually making it to the top of Mt Kosciusko! **Year 11** attend a two-day Leadership Camp and **Year 12** will go to Bathurst on Thursday for a Tertiary Studies Information Day.

The school is very grateful to staff who arrange, oversee and supervise these excursions and activities for the benefit of students. While at the camp, Year 11 students will be learning about the **Prefect system** at the school: how it works and what will be required of those who become Prefects. The system has been further refined following experience and information from current leaders. We intend to spread the opportunities for leadership more widely amongst the senior students, so one person cannot hold more than one major leadership position. The system will be explained in detail to the Year 11 students at camp and following the camp the final steps in the process of election and appointment will be published to parents.

Parents of Year 12 will receive this week a letter outlining the process involved for completion of the **MMG online survey** referred to in last week’s Bulletin. I encourage all parents of Year 12 to participate, as your feedback is essential to us as we develop ways of better meeting your needs and those of your children.

Elsewhere in the Bulletin you will find information about the **KWS Litfest**, happening on the 11th to the 13th of June – please talk about this with your children and encourage their active involvement.

Some **sport news** needs special mention: we will have students representing the school at the following events… NSW All Schools Swimming Thursday 9th May; WAS Under 15’s Netball on Thursday 9th May; WAS Opens Hockey on Monday 13th May; ISA Rugby Trials Opens and 16s on Tuesday 14th May. WAS X-Country will be held on Monday 20th May. It is wonderful that so many of our students achieve at a level beyond the local or school competitions.

While on the subject of sport, speed and athletics training has begun on the main oval on Monday and Wednesday afternoons, so please encourage your children to be part of that if they are seeking extra skills in the athletic area.

I hope you have a wonderful week and look forward to being able to report back to you after our inspection!
Learning Matters

NAPLAN notice

Just a reminder for parents and students of Yr7 & 9 that NAPLAN will be conducted next week (Week 3) starting on the Tuesday 14th May through to Thursday 16th May. Students on Tuesday will be required to attend the DPA at the beginning of Period 2 and then further times will be given. Items that will be required include pencils (2B), sharpener, eraser and school calculator on Thursday. Students are not allowed rulers, mobile phones, white out.

I encourage students to consider NAPLAN as an important form of assessment. It not only gives parents a ‘snapshot’ of your child’s relative performance in literacy and numeracy, but it also provides important information to the school especially those who perform below minimum standards and those who greatly underachieve.

For more information including past papers for practice, please go to http://www.nap.edu.au/naplan/naplan.html

7-10 Exams are just around the corner…

The School is currently undergoing senior exams and it is an important time for all students to reflect on the importance of examinations. There is not a senior student who I have spoken to that would not have appreciated another day (or two!) to prepare for an upcoming exam. So this is a timely reminder for all Yr7-10 students to start preparing now!

The biggest issue as I speak to students regarding examination preparation is time management. Most students are aware of the importance of examinations and are willing to do well. Whilst our focus for examinations has always been about performing to the best of your ability and ‘do your best’, most students we know, would perform better had they been prepared well beforehand.

I encourage students to consider now (if not already) to prepare the upcoming exams due in Week 5 not for the sole purpose of achieving good results alone. Preparation also assists in managing stress levels and based on good study habits enables better memory retention, knowledge to understanding, restful sleep and better focus in school.

Some tips for good time management and study habits are as follows

It’s never too late! So start today – not tomorrow. Break up your prep time into homework and review (a good suggestion is homework before dinner and study just after – don’t prolong too late into the night)

Find a place where you are able to focus free from distractions – maybe it’s time to make some tough decisions regarding time spent on social media, computer games etc

If you are easily distracted, try to set some goals to ‘stay in your chair’ for 30 mins at a time – no matter what!
Can't get started, start at Topic 1 from Term 1 and **make notes** (in a separate study book). These notes ought to be summarises based on a combination of your text book, relevant handouts, class work and homework. Each set of notes should be in dot-point and in your own words

**Use colour!** Use highlighters, different colour pens to make key points stand out

**Listen well in class!** Participate in discussion, ask questions and concentrate on not just retaining knowledge but whether you actually understand and can apply the knowledge.

Make a priority list. Consider **what comes first, comes first**

**Stuck, then seek help!** Ask your tutor or teacher for assistance, we are more than willing to assist in setting up study timetables, strategies to get started and to perform to your best.

For students who have difficulty in this area, and require further assistance I will be holding a “**Building good Study Habits**” workshop next Thursday 16\(^{th}\) May in Room 25 (Bennett Building) from 5pm to 6:30pm. Cost for this workshop will be $10 (charged to account) and includes a work booklet and supper. For those interested (and places limited to 15-20) please RSVP to Sally Rattray-Wood (srattray@kws.nsw.edu.au). A text book and study workbook will be required for the workshop.

**Yooh Choi**
**Director of Learning**

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**Vaccination Program 2013**

Each year NSW Health works with education authorities to offer the vaccines recommended for adolescents by the National Health & Medical Research Council (NHMRC). Nurses from Greater Western Area Health will be visiting the school next on:

**Friday 17 May**
**All Year 7 – HPV Dose 2**
**Year 9 Boys – HPV Dose 2**

Vaccination Dates for 2013 are:

**Friday 16 August**
All Year 7 – Varicella and dTpaW

**Wednesday 30 October**
All Year 7 – Hepatitis B Dose 2 and HPV Dose 3
Year 9 Boys – HPV Dose 3

If you have any questions/concerns regarding the vaccinations please contact Michele Fulton at the Western NSW Local Health Network on 6339 5185.

**Karen Tyrrell**
**Assistant to the Head of Senior School**

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**Careers Forum**

Families of Year 10, 11 & 12 students please make a note of the date for this year’s P&F Careers Forum which will be held in the DPA in the evening of Thursday 13\(^{th}\) June at 3pm...
This is a wonderful opportunity to gather information on the day-to-day activities involved in a wide range of careers. This year’s forum is shaping up to be bigger and better than ever and is not to be missed. It is held at this time to assist Year 10 students in making better informed subject selections for their HSC program and is also very helpful for Year 11 & 12 students who are still unsure of their career path.

Parents are encouraged to come along and be part of the information gathering process.

Cherie Byrnes
Careers Advisor

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**Student Wellbeing News**

**Teens improve Mental Health if they regularly eat with their Family**

By Michael Herbert

New research published in the *Journal of Adolescent Health* claims that the mental health of teenagers can be greatly improved when they regularly share meals with their family.

The U.S. researchers studied more than 20,000 young people between the ages of 11 and 15 years.

Perhaps even more surprising is the claim this applies regardless of whether they are comfortable talking to their parents.

The benefits of family meals for teens include:

- Providing them with routine
- Consistency
- Opportunity to learn communication skills
- Manners
- Nutrition
- Good eating habits.

The research suggests that teens who have family meals are more trusting and generally more emotionally stable than those who do not have the same opportunity.

Another study reveals the benefits for the rest of the family when teens are part of regular family meals. According to the *National Center on Addiction and Substance Abuse at Columbia University (CASA)*, these benefits include:

- Everyone eats healthier meals
- Teens are less likely to become overweight or obese
- Teens are more likely to stay away from cigarettes
- They are less likely to drink alcohol
- They are less likely to try marijuana
- They are less likely to use illicit drugs
They (and their friends) are less likely to abuse prescription drugs
School grades will be better
Parents and teens will talk more
Parents are more likely to hear about a serious problem
Teens are more likely to feel family members are proud of them
There will be less stress and tension at home.
Researchers concluded that each extra family meal per week added significantly to the mental health of teenagers.

Bruce Paine
Student Counsellor

KWS Winter Litfest 2013

The third KWS Literature Festival will take place on 11th-13th June with author talks, workshops and book signings. The festival provides a wonderful opportunity for students to be exposed to authors and illustrators, to learn about their styles of writing and illustrating and to inspire our students to write creatively.

Our guests this year are:

| Nette Hilton | Gaye Chapman | Oliver Phommavanh |

Nette Hilton is an established author of children’s literature and has won several awards for her books, which range from early childhood to novels for older readers. For more information go to www.nettehilton.com.au

Gaye Chapman is an artist of national standing and illustrator of children’s picture books. She has exhibited widely throughout Australia and overseas, and has many major collections, awards, prizes and exhibitions to her name including the Sulman, Blake, Fleurieu, Kedumba and Waterhouse Natural History art prizes. For more information go to http://gayechapman.wordpress.com/

Oliver Phommavanh is a young Thai-Australian writer for children. He is a primary school teacher who shares his writing passion with kids and engages them with humour. He's also a stand-up comedian and
has appeared on national TV and radio. Check out Oliver’s website at www.oliverwriter.com

Students in the Prep School and Secondary will be attending sessions with our guests. Copies of the authors’ books will be available for purchase and signing during the three days. Students attending a session will have $8.50 charged to their account.

Any enquiries, please contact Amanda Foster, Senior Librarian on 63920360.

Amanda Foster
Senior Librarian

Orange Apple Festival

To celebrate the district’s rich apple growing history, Orange and its surrounding villages will hold the second annual Orange Apple Festival. Timed to include the Orange Region Farmers Market on the Saturday and Mothers Day on the Sunday, the event will be held from Friday 10th to Sunday 12th May 2013.

Here’s what’s Planned:

Schools are learning about apple varieties, the history of the district, highlighting the health aspects of fresh fruit, and are submitting apple art works to be displayed at the Orange Region Farmers Market on the Saturday. This year schools across the district will take part in the BIG CRUNCH – eating an apple at 11.00am – now that’s a record!

Dress up days in schools, preschools and daycare centres are being held.

TAFE/schools offering hospitality courses are teaching cooking techniques, preparing dishes incorporating apples

Heritage Apple Walks and Orchard & Packing Shed tours are being held over the weekend (see booking details below)

The Orange Apple Festival Fun Run is being run on Sunday 12th May starting at the Pinnacle (3km, 5km, 10km) 9am start more details www.orangerunners.com.au or Frank Ostini 0417 436633

Local cafes & restaurants are featuring apple inspired dishes & treats on their menus and in the glass. The Orange Library will have their ‘apple books’ on display.

Friday 10th May

Schools are currently planning activities. This year we are introducing ‘The Big Crunch’ where children across the district will strive to ‘set a record’ to eat apples at the same time.

Bed & Breakfast and motels will be displaying Apples in bowls at reception and on the pillow in rooms as a welcome gesture to highlight the Festival.
Restaurants & cafés are offering menus throughout the festival where apples will feature as the ‘hero’ ingredient on the plate and in the glass.

Look out for apples and apple pies, jams and chutneys for sale 10am – 2pm and an Art Exhibition by the Orange Art Society in the Orange City Centre throughout the day.


Enquiries & Bookings Borry Gartrell 6365 342 or 0418 865 217.

High Tea at Café Patisserie Anna 11am – 5pm $25pp. Bookings 6391 5933 or 0401 933 406

Saturday 11th May

The Orange Region Farmers Market will highlight apples and local growers, display the children’s artworks, Geoff White will be at the Chefs Table with a giant Apple Slice, there’ll be apple slinky’s and apple bobbing for the kids & Apple Cider tastings for the adults.

Botanic Gardens Orchard Walk & Talk at the 10.30 am with Reg Kidd which includes morning tea with The Friends of the Botanic Gardens. $5pp. Bookings 0425 259 350

Sunday 12th May

The Orange Apple Festival Fun Run at the Pinnacle (3km, 5km, 10km. 9am start (meet at 8.45am) More details www.orangerunners.com.au or Frank Ostini 0417 436633

Orchard and Packing Shed Tour. 10am. Visit a local apple orchardist, walk through the apple orchards, see a packing shed in action, taste apples straight off the tree. Bus departs Cook Park (Kile Street) 10.00am & returns noon to Cook Park. Cost: donation to the growers - $5pp $15 per family Bookings 0425 259 350

Heritage Apple Walk at Borrodell on the Mount. 11am $10pp. Enquiries & Bookings to Borry Gartrell 6365 342 or 0418 865 217.

High Tea @ Highland Heritage 11am – 3pm $25 per adult and $15 per child includes complimentary glass of champagne on arrival Bookings: 6361 3054

Mothers Day lunches are being held throughout the district – to find out who’s participating visit www.tasteorange.com.au

Supporting the Festival in the lead up or week following

Cooking with Lesley Russell – Baking Class Thursday 9th May 10.00am – 12noon $35 pp, includes coffee by Bills Beans & lots of chatting. Learn to make a delicious afternoon tea cake plus the best apple tart, apple crumble cake & apple crostata. Bookings: 0401 063 042

TAFE lunch & Dinners with Apples Mon 13th & Tues 14th May 6pm for 6.30pm 3 course meal $30pp. Wed 15th 12.noon $12pp. Bookings Essential to TAFE (Naomi) 6391 5657
We look forward to seeing you involved.

**To find out more information, please contact us**

Cath Thompson: Festival Coordinator 0425 259 350  
ccthomo@bigpond.com

Rhonda Sear - Taste Orange 6360 1990 or 0422 222 446  
rhonda@tasteorange.com.au

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**KWS China Tour**

Deposits for the KWS China Tour are now due in.

It is still possible to pay the deposit but this needs to come in this week as we have to register our teams for the carnival. There are still some spaces available in the teams.

A meeting for students will be held next Wednesday 2nd half of lunch in the blue room. If you need any further information please contact Mr Joe Priest for details either by email: jpriest@kws.nsw.edu.au or by phone: 63920307.

Joe Priest  
Director of Sport

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**Boarder’s News**

**June Long Weekend Travel**

The Queen’s Birthday Long Weekend will soon be upon us and bookings will soon be taken for Queen’s Birthday Long Weekend Travel. Countrylink buses will leave the School on Friday 7 June and return boarders to school on Monday 10 June.

Because there is always a very large number of students who wish to use the Countrylink service over the Long Weekend, we have been asked to finalise our booking requirements **this week**.

Booking sheets are currently in the Boarding Houses, so please speak with your child and confirm your travel arrangements. If you have any questions relating to the travel arrangements, you can contact Sally Rattray-Wood at School on 6392 0325.

As you are aware, Friday 7 June will be Senior School Staff Development Day which means that boarders who choose to travel home with Countrylink will now be able to do so without missing any school classes.

Please be aware that as a result of this arrangement, there will be **no leave given to boarders under any circumstances until after students have completed their sport commitments on Thursday afternoon.**

**Flu Vaccinations**

If you were unable to organise a flu vaccination for your child over the holiday break and would like to have your child immunised, please
contact the Health Centre on 6392 0376 to have this arranged. With the winter weather approaching, we encourage you to have your child immunised to prevent the spread of the flu in the boarding houses.

**Boarding Exchange Students**

Congratulations to the following Year 10 boarders who have been selected for boarding Exchanges later this year. We wish them well and look forward to hearing about their adventures upon their return to School.

Strathallan School, Scotland – Adelaide Patterson and Siobhan Herbert

Canterbury Girls’ High School, New Zealand – Mia Hull and Megan McCauley

Timaru Boys’ High School, New Zealand – Rowan Wilson and Will Olson

**Dates for your Calendar**

18 May - Loader House Dinner
10 August - Miller House Dinner
10 August - New House Dinner
17 August - Wolaroi House Dinner
17 August - Weymouth House Dinner
30 August - Trathen House Dinner
31 August - Rugby Presentation Dinner

**Alistair Miller**
**Director of Boarding**

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**Lost Equestrian Jacket**

An Equestrian jacket (size 12 or 14) has recently been lost on the School grounds. If you have seen this jacket or have collected it by mistake please contact Fiona Hall on 0429 656 101.

Thanyou.

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**Clothing Pool News**

Please note that due to staff commitment, the Clothing Pool will be closed on Tuesday 21st May.

The Clothing Pool will re-open on Wednesday 22nd May from 10am -2pm and will also be open on Thursday 23rd May from 10am-2pm.

We apologise for any inconvenience.

**Jasmina Kosarac**
**Clothing Pool Sales Assistant**

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**Cadet Calendars**

Below are the Term 2 Cadet Calendars for your reference. They can also be viewed or downloaded from the [Co-curricular Activities page](#) on the website.
Guitar Ensembles

We are pleased to announce a new Junior and Senior Guitar Ensemble starting Week 2 this term. If your child is interested in joining please see Mrs Chapman in the Music Centre.

Rehearsal details are:

**Junior Guitar Ensemble**

Monday, 7:50am – 8:45am (Starting Week 2)

Room 68
Prep students and beginner guitar players

Senior Guitar Ensemble
Monday, Lunchtime (Starting Week 2)
Performance Theatre
Intermediate to advanced guitar players
Mrs Libby Chapman
Music Secretary

Camerata Concert
The KWS Camerata Concert featuring the 2013 Concerto Competition performers will be held on Friday 17th May from 6:30pm in the DPA Chapel.

Entry is by donation and a light supper will be provided.

Libby Chapman
Music Secretary

Rugby Reports

Canberra Rugby Report
On the last weekend of the April school holidays, six KWS rugby teams travelled to Canberra to play matches against Marist College and Canberra Grammar. As the tour involved 115 students and 10 coaches, I must start by thanking the coaches and parents involved in organising and supporting this activity in order to make it work. Being a holiday fixture, our players had to travel from far and wide to make it to
Canberra. There had been many weeks of organising to make this trip, and I must that the coaches for all of their efforts – Mr Barrett, Mr Smith, Mr Morgan Grivas, Mr Mark Grivas, Mr Giuffre, Mr Begg, Mr Hastie, Mr Bone and Mr Eccleston.

The 1st and 2nd XV squads travelled to Canberra on Thursday 25th April, and stayed at the Australian Institute of Sport. The facility at the AIS is great location to conduct a training camp. The boys were able to fit in a number of on field training sessions, as well as off field recovery sessions. The food at the AIS was excellent and it was a great experience for the boys to mix it with some of the nation’s best sportspeople.

On Saturday 27th April, another 80 boys from the Under 13 to Under 16 age groups travelled to Canberra to join the opens squad. The first match on the Saturday was against Marist College. Marist are a very strong rugby school who field 23 rugby teams versus 12 from KWS. The depth and size of their squads was clearly apparent, especially in the younger age groups. Being the first match of the season our teams were a bit rusty, and it was a tough start for each of our teams. This was always going to be a tough fixture, and I admired the way the boys played against a worthy opposition.

On Saturday night, all of the players travelled to Canberra Stadium to watch a Super Rugby match – the Brumbies vs the Western Force. This was a great experience for the boys, many of whom had never seen a high level rugby match before.

On Sunday 28th April, we travelled across to Canberra Grammar. It was very pleasing to see how all of our teams rebounded from the tough matches from the day before. Our Under 13 team started off a successful day with a very convincing win. The Under 14’s started slowly and had a few tries scored against them in the first ten minutes. The team consolidated and then played very strongly in the second half. We then had wins in the remaining four matches in the U15’s, U16’s 2ndXV and 1st XV. So the end result was five wins out of six matches.

It was a long a bring weekend for our players, and I thank all of the boys for their efforts. It was great to see the large number of parents who came along in support, and we hope to see you at the upcoming matches.

Our next match is this Saturday 4th May at St Stanislaus’s College in Bathurst, where most of our teams will be playing against Riverview College. The match and bus times will be in the school newsletter and also communicated to the students at training this week.

Richard Roach
MIC Rugby

KWS 1st XV Vs Riverview 2nd XV won 20-12

The opportunity to take on a GPS school is always met with excitement and after a successful camp in Canberra last week the team was well
A slow start saw Riverview jump to a 5-0 lead and whilst KWS had 90% of the field position and possession we found ourselves down. Billy freeman was outstanding scoring 2 tries and causing headaches for the opposition.

Our line defence was solid and the enthusiasm was evident but at times the execution was poor which kept the visitors in the game.

Shortly after half-time we suffered a double blow, Jack Yeomans a broken thumb and Ben Raines a broken hand. In addition, Nick Lukins got caught in an awkward tackle and had to be replaced.

The real highlights were to see the potential this team has, an exciting backline, a determined forward pack and the willingness to work for each other. This week we take on Stannies for the John O’Neil Shield in what will be a passionate and exciting encounter.

Try Scorers: Billy Freeman 2, Logan Brockman, Ben Hogendyke

3 points Billy Freeman
2 points Tom Bristow
1 Jackson Ryan

Huon Barrett

**KWS 3rds Vs St Stanislaus College 4th XV won 22-12**

The KWS 3rd XV began the season with a strong performance against St Stanislaus 4th XV.

The forwards dominated possession throughout the match with excellent work at the breakdown which provided the backs clean ball for some entertaining play.

Billy O’Connor scored early in the match after a break by James Pansini and backup play by Andrew Johnson. Tom Rolfe’s conversion put KWS up 7-0. The second try was scored by James Pansini after fantastic defensive pressure from the entire team forced an error from Stannies inside their own 10m line with Pansini on the spot to clean up the ball and score out wide. Curtis Barker showed he will be a handful for opposition teams with 2 tries including an entertaining 70m effort.

All players played well with standouts being Woody McClymont (1 point), Gus Griffiths (2 points) and Andrew Johnson (3 points).

Next week’s match will be against the same opposition but with ISA points up for grabs a step up in intensity is required.

Paul McRae

**KWS 4th XV Vs Stannies 5th XV won 27-7**

The KWS 4th XV achieved everything that was asked of them on Saturday, and notched up a great first up win. With only two training sessions before this match, it was a surprise to see how quickly this
team came together and played diligently to the match plan.

For the Year 11 players in the team, it was the first time any of them had ever beaten a team from Stannies. Each of the five tries scored was the result of a great team effort.

The standout performers were Grayson Rosborough, Andrew Stanbrook and Scott McKellar, with the rest of the team not far behind.

Well done to all of the team for way they approached this match.

Richard Roach
MIC Rugby

KWS 15As Vs Riverview 15Bs won 59-0

The 15As trained very well this week, with all players focused on improving individually and as a team for the weekends match.

KWS started the game energetically and moved the ball around the field finding space in the Riverview defensive line and it only seemed a matter of time before pressure would convert into points.

Louis Carr kept up the intensity of the game clearing the ball quickly to runners and directing the attack well. Joe Yeomans had some devastating runs bending the defensive line giving the KWS forward momentum, while Pete Alston was dominate in defence driving back the Riverview attack.

There was some great individual tries scored during the game but most impressive were the tries that were scored off the back of some excellent support play. The 15As are looking forward to the upcoming Stannies match and are going to continue to train hard and look to improve throughout the season.


Conversions - Hamish Sheehan 7.

Anthony Begg

Under 13As Vs Riverview Bs won 7-0

This was a very tough game of football that was in the balance right up to the final whistle. We ran in to a strong breeze in the first half and defended in a determined manner to hold out the opposition. The pack worked well as a unit, blunting the Riverview forward progress, while the backs made some critical tackles to shut down their opposite numbers. The deadlock was broken when Fraser Robertson crashed over near the posts for Monty Eccleston to convert. The game then became a battle of wills as Riverview threw everything at us in the final 20 minutes. Some tenacious defence and some astute kicking gave us the final victory.

Congratulations to all the boys on a determined effort full of character. When the going got tough the boys really lifted to give us a great victory. We now look forward to the game against Stannies with a degree of
confidence.

Gary Bone

**Hockey Reports**

**Open WAS Hockey Reminder**

ACIES trials are on Monday 13\textsuperscript{th} May 2013. Make sure all permission notes have been returned to Mrs Hill. The bus will be leaving at 1 pm Sunday 12\textsuperscript{th} May from the Bus Bay.

**Team Reports**

**KWS 2 Vs Galahs lost 1-4**

The first game of the season was a hard fought game for the seconds. With only one training in the bank the girls started hard, pressuring the opposition continuously and connecting well with each other as a team. This resulted in the first goal of the season to a quick reacting Nic Thomas which put the girls on the upper hand, coming off at half time with the score in their favour. However Galahs came back strong to steal the game away with a few quick goals towards the end of the game. Still a great game for Round one! Well done Girls.

**KWS 2 Vs Blayney drew 2-2**

Playing a rather physical Blayney opposition, the KWS 2’s stepped up the mark to prove that they are to be a commanding presence on the field. With excellent passing and great vision across the field the girls dominated the majority game shown through the hard fought goals of Sarah Fraser and Kellie O’Conner. Unfortunately tiredness got the better of the girls and Blayney scored two quick goals to even the score. Great defensive and attacking work and kept the score on par to give the girls a draw against a well-developed side. Thankyou to Poppy and Ellie for playing musical goalie and doing a great job in goals!

**U18 Crusaders Vs KWS Lions - Score: 6-1**

This was a good start top the season. Both teams enjoyed the game with the Crusaders proving too strong.

**U15 KWS Brumbies Vs U15 KWS Rebels - Score: won 4-0**

The Brumbies played well, despite it being the first game of the season, and we won 4-0.

In the first 5 minutes of the game, Brumbies had already scored a goal, thanks to Sophie Allen and Mary Munro who helped get the ball into the circle.

For the rest of the first half, the ball was flying up and down the field, but our two solid backs, Claudia Bartlett and Amelia Abbott made sure no goals went near our awesome goalie, Sophie Petraglia.

In the second half Ruby Brown, Sophie Amos, Lillian and Emma Pryse-Jones showed great skill and helped score another goal.
There was only one word to describe Steph Lennon as she raced up and down the field. She was unstoppable! She helped set up an excellent goal along with Maddie Strudwick.

In the last 10 minutes, Josie changed the score to 4-0 when she hit the ball right into the corner of the goal.

Thankyou to Mr Walters for his excellent advice throughout the game.

U15 KWS Rebels Vs KWS Brumbies

The KWS Rebels dusted off their shin pads and mouth guards for the opening round match against fellow KWS team, the Brumbies. The girls were strong in defence notably Johannah Collins and Tracey Kasjan who staved off many attempts at goal. At half time the girls were down by one but looking strong. As the cold crept in, as did another few goals and the Rebels were defeated 4-0. Despite the result the girls played a great match and are looking forward to improving throughout the season. Playing their first game of hockey, Clancy Davies-Etheridge and Jennifer Kennett showed great potential and will be an asset to the KWS Rebels.

U13 KWS Cheetahs Vs Confederates won 5-2

Cheetahs had a fantastic start to the season with a fabulous win over Confederates. All players combined well together with Maggie Smith working particularly hard through the centres. Hannah Solari was fabulous in defence playing in the backs, while Chelsea Shrimpton closed out two goals playing striker. Superb ball skills from Emma Holman gave strength to attack. Maggie Yeomans deserves huge congratulations for her first game ever of hockey, demonstrating great speed and natural ability.

U13 KWS Hurricanes Vs Ex-Services lost 2-3

The KWS U13’s Hurricanes played their first gram of the season against the U13’s Ex-Services girls. The KWS girls walked away with a close loss of 3-2. During the first half Indi Devane, Alex Wald and Gabby Pantoja worked together to get the ball up to the goal, with Alana Dihel showing great defence skills and Maggie J Smith also showing great leadership and skill. Fast and fierce goals were scored by Indi Devane and Jamie Redenbach. The game was 2 all until the final few minutes, when Ex-Services scored their 3rd goal. The game was a great start to the season and we look forward to further developing our skills as a team. Well done girls.

Michelle Hill
MIC Hockey

Netball News

Tuesday Fitness

Starting next week, all KWS teams will commence the ‘Tuesday Fitness’ program. Groups of two teams will move around fitness stations from 3:40pm til 4:20pm. Each station will focus on one or more
of the main fitness areas: speed, power, endurance, strength and flexibility.

After the fitness stations conclude, the teams will then join their coaches for normal team training for the rest of the afternoon. It is hoped that all of the girls will embrace the opportunity to improve their fitness. This in turn, will improve their netball skills and thus their overall enjoyment.

First Round Results

Orange put on a great day for the first round of Netball. There were some hard fought games throughout the day and well done to all.

Special congratulations to Rebekah Kwa for being selected as the 2013 KWS Netball Captain. Also, good luck to the KWS girls who are travelling to Sydney on Thursday to compete at the AICES 15 & Under Netball trials.

Senior Competition

KWS 1sts Vs OHS High A Lost 25 - 44

After a year of comfortable wins in second division, nerves charged the air as the KWS 1sts stepped back onto the courts in Division 1. The team was delighted to welcome new-comers Bridget Cooper, Sarah McIntyre and Sophia Cassimatis to the ranks, while our seasoned old-timers were excited for another start to the season. Also, a big thank you goes out to Brooke Hamilton who played a wonderful game stepping in as Shooter. After a strong start in the first quarter, the next two quarters suffered due to our fitness levels, which had obviously dwindled over the holidays. As this was our first time playing together, a few blunders were to be expected. However, the fourth quarter marked our renewed resolve and the goals finally started to flow from a solid base of defence and centre court work. Yet, faced with the solid strength of OHS High A, we lost 44 – 25. For the KWS 1sts, this season will be categorised by faster, harder and stronger opponents. But, it is a challenge to which I know the girls will rise with enthusiasm and determination. (Rebekah Kwa)

KWS 2nds Vs Hawkes Lcon Won 35 - 17

It was an exciting start to the season for the 2nds with a good win over the Hawks. Our defence was excellent with Arabella Jorgensen-Hull and Eddie Kennelly using their height to contest and win rebounds. Eloise Mirrington and Cassie Naylor played well bringing the ball down the court. Chloe Upcroft and Carmen Date’s consistency speed and court coverage ensured the ball was smoothly and efficiently delivered to the shooters. Our fitness was tested in the third quarter, however, we were able to hang on during the final quarter. The speed and quick passing in the circle allowed the shooters to get into the best possible position to shoot. Elyssa Haley was outstanding, shooting from all around the circle, whilst Lizzie Bilton was awarded player of the week for her amazing goal shooting skills. All in all a great team effort and a fantastic start to the season!

KWS VCs Vs Hawkes BCC
The VCs enjoyed their first game in the afternoon competition with a victory over Hawkes by 30 goals. Things were a bit chaotic with the excitement of the big ladies competition but as the girls slowed down play and thought about being in control, they improved on their first quarter score and performed better and better as the game progressed. Thea Allen, Kelsea Bellamy and India Kermode showed maturity and control in the circle against very tall opposition. Pru Schiffman and Georgia Booth defended well. Congratulations to all of the girls for their first win in the afternoon comp.

KWS Y12 Vs CYMS Transformers Won 27 – 21

A fantastic display of courage! The score does not truly indicate how close the contest actually was! With only 7 players, the girls had to find a little more each quarter – and that they did! There was only about 2 points between both teams until the final quarter. With a bit more fitness and some fine tuning of netball ‘savvy’, KWS Y12 will definitely be the team others want to topple. All girls dug deep and they were a pleasure to watch. Bea Patterson had a brilliant game as Shooter; Lauryn Wilson did a great job in the centre court, always backing up in both attack and defence; Sam Charry worked hard in defence and really put pressure on the opposition’s shooters as Keeper in the last quarter; Mandy Colless was a vital link between the shooters and the defence and her quick drives as Wing Attack were particularly impressive; Karli Maloney was tireless as Goal Attack all game – great positional play and some good rebounds; Millie Inder really had the opposition on the back foot – she was tight id defence and won some valuable intercepts; Pip Johnson went hard all game – determined in defence but a very impressive as Centre. Well done girls – great first game! 3 points: Pip Johnson 2 points: Millie Inder 1 point: Karli Maloney.

KWS 4ths Vs CYMS Great Western Lost 12 – 13

The score says it all! A great tussle and the girls put in 100%. Some unforced errors were the difference but the team fought til the end. Once team combinations and good choices become solid, the KWS 4ths will continue to be competitive each Saturday. Kayla Simmonds’ enthusiasm was unmatched and Katie Rice was very determined to fight hard for possession. In defence, Belle Kerr did not give her opponent an inch and Kate Ponder was a solid link in the centre court. As Goal Defence, Georgia Uttley was inspirational to her team mates and achieved many turnovers and intercepts. Great start to the 2013 season ladies! 3 points: Georgia Uttley 2 points: Kate Ponder 1 point: Belle Kerr

KWS Wonkas Vs Valley Vixons Lost 16 - 17

With 2 minutes to go in the match, the KWS Wonkas were 1 goal ahead. At the end of the game the team had lost by one, 16-17! It was such a close match with the girls racing ahead to a 6-2 lead at the end of the first quarter. In the second quarter we conceded 6 goals without reply – lack of match fitness playing a big role. The remainder of the game, the two teams traded goal for goal. This was an exciting match
to start the season and the girls played exceptionally well. Congratulations to Nicola Harvey, Olivia Hamblin, Annabel Biddulph, Imogen Southwell, Piper Thatcher, Brydie Bowyer, Elise Bennett, Anna Laurie and Adelaide Patterson on a great team game!

**KWS Chomps Vs CYMS Spitfires Won 13 - 12**

A great opening performance from the team! The first quarter began with some very strong play by the girls with plenty of good intercepts and work in and around the circle. The first quarter was low scoring with the Chomps ahead 4 goals to 3. The middle two quarters again began with solid play by the girls. Good communication by the team, especially when in attack and continued tight defence gave the Chomps the slightest edge in both quarters. After the second quarter, the Chomps were ahead 9 goals to 8 and in the third quarter maintained the lead with 12 goals to the Spitfires 10. The ability of the girls to work as a team, maintaining their positive attacking and strong defensive play throughout the fourth quarter saw 'Team Chomps' walk away with a 13/12 win over the Spitfires. Special thanks to a number of KWS junior netballers who filled various positions in the team, especially Alexis Mackenzie and Laura Pearce in the shooting positions. Merran Todd had a great game as centre for three quarters; Rachelle Stubberfield and Claire Robertson kept consistent pressure on the opposition during their three quarters of play. Feedback from the umpire was positive and affirming of the girls conduct and skills. Well done Chomps!

**Junior Competition**

**KWS 13 M&Ms Vs CYMS Emeralds Won 10 - 3**

**KWS 13 M&Ms Vs Hawkes 13B Lost 3 - 9**

What a perfect start to the 2013 season! The girls did everything asked of them and the KWS M&Ms really played as a tight unit. They took the court with enthusiasm and unity. They were in total control for the game against CYMS. They played smart Netball with controlled passing and awesome drives. Izzy Robson took control of the centre court and Caitlin Stubberfield did a fine job as shooter. Amy Button was a relentless defender in the goal circle. In the second game for the day, Hawkes were in charge for the first half securing, an 8 – 1 lead. However, in the second half the M&Ms really dug deep and limited Hawkes to only 1 goal. In the centre court, Ali Maloney shut down the Hawkes attack and Bridget Star did a great job in helping to bring the ball down the court. Defence was determined and controlled. Well done team! 3 points: Ali Maloney 2 points: Izzy Robson 1 point: Bridget Star

**KWS 14As - Bye**

**KWS 14Bs Vs CYMS Shooting Stars**

On Saturday 4th May the KWS 14Bs took on the CYMS Shooting Stars in a great first game of Netball for the season. The first half was tight with both teams on 7 goals at the big break. In the third quarter the girls started to show their Singh, playing together as a team and using the sidelines to pass the ball successfully from one end of the court to the
Sidelines to pass the ball successfully from one end of the court to the other on several occasions. Thanks to some great shooting from Lara, Georgie and Lexi we were able to go into the last quarter with a solid 5 goal lead, extending that in the 4th quarter to win the game 17 to 10. Well done girls! A great start to the season.

KWS 15 Crunchies Vs Hawkes 15A & KWS 15 Snickers

On Saturday 4th May the KWS Crunchies played two games against the Hawks 15as and the KWS Snickers. The girls went into the first game with enthusiasm but struggled against a well formed team, losing to the Hawks 8 goals to 2. This then buoyed them on to play a more competitive game against the other KWS team. Ahead for most of the game the Snickers were able to snatch a goal at the last minute and the game finished with both teams on 6 goals. Well done girls on a great start to the season.

Bridie Brideoake
MIC Netball

Guidelines for Sports Spectators

Control of spectators is the responsibility of the school official with whom the spectators are associated. Spectators are not to approach or address game officials or any of the opposing players, spectators or officials.

Genuine concerns should be addressed to their own school official who will determine any action to be taken.

Barracking should be enthusiastic and positive, but not designed to heckle, denigrate or unsettle opponents. For example, barracking during a free throw or a kick at goal and so forth is always bad sportsmanship.

Similarly, sledging is totally unacceptable. Barracking should be for the School only. Negative comments are totally unacceptable. Positive comments are motivational.

Good play by either team should be recognized by applause.

It is never right to express disapproval of a referee or umpire’s decision irrespective of his/her age.

Vocal support for any team should never encourage violence or rough or illegal play.

Coaching by spectators from the sideline is to be actively discouraged by the school official with whom the spectators are associated. Spectators shall not interfere with the progress and/or conduct of a game, including encroaching on the field.

Adults must remember that games at school level are organized for the benefit of the students concerned and not for adults.

Visitors to the grounds should co-operate fully with any regulations or requests made by the home school, such as car parking, seating, dressing rooms and the placing of spectators. At all times visitors should leave the area tidy and free of rubbish when they leave.

Adults, parents, students and others are expected to set an example by their self-control and deportment at matches.

Alcohol should not be consumed at ISA fixtures.
Equestrian News

Natasha Yeo in year 8, was selected for the team of five pony club riders aged 13 to under 17 years from a geographic area covering from Bathurst to Broken Hill to represent Area 4, to compete at the recent Sydney Royal Easter Show, in the inaugural NSW Pony Club Sporting Teams Competition. This was a state final event. The Area 4 team gained both 4th place, and significant recognition with federal funding by the Australian Sports Commission as Local Sporting Champions.

NSW Pony Club Association State Sporting and Campdrafting Championships were held in April at Gloucester. Congratulations to Ben Robinson, Year 10, and Natasha Yeo, Year 8, who qualified and were competitive in both these events against a strong field from across NSW and Queensland. Natasha achieved 8th in the 13 and under 15 years Campdraft.

Jenni Yeo

NSW CIS Swimming

On Tuesday 30th April and Wednesday 1st May 28 swimmers travelled to Homebush to compete in the NSW CIS Swimming Championships. As always the standard at this meet was extremely high. KWS got off to a great start on the Tuesday evening with two of our relay teams qualifying for NSW All Schools.

The junior girls team comprising of Josie Gillham, Sophie Hay-McKenzie, Lauren Hughes and Babs King-Christopher finished third in their race gaining themselves a bronze NSW CIS medal and booking themselves a spot in the NSW All Schools Swimming Championships.

The senior girls relay then put together a perfect relay to narrowly finish second and gain a silver NSW CIS medal. This is the second year in a row that our senior girls relay has made it through to NSW All Schools. Well done to the team of Shelby Archer, Annika Bush, Sasha Hall and Emma Rutherford.

On the Wednesday KWS had many swimmers produce PB’s in what was an extremely high standard of swimming. One student who stood out amongst the rest was Georgia Baker. She continued the good start for KWS managing to pick up a silver NSW CIS medal in the U16 Girls 50m backstroke. Despite the efforts of the other swimmers from KWS this remained our only individual medal for the day.

Well done to all of our swimmers on a fantastic season of swimming and good luck to the nine girls who have qualified for the next level.

Joe Priest
Director of Sport

Football Reports

KWS 1sts Vs CYMS lost 5-1
It was a tough first up encounter with the CYMS team which has been populated with players from the now defunct Western Premier League.

Many in the KWS team were making their debuts at A-Grade level. Whilst they did an excellent job dealing with the increased pace and physicality of the league, it was the realization that if you lose concentration for just a moment then you will get punished.

There were moments when the KWS team looked like they belonged at this level. It was excellent to see an increasing level of talk, desire and commitment, from the trial games, which bodes well.

Whilst the 5-1 scoreline was not flattering, there were many chances created. Whilst it may take a few games for each player to understand their role in the team and gain confidence in each other, this very skillful team should cause some headaches later in the season.

**KWS U14s Vs Blayney won 7-2**

We had an excellent start to the season with victory over Blayney. All of the boys played exceptionally well with Alec and Jim utilising the space well in mid-field to feed the ball to the strikers in good position.

The first half saw Kinross take an early 3-0 lead within the first 10 minutes but soon the game settled down and Blayney started to show some ability to return the fire. It was only through excellent defence at the back that Kinross were able to keep a clean sheet leading into the halftime break.

Blayney had a minor resurgence after the break with two goals but Kinross were able to keep the pressure on and the scoreboard ticking over.

Congratulations to Cosmin Scott as the player of the match, a considerable effort as all players deserve applause.

**KWS 13s Vs Collegians drew 2-2**

The two teams were evenly matched throughout the game, although momentum shifts allowed each team to gain the ascendancy for short periods. Given that this was our first match the team played reasonably cohesively, despite some moments of confusion and a general lack of talking on the pitch.

After Collegians scored from a mediocre attempt to shut down their attack higher up the pitch, the team rallied and put together some clever passes to people in space. Harry capitalised on a tight opportunity and later backed up with another goal in the second half.

With about 8 minutes to spare Collegians took full advantage of a mistake near the edge of our penalty area and the ledger was balanced. Shania and Josh worked hard to shut down their opponents and find colleagues in space. Rex showed an equal commitment to offence and defence, supporting players in the forward line and in the back line. Next week is a home game and a chance to build upon the progress which has been made.
KWS LATEST NEWS!

Proud to march
The students and staff of KWS were very proud to play a significant role in this year’s Orange Anzac Day March, celebrating the special occasion with the wider Orange community and... read full article

Rugby Players get Experience of a Lifetime
For the ninth year, Head of Preparatory Mr McLean has taken a group of enthusiastic and talented boys to Armidale for what is the largest junior rugby carnival of its kind in Australia. With teams... read full article

Prep athletes show their enthusiasm
KWS Prep prides itself on offering a “motivated and enthusiastic atmosphere” for its students, and nowhere was that more apparent than at this year’s Prep School Athletics... read full article

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