Tips for Year 12 (and others including parents): How to avoid a PRAC Attack (Part 1)

(Article adapted from a recent conference address by Robyn Moore (the voice of Blinky Bill). P stands for Procrastination/R stands for Resignation/A stands for Anger/C stands for Cynicism. If your dreams and ambitions have ever been waylaid for a time – be it a short time or a long time – then you have had a PRAC Attack.

Procrastination is a thief. Don't be robbed! It happens when you know what it takes to achieve your goals – you know what it takes to build your future – but the road is hard – it takes work – and you are lazy and lack the motivation to do the hard yards. Successful people roll their sleeves up and get on with the job. They understand that a journey is one step at a time. They do not allow circumstances to shut down their momentum and rob them of their future. Mr Toland never drives one hour from the mountains to Wollondilly. He drives to Luddenham – then he drives to Bringelly, then he drives to Camden. Finally he drives to Wollondilly – and he does it every day – even arriving with a smile. Each journey is only 15 minutes. Thomas Edison tried 1000 times to make a light bulb work. Some called him a fool. Some told him to give up. 100 years later, Thomas is a winner. Thomas is a legend.

Resignation is also a thief. Don't be robbed. It happens when you would like to achieve something but, this time you are not lazy; this time you just don't think you can do it. One of my favourite poems is written by Walter D Wintle and a reduced and modified version is produced below –

If you think you are beaten, you are;  
If you think you dare not, you don't.  
If you'd like to win, but think you can't  
It's almost certain you won't.  
Life's battles don't always go  
To the stronger or faster man,  
But soon or late the man who wins  
Is the one who thinks he can.

(Of course, we can take it that the poem is written to include ladies as well as men)

Stephen Bradbury was coming last in the Gold medal round of the Speed Skating at the Winter Olympics. He had barely qualified for the final after those who had beaten him in the semis were disqualified. The other three skaters figured that they would share the medals between them. Stephen persisted. Even though he was a long way behind, he kept skating though his thighs were burning. On the last lap – all three of the competitors ahead of him crashed and recovered – just too late to beat Stephen over the line. Stephen Bradbury – Gold Medal for Australia. Resignation will rob you of your opportunity and your voice.

In a tale of two women – one procrastinated and could not be relied upon; the other expedited matters, even when the road was narrow and treacherous. I admired that latter. In a tale of two men – one fought the good fight, committed to the outcome, tenacious, driven; the other let another direct his course, resigned to their will and not his own. I admired the former.

P.S. Don't ever think that successful people achieve great things without some procrastination, resignation, anger and cynicism along the way. They had their PRAC ATTACKS I can assure you. The difference is that they mastered them – they were not mastered by them.

Procrastination or Expedition; Resignation or Fight; You choose!
Four students of the College have been selected to attend the HICES Music Festival this year. Bronte Traynor (Year 7), Maddy Traynor (Year 9), Dayna Bruynius (Year 11) and Alex Denley (Year 11), will all be attending the Festival from Sunday, 3 August until Wednesday, 6 August.

The students will spend two and a bit days at Stanwell Tops Conference Centre, rehearsing in different ensembles. This is such a wonderful opportunity, to spend time with students of other HICES schools who share the same passion for Music. At the end of the intense rehearsal (with some of that time spent on exciting camp activities), the students will travel to Sydney Town Hall and perform on stage alongside the other 300-400 students, in front of parents, friends, music staff and Independent Heads from all parts of NSW.

It will certainly be a spectacle. I congratulate the students once again for being selected to attend this significant Festival.

Mr Lloyd Grant
Music Teacher
Parent Teacher Evening
Our next Parent Teacher Evening is Wednesday, 6 August. Some teachers still have booking times available. If you are still unsure as how to make bookings, you should contact the College Office. Please do not contact Mr Croger.

Parents please note that secondary students are encouraged to attend the interview (in College winter uniform) with their parents. For Stage 3 (Year 5 and 6) it is optional if parents would like their children to attend. Students should also be in Winter Uniform. Parents of T-4 age students are asked to not bring their children to the interview.

Term 3 – A Fresh Start.
Term 3 is the opportunity for students to have a fresh start. Following the Semester 1 Report and the Parent-Teacher Evenings, students have chance to reflect on their progress and develop strategies to improve in Semester 2. I would encourage parents to have that conversation with their children. Motivation is a significant factor in improvement. I have included an article from Dr Andrew Fuller which I shared with parents last year.

**Increase your motivation – Part 1**
*By Dr Andrew Fuller*

More students find it harder to remain motivated in third term than in any other. So this is the time for a mid-year tune up and rev up. The most important thing to know is that not feeling motivated hasn’t really got much to do with motivation. It has more to do with feeling anxious and worried. In fact this is the formula:

**Fear + Worry = Loss of Motivation**

Motivation has more to do with overcoming your fears than anything else. It feels much easier to not put in than to risk failing at something. Fears loom larger if we try to avoid them.

**Self-motivation techniques**

**Set small goals and one large one.** For each subject that you do at school set a small goal each week. For example a goal might be read and understand chapter one. Write the goal down somewhere. When you have achieved that goal give it a tick.

Decide to make your favourite subject at school the one that you will “go for broke in”. In this subject your aim is to top the class. This is the subject that you will use to judge yourself by.

**Get organised**

If you are in the senior years of school disable your facebook page until after the exams. Get yourself up to date. If you have fallen behind in any subject, have a working bee to catch up. Ask others to help you. Ask teachers to help you by saying something like I lost motivation for a while in this subject but now I’d really like to catch up.

If you have not been in the practice of taking notes, start. If you have become embarrassed about asking questions in class, set a goal of asking one question per class. If that is too embarrassing, ask the teacher after class, If you’ve missed notes, ask for copies of them. Write a revision summary for the subject to date topic by topic.

If your study area has become a mess, clean it up. Use post-it notes to organise the steps towards a successful outcome. On the first post-it note write the successful outcome you have in mind for that subject Write the step before that And the step before that And the first step you could take.

You wouldn’t enter a marathon without doing a series of shorter training runs first and the same thing applies to doing well at school. Regaining your motivation is a step by step process.

**Give up believing that you know how smart you are**

Most people who feel unmotivated think everyone else knows more, is more talented, is smarter and has a lot more brains than they do. My research shows that most students have absolutely no idea how well they are going to do at school.

It is highly likely that you are more intelligent than you realise. It is also highly likely that most of the people around you in class are not quite as clever as they appear to be.

Build on your strengths forget about your weaknesses. Success in life is about doing more of what you are good at and less of the things you are not good at. Serena Williams is not well known because she can do Maths, Einstein wasn’t well known because he played soccer.

When you focus on the things you find more enjoyable and interesting at school, even the things you find harder become easier.

*More Techniques in Part 2 next week.*

Mr Ian Croger
Deputy Headmaster
**College Diaries**
Parents please be reminded that the College diary is the primary form of communication between staff and parents on the progress of their children. The teaching staff of the College are directed to check student diaries weekly to ensure that parents are viewing and signing diaries. The importance of this in our partnership in your child’s education should not be underestimated. We see this process as essential so that all parties remain informed and that communication is regular and valuable. Please take the time to sit down with your child and have a look at their progress in the various sections of the diary as well as what they have upcoming. Staff have communicated to students to really drive this process back to the parents in order to increase their ownership over their learning. Please also be reminded that if student diaries are not signed on a regular basis, then consequences will follow.

**SRC Lunch**
Students from Years 3-5 who served on the SRC in Term 2 are reminded that we meet on Friday for our lunch. Students please see Mr Toland if they have any food allergies or dietary requirements prior to the event.

**Front of House Musical**
It has been very encouraging to see the willingness of students to step up and fill the role of Front of House this week at the College Musical. It is an important way in which we individuals can serve the cast and crew of the Musical and support their great work. I would like to commend the following students on their work in this area throughout the week of the Musical:

- **Monday Matinee** - Will Girvan Yr 9, Josh Bell Yr 9 and Max Noakes Yr 9
- **Tuesday** - Georgia Deer Yr 10, Ethan Zvargulis Yr 7 and Rebekah Law Yr 10
- **Thursday** - Tyler Wilson Yr 10, Alex Gaidzionis Yr 10 and Tahlia Rochefort Yr 10
- **Friday** - Cameron Majewski Yr 10, Gabby Apps Yr 10 and Samuel Napier Yr 8
- **Saturday** - Laura Fleming Yr 11, Deanna Conlan Yr 11 and Samantha Curtis Yr 11

**Transport Monitors**
The following students have been appointed to the position of Transport Monitors on their respective buses. This is an important leadership role that involves students demonstrating leadership skills to assist all students to travel safely to and from the College. Transport Monitors work closely with the Pastoral team to assist in the management of transport related issues and to report incidents and issues to staff for follow-up.

The following Year 11 students have been provided with a Transport Monitor role:

All Senior students have a role to play with regards to setting an example to younger students at the College. Whether badged or not the example set by Senior students at the College during bus travel needs to be of a high standard to assist younger students in the development of positive behaviours whilst travelling to and from the College.

The Squirrel bus may also have Transport Monitors appointed to it following a review of the regularity of use by Senior students.

**Mr Liam Toland**
Director of Pastoral Care T-12

---

**Kwik Kopy Macarthur**

**Ph: 4626 2188**

**Unit 13, 5 Hollylea Road, Leumeah**

sales@kwikkopymacarthur.com.au
The College and Communication

Thanks to those parents who came in for parent teacher interviews last week. We have another session next Wednesday. If you want to book in, there is still time.

We as teachers appreciate the opportunities we have to touch base with parents. It is so important for the progress of our students that parents and teachers work together with children on their path to being learners.

During PD week teachers had the opportunity to have a Mathematics consultant come out from the AIS. During this session we looked at the attitude we want children to have towards Mathematics (and all subjects). The attitude we want to develop is one of confidence and a willingness to get in and try; to persevere. As adults it is essential that we send the right messages to our children. Comments about Mathematics in particular are often negative. Such as: "I was never very good at Maths, I hated Maths at school, Don't ask me about your maths HW wait until... (other parent) comes home, they are the Maths parent. This is how you do it....(making children think there is only one way to solve a problem or do something in Maths.)" These messages tell young children that Mathematics is a negative thing or it is scary.

We would suggest instead that parents make positive comments such as; we can work through this, show me how you might try this, your effort is great, keep trying.

Mathematics is something that everyone can do and we need children to believe that. Challenges should not ever be seen as something negative.

Ms Jacqui Huxtable
Director of Teaching and Learning (T - 6)

EXCURSION TO FEATHERDALE WILDLIFE PARK

Kindergarten are very excited about our upcoming excursion to Featherdale Wildlife Park on Friday, 15 August. Please see the permission note for all the details.

We will need a few parent helpers on the day. If you are able to join us, please let either Miss Humble or Mrs Napier know. We might need to have a lucky draw to choose the lucky parents!

Mrs Napier and Miss Humble
Kindergarten Teachers

CLEARLY LABELING ITEMS OF YOUR CHILD'S UNIFORM

It appears with this cold snap our youngest members are misplacing their jackets, jumpers and sports jackets. We appreciate that these items of clothing are very expensive.

Our teachers do an amazing job of reminding our students to care for and look after their own items. Students are reminded at the end of Recess and Lunch to collect all their belongings and also each time they relocate to various learning spaces within the College to collect all items that they have brought with them.

To help your children to return home with their right pieces of uniform may I ask that you clearly label all your children's belongings with their name using large, clear writing in a permanent marker works the best.

If your child is using a pre-loved item please ensure that it is your child's name on the item of clothing as this assists teachers and the students ensure the item is returned to the rightful owner.

Your assistance will help us to work with your children to ensure they learn the importance of caring for their own belongings.

Mrs Krystine Keen
Pastoral Care Coordinator (T-4)
BEAUTY AND THE BEAST MUSICAL

The Production of Beauty and the Beast is going so well! Here is a peek from Monday’s Matinee.
Koorong Kids Issue 3 has arrived!

All books in the catalogue have been carefully chosen by Koorong Kids who aim to supply Christian books that encourage and inspire children. Their goal is to help children understand and relate to God who loves them. Issue 3 is due back by Friday, 8 August 2014.

Thank you

Mrs Tracy Turner
Primary Teacher

Secondary Sport

It was a tough week in MISA sport this week but I was impressed with the students application and team spirit. Our sights are set on a big effort again this week.

Next week in MISA we play Broughton Anglican College.
Boys’ Rugby League (Years 7 and 8 and Years 9 and 10) – St Gregs and Eschol Park
Girls’ Soccer (Years 7-9 and 10-12) – Ron Dine, Camden
Girls’ Netball (Year 7 and Year 8) – Coronation Park, Minto
Boys’ and Girls’ Basketball (Years 10-12) – Minto basketball stadium, Minto

Upcoming dates:
NASSA Athletics, Campbelltown Athletics Stadium, Wednesday, 20 August
CIS Rugby League 7’s Monday, 25 August
NASSA AFL/Volleyball Gala day Friday, 22 August

Mr Richard Madden
Secondary Sports Coordinator

Primary Sport

Next week all of our IPSSO games will be held here at the College against Macarthur.
Year 3-4 games start at approximately 12.00 noon and Year 5-6 start at approximately 12.45 pm.

The NASSA Athletics Carnival will be held on Thursday, 21 August 2014. Notes have been distributed.

Mr Stuart McIntosh
Primary Sports Coordinator
SECONDARY HOMEWORK CLUB

Please Note: Secondary Homework Club will NOT meet during Week 3 due to Parent Teacher interviews. We will meet as normal from Week 4, 20 August.

Mrs Emily Madden
Secondary Teacher

YEAR 11 BIOLOGY EXCURSION - THURSDAY, 14 AUGUST

On Thursday, 14 August 2014 the Year 11 Biology class is going on an excursion to the Australian Botanic Gardens, Mt Annan.

Students will attend a study day run by the Australia Museum, Taronga Zoo and the Australian Botanic Gardens. The day will involve practical activities related to the fourth module of the Preliminary course, Evolution of Australian Biota.

Students will travel to and from the venue by College bus. Students will leave the College at 8.40 am and return by approximately 2.30 pm.

Students must wear their normal College uniform (including a hat). Students are required to bring their College bags and all necessary writing materials. Students should also bring their own lunch because food is not available for sale at the venue.

Parents should ensure that their son/daughter has any medications with them. These should be handed to Dr Bearlin for safe keeping.

Dr Rob Bearlin
Biology Teacher

ICAS COMPUTER SKILLS 2014

Students from Years 3 to Year 10 achieved very pleasing results when they participated in the ICAS* Computer Skills earlier this year. It was tremendous to see 18 Merit, 36 Credit, 6 Distinction and 1 High Distinction Certificates awarded to students from our College. Each student who participated this year will receive a letter from Educational Assessment Australia (EAA) that provides useful information about their results and a Certificate of Participation.

Students who earned a Merit or Credit Certificate will receive them at a Weekly Assembly. Distinction Certificates will be presented at the formal assembly later this term and fittingly, High Distinction Certificates are awarded at Presentation Night. I would like to thank all our students for their effort and participation this year.

Mr Jason Gregory
Secondary Teacher

*The ICAS suite is developed by Educational Assessment Australia (EAA), UNSW Global Pty Limited.
ARTISTS OF THE WEEK

Year 10 Visual Arts students in Term 2 study artists that are influenced by interior and exterior spaces, using various painting styles from realism to impressionism to surrealism. The students study artists such as MC Escher, Grace Cossington-Smith and Rene Magritte.

The artist of the week goes to Jonathan Vong in Year 10 Visual Arts, for his sophisticated painting of an interior and exterior.

Mrs Belinda Taylor
Secondary Teacher

NEWS FROM THE INFORMATION RESOURCE CENTRES

Scholastic BookClub: Issue 5 order forms are available this week. All orders are due back to the Office by Thursday, 7 August. Please ensure name and class are on every order form.

Premier’s Reading Challenge: The challenge closes at the end of August. Students from Years 3-9 must enter their books online and at least half the books must have been borrowed from our Library. Please email me if you have any difficulties with logging on. Please note the PRC site has changed in appearance and now is listed as the DET portal. Still enter the same username and password and it will segue to the PRC site.

Bookweek: We will celebrate Bookweek in the last week of August. This year’s theme is Connect to Reading. The book parade for students in T-Year 4 will be on in this week. Details to follow.

Live a life well read

Mrs Louise Saint-John
IRC Coordinator
WAC P&F Country Fair 2014 is going off with a BANG!

It’s going to be HOT, HOT, HOT!

12.00pm Fair opens and lunch is served
4.30pm auction
5.45pm sunset dinner
6.30pm Gentle Dental Fireworks Spectacular
6:45pm Christian rock band Southdown performs
8.30pm Entertainment and rides close

More details on attractions, rides and performances to come!
Be watching future Waratah Weeklies!!
Stall Holders
Parents, staff and friends who would like a stall at the Country Fair, please collect a registration form from the College Office or download from the P&F section of the College website. To assist with stall allocation, forms should be returned by Friday, 22nd August.

Volunteers
The Fair takes an extraordinary amount of coordination and effort to happen. This year the Fair committee has put a huge effort into revamping attractions to ignite excitement. We need your help to make it all possible. The later start time hopefully means most Saturday morning sport is over, allowing people the opportunity to volunteer. Please consider what time you can spare and return the volunteer insert in this week’s newsletter to the College office asap.

Photography Competition
Make it snappy! The annual Photography Competition is on again. See inserted registration form for details or download entry form from the P&F webpage. The eight sections include Reptiles & amphibians, Insects, People, Animals, Birds, Flowers, Landscape and Action. Age groupings ensure fairness. Great prizes for first place in all age groups and categories include book and toy store vouchers. Entries can be lodged at the College Office by Thursday, 11th September.
Thankyou

GENTLE DENTAL
FIREWORKS SPECTACULAR!
HELP REQUIRED!!!!!

Most of our parents, carers, grandparents & friends either have their own business, work for someone or know someone who may be interested in any one of our fabulous sponsorship opportunities, like our Car Show, Country Fair, Golf Day or Recipe Book.

If we could all help each other it makes fundraising for our College a lot easier. If anyone is interested in receiving a sponsorship letter please contact: Danielle Turner on pandfpresident@wac.nsw.edu.au with mention of which business you require the letter for & what event they are interested in sponsoring, this way we don’t approach any business more than once.

If a sponsorship is not possible, perhaps a donated item towards our Golf Day or Country Fair is possible. Every small donation helps our College & most importantly our children.

With thanks, Mrs Danielle Turner & Mrs Karen Johnson
From time to time, families undergo trauma such as severe or terminal illness. There are short term support structures in place at the College to assist families during these times. Parents have kindly offered practical support such as meals for other families. Please continue to contact Mrs Hay or Mr Shaw at the College, to assist. Confidentiality will be respected when requested.

The 2013 Annual Report is available on the College website for parents to access.

Please Note that this page is a service to the Community and items advertised do not necessarily carry the endorsement of the College. The College tries to be selective with what is advertised but cannot take responsibility. Please look into events advertised carefully.

F.L.O.W.E.R.S. Canteen & Cafeteria

I am looking forward to seeing some new faces in the canteen in Term 3. Please consider filling in the volunteer form you received at the end of Term 2 and doing a day or two of service for the College. Triple Swirl Billabongs have been discontinued. Please delete this item from your menu.

Canteen Roster

<table>
<thead>
<tr>
<th>Date</th>
<th>Person 1</th>
<th>Person 2</th>
<th>Person 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 1/8</td>
<td>Judy Scholes</td>
<td>Liz Hayes</td>
<td></td>
</tr>
<tr>
<td>Monday 4/8</td>
<td>Lesley Bramich</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuesday 5/8</td>
<td>Peta Noakes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wednesday 6/8</td>
<td>Judith Rigg</td>
<td>Help Needed</td>
<td></td>
</tr>
<tr>
<td>Thursday 7/8</td>
<td>Susan Kellert</td>
<td>Help Needed</td>
<td></td>
</tr>
<tr>
<td>Friday 8/8</td>
<td>Judy Scholes</td>
<td>Marie Bellia</td>
<td></td>
</tr>
<tr>
<td>Monday 11/8</td>
<td>Helen Russell</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuesday 12/8</td>
<td>Diane Clark</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wednesday 13/8</td>
<td>Judith Rigg</td>
<td>Help Needed</td>
<td></td>
</tr>
<tr>
<td>Thursday 14/8</td>
<td>Virginia Williams</td>
<td>Kerstin King</td>
<td></td>
</tr>
<tr>
<td>Friday 15/8</td>
<td>Judy Scholes</td>
<td>Help Needed</td>
<td></td>
</tr>
</tbody>
</table>

Think healthy, Eat healthy, Live healthy!
Mrs Carolyn Richards
Wollondilly Anglican Community Church (WACC) meets in the Clifford Warne Auditorium every Sunday at 9.00 am. Rev Rob Meischke 0437 533 106

“Who among the gods is like you, O LORD? Who is like you—majestic in holiness, awesome in glory, working wonders? Exodus 15:11

Many years ago, when our eldest was quite young, I made a computer. I stuck some cardboard together with sticky and glued on pictures of a keyboard and a screen. After several years, it is still being used, but it's not a computer. It's still pretend. It's fair to say that, compared to anything else that we might call a god, nothing comes close to the creator of the universe.
Thank God

- That He does not procrastinate – and that He is proactive in answers to prayer and the consideration of our future
- That He is not resigned to let things “pan out” – and that He cares for each one of us intimately
- For the unexpected and joyful dramatic increase in enrolments for 2015 (and applications for 2016, 2017 ….)

Ask God

- For His continued blessing over our musical
- For an increase in fellowship and friendship at upcoming meetings with community leaders
- For Useful and productive outcomes at the Anglican Schools Australia Annual Conference.

Psalm 127:1 Unless the Lord builds the house, its builders labour in vain.

Excellence, Endurance, Eternity.