YEAR 12 DANCE CLASS

The HSC Dance Class will be completing their HSC Practical Examinations during Week 5. They have worked extremely hard and have polished their routines to look beautiful. We wish the girls the best of luck for their exams!

Miss Elbra & Mrs Dillon

AEROBICS - 4TH IN NSW

Senior Girls Aerobics Team. 4th at State Titles
Congratulations girls and Miss Muller.
From the Principal,

Thank you to parents and friends who were able to attend our academic assembly last week to celebrate student academic success across the college. The assembly is an important event on our college calendar and I wish to again congratulate all students involved.

Term 3 is always a busy time for our campus with reports, parent teacher evening, Yr10 making subject selections for the senior years, Yr11 finishing off course work to begin Yr12 in term 4 and of course Yr12 not only starting their trial HSC in week 5 but also many students will be finishing off major HSC projects and performances. I wish all Yr12 students the very best with their trial exam preparations and remind students that the end of the trial exam period will mark 4 weeks only left of school time. I cannot stress enough the importance that students attend classes for these last few weeks. Course completion and vital revision may mean the difference between a HSC to be proud of and disappointment.

I have devoted this month’s segment to Yr12 parents with some suggestions on how to cope with these last few weeks.

**How you can support your child and survive the HSC**

- Some strategies for Parent

**The most obvious forms of support parents can offer are the practical, physical things:**
  - provide a good place to study
  - provide good, balanced meals
  - encourage sensible levels of sleep and some form of exercise
  - encourage moderation in late night parties and alcohol consumption

Less obvious but of equal or perhaps greater importance are the things that you can do to provide a positive and understanding emotional environment.

- Encourage your child to seek help from and to work closely with their teachers. We believe this is the single most important ingredient for success
- Encourage your child to see the school counsellor if he or she is having any difficulty with handling stress or is experiencing anxiety.
- Highlight strengths and successes. Encourage your child not to focus on failures. Reframe failures as “mistakes” and encourage them to see mistakes as something we can learn from, something that can give positive directions for remedial action.
- Appreciate that most students will be experiencing quite a high level of stress frequently without any obvious indicators. Many fear that they might let their families down. Others fear that they will not be able to match the performance of siblings. There are many pressures. Many students experience a sense of impending departure: leaving home, leaving lifelong friends
- Appreciate that it is normal for people under stress to become supersensitive and explosive from time to time. Family members are usually the first targets. Try not to overreact to such outbursts.
- Avoid confrontations (you’ve only got another 6 weeks to go!!)
- Avoid being picky (e.g: lights left on, chores not done etc)
- Don’t panic when they announce on the evening before the exam that they know nothing. (Reassure them even if you think they could be right!)
- Avoid nagging (that doesn’t mean you can’t give a nudge or gentle reminder form time to time – NB sometimes one parent can do this more successfully than the other!)
- Avoid or minimise family dramas and conflicts if possible
- Be realistic in your expectations as to where the HSC leads. Encourage and allow your child to be as independent as you can possibly stand. The more independent he or she can be in meeting the demands of Year 12, the more prepared he or she will be able to succeed at a tertiary level and in the workforce.

**Having said all this: Be kind to yourself!!**
Don’t feel too badly when you forget not to nag or when you get picky that he or she has the time to attend the eighteenth birthday party of every Year 12 student! You feel the pressure too!
OPEN BOYS TOUCH REACH STATE FINALS

Boys Touch Team Qualifies for State Championships

For the second year in a row the Boys Touch Team has qualified for the NSW CHS Finals. Last year the team travelled west to Dunedoo to qualify and this year Orange was the destination.

The team left on Wednesday morning on the College Bus for the 5 hour journey which included the beautiful scenery of the Blue Mountains, apple country of Bilpin and the mining history of Lithgow and Bathurst. At 3.30pm that afternoon it was game on.

The first half was closely fought with both team executing set plays that produced touchdowns. BWSC raced out to a 2 nil lead followed by a period of incomplete sets and field position dominated by Orange High School. At half time BWSC was ahead 3-2 but were playing well below their potential. During the break the players acknowledged their fundamental errors were keeping the opposition in the game. They made a commitment to each other to increase their concentration levels and improve their execution of the simple skills. In the second half the boys turned their words into actions and displayed a disciplined, organised and skilful effort. This resulted in some excellent team touches and pressure built on the opposition, forcing them to take risks and ultimately increase their error rate. The final score was 7-3.

After the game we returned to Bathurst and stayed at the Quality Hotel Bathurst. After 5 hours in a bus and a game of touch the indoor heated pool, spa and sauna provided perfect recovery and relaxation. It is the only hotel in Bathurst with those facilities and we appreciate being able to stay there. The wonderful buffet breakfast got us off to a great start on Thursday and after a hot lap around the famous Mount Panorama Raceway we made our way home.

We would like to thank Alison and Tori from the Quality Hotel Bathurst for the organisation and hospitality that we received from all the staff. We’ll definitely be back the next time we’re visiting the Central West.

A big thanks also goes to Miss Thurtell and the SRC who supported the College team by contributing a financial grant which assisted in reducing the cost per person for the families involved.

The core of the team is in year 12 and they have had success in both Rugby League and Touch when representing BWSC. In year 10 they made the Yr 10 State finals. Last year they were the first open boys Touch team from BWSC to make the open age state finals and this year they are the second. Congratulations on some great results over the years and good luck in the finals that will be held at Adcock Park on the 19th and 20th August.

The team that defeated Orange High School was Nicholas Hynes (Captain), Guy Pearson, Jarrod Hull, Tom Hall, Garrison Steele, Bruce Waia, Rhys Sherriff, Jack Steed, Sean Cole, Sam Bovis, Lauchlan Kirwin, Jake Hardman

CITIZENSHIP PROGRAM 2014

On Wednesday 25th June, BWSC Woy Woy Senior Campus Captains Brittany Antonio and Tony Brown were invited to attend a civics and citizenship program, conducted by the NSW Parliamentary Education Section, which recognises the leadership role of Year 12 School Captains and offers them the opportunity to develop their knowledge of constitutional and parliamentary proceedings and the role of the Governor. The day involved a tour of Parliament House, including the Legislative Assembly and Legislative Council Chambers, meeting and talking with some MP’s who were either working or came to Parliament specifically to meet the students, including the current Member for Gosford Chris Holstein. The afternoon consisted of a tour of Government House, and an Address by Her Excellency, Professor Marie Bashir, Governor of New South Wales, followed by questions to the Governor and her husband, Sir Nicholas Shehadie. This was an amazing opportunity and experience as this was her penultimate student address before her retirement in October. Afterwards the students enjoyed afternoon tea at Government House on the terrace and grounds. An amazing and memorable day! Ms Thurtell.
YEAR 12 TEXTILES & DESIGN

Congratulations to the Year 12 Textiles and Design class (Tara, Taylor, Casey, Caitlin, Gemma, Sheree, Laura, Elly, Jessica) who have finished their major works well ahead of schedule. All the hard work was worth it girls, and a big thank you to Mrs Dowling for all her efforts in the last 9 months.

SUBJECT EXPO

Thanks to everyone who attended the Subject Expo night, it was a great success. Thanks to all faculties who put so much effort into their displays.
LESLEY GAGAU AKA SHAY G

One of our talented Year 12 music students Leslie Gagau (Shay G) can be heard on Triple J unearthed. If you like his song, make sure you like it! You can download his music there too. Congratulations Leslie ... it sounds great.

https://www.triplejunearted.com/jukebox/play/track/3373501

YEAR 10 DEBATING

Congratulations to the Mr Grave and the Year 10 Debating team who recently had another win in the Premiers Debating Competition. They defeated Terrigal, Lisarow and Umina campus and move onto the 4th Round against Erina High School.

YEAR 12 TEXTILES & DESIGN
What an awesome day the Senior Support Unit had on Friday - abseiling at Wards Hill. First time for some of them. They all stepped up and achieved a personal best.
SOCIETY AND CULTURE

Year 12 Society and Culture from BWSC joined fellow students from Kincumber High School to visit Nan Tien Buddhist temple to experience the nature of belief and take part in some of the practices and rituals of monastic life.

ACADEMIC ASSEMBLY

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<td>Toby Campbell</td>
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Well done to all students who have completed HSC Major Works. Thanks to all their teachers for all their effort over the last 9 months. Thanks also to Mrs Dowling’s Hospitality class for catering the event.

Congratulations to Ms Briggs and all students involved in the Wingham Ag