How much is too much

Dear Mums and Dads, Dear Grandmas and Grandads.

If you are a dad or a mum there won’t be many who can relate to this feeling. For grandmas and grandads it may be a little more common.

It is that horrible phrase that the minister says to you as you stand there holding your daughter’s hand, having just walked her down the aisle. “Who gives this woman to be married to this man?” It is a question and the minister is looking right at you. You stare him down and every fibre of your being says “Not me. This is my daughter. I raised her from a little girl and I won’t give her away to some blow-in” but you find your lips moving and saying something else – “I do”. Then her little hand slides away and she is gone. You trudge back to your seat and sit there with an asinine smile as the rest of the service washes over you. Then the minister announces your daughter again and even your name has been purged from her new title. Rugged stuff!

Maybe I just needed to work on making myself redundant a little earlier. Maybe this whole process was easier in the days when families had 25 children. I guess then it was easier to give what’s her name’s hand in marriage to what’s his name. Maybe the sheer pace of life forced the issue. There was so much to do, many miles to walk, many illnesses that took a lot more time to cure; that being a helicopter parent to 25 kids would require being a small airline parent instead. Maybe in those days, it was the responsibility of the older kids to care for the younger ones so that parents found it easier to make themselves redundant at an earlier age.

Michael Grose from Parenting Ideas talks about the idea of just doing enough. He thinks that making a child’s lunch in primary school is doing enough. He or she can pack it themselves!
He thinks that washing primary-aged children’s sports clothes is doing enough. They can put them in the washing basket and play in dirty clothes (or miss the game) if they forget.
He thinks that giving secondary school kids pocket money to cover their entertainment and mobile phone bill is doing enough. Paying their bills or rescuing them when they blow their budgets is doing too much.

Dear Students

Do you live in mum and dad’s shadow?
Do you complain about not enough freedom and yet enjoy winding your parents up to fight your battles for you?
Do you complain that you don’t have enough trust and yet you bend the truth a little to cover your tracks and so you are less likely to be trustworthy?
Do you complain that your parents never let you out of their sights whilst at the same time choosing company that would lead you astray?

Then you need to know that all this can be fixed. You are not one of 25 kids in a family these days. Maybe there is only one of you – maybe two – so it is harder than it used to be but not impossible.

The way to stop parents nagging is to do the right thing in the first place – be responsible. The way to earn parents trust is to be trustworthy and truthful – even when the truth casts a bad light. The way to be seen as independent is to man up and move obstacles yourself without ringing mum to courier you a clean hanky. **The way to help parents make themselves redundant is to live a life so worthy that no other choice is possible**
HSC Examinations
Year 12 commenced their HSC Examinations last Thursday. The examination period continues until 4 November. We wish our students well and hope the hard work and dedication of the students and the staff leads to successful results.

May we keep our Year 12 students in our prayers so that they are able to remain calm and clear headed in trying to achieve their best in the examinations.

Year 11 Students Commence HSC Course
Year 11 students have commenced their HSC course of study last week. If they wish to drop a subject or change levels in Mathematics or English, they must see Mr Croger for a subject change form. The subject change form must be signed by parents and all the relevant teachers before it can be processed.

Teach kids to problem solve
When parents solve all children’s problems we not only increase their dependency on adults but we teach them to be afraid of making mistakes. That’s fertile ground for anxiousness and perfectionism, which often go hand in hand.

Kids get used to bringing their problems to parents to solve. Of course, if you keep solving them, they’ll keep bringing them. “Mum, my sister is annoying me?” “Dad, can you ask my teacher to pick me for the team?” “Hey, I can’t find my socks!”

It’s tempting if you are in a time-poor family to simply jump in and help kids out. Alternatively, you can take a problem-solving approach, cuing them to resolve their own problems and take responsibility for their concerns. “What can you do to make her stop annoying you?” “What’s the best approach to take with your teacher?” “Socks, smocks! Where might they be?” Here are five questions you can ask kids to encourage them to resolve their own problems:

1. **“Can you solve this yourself?”**
   - Get kids thinking they can do it.

2. **“What do you think needs to happen?”**
   - Start kids thinking about solving problems.

3. **“What’s the first step?”**
   - Sometimes just getting kids started is enough to get them working out issues themselves.

4. **“How would you like me to help?”**
   - Get kids considering the type of assistance they need.

5. **“What’s the best way to do this?”**
   - Get kids assessing and prioritising.

Problem-solving is one of the four major skills (optimism, social skills & independence being the others) that resilient kids share, yet it’s the one that many of us aren’t equipped to develop. Start by stepping back and asking good questions when kids bring you their problems to solve.


Mr Ian Croger
Deputy Headmaster

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**Annual P&F Golf Day Invitations enclosed**

**Date:** Wednesday, 2 November

**ALSO a special Ladies Morning Tea and Lunch (many prizes).**

**ALL WELCOME**
Tips for helping students manage anxiety (Grose 2016)

Anxiety is a normal part of life and can be managed, but it takes time. It’s also contagious so it’s the job of parents to stay calm, think clearly and role model confidence when kids get anxious.

Calm is created through your words, voice and facial expression. When children become anxious, help them recognise what’s happening. Some kids get angry, some become upset and others withdraw. Work out the pattern for your child and help them recognise when they are anxious.

Accept your child’s anxious feelings. Your child needs to trust that you are with them, and then they will be more willing to let you help them cope. It’s hard sometimes to differentiate between what may be a bad case of negative thinking and true anxiety.

Is a child being negative when she doesn’t want to join a new club because she thinks no one will like her, or is there something more going on? Try to confirm whether there is any validity in their fears. If not, point out diplomatically, that they may be catastrophising. If you feel there is reason for concern, help them to overcome their anxiety.

Challenge the validity of your child’s fears and anxiety, using logic and rational thinking. Don’t allow kids to wallow in self-pity. Move their thoughts towards the future rather than allow them to mope around.

Encourage your child to overcome their anxiety through action.

Anxiety is normal, and part of everyday life. However, it can be debilitating unless it’s managed. Anxiety management takes time for kids to learn, but it’s one of those valuable life skills that parents can teach their kids.

Year 3-5 SRC Reps Term 4 2016
Mr Wayne        Sebastian Guido and Eden Liddiard
Mrs Grant       Riley Fergusson and Holley Dvorak
Mrs Patterson   Huntah Rodgers and Max Losciuto
Mr McIntosh     Hayden Brown and Jessica-Lee Crowfoot
Mrs Maher       Tane McDonald and Ella Nance
Mr Matthews     Harriet Ellis and Rhys Flaxman

Community Service
One of the five distinctives of the College is ‘Community Service’. Community Service plays an integral role in promoting a focus that shifts from me to we. It is a great opportunity to gather together and work collectively toward a common goal or purpose. It further enhances connection between individuals all is highly inclusive with an opportunity for people of all strengths and backgrounds to work together to serve others.

There are some fantastic opportunities in this area that are available at the College including the College Term 4 Working Bee on Saturday, 19 November 2016.

A further extension of this is our weekly Community Service program working with the residents of the QV Nursing Home. As part of their role on the SRC Year 5 SRC representatives visit the Nursing Home on a weekly basis. In Secondary there are a number of dedicated students who are involved in this program on a weekly basis and others who attend from time to time. In the Pastoral Care Period this Term all of the Banksia Roll Call groups will be spending time at the Nursing Home as part of their Pastoral Program.
Can I encourage students to get involved in these initiatives. It is a great opportunity to give back, serve others and learn new skills. The residents at the QV are always very excited to spend time with our students and our students have benefitted greatly from the experience. If you do wish to be involved in the program either in a regular or part-time capacity please see Mr Toland.

Also look out for a new segment in the coming Waratah Weeklies called QV Resident of the Week.

Mr Liam Toland
Director Pastoral Care (T-12)

GRANDPARENTS AND GRANDFRIENDS’ DAY

Next Friday, 28 October from 8.30 am to 10.45 am is Grandparents and Grandfriends’ Day. Invites were sent out last week to all students in Transition to Year 4.

Please return these invites to your class teacher by Tuesday, 25 October 2016.

Thank you.

Mr Stuart McIntosh
Pastoral Care Coordinator T-4

NEWS FROM THE PRIMARY LIBRARIES

Only one week to go - the countdown is on for the annual WAC book fair

The fair will be set up in Elizabeth library and begins on **Thursday, 27 October, finishing on Tuesday, 1 November**. Students may purchase books at lunchtimes and after College hours (with their families), on Grandparents’ Day (28 October) at recess and during O Day (29 October) This is a great opportunity to purchase birthday and Christmas gifts, add to your family’s home library and/or donate to our College library collection. We look forward to seeing our College families enjoying the ‘fun of the fair’. Payment can be made with cash or EFTPOS.

Library Monitors
Our Year 6 Primary library monitors continue to support our students and the library staff by their cheerful, helpful service. We are very grateful for their work. The new monitors were presented with their badges at last Wednesday’s assembly as we were keen for them to wear them during Term 4. The monitors who started in Term 3 are Lachlan O’Neill, Eliza Eaton, Amaryia Warland, Jayde Gitto, Ruby Wadling and Isabelle Pozza, Emma James, Taylah Apps, Chloe Pearsall, Hayley Underwood, Brileigh Grant and Amy Luxford have continued as monitors since Term 1 - a wonderful commitment.

Mrs Gail Staples
Primary Teacher-Librarian
MADDD NIGHT

A reminder to all elective Dance, Drama, Music, Visual Arts and German students, and our WAC Crew, that our annual MADDD Night will be held this Friday at 7.00 pm in the College Auditorium. Some peripatetic students and ensembles will also be performing. Please come along and support this exhibition of student work.

A great night of entertainment with your children as the stars!

We hope to see you there.

Mr Simon Denley
Creative Arts and LOTE Coordinator

DRAMA EXCURSION

On Monday, 17 October, elective Drama student in Years 9, 10 and 11 attended a live theatre production titled “Much dell ’Arte About Nothing” at Paramatta Riverside Theatre. Students found the work to be hilarious and have already been applying what they learned in their class work.

Mrs Sarah Talbot
Assistant Creative Arts Coordinator, Secondary Teacher

YEAR 9 DANCE / DRAMA WORKSHOP

On the last day of Term 3, Year 9 Dance and Drama students were able to participate in a physical theatre/acrobatics workshop led by Mrs Hedges and Miss Johnson (our special guest) during their normal lesson time. They achieved some amazing outcomes as Mrs Hedges shared her new knowledge with the students.

Mrs Sarah Talbot
Assistant Creative Arts Coordinator, Secondary Teacher
NSW All Schools’ Athletics Dual Medalist
Congratulations to Kirra Bennett-Smith on her efforts at last week’s NSW All Schools Athletics Championships. Kirra qualified and competed in several events including Discus where she came 2nd and Javelin where she picked up a Bronze medal. This tops off a great College Athletics season for Kirra and we wish her the best at the National Championships held in Canberra during December.

MISA
This week we played Magdalene in all eight MISA sports. In Cricket both teams had fantastic first games with the Year 7 and the 8/9 teams winning the opening contest. The Year 7 side were led by Will Ramage who top scored with the bat whilst Brodie Allen had strong figures with the ball. In the field Jake Stanton took a great catch whilst Jackson Armstrong got a direct hit for a run out. The Year 8/9 side were very convincing in their win scoring 2/74 off just 8 overs!

In Volleyball our 10/11 Girls opened the season with a 2-0 victory in a strong performance. Unfortunately the boys’, whilst competitive in each set, went down 0-3 against an older, more experienced opposition.

In OzTag the 7-9 Boys’ secured a 5-3 victory thanks to strong performances by Mitch Rockwell, Kai Stanley, Joel Cavanough and Karis Flores. Whilst in the Girls’ game tries to Emilee Purnell and a double to Nina Hvejsel were not enough as they lost 7-3.

In Year 7 Basketball it was a tough opening round with both teams losing their matches. The Girls’ game was close in a low scoring affair but unfortunately they couldn’t walk away with the win. Next week we play Broughton.

Senior NASSA Basketball Gala Day
This will take place on Monday, 24 October. Those students who were selected must return their notes asap and are reminded that the bus departs the College at 7.00 am. Don’t be late!

Junior/Intermediate NASSA Basketball Gala Day
This will take place on Thursday, 27 October. Those students who were selected must return their notes asap and are reminded that the bus departs the College at 7.00 am. Don’t be late!

Upcoming Events: NASSA Basketball Gala Day (Snr/Jnr) – 24/27 October

Mr Mark Goldsibrough
Secondary Sports Coordinator

IPSSO

Games this week were played against St Peter’s Anglican School. Both Cricket teams and Basketball teams had resounding victories, dominating from the start of play.

Next week games will be played at Oran Park Anglican College. Junior games will start at 11.55 am and Senior games will start and 12.45 pm. The cricket teams will be staying at the College for training.

The swimming program at Wollondilly Leisure Centre will also continue next week.

Students taking part in all of the sport activities are reminded that they should be bringing sunscreen and drinking plenty of water.

Mr Stuart Houweling
IPSSO Sports Coordinator
NASSA Primary AFL Gala Day
Mr Houweling will be selecting a team from a trial tomorrow to participate in the NASSA AFL gala day at Broughton Anglican College on Friday, 28 October 2016. There is normal transport for your child to the venue leaving at 8.10 am however the return will be at 3.00 pm which is after normal College hours. Students can come to College in their sports uniform. **Mouth guards are compulsory.**

Little Athletics
Congratulations to Kaitlyn Williams who won the Mid-West Zone Multi Event at Parramatta last Sunday. She competed in six events and placed first by over 400 points.

Mr Darren Wayne
Primary Sports Coordinator

**MYTECH**

**What are my options for purchasing a device for my child?**
There will be several options for how you can buy a suitable device for your child.

**Purchase an approved device from the College purchasing portal**
The College will set up a purchasing portal with a third party that will offer a range of suitable devices. The advantages of this are that parents can be confident that the device will meet or exceed the requirements for the ‘MyTech’ program. The portal will provide a variety of competitively priced devices at different price levels.

**Purchase an approved device from a supplier of your choice**
Provided the device meets the minimum requirements a student can bring a device that has been purchased from a supplier or computer store of your choice (eg Harvey Norman, JB Hi-Fi etc). It is important that you are very careful to ensure that the salesperson only sells you a device that meets all the specifications and it is recommended that you take the detailed specifications with you. Please see [http://mytech.wac.nsw.edu.au/devices.php](http://mytech.wac.nsw.edu.au/devices.php) for reference.

**Bring an existing device**
Provided a device meets the minimum requirements a student can bring an existing device to the College for the ‘MyTech’ program. To meet these requirements it would need to be a relatively new device that is up to date and still has sufficient battery life.

Please remember that students will not be bringing devices to the College until Term 3 next year and there is no urgency to purchase a device at this time. This information is being provided so that if you were wanting to purchase a device as a present for your child you have all the necessary information and details to be able to do this at a time that is convenient to you.

**On Tuesday, 15 November 2016** and early next year we will be holding parent information evenings to go through the details of ‘MyTech’ and the purchasing portal.

If you have any specific questions regarding any part of the ‘MyTech’ program or device specifications please check the ‘MyTech’ section of the College website or email [mytech@wac.nsw.edu.au](mailto:mytech@wac.nsw.edu.au)

In next weeks’ article I will explain in more detail how the College purchasing portal will work. For the latest information on the MyTech program, please see [http://mytech.wac.nsw.edu.au](http://mytech.wac.nsw.edu.au)

Mr Wayne Baulch
Secondary Learning Innovations Coordinator
I am delighted to advise that the Wollondilly Anglican College Scholarship Program is now open for academic and creative arts scholarships commencing in 2018.

Applications will close on Friday, 3 February 2017. The closing date is final and late applications cannot be accepted.

Comprehensive information packs and application forms are available for download from the College website, where there are also direct links to register your child online with ACER, our preferred testing partner. Alternatively, all information and forms are available from myself at the College Office.

Should you have any further general queries, please do not hesitate to contact me on (02) 4684 2577 or at l.harper@wac.nsw.edu.au. Any queries regarding Creative Arts scholarships should be addressed to Mr Simon Denley, Creative Arts and LOTE Coordinator.

Mrs Lorna Harper
Enrolments Officer

APPLICATIONS FOR ENROLMENT 2017 AND 2018

The Headmaster has now commenced his consideration of applications for 2018. Anyone wishing to make an application for this year group is encouraged to do so without delay.

Dr Quarmby continues to accept applications for enrolment for 2017, although places are limited in some years.

Mrs Lorna Harper
Enrolments Officer

O DAY 2016

Our annual Orientation & Open Day is coming up soon on Saturday, 29 October 2016 commencing at 9.00 am. All new enrolling students for 2017, including existing students graduating from Transition into Kindergarten and from Year 6 into Year 7, will have received their invitation to attend. The morning will include an information session for parents, whilst students enjoy their orientation time with year patrons and class teachers.

For visitors, a full College tour will depart at 10.00 am. A complimentary bbq lunch will also be on offer.

Mrs Lorna Harper
Enrolments Officer
Reaching for Korina
The Reaching4Korina Charity has been established by a dedicated team of committee members inspired by Korina Valentine. Please read Korina’s story on our website at www.reaching4korina.com.au. Our next event is a Fundraising Charity Dinner Dance. Saturday 29 October 2016, 6.30 pm, Mittagong RSL Club
2 Course Buffet Dinner plus entertainment by Beatle Magic & Guest and major raffle Guest Speaker—Mandy McCraken, determined and inspirational sepsis survivor $60.00 per person. Tickets available from Mittagong RSL Reception or Website

Wollondilly Cares
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 contact Mrs Hay or Mr Shaw at the College, to assist. Confidentiality will be respected when requested.

Kids@Mac
Kids@Mac, the out-of-this-world club for kids K-4 is on again! Join us for ‘Spaced Out’, an action packed program full of games, craft, songs, arvo tea, great leaders and bible stories. It costs $3.00/week or $20.00/term, and is on Tuesday term time from 3.30 pm - 5.00 pm at Mittagong Anglican Church (Main Street Mittagong). www.mittang.com.au 4871 1947.

Are you learning to drive?
Come to a ‘FREE’ learner driver log book run on Sunday, 30 October 2016 where you will partake in a local drive accompanied by your driving supervisor (map & directions provided). This event starts at 9.30 am at Council, Picton where the route directions take you through the south, north, east and west areas of the Shire with the total driving = approx 80km. This enjoyable event assists you to experience a range of driving conditions, be breath tested and gain the required logged hours to meet your minimum 120 hours driving as a learner. Bookings are essential, places are limited. Please contact Council’s Road Safety Officer on 4677 9588 or roadsafety@wollondilly.nsw.gov.au

MILO in2CRICKET Register now!
The MILO in2CRICKET program is designed for boys and girls from 5 to 8 years old. It is a fast, fun and active program that emphasises maximum participation, basic motor and cricket skill development. For further details contact Craig on 0414 797 796 or visit www.playcricket.com.au

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.
The P&F Association and the College appreciate very much the sponsorship given by the following organisations.

**DIAMOND**

- Gentle Dental Care Tahmoor

**PLATINUM**

- Sprouts Catering
- Nu-Era Homes
- J J Performance Smash Repairs
- Thorntons Brothers Roses

**GOLD & SILVER**

- Tahmoor Garden Centre & Le Jardin Café
- BPB Earthmoving
- Tahmoor Mower & Chainsaw Centre
- Solomon Boutique Property
- Wollondilly Electrical & Sales
- Food Works Tahmoor
- Airborne Aviation
- Pheasants Nest Produce
- Peppermint Grove Australia
- ESP Security
- Premiair Hire
- Country Bumpkin Picton
- SunX Window Tinting
- Blairs Tyres
- Eye Power Tahmoor
- Round About the House
- Total Water Solutions

**BRONZE**

- Hill Top Local Post Office
- House Warehouse Tahmoor
- Tahmoor Local Post Office
- Marks Landscape Supplies
- Picton Local Post Office
- Athletes Foot Macarthur Square
- Pump House Gym Picton
- Wollondilly Community Leisure Centre
- Maximum Skating Narellan
- Glamouristy Beauty Hill Top
- IGA Thirlmere
- Thirlmere Meats
- Macarthur Fitness
- Naturopath 2 U
- Avon
- Cuttaway Creek
- Belle Fleur Lavender
- Argyle Hair Design
- Hill Top Hair & Beauty
- Scarta Handcrafted Pens

Please visit our NEW Sponsor Page on the College website at www.wac.nsw.edu.au/college-sponsors
Wollondilly Anglican Community Church (WACC) meets in the Clifford Warne Auditorium every Sunday at 9.00 am. Contact: Rev Kevin Flanagan 0418 281 430 or (02) 4681 8742.

A super hurricane in Haiti, an earthquake in China and Papua New Guinea, unusually large storms in South Australia and floods in Victoria and western New South Wales. The scriptures say, “The creation looks forward to the day when it will join God’s children in glorious freedom from death and decay. For we know that all creation has been groaning as in the pains of childbirth right up to the present time.” Romans 8:21,22

Contact Rob to book your spot. robmeischke@gmail.com or 0437 533 106
Thank God
- That all the impressions of His character that young students have at the College are so different and so accurate.
- For His sovereignty and watchfulness over our not so little College as it grows.
- That He is more powerful than a truck.

Ask God
- To continue to bless our College and the people who serve, learn and teach here
- That our understanding of His nature and love will grow as we grow
- That He will keep us safe and healthy as we progress towards the end of another busy year.

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

Excellence, Endurance, Eternity