Once upon a time there was a little red hen, a duck and a cat. One morning, the little red hen found a grain of wheat. "Look!" she said. "See what I have found. Who will help me to plant this grain of wheat?"
"Not I," said the duck. "I must go down to the pond for a swim." "Not I," said the cat. "I have some visitors coming." "Very well, I will then", said the little red hen, and she did.

After a while some weeds appeared among the stalks of wheat. The little red hen asked: "Who will help me to weed this wheat?" "Not I," said the duck. "It's too hot and I'd rather be on facebook." "Not I", said the cat. "I will get my paws dirty". "Very well, I will then", said the little red hen, and she did.

The wheat began to ripen: "What fine wheat we have," said the cat and the duck. "Who will help me to reap this wheat?" asked the little red hen. "Not I", said the cat. "I want to watch a movie on TV" "Not I", said the duck. "I feel like just hanging out with my geese friends" "Very well, then I will", said the little red hen.

She cut the heads off the grain very carefully and put them in a bag , then trudged off to the mill, and in a few hours she was back with a sack of fine flour. "Now, who is going to make this flour into bread?" asked the little red hen. "Not I", said the duck. "I am playing Mindcraft" "Not I", said the cat. ‘Someone might see me helping and think I am a crawler” "I will, then," said the little red hen, and she did.

So the loaf of bread was baked and it was baked, and it was golden and crusty. The little red hen put it on the kitchen table. "Well now, who is going to eat this loaf of bread?" asked the little red hen. "Not I", said the cat. "I might burn my paws" "Not I", said the duck. "I don’t feel like it” "Very well, then", said the little red hen. "I will do it".

Students of Wollondilly: What is your bread? What plans have you made for baking? Are you prepared to work hard to get there? Are you somebody who is prepared to make the bread or are you someone that would rather sit and watch others? I challenge you to make plans to bake bread this year. Do you have academic, sporting, social or personal achievement goals? Are you prepared to work hard and actually put in what may be boring or hard work? One of the many things I love most about this College is the fact that our families are great “breadmakers”. They work hard to achieve what they want. Some days it is just hard work. Yes you may miss other good stuff and find it hard to get motivated but just think about how good that feeling will be when you have achieved your goal. I encourage parents to help our students be the best they can by allowing them to make their own bread. Of course give them the right ingredients and show them how to use the oven but give them the opportunity to learn. Of course there will be failed attempts and doughy batches but battling through this is part of the process. My first attempt at bread making was a disaster. I forgot to add yeast and I was shattered when I pulled out a doughy flat scone. But the next day and every other since then I have never forgotten the yeast.

I encourage you all to use the rest of your time at Wollondilly to start or continue making good bread and not sit back and feel hard done by when others are making good bread around you.

The best recipe for life may take a few attempts along the way.
Thank you to all who attended the Steam Festival on Sunday. You all represented our College in such a fantastic way, especially considering the heat! What a way to welcome in Autumn and what a welcome relief that rain was in the afternoon! Your efforts on the day were not unnoticed; we were awarded Best School for the 2nd year in a row.
Well done.

YEAR 7 2016 INFORMATION EVENING

Current parents of Year 6, please mark your diary. The Year 7 2016 Information Evening will be held on Tuesday, 17 March. From 6.00 pm we will have a BBQ and tours of the Secondary College where our Year 6 students can get a feel for the exciting things coming their way next year. At 7.00 pm we will move across to the auditorium for an information session. The evening should wrap up around 8.00 pm.
I hope you see you all there.

Mrs Christine Mozejko
Development Manager

ANZAC DAY

Please note that ANZAC Day this year falls on Saturday, 25 April. Keep an eye out in the Waratah Weekly in the coming weeks for details of local marches.

IMPORTANT NOTE FROM THE OFFICE

- If your child occasionally requires Panadol during College hours, could you please supply a box or bottle of preferred type to be kept in the office for such times.
- Please note, this medication will not be administered until permission has been received from a parent at the time unless a note has been provided previously.
In the last edition of the Waratah Weekly I published the first five Golden Rules for successful parenting from Michael Grose’s Parenting Ideas. Here are the remaining five.

6. **Build developmental knowledge.** Many challenges parents experience with their children are due to a developmental mismatch. That is, parents raising their 10 year old as if they are eight. The nuances of parenting are age-related, yet due to inexperience we so often don’t read the cues. Recently, I witnessed a mum and dad tearing their hair out trying to communicate with their nine year old son. For the first time he was saying no to them. They thought him stubborn and disobedient. I thought him normal, as nine can be a problematic age, where usually malleable children suddenly start changing. Puberty is stirring. When this couple’s second child turns nine she will experience the benefits of her elder brother paving the way and breaking her parents in for her.

7. **Practice problem-ownership.** Please, please, please allow children to own their own problems. Children of all ages can be creative when they have problems to solve. Everything is a potential problem to kids and they need opportunities to resolve them themselves. By all means, coach, guide, give hints but give them a chance to sort out relationship issues; challenges with teachers and academic challenges themselves.

8. **Swim against the tide.** Listen to talkback radio, read the headlines of a newspaper or watch a current affairs TV program and you’ll realise that, right now, we live in an incredibly judgemental society. Parents are harshly judged as well. Allow your kids to walk to school and you risk being judged as negligent. Drive your kids to school and you risk being told that you are spoiling them and neglecting their physical wellbeing. It takes a strong parent to swim against the tide of popular opinion. It also takes a strong parent to deny her child say a mobile phone when every other child has one. It helps to say “This is the way we do it in our family.”

9. **Be brave.** Perhaps the biggest challenge facing parents, and their children, is the ability to let go of their parental reigns and give kids the freedom they need to develop autonomy. It’s relatively easy to develop children’s independence at home as the stakes aren’t as high. If they can’t cook a meal then you just have to do it for them. However, developing children’s independence outside the home is a different story. Many parents feel decidedly wary about granting children and young people more freedom. There is the perception that the world is a dangerous place. Granting kids freedom has an element of risk; that’s why parents need to be brave. Having the courage to let go is a basic requirement of parenting. It won’t stop you worrying, but that’s part of the game.

10. **Add emotional intelligence to your parenting mix.** With kids experiencing mental health challenges at a depressingly high rate it’s time to add some emotional intelligence to the parenting mix. While many schools are now introducing emotional and social programs on the curriculum, it’s important that parents develop a deep understanding of how emotions work: how emotions can be recognised; how they can work for us and against us; how we can regulate our emotions so they don’t overwhelm us; and how to recognise and respond to the emotions of others. These sound like life changing skills that if learned, are capable of impacting significantly and positively on future generations.


**Duke of Edinburgh’s Award Training Day**

On Saturday, 7 March a Training Day will be held to prepare students for their first expedition which will occur on the Saturday, 28 and Sunday, 29 March.

Details are as follows:
- Commences at 8.30 am at the College at Melba Amphitheatre and concludes at 2.00 pm
- Students will need to bring — hat, sunscreen, water bottle, clothes for walking in bush, suitable shoes for bush walking, a pen and recess. Students can join the working bee BBQ for lunch and help out in the gardens or book covering after they complete training if they wish
- The students will be supervised and instructed by Mr Hicks and Mr Croger
- Activities will include instruction on safety, first aid, navigating using a map and compass, equipment to take, route planning for the expedition, requirements and expectations for an expedition, cooking and camping skills.

It is important that students attend this training before they participate in the expedition or expeditions at a later date.

Mr Ian Croger
Deputy Headmaster
Community Service
It was great to see another outstanding turn out from our students at the Thirlmere Steam Festival on Sunday. It was an extremely warm day but this did not deter the enthusiasm of our students. We always communicate to our students the importance of involvement beyond the College and the development of a sense of community. This was clearly evident in the manner in which our students represented the College at this event.

A further opportunity for students to demonstrate a commitment to community service is by giving up a small portion of time to build community at our Term 1 College Working Bee. Students are encouraged to attend this event and assist in keeping our College looking great. All contributions of time are highly valued and integral in assisting with the many jobs to be completed during the day.

Students who attend events such as the above will be issued with a Community Service merit. This will also gain one House Point for their House group that will be allocated toward the Overall House Shield at the end of the year.

Peer Support
The Peer Support program has reached the half-way point with four out of eight sessions now complete. The program focus has been on developing resilience. Below is some feedback from our leaders so far in relation to some of their own development in leadership and with regards to other aspects of the program:

What have you enjoyed?
Learning about the strengths and weaknesses of the students in the group.
Playing games and completing fun activities that has challenged both us and the students and taught us about overcoming challenges.
Seeing the students enjoy themselves, build a connection with the leaders and learn about themselves and others.

What have I learnt?
How to encourage the group to participate and support others.
How to keep younger students focused and engaged.
How to understand what and how Year 7 think and strategies to enable them to consider other alternatives.
That although we are all very different people that we can still get to know each other and form new bonds.

What have been the challenges?
Getting all group members to be involved in discussions.
Settling the group down after fun activities.
Trying to keep the students focused.

Next week we will hear about what our peer support leaders have been encouraged by, the goals that they have for the remaining sessions and how this experience has shaped their leadership of others.

K-8 Buddies
On Friday, 27 February K-8 participated in their first Buddies session for 2015. This is a program where students meet with their Buddies twice a term in K-5, 1-6, 2-7 and 3-8 groupings. This is a great opportunities for a supporting relationship to develop and be fostered over a potential five year period, with students in Year 4 then taking on the position of being a Buddy to our Transition students.

The program runs during Roll Call time and involves interactive activities that allow for relationships to be developed across our T-12 structure here at the College. The students always enjoy this time and I enjoyed being involved with Year 5 as they worked with our Kindergarten students. A further session will take place later this Term.

Mr Liam Toland
Director of Pastoral Care T-12
Google Docs in Stage 3

A new way for you to see how your child is going.
In Stage 3 students will do most of their work using Google Docs. This allows teachers to make real
time comments and for students to access their work online. There is also a reduction in the amount of
paper used and a record of feedback kept. Teacher and peer comments can be viewed and changes
made to the one document.
Parents can ask children to log in at home and show parents what they are doing at the moment.
When working in groups Google Docs allow multiple people to contribute at once.

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

JOIN THE DOLLARMITES CLUB! (SCHOOL BANKING)

When you join the Dollarmites Club, you'll receive a yellow Dollarmites deposit wallet to use when you deposit
money into your Youthsaver account, a membership card and the chance to win amazing prizes through our
Dollarmites competitions. Plus, visit your local CommBank Branch and ask to receive your free Platybank
money box.

Not in the Dollarmites Club? To join the Dollarmites Club, you need to be under 12 years, and have a Youth-
saver account. It’s really easy to join, just get Mum or Dad to open a Youthsaver account - a flexible savings
account specially designed for young people under 18 years of age. You can apply by either:

- Going to your nearest Commonwealth Bank Branch
- Applying online if you are a NetBank customer
- Call 13 2221 between 8.00 am and 8.00 pm, Monday to Friday

Our Dollarmites banking day is WEDNESDAY.
**Literacy Week:** During Literacy Week we encourage all children to think about their reading and promote the importance that Dads have in encouraging the Literacy process.

**Why are Dads important in the Reading Process?:** Dads can make a difference in getting sons to read but we believe it is not gender specific and Dads have a great impact on their children. The following information is taken from a University of Canberra website by Ryan Spencer and can be read in more detail there.


Experts agree that when it comes to engaging boys with books, the key is reading with dads, uncles and grandfathers. When fathers engage with their sons in reading, the level of boys’ engagement, interest and participation are known to change. Dads are able to engage their sons in different ways with books, usually by hooking into shared interests and developing sustainable reading habits. The website suggests the following tips for encouraging children to read:

- Spend quality reading time together
- Read about shared interests
- Read different types of books
- Laugh and have fun
- Use technology to engage.

We will be celebrating Literacy in our traditional way with various activities from Wednesday, 4 March to Wednesday, 11 March. This will begin with World Read Aloud Day, where all students in the Secondary will read to students in the Primary, some of the secondary staff will visit primary classrooms to read a book and talk about reading, and culminating with Fathers and Literacy Day on Tuesday, 10 March (see below).

We will run a bookfair in conjunction with these events. The bookfair will be open for viewing on Thursday, 5 March during College time (for students only) and after College each day for parents and students until 3.30 pm. Students may also purchase books during lunchtimes. The bookfair will be open for the Literacy morning with Fathers on the Tuesday. The bookfair will be held upstairs in the Elizabeth building.

**Save the Date: Fathers and Literacy Day - Tuesday, 10 March**

**Invitation to all Dads of students in Transition to Year 4**

You are invited to visit the classroom of your child to see how we work with Literacy, play some games and have fun.

When: Tuesday, 10 March 8.15 am - 10.00 am
Where: Meet at the College Canteen after the morning bell at 8.10 am and sign in as a visitor.
At the conclusion of the morning session you are invited to have morning tea with the Headmaster between the Canteen and Kindergarten building.
(We are conscious that some Fathers of our students are not able to attend the morning. Grandfathers, Uncles and Older brothers are also welcome to visit)

**Working Bee:** On Saturday, 7 March from 9.00 am onwards - we will be covering books in Flynn 2 and welcome anyone who is able to donate some time. The contact is easy to work with and we provide air conditioned comfort - if it is too hot outside or raining come and join us - perfect working conditions and great company!

Live a life well read
Mrs Louise Saint-John
IRC Coordinator

www.love2read.org.au
SECONDARY SPORT

MISA:
This week in sport we were scheduled to play St Benedict's in both Oz Tag and Basketball with the other MISA teams training at the College. Unfortunately these games did not go ahead due to unforeseen circumstances, much to the disappointment of the students.

Next week we play St Patrick’s. As they are an all girls school the Open Boys’ Cricket and Oz Tag teams will train for the upcoming finals. The Boys’ Basketball still have a game and will play Mount Carmel (B). All the best for each of those teams.

NASSA Swimming:
On Wednesday night we had a team of over 30 swimmers attend the Sydney Olympic Park Aquatic Centre to compete in the NASSA Secondary Swimming Carnival. It was a great night with all students competing to the best of their ability against some very tough competition.

A more detailed report will be in next week’s Waratah Weekly when the final results have been processed. Those students who have made the AICES swimming team will receive a permission note this week. The AICES Carnival is next week Thursday, 12 March. All the best to those students competing at AICES.

NASSA Touch Football:
The NASSA Touch Football Gala Day will be held on Monday, 16 March. Trials for the Junior Boys’ and Junior Girls' teams will take place this Friday at lunch on the front playing field. All students must attend this trial to be eligible to play. Students selected for these teams will receive a permission note next week. It is essential that these forms are returned asap so we can organise transport.

Mr Mark Goldsborough
Secondary Sports Coordinator

PRIMARY SPORT

AFL AusKick Friday Afternoon Program 2015
The second week was a resounding success. The coaches tell me that the children are very enthusiastic and enjoying the activities. Please meet Mr Wayne at the back of Sails at the end of the day to be marked off and taken down.

Could parents who haven’t paid the program fee please do so online or through an envelope marked with your child’s name as soon as possible

NASSA Soccer Gala Day at Camden 2015
We will be entering teams in the senior boys' and girls’ competition. Trials for positions in the boys’ team will be conducted next Wednesday, 11 March at lunchtime. The girls’ team will be the current IPSSO Senior side. The NASSA Soccer Day will be on Monday, 16 March 2015 at Ron Dine Oval, Camden. The coaches are Mr Wayne and Mrs Apps.

Primary Athletics Training 2015
Our second week of Shot Put was a great success. I am really pleased with the improvement of the students so far. There are two more weeks of this activity left and then we move onto Long Jump. Please meet Mr Wayne in front of Elizabeth at the start of Lunch One WITH YOUR LUNCH! If any further information is required, please email me at d.wayne@wac.nsw.edu.au

Hindmarsh/Noble Cup Rugby League 7’s 2015
We will be entering teams in the junior and senior division for this competition. Trials for positions in the teams will be conducted next Monday, 9 March at lunchtime. The 7’s competition is on Thursday, 19 March 2015 at Hampden Oval Robertson. The coaches are Mr Coutts Smith with the juniors and Mr Wayne with the seniors. Please note that due to the College Photo Day being the same day as the regional finals, teams that win their group will not progress to Campbelltown Stadium.

Mr Darren Wayne
Primary Sports Coordinator
We are again collecting food to be made into meals for local families. Please see the list below:

- Rice - Basmati or long grain
- Dried instant mashed potatoes
- Tinned tomatoes, crushed/diced/whole
- Tinned beans eg cannellini, five bean mix
- Tinned vegetables eg mushrooms, corn
- Tomato paste
- Cooking sauces eg Chicken Tonight products, Kantong
- Coconut milk
- Curry pastes eg Thai, Indian
- Vegetable/olive oil
- Gravy mix
- Vegeta/vegetable stock powder

Gift vouchers or cash for Woolworths or Coles (to be used to purchase meat and poultry). You are also welcome to drop food items into the Office.

Mrs Lynnette Buick
Food Drive Organiser
Sunday, 1 March was the 25th ‘Clean Up Australia Day’. It is estimated that over 500,000 people nationally volunteered their time and energy to clean up our environment.

In Tylers Road and Silica Road, Bargo, a team of neighbours, College volunteers and two European backpackers got busy cleaning up. We experienced conflicting emotions on the day – we were delighted to find least amount of rubbish ever but that meant we didn’t get as much of a good feeling from the clean up!

For those with smartphones there is an app which allows citizens to report illegal dumping and I encourage you to have it installed. Monitoring, reporting and prosecution are an effective way of changing behaviour. If more are involved in that process it will limit illegal dumping. Search the web for ‘EPA mobile app’.

Special thanks to the following students, parents and staff who got stuck in: Mrs Baxter, Travis Baxter, Darcy Baxter, Alexander Lisica, Matthew Jones, Mr McKinley, Madilyn McKinley, Kelsie McKinley, Mrs Harris, William Harris, Jemima Hart, Maisie Hart and Dr Bearlin.

Mr Jay Hart
(Secondary Teacher)

π D A Y AT W O L L O N D I L L Y

Traditionally π day is celebrated on the Saturday, 14 March, however, as this is a Saturday celebrations will take place on Monday, 16 March. This year marks the ultimate π day as more decimal places can be represented in the date.

We will be hiding π symbols around the College on this day. During lunchtime only students will be able to exchange their π symbols for a reward. Stay tuned for more exciting details closer to the date.

Miss Kristy Allon and Maths Department
That’s the implication of a new paper from Germany, which confirms and augments research conducted in Canada, and Hong Kong. Across cultures, it appears, training on a musical instrument improves kids’ verbal memory.

The results of an 18-month study suggest “a positive transfer effect from musical expertise onto speech and language processing,” writes a research team led by Ingo Roden of Carl von Ossietzky University in Oldenburg, Germany. In the journal Frontiers in Psychology, the researchers note that no similar effect was found for kids taking an enriched academic curriculum.

The study featured 7 or 8 year old children (37 boys, 36 girls), recruited from seven primary schools scattered around Germany. Twenty five received special music training above and beyond the basic school curriculum. Specifically, they participated in weekly 45 minute lessons, where they played the instrument of their choice (guitar, violin, cello, flute, trumpet, clarinet, or drums). Specifics differed somewhat from school to school, but the students received individual attention (with no more than five in a group), and they were instructed to practice regularly at home.

Another 25 children, taken from “two primary schools that emphasized natural science skills,” were given “enhanced education in mathematics and general studies” over that same 18-month period. An additional 23 children received no additional instruction beyond the basic school curriculum.

At the beginning of the program (as the school year started), all took a series of tests to assess visual and verbal memory. For verbal memory, they were asked to listen to and recall a series of 15 words immediately after hearing them, and then again after 25 minutes. They were then asked to pick them out of a list of 30 words.

“Across one and one-half years, children in the music group showed a greater increase on every measure of verbal memory than the natural science and control groups,” the researchers report, adding that these trends “prevailed after adjustment of the model to account for influences of individual IQ and age” and that improvement was seen continuously over time.

Precisely why isn’t clear, but the researchers have some solid ideas. “Playing music requires continued monitoring of meaningful chunks of information,” they write. "Rather than individual notes, these chunks entail clusters of notes that are combined into meaningful melodic gestures and phrases."

There’s an obvious parallel between that process and the way clusters of syllables, meaningless in themselves, combine in our brains to form words. And in contrast with the verbal results—and in line with previous research—there were no similar increases in visual memory.

While further research will be needed to explain the specific brain mechanisms reflected in these results, they reinforce what the researchers call “the beneficial effects of music education of children at primary schools and, possibly, preschools, in terms of their cognitive development in general, and language acquisition in particular.”

Given this evidence, and in order to give your child the best possible start to their educational journey, I urge you to take advantage of the Music Ensembles, private lessons, and performance opportunities here at the College. Please call or email Mr Denley to discuss your child’s options for learning an instrument.

Have a great musical week; start your child’s musical journey today.

Mr Simon Denley
Creative Arts Coordinator

THIRLMERE FESTIVAL OF STEAM PERFORMANCES

The College Band and College String Ensemble performed exceptionally well at the Thirlmere Steam Festival on Sunday. The students, under very hot and steamy conditions, performed with distinction before an appreciative crowd of parents, friends, and the general public. For many of the students in the Band and String Ensemble, this was their first performance with the respective ensembles and they demonstrated musical maturity. Some students from these ensembles began learning their instruments only two years ago in the String and Band Programs the College has established for Years 3-6. This is quite an achievement!

In addition to the ensembles, the College was represented musically by Eloise Roelandts (Year 9), Lukas Potter (Year 10) and Briony Roelandts (Year 12) accompanied by Samuel Harper (Year 12) and Samuel Gardiner (Year 12).

Congratulations to all the students who performed at the Steam Festival. We look forward to many more performance opportunities this year.

Mr Lloyd Grant - Music Teacher
As I reported last week, our first Working Bee for 2015 will be taking place on Saturday, 7 March from 8.00 am till 4.00 pm. We would love to have you join us here at the College. For those of you who are new to our College, it is a good way to be a part of the greater College community, meeting and working side by side whilst having some great fellowship with other parents and students. It also helps to get some of the things done around the place which we don’t normally have the time for.

Some of these jobs are:

- A big job due to the rain we have had is the weeding and tidying up of all our garden areas around the College.
- Our Olive Farm needs cleaning up around the trees by some people using brushcutters.
- Mulch can be added to the gardens
- The College carpark gutters can be swept to rid them of leaves which can then be put on the gardens as compost.
- The cover team will be covering some books with Mrs Saint-John in the Flynn 2 classroom from 9.00 am.
- A great job for the kids is the picking up of papers around our field
- There is a Tree fallen across our fire trail. Someone with chainsaw experience can clean this up for us.

Between now and then there could be more jobs found that need attending to so don’t forget to bring your gardening tools, gloves and anything else you think might help on the day. We always have a great time at our Working Bees so come along and be a part of the action to help keep our College looking great.

As always a luscious Morning Tea will be provided by the Wollondilly Anglican Community Church and a BBQ lunch will be provided by the P&F.

Mr Fred Schroder
Property Manager

It’s not too late to join the musical set design team! All students from Years 7 to 11 are welcome to come and help out. This year we are painting and constructing the sets for High School Musical. We meet every Monday afternoon between 2.35 pm and 4.30 pm in Melba 3 Art room (parents are asked to collect their children from the car park between Melba and Flynn).

Students should bring afternoon tea for themselves and a change of clothes to work in.

There is also an opportunity for parents and students to help us prime and paint the sets at the upcoming College Working Bee on Saturday, 7 March. We would love to get as many of the sets painted as possible, so if you’re handy with a paintbrush, please come along! This will also take place in Melba 3 art room.

Please see Mrs Taylor or Mrs Ware if you have any further questions.

Mrs Sarah Talbot
Musical Director

This week at secondary musical rehearsals, students made significant progress through some new scenes and songs. We will continue working in small groups on various scenes on Monday, 9 March.

Students should be prepared for all scenes up to and including Act 1, Scene 7 (the auditions). Please continue bringing water to rehearsals.

Mrs Sarah Talbot
Musical Director
Tax File Numbers in Schools Program
Unfortunately the Australian Taxation Office has cancelled the TFN in schools program. Students will now have to apply for their TFN using the guide below.

How students can apply for a TFN from 1 January 2015
The Australian Taxation Office in partnership with Australia Post is making it easier for individuals to apply for a TFN. Students can now apply for a TFN online and have their identity verified through an interview at a participating Australia Post office.

Applying online is the fastest and most convenient way for students to get a TFN. More information on applying online can be found at ato.gov.au by searching for 'QC27248'.

Students who are unable to visit a participating Australia Post office will need to complete the application form Tax file number - application or enquiry for individuals form (NAT 1432). More information about lodging this form can be found at ato.gov.au by searching for 'QC22604'.

If you require any further information you can phone the ATO on 1300 130 282 between 8.00 am and 5.00 pm Monday to Friday.

Mr Michael Cassidy
Secondary Teacher

HEPATITIS A - GENERAL WARNING

You will have seen in the media reports about recent contamination of frozen berry products with the Hepatitis A virus. NSW Health has renewed their warnings to watch for the signs and symptoms of Hepatitis A which could occur between two to seven weeks after exposure to the virus.

Current recalls include Nanna's Mixed Berries (frozen), Nanna's Raspberries (frozen), and Creative Gourmet (mixed berries). Details of affected batches (by 'best before' dates) are included in the recall information. It is worth consulting the NSW Food Authority website for information on what to do if you have any recalled product and for the full list of recall products in case other products are added in future.

The NSW Health website provides information on the risks of Hepatitis A and links to a fact sheet on Hepatitis A.

Parents can also contact their local Public Health Unit for more information, and advice on specific cases on 1300 066 055.
Wheels @ Wollondilly
The 2nd Annual Wheels @ Wollondilly Car Show is on Saturday, 9 May from 10.00 am – 2.00 pm. This year will be even bigger. Spectator entry is $5.00 per car with all kids’ activities free after entry. The hugely popular Pee Wee will be back with his crazy collection of modified scooters for the kids to test. A professional face painter will recreate everything from favourite kids characters to Wolverine scars.

New this year are electric go karts and electric replica BMW motor vehicles for young drivers to test their skill on a specially designed course. The rocker cover races are on again. How is your design coming along? Will you be the fastest in 2015 and take home the huge trophy?

A delicious array of food and great musical entertainment will be available as you meander through a huge array of classic cars, trucks, service vehicles and bikes.

We do need helpers to make this event possible.

W@W Committee

Parents’ and Friends’ Association (P&F)
A reminder that you are warmly invited to come along to the P&F AGM on Monday, 9 March, 7.00 pm in the Admin Building.

Positions vacant:
• Advertising Coordinator
• Sponsorship Coordinator
• Merchandise Coordinator

If you are interested in a coordinator position, please contact Danielle Turner on pandfpresident@wac.nsw.edu.au or 0422973082.

Please register your ability to help at an event on the inserted volunteer form and return to the College Office.

WAC 10 YEAR ANNIVERSARY COOKBOOK – open for extras!
At last it’s happening, the WAC 10 year cookbook is in the final stages of production. Yes we know it has been a long time coming but it’s well worth the wait.

We are reopening for submissions of recipes. If you missed your chance last time or joined the College after August 2013 we would love you to submit your FAVOURITE FAMILY RECIPES!!

This very special colour commemorative cookbook is being compiled by a local chef and includes a special celebrity chef endorsement. The professionally bound quality of the book ensures it will be a treasured keepsake. Categories in the cookbook are as tempting as:
• Kickstart Breakfasts and Snacks
• Soups and Starters
• Finger foods
• Salads and Dressings
• Vegetarian and Allergy Friendly
• Meals in a Tick
• Delectable Deserts
• Afternoon Teatime
• Fun with Kids
• Drinks and other liquid Delights

Families of the College are invited to submit favourite family recipes that will appear in the book with their family name.

If you are copying a recipe from another favourite cookbook or website, we will need the name of that book/website for copyright issues.

Recipes can be printed or written out and placed in an envelope addressed to Cookbook Coordinator and left at the office or emailed directly to Lianne Williams (lianne@sproutscatering.com.au).
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.

**Tahmoor/Bargo Cubs:** Boys and Girls welcome! Monday night 6.00 pm - 7.30 pm (7.5 years to 11 years old). For more information please contact Phil Norton 4681 8811

**Wollondilly Redbacks Junior AFL Club - 2015 Player Registrations:** We are currently seeking players for the 2015 season to play on Sundays! We field teams in the following age groups. Under 9’s, 10’s, 11’s, 13’s and 15’s. We also run an AFL Auskick Clinic for kids aged 4 and up on Sunday Mornings. For additional information please phone David on 0408 492 144 or email www.wollondillyafl.org.au redbacksaf@gmail.com

**Tahmoor Netball Club:** If you are aged five years and older and would like to play netball this year, Tahmoor Netball Club is having a registration morning on Saturday, 7 March 9.00 am – 11.00 am outside the Tahmoor Newsagents on Remembrance Drive, Tahmoor. If you have any questions please email tahmoor.netballclub@gmail.com

We would love for you to join us in celebration at our Youth Mass on Sunday, 21, March at St Anthony’s Catholic Parish in Tahmoor. Opportunities for youth to participate in the choir, band ensemble, reading and offertory procession is available. Come along this week and be a part of it. If you have any questions please contact Julie 4683 3575

**Tahmoor Presbyterian Church** are holding “WelcomeWednesdays!” between 10.00 am - 12.00 pm (held on the last Wednesday of the month), come along for a free cuppa, purchase second hand clothes, rest and relax! For more information please call 4681 0702

Our first ‘Red Day’ for this term will be on Wednesday, 18 March so start saving your money!

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

Our College Clothing Pool is in urgent need of
Junior girls (sizes 4 to 8) summer / winter and sports uniforms.
Any donations would be greatly appreciated!

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.

Canteen roster:

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<thead>
<tr>
<th>Date</th>
<th>Judy Scholes</th>
<th>Judith Rigg</th>
<th>Helen Losciuto</th>
<th>Helen Russell</th>
<th>Susan Kellert</th>
<th>Judy Scholes</th>
<th>Judith Rigg</th>
<th>Michelle Clark</th>
<th>Helen Russell</th>
<th>Selena Atalla</th>
<th>Helen Russell</th>
<th>Rowena Ramage</th>
<th>Judy Scholes</th>
<th>Lesley Bramich</th>
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<tbody>
<tr>
<td>Friday 6/3</td>
<td>Judy Scholes</td>
<td>Lesley Bramich</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

God has made everything beautiful in its time. He has also set eternity in the hearts of men. Ecclesiastes 3:11

TV shows, movies, books, advertising. Everywhere we look, the idea of eternity or living forever comes up. Even though we live in a secular culture, we still have a strong sense that there must be more to life than just our years until the grave. It makes sense that the desire for eternity must come from an eternal source, a God who loves us forever.
This week’s Pretend Headmaster Max Bertalan (KS) is getting ready to make an announcement for all students, parents and friends to come along to the College Working Bee this Saturday!!

Prayer Points

Thank God

- For the example of those who work hard to achieve their goals (make good bread).
- For the College Staff who dedicated their time representing our College at the Steam festival.
- For His rich providence in the Stage 7 building which is nearing completion
- That He watches over us – and never blinks

Ask God

- That we may have the energy and vitality to face challenges along our way to meaningful achievements
- For the capacity to balance the urgent with the important
- For His wisdom in future planning

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

Excellence, Endurance, Eternity.