Tips for Year 12 (and others including parents): How to avoid a PRAC Attack (Part 2)

(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 and 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 and so is Resignation. Don’t be robbed.

Anger is a thief too. Sure it can be positive, like when a person makes a silly mistake on an exam, slips on a dance floor or misses an easy tackle. There is also a kind of righteous anger that surfaces when watching an injustice on the news that can lead to voices and actions that help prevent it in the future – but most anger is crippling. It happens when you believe that life owes you something; that God owes you something. Anger can happen when you try but don’t succeed and it can cause you to give up, attack others or run away.

The people in the clubhouse wondered why the man was wading in the dam in front of the 18th hole at the golf course – fully clothed in his golf gear. It was a funny sight but the look on his face warned the spectators not to laugh. He was looking for something – most assumed a golf ball – most assumed he had gotten so angry that he had snapped and dove into the dam to find his ball. They were shocked when he finally stopped, dipped under the water and dragged out his golf bag – complete with an entire set of golf clubs. They were even more shocked when he removed his car keys from the side of the bag then heaved it all back into the dam and stormed off. Golf can do that! Anger will rob you of your relationships. It will steal away your fun. It will cause people to be guarded around you. It will cover your smile. People will see you coming and find something to be busy with.

And Cynicism is a thief. The cynic is the one shouting loudest from the grandstand. They are rarely a participant – and if they are, nobody can rely on them. Their catch cry is “what’s the point anyway?” Cynicism can be just a more sophisticated way of expressing procrastination or resignation. Sadly, it is also the negative characteristic that is most likely to be learnt. Children may be lazy, angry or lack self-esteem – but they are not cynical. Adults, teachers, parents, headmasters, older students, teach them that. Cynicism robs you of hope, passion, joy and drive. It robs you of your humanity.

In a tale of two men – one was angry with his life and became a slave of circumstance; the other was angry with his life and became a master of circumstance, even when the road was narrow and treacherous. I admired the latter. In a tale of two women – one replaced the fallen hurdle and returned to the start, time and time again until she had mastered the number of steps and the leap that was necessary; the other fell at the first hurdle, lay in the mud and recharted her course away from athletics. She mocked the other athlete and her efforts, louder and louder as each milestone was passed – until no one listened any more. I admired the former.

PS 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.

Anger or Self Control; Cynicism or Optimism and Encouragement?
SNAPSHOT OF INDEPENDENT SCHOOLS

"Students in Government Schools receive twice as much funding from all Government Sources than Students in the average Independent School"

"One in 5 senior secondary students attends an Independent school; one in 5 attends a Catholic school. Three in five attend a State school"

This would be surprising information for most parents to read. If you would like the facts to interfere with a good story, you too can be armed with the latest information from the Australian Bureau of Statistics in the enclosed booklet "Snapshot 2014". (Not everyone’s cup of tea - but I always enjoy reading it!)

AND THE WINNER IS ............................

A BIG Congratulations to Wollemi, on being the winner of this year Athletics Carnival!

The results were:

<table>
<thead>
<tr>
<th>House</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wollemi</td>
<td>1240</td>
</tr>
<tr>
<td>Grevilla</td>
<td>1196</td>
</tr>
<tr>
<td>Sollya</td>
<td>1133</td>
</tr>
<tr>
<td>Acacia</td>
<td>1021</td>
</tr>
<tr>
<td>Telopea</td>
<td>873</td>
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</tbody>
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All students in Wollemi house are able to wear their coloured sporting house shirt, tomorrow Friday, 8 August for a special flag raising ceremony.

Please meet Mr Schroder at the flag pole when the second half bell rings at lunchtime.

THANK YOU TO OUR SPONSORS ......................

Sprints & Gourmet Catering

gdc Gentle Dental Care 7 Days

Tahmoor Underground

Taverner Landscapes
Year 11 Interviews
I have recently completed meetings with all of Year 11 Students regarding their academic progress. A copy of the Student Evaluation Sheet and the recommendations from the interview will be posted home to parents.

Year 8 Interviews
Yesterday nearly all Year 8 students were interviewed regarding their academic progress by senior teaching staff. The process is designed to get students to reflect on their progress in Semester One and develop strategies for improvement in Semester Two. Information from the interview will be posted home in the coming week.

Increase your motivation – Part 2 (By Dr Andrew Fuller)

Use your time in school well. Many people muck around in school and then wonder why they have to do so much work outside of school. Consider sitting towards the front in class. If you can focus and listen well while at school you can save yourself endless hours. This is valuable time saved that you can use for hanging out with friends and having fun.

Be honest with yourself. If you have felt unmotivated you may have done anything to avoid doing the study time. The world is full of excuses that you can make: “The dog needs a walk”, “I have to finish this game and then I’ll study”, I'll have a nap and study when I wake up”. You have to be tough enough on yourself to do the work BEFORE you do the computer games/ TV watching/ chat room messaging etc.

Also be honest enough to admit to yourself that lying in bed, with the computer on, listening to music, with a DVD in the background and Facebook open to chat with friends, is not and will never be, studying. Have some study time sitting up at a desk or table with NO electronic distractions on.

Change your routine. If you’ve been finding it difficult to get yourself motivated, change your set pattern. For example, study in a local library rather than at home or change the room you will study in. Just as you learn to surf best by surfing, you learn to succeed in exams and essays by giving your undivided attention to your study. Practice in the same conditions you intend to perform in. There won’t be electronics and music in the exam room.

Why should you care?
You might be able to dismiss all of the above points by saying “I can’t do it” or “I can’t be bothered” or “This sucks.” That is just the part of you that is scared that is talking you out of it. The scared part thinks that if you try and fail, it will be much worse than never having tried in the first place.

Think about what would happen if you applied this type of thinking to the whole of your life. You wouldn’t learn music and start a band because U2, Pink and 50 cent have already done it. You wouldn’t talk to someone you like because they would reject you. You wouldn’t go to a place you would really like, because it would probably disappoint you. You wouldn’t live the life you could live because you would lack the dare and courage.

Give up fear and gain motivation.
You know the No. 1 fear of all time? Death? No. Speaking in public? No. The number one fear that people have is that other people will think badly of them. And you know what the biggest and saddest joke about that fear is? Most people don’t think about you at all. Most people are so busy or so focused on themselves that haven’t got the interest or the energy to judge whether you are good at something or not.

So, there is a chance that you could throw away, a really successful, enjoyable life by worrying about something that doesn’t even exist. So as Yoda in Star Wars said ‘there is only do or not do’. It is up to you. But don’t make what other people might think of you be, a reason for giving up on yourself.

So why listen to me?
I spend a lot of my time talking to adults who gave up on themselves at school and spend their lives doing boring jobs that don’t pay very well. I also spend even more of my time talking to students who have done really well in school after not being thought of as clever, or talented, or gifted or smart in any way. These students have taught me the ingredients of success. Now you have them too. What you do with them is up to you.

www.andrewfuller.com.au

Duke of Edinburgh’s Award Expedition
Silver Expedition – Friday, 22 August to Sunday, 24 August
Bronze Expedition – Saturday, 23 August to Sunday, 24 August
Students have been provided with a permission note and details.

Mr Ian Croger
Deputy Headmaster
PASTORAL CARE MATTERS

Year 11 PDHPE
A reminder to Year 11 PDHPE students that permission slips and payment for the upcoming First Aid Course are required to the Office by Monday, 1 September. This is an exciting opportunity for students to learn hands on skills in this area that will be important in a variety of contexts. On successful completion of the course students will gain a formal qualification which will last for three years on maintenance of a CPR accreditation every 12 months. Students need to ensure that they complete the theory booklet prior to the course. The due date for this is Wednesday, 17 September.

Overall House Shield – Update
The Overall House Shield is the culmination of all points attained by each House through the merit system and a combination of other sporting and mission based activities. The benefit of the focus on a number of areas is that it allows students to feel as though they can make contributions to their House groups not just in a sporting context but in other areas related to their strengths. The following is a progress update on each House Group based on points only allocated through the award system.

Acacia – 889
Grevillea – 864
Wollemi – 860
Sollya – 846
Telopea – 787

Upcoming Events
The following Upcoming Events are a great opportunity to have an impact on the outcome of the Overall House shield as well as making a contribution to a sense of community development, a value held in high esteem by the College. I particularly encourage parents of students in T-2 to support these events as they are a way that students in these age groups can make a contribution to the points allocated to the Overall House Shield. As a member of Telopea to help bridge the gap in the current point score I would encourage all members of Telopea to attend both events and get us back on track in our quest for another shield in 2014.

College Term 3 Working Bee – Saturday, 30 August
College Term 3 Term Service – Friday, 5 September

Mr Liam Toland
Director of Pastoral Care T-12

Photos from West Tigers Cub game on Monday night.
Tom Angel and Kye Madden
Junior Debating

Congratulations to both Junior debating teams for making it to the preliminary finals. This is a great achievement, as it is only our second year in the HICES debating competition. For the finals the debates are Impromptu, this means they toss a coin to find out who is negative and affirmative then they are given the topic around the theme of Animals in captivity.

This Friday, 8 August, Wollondilly Anglican College will be hosting one of the debates, Wollondilly A vs William Carey. The debate will commence at 1.00 pm, in the Flynn Auditorium.

Our second debate will be held at Thomas Hassall Anglican College. This second debate is Wollondilly B vs Thomas Hassall. This debate will commence around 11.00 am.

We are very proud of the following debaters and we wish them all the best for their next debate.

**Wollondilly A**  Amy Hvejsel, Evelyn Ricketts, Amy Kellert, Ella Hawkes, John Talbot, Gideon Meichske

**Wollondilly B**  April Ainsworth, Rebekah Wales, Georgia Wadley, Joshua Looyen, Kyran King

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**Mr Michael Matthews**
Primary Teacher

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**Year 5 - Camp**

The excitement is building for Year 5 camp next week. I am sure some have already packed for the big event. We are now on countdown of only six sleeps until we go!

Remember to send any medication clearly labelled in a separate bag and give it directly to one of the teachers. Can you please make sure that every child has a hat and a sleeping bag as traditionally they are the two most forgotten items.

**Mrs Lisa Rockwell**
Pastoral Care (Year 5 - 8)

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**Reminder: 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
Congratulations to all IPSSO teams on your successes last week and yesterday. It is pleasing to see as the season nears its conclusion, how our skills continue to improve and develop. This, as a result, is ensuring all of our teams are making individual milestones. Well done to all players.

There are no IPSSO games next week.

All of the notes for the NASSA Athletics have been handed out and are due back as soon as possible. The carnival is on Thursday, 21 August at Campbelltown Sports Stadium, Leumeah.

Mr Stuart McIntosh
Primary Sports Coordinator
Before every show, the musical staff and students pray 'to God be the glory', and what a glorious performance it was! Congratulations to our staff and students. We have had very positive feedback from both within the Wollondilly Anglican College community, and from the broader local community.

We would like to extend one last thank you to all of our supporters. Well done one and all! As the show wraps up, the first question we are always asked is 'what is the next musical going to be?'. Rest assured we have already begun working on final selections with a view to securing licensing agreements. When a decision has been made and a license secured, we will make an announcement.

Lastly, for our Year 11 students *Beauty and the Beast* is their last College musical. Their contributions are highly valued and they will be missed. **Special congratulations to this year's Year 11 musical cast and crew; Alexander Denley (The Beast / Prince), Briony Roelandts (Mrs Potts), William Gardiner (Lumiere), Thomas Croucher (Cogsworth), Scott Badger (Gaston), Dayna Bruynius (Reed II / Band), Georgina Saint John-Viney (Stage Manager), Samuel Harper (Lighting).**

Mrs Sarah Talbot  
Musical Director

**DRAMA**

Mrs Talbot has received information about scholarship applications being offered by SHYAC for two students to attend ATYP workshops.

If you are interested, please see Mrs Talbot. In addition, at this time of year we receive lots of information about theatrical courses. You will find this information in the Drama classroom. If you are not a Drama student, please see Mrs Talbot if you are interested.

**YEAR 11 JERSEYS**

Year 11 have the opportunity to purchase a College jersey, which they can wear from the commencement of their HSC course. The cost will be $80.00.

Students have selected a design, size and name for the back of their jersey. All that remains is for order forms to be completed (distributed on Wednesday, 6 August in roll call) and returned with payment to the College office.

Please complete these forms ASAP as the order cannot be placed until all payments are received. Any delays in returning forms/payments will also delay receipt of the jerseys.

Mrs Sarah Talbot  
Year 11 Patron
Design an Ad Competition

All students in Years 5 to 11 who are interested in entering the Design an Ad Competition must see Mrs. Taylor to receive their information packs and go through the design brief for the business. Students have been given four weeks to design an ad for the local Advertiser Newspaper. Primary and Secondary students are judged in separate sections. There is a first, second and third prize for primary and secondary students.

1st prize $800.00 cash
2nd prize $350.00 cash
3rd place $100.00 cash

To receive your Design an Ad pack please see Mrs. Taylor at Melba 3 Art room, first half of lunch on Friday. Please write in your College diary that the 'Design an Ad' competition is due back to Mrs. Taylor on September, 4 2014 by 2.35 pm, entries given after this date will not be accepted. Entries may be given to Mrs. Taylor earlier. I look forward to seeing all your creative designs.

Mrs. Belinda Taylor
Secondary Teacher
CLOTHING POOL

We have brand new stock in the Clothing Pool now!

**Items are:**
- Girls’ (Secondary) Ties: $16.00
- Boys’ (secondary) Ties: $23.00
- Girls’ (Primary) Ties: $11.00
- Boys’ (Primary) Ties: $21.00
- Sports Caps: $17.00
- Socks Size 9-12, 13-3, 2-8, ...: $10.00
Wollondilly Anglican College Country Fair Remembrance Dr, Tahmoor
Saturday September 13 7:00pm FREE Entry
www.southdowntheband.com
Dear Wollondilly Families,

As you know our Country Fair is not far away and its success relies on the support of our community. We are looking to get our gift basket stall under way and will be sending home a plastic plate and theme suggestion to each of our Wollondilly families.

Please feel free to use the suggestion provided or one of your own. Some ideas for gift baskets are: creative kids, bath time, new baby, gardening, time for a cuppa, boys only, girls only, movie night, kids in the kitchen, sweet treats, chocoholics, time to relax, master chef, indulgence or BBQ. The possibilities are endless!

We ask that you place your goodies on the plastic plate provided, wrap in clear cellophane and drop them into the College Office before close of business on Monday, 8 September so they can all be finalised and priced before the event. If you need any info or would like to help out, please call Jeanie Majewski on 0402 063 065.

Thanking you in advance for your support.

P&F Country Fair Committee

The next P&F meeting is on Monday, 11 August, 7.00 pm in the Staffroom. Focus is Country Fair. All welcome!!

Under the logo you could put:

- Wall and Floor Tiles
- Clay and Concrete Pavers
- Natural Stone Tiles and Pavers
- Retaining Walls
- Synthetic Grass

Open 7 Days on the Old Hume Hwy, Braemer
Ph: 4872 4650
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.

Tahmoor District Cricket Club - Registration for 2014/2015 season. Details on their website www.tahmoorcc.nsw.cricket.com.au or register in person on Sunday, 10 and 17 August 10.00 am at Tahmoor Sports Ground. For more information call Andrew Murphy 0418 612 054 or Jane Eva 0419 296 508

Wirrimbirra Sanctuary is seeking volunteers from Tuesday to Sunday for its: Native Nursery - involves an interest or knowledge of native plants, and assisting with propagation, labelling, watering, and general maintenance. Fauna Protection Area - involves an interest or knowledge of native animals, and assisting with feeding and general maintenance. Information Centre – involves welcoming visitors, and assisting with office duties, catering, events and sale of souvenirs. For more information contact Wirrimbirra on (02) 4684 1112

Come along to our RADIOACTIVE Kids@ MAC (radio station!) on Wednesdays 3.30 - 5.00 pm at Mittagong Anglican Church, cnr Main Street and Station Street. For: Kids from Kindergarten - Year 5 A kids club with fun, games, food, Bible learning, craft, songs and more! Cost: $3.00 per child per week, $20.00 full term; discounts for families. For more info, contact Mittagong Anglican Church 4871 1947, www.mittang.com.au or check us out on Facebook.

Excursion bags are available for sale at the Canteen at $15.00 each.

Canteen roster

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<thead>
<tr>
<th>Date</th>
<th>Person</th>
<th>Person</th>
</tr>
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<tbody>
<tr>
<td>Friday 8/8</td>
<td>Judy Scholes</td>
<td>Marie Bellia</td>
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<tr>
<td>Monday 11/8</td>
<td>Helen Russell</td>
<td></td>
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<tr>
<td>Tuesday 12/8</td>
<td>Diane Clark</td>
<td></td>
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<tr>
<td>Wednesday 13/8</td>
<td>Judith Rigg</td>
<td>Help Needed</td>
</tr>
<tr>
<td>Thursday 14/8</td>
<td>Virginia Williams</td>
<td>Help Needed</td>
</tr>
<tr>
<td>Friday 15/8</td>
<td>Judy Scholes</td>
<td>Natalie Traynor</td>
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<tr>
<td>Monday 18/8</td>
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<td>Tuesday 19/8</td>
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<tr>
<td>Thursday 21/8</td>
<td>Susan Kellert</td>
<td>Kirsten King</td>
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<tr>
<td>Friday 22/8</td>
<td>Judy Scholes</td>
<td>Marie Bellia</td>
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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

‘You yourselves have seen what I did to Egypt, and how I carried you on eagles’ wings and brought you to myself.’

Exodus 19:4

There are few images more majestic than the sight of an eagle in flight. To have so much power and grace in a single package is very impressive. The idea of being rescued on eagle’s wings, is awesome. So much so that Tolkein used this image in both The Hobbit and Lord of the Rings. Our God is like this.
Prayer Points

Thank God

- That He is always there – even when we are angry with Him - He does not pout or give up on us,
- That He can be angry, disappointed and sad - but never cynical
- For the progress on the new buildings
- For our new Olive Farm

Ask God

- For wisdom as we consider applications for staff for 2015
- To help us rise above our anger and cynicism

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

Excellence, Endurance, Eternity.