BWSC SPORT

BWSC 16s Rugby League team made it through to the Grand Final of the Central Coast All Schools competition, which will be played on June 26 against Wadalba HS. The boys went through the day undefeated and are looking forward to the grand final day hoping to get revenge on Wadalba HS for beating them last year. Special thanks to the coach Pat Crouch and Mac Matthews for volunteering his time on the day.

OPEN GIRLS NETBALL

Open girls netball team defeated Cherrybrook High School. Score 57-44. Congratulations to the team and Ms Muller.

COMING UP

23rd May Zone Cross Country
26-28th May Year 10 Mid Course Exams
30th May College Athletics Carnival
3rd June Year 12 Parent Teacher Night
4th June BYOD Parent Information Night
9th June Queens Birthday
10-13 June College Musical
24th June Careers Expo

Exceptional Learning Opportunities For All

Our values: Respect, Commitment, Relationships

May 2014
WOY WOY ROTARY AWARD

Leticia Barnes with President of Woy Woy Rotary - Amanda Bickerstaff at the presentation of Leticia 's Traineeship Award.

SYDNEY ROYAL

For full results, see the Umina Campus website.

COLLEGE MUSICAL - OLIVER

BRISBANE WATER SECONDARY COLLEGE presents oliver!

Book, Music & Lyrics by Lionel Bart
By arrangement with Hal Leonard Australia Pty. Ltd. exclusive representation of Cameron Mackintosh and the Southbrook Group

Senior Campus
11th, 12th, 13th June at 12:00pm
12th & 13th at 7:00pm
Tickets $5 students
$10 adults
$7 concession

Teachers Mutual Bank
We put you first
COLLEGE MUSICAL - OLIVER

Construction of the sets for the school musical “Oliver” is well underway. Tickets on sale soon, watch our facebook page.

KOKODA TREK TRAINING

The Kokoda group will be leaving soon for their very exciting trek. All training has been completed, and everyone is very excited. Good luck to everyone.
Year 10 Bushcraft recently conducted a clean up of Caroline Bay. All litter was deposited at the skip bin at the Punt Bridge, 45 large bags plus bulk, approx. 1 tonne. Well Done everyone.

Year 10 Debating team had a great win against Terrigal today. The topic was "that all schools should have CCTV cameras in areas students congregate" BWSC were the negative team and successfully won the debate. Debating members were Alana Hardcastle, Tayleh Soames, Alex Wardle and Ashleigh McLean and Chairperson Sarah Hogg, timekeeper Chloe Wall and Mikaelya Worts. Well Done to Mr Graves and the team.
I am excited to let you know this term we are implementing several programs to help students with issues that concern them and that will help them to cope with their daily lives. I would publicly like to acknowledge the tireless efforts of our Year Advisors who have put many of these together. The topics range from anxiety, coping with anger, communication skills, meditation to coping with grief and loss.

Liesl Tesch has also ran a great meditation session every Friday and a wonderful program called Best Buddies, with older students assisting younger students needing a helping hand.

One key factor in life is maintaining a positive attitude to our abilities. Please find a great daily checklist on how we can go about this. Just remember, we have to choose a day to start things- someday does NOT exist on the calendar.

How to think positively  BY Linda Drummond

7 days 7 ways: Take these daily steps to a more optimistic outlook-one goal for positive thinking for each day of the week. Turn your negative thinking around and live a happier, more optimistic life. Start with one goal for positive thinking each day.

**Monday**
*Start with the simple things and smile.* Even this basic act will make you feel happier. Starting the day with a smile makes you happier.

**Tuesday**
*Identify your strengths.* Psychologist Dr Tim Sharp, from The Happiness Institute, says, “There’s no doubt those who spend more time building on what they’re already good at tend to be happier, healthier and more successful.”

**Wednesday**
*Choose to be happy.* Philosopher Bertrand Russell said: “Happiness must be, for most men and women, an achievement rather than a gift of the gods.” Eat a lunch that makes you smile, put on music that brings back happy memories or call a friend who always makes you feel good.

**Thursday**
*Find a solution.* There’s one for every problem if you look hard enough. Rather than risking disturbing your sleep by thinking late at night, Dr Sharp recommends finding the time of day when you’re most creative and thinking most clearly to find solutions. “We’re all different so find what time works for you.”

**Friday**
*Be grateful.* We tend to forget all the simple things we have to be grateful for, so take some time to write them down. Start with the basics (health, family, shelter) and then move on to more specific items. Starting a gratitude journal can also help hone your focus on all the good things in your life.

**Saturday**
*Turn negative talk into optimism.* “Real optimism includes an active search for and focus on positive things, but it’s also grounded in realism,” Dr Sharp says. “Aim for flexible thinking that focuses on positives as often as possible, but that also focuses on challenges when necessary, in a constructive way.”

**Sunday**
*Keep focused.* Plan your week around what’s going to make you feel positive. Having a short-term, mid-term and long-term goal to improve your life will see you focused on a better future. If you know what you want, and deal with any issues that come up along the way, you’ll have a more positive frame of mind.
TEXTILES MAJOR WORKS

Year 12 Textiles and Design have spent a day working on their Major Work folios in the library. Congratulations girls and Mrs Dowling, you are well ahead of schedule. Your hard work for the last 2 and a half terms is paying off.

YEAR 11 & 12 HOSPITALITY

Year 11 Hospitality recently cooked up a delicious Caramelised Onion Tart. Yum, Yum. Year 12 Hospitality tackled an awesome looking Eggs Benedict.