



## From the Head of College

The College community gathered at assembly on Wednesday to focus on the CAS Athletics Carnival held on Thursday night. It was a fitting time to reflect on the values associated with sport, performance and competition. Our opening prayer focussed on St Paul's Letter to Timothy which includes the well-known statement:

*I have fought the good fight, I have finished the race, I have kept the faith. (2 Timothy 4:7)*

This prompted me to search for other messages about competition and sport in the bible. I found three others

1 Corinthians 9:24

*Do you not know that in a race all the runners run, but only one receives the prize? Run in such a way as to take the prize.*

1 Corinthians 9:25

*Everyone who competes in the games trains with strict discipline. They do it for a crown that is perishable, but we do it for a crown that is imperishable.*

1 Corinthians 9:26

*Therefore I do not run aimlessly; I do not fight like I am beating the air.*

It is good that we can find a connection in our scriptures with an activity that we prize at Waverley College. Sport is an important part of our learning culture. It provides an opportunity for our students and our staff to interact in a different way; it allows your sons to channel their skills and emotions into team and individual pursuits; it develops

team-building, collaboration and friendships. Most importantly, it provides a balance to a strong focus on learning in the classroom.

The Summer Olympic Games has concluded and we are currently witnessing many courageous performances at the Paralympics. In my Year 8 Critical Thinking classes (which I share with Mrs Knowles), we have been focussing on the issues and events that can cause controversy in sport: doping, cheating, political interference, unsportsmanlike behaviour and tensions between countries. This controversy can sometimes detract from the positive aspects of sport at the highest level.

The CAS Athletics, aside from the obvious competition between schools, is always a great celebration of the gifts of our students in the athletic sphere and free from controversy. Congratulations to our team and their coaches, led by the Convenor of Athletics, Ms Downey. Well done to Alex Talbot (1500m) and Lewis Thompson (Discus) for their championship records. You will see a full record of results later in this newsletter.

You have certainly "fought the good fight, finished the race and kept the faith"!

I look forward to welcoming parents and families of Year 12 to the College next week for our Graduation ceremonies and events. These begin on Sunday with our Cadet Graduation events at Queens Park and the Airport Mercure Hotel.

Have a great weekend.

Ray Paxton

HEAD OF COLLEGE



### IN THIS EDITION

Deputy Head's Message .....	2
Junior School News .....	3
Co-curriculum Update .....	5
ICAS English Results .....	6
R U OK? Day .....	7
Quirky Conundrum .....	7
Music Notes .....	8
Athletics News & Awards .....	10
Careers .....	13
Spring Camp .....	16

## Inspiring the Next Generation of Changemakers



As part of the 2016 Visions of Leadership lecture series, Waverley College played host to Dr Stepan Kerkyasharian AO, the immediate past President of the NSW Anti Discrimination Board (ADB). Dr Kerkyasharian spoke with the students in the Year 9 & 10 Philosophy classes about the role and duties of the ADB, the role and duties of the President and the very real role that Catholic education had to play in supporting and realising the word of promoting a world free from discrimination.

His opening remarks were very beautiful in that he tied Anti Discrimination legislation to the Touchstones of Edmund Rice education, in particular paying attention to Inclusive Education and what that meant for us as the College.

Dr Kerkyasharian broke open the legislation in ways that made it very accessible for the

boys and, using examples, showed how the legislation can be realised.

Many current topics were raised during the speech including the current push to change Section 18C of the Federal Anti Discrimination legislation; the difference between discrimination and vilification and why it is so difficult, in law, to prove vilification.

Dr Kerkyasharian spent more than 90 minutes with our students and Waverley is far richer for the experience.

D J Hearne  
LEARNING ENRICHMENT

## From the Deputy Head of College

### Travelling well - Keep it up

Term 3 can be a challenging Term for any student, particularly when you get towards the end of it. I am very happy with how the majority of students are conducting themselves. In terms of behaviour management we continue to focus on 'hands off' each other, good behaviour on public transport, wearing our uniform with pride and making good considered decisions, particularly when under pressure.

I was also happy with the students' support of the College's Track and Field Team at the Olympic Stadium this week. There are certainly things we will improve and smooth out next year, but overall there was great spirit shown by the students in supporting their peers. Congratulations to the Athletics team, there were some amazing competition team moments and some impressive individual performances. Well done to Lewis Thompson (Y10) in U17 discus and Alex Talbot (Y8) in the U14 1500m who both broke CAS records.

### Wellbeing Time - Aggregation of marginal gains

I read an article recently that examined some of the thinking of Mr Dave Brailsford. I believe our students can take a lot from his thinking and apply it to their own pathway. Often as parents we tell our sons and daughters where we would like some improvement, but struggle to articulate the process of how to do this, other than a general 'work harder', 'apply yourself' etc. (I know I do.)

Brailsford, took up the role as General Manager and Performance Director of Team Sky (Great Britain's professional cycling team) in 2010. Up to this point, Great Britain had never had a cyclist win the Tour de France. Brailsford's approach to change this was simple. He believed in a concept that he referred to as the 'aggregation of marginal gains.'

The aggregation of marginal gains is 'the one per cent margin for improvement in everything you do'. Brailsford belief was that if you improved every area related to cycling by just one per cent, your small gains would add up to remarkable improvement.

Brailsford started working on the things you might expect; the nutrition of riders, their weekly training program, the ergonomics of the bike seat, and the weight of the tyres. Brailsford and his team however did not stop there, they searched for one per cent improvements in tiny areas that were overlooked by almost everyone else. For example, discovering the pillow that offered the best sleep and taking it with them to hotels, testing for the most effective type of massage gel, and teaching riders the best way to wash their hands to avoid infection. They searched for one per cent improvements everywhere.

Brailsford believed that if they could successfully execute this strategy, then Team Sky would be in a position to win the Tour de France in five years time. He was wrong... they won it in three years. From there, British cycling has dominated world cycling for the past six years - just look at their performance in Rio.

The take away for all of us is to highlight how easy

it can be to overestimate the importance of one defining moment, and underestimate the value of making better decisions on a daily basis. Almost every habit you have, good or bad, is the result of many small decisions over time. Improving by just one per cent isn't notable and sometimes it isn't even noticeable, but it can be just as meaningful, especially in the long run. If you find yourself stuck with bad habits or poor results, it's usually not because something happened overnight. It's the sum of many small choices - a one per cent decline here and there - that eventually leads to a problem.

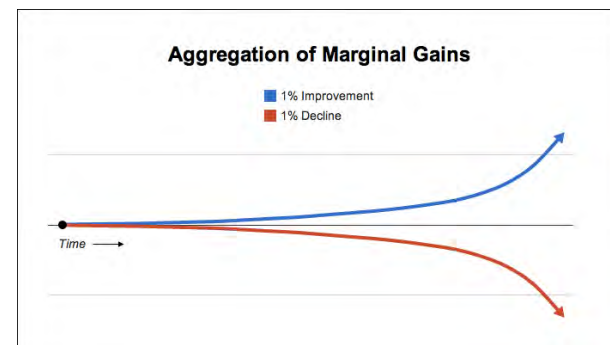
In the beginning, there is basically no difference between making a choice that is one per cent better or one per cent worse. In other words, it won't impact you very much today. But as time goes on, these small improvements or declines compound and you suddenly find a very big gap between people who make slightly better decisions on a daily basis and those who don't. This is why small choices don't make much of a difference at the time, but add up over the long term. There is power in small wins and slow gains. This is why the system is greater than the goal. This is why mastering your habits is more important than achieving a certain outcome.

Success is a few simple disciplines, practiced every day; while failure is simply a few errors in judgment, repeated every day. As we approach the end of Term 3, hopefully there is something in this for all of us that we can take on board as we face our own challenges; exams, assignment submissions, HSC and friendships. The boys have been encouraged to remember that, tomorrow never comes, start making those one per cent changes today.

Graham Leddie  
DEPUTY HEAD OF COLLEGE



Graham Leddie, Deputy Head of College





## From the Director of Junior School

### R U OK? DAY

Waverley College Junior School has had a relationship with R U OK? Day since our Gus (son of the founder Gavin Larkin) attended the school. The boys last week under the direction of Ms King organised a fund-raising day and managed to raise over \$800 – a great effort.

### A message from Ms King

On behalf of the Larkin family (Van - Year 5) I would like to thank all the teachers, parents and students for their support of RUOK? Day again this year. Through the contributions made by all, our very humble cake stall raised an incredible \$830.75. Special mention must also be given to Tom Walker from 6 Green for taking the initiative to organise a lolly guessing competition which resulted in raising \$73.50. I know I personally was very impressed and touched by his support. Most importantly, awareness of the importance to check in with our mates to see they are travelling okay was at the forefront of each of the boys' minds during these fund raising initiatives. Thank you to everyone, especially considering the busy week it was at the Junior School in Week 8.

### Walkathon

This Friday is our annual Walkathon. Thank you to all the parents that have volunteered to assist throughout the day – your help is very much appreciated. Boys are reminded that they are to meet at Queens Park by 8.40am (not at school). At the completion of the day (between 1.30 and 1.45pm) they will be dismissed from Queens Park as well.

Your support in this extremely worthwhile fundraising event is greatly appreciated.

### CIS Athletics

The following boys were our representatives at the CIS Athletics Carnival on Wednesday - Sam Davis, Oliver Neate, Jesse Garratt, Vidar Sundkvist, Ryan Harper, Riley Vidulich, Bailey Habler, Lucas Young, Solomon Tuqiri and Jared Garwood. Hopefully all boys can make the CIS team. My apologies to Jared whose name I left off the list last week.

Special mention to Solomon and Bailey who will be part of the Senior School team competing at the CAS Athletics Carnival on Thursday – a great result for their hard work – we wish them and all the team the best of luck.

### Basketball A

Good luck to our A Basketball team who will compete on Saturday in the Scots College Hoops Basketball tournament. Special thanks to Mr Harris for his time and effort in ensuring the boys are ready for the tournament. The team consists of:

Daniel Palacio Y5  
Charlie Elmes Y6  
Max Harrison Y6  
Will Paterson Y6  
Luke Paterson Y6  
Max Hanson Y6  
Max Barber Y6  
Oscar Walters-Green Y5  
Solomon Tuqiri Y6  
Cameron Abbott Y6



## Weekly Prayer

*This week is a special week in the Junior School calendar as we participate in the annual Walkathon. This event calls for us to put the needs of others ahead of our own: those who need our support and those who are less fortunate than us. We pray this week, that through our words and actions, we can inspire others to reach out to those in need.*

Lord Jesus Christ,

You always did the will of your Father, and you were always open to his call, faithful to the end.

Through the power of the Eucharist, inspire me this day with a heart like yours, ready, open and faithful.

Like Mary, your mother, may I bring your love to those I meet.

With Mary, the mother of our Lord and with the Church, we pray that all Christians, inspired by the Word of God, may serve the poor and suffering.

Amen  
(Sacred Space: Daily Prayer Online)

Blessed Edmund Rice: Pray for Us

Mary, Mother of God Pray for Us

Live Jesus in our Hearts: Forever



## From the Director of Junior School ...continued...

### Honour Awards

Congratulations to the following boys who received honour awards in the past week:

Kit Armstrong	5 Green
Ryan Briffa	6 Blue
Conor Cahill	6 White
Aaron Carswell	6 Red
Lang Curran	5 Blue
Isaac Dunn	6 Gold
Callum Emery	6 Red
Rory Foley	5 Blue
Bailey Habler	6 Green
Darius Hall	5 Green
Jacob Hassan	5 Green
Sam Hodgson	6 White
Tom Hughes	5 Green
Wilf Hyde	5 Red
Oscar Jang-Banning	6 Red
Jack Kavich	6 Blue
Christian Kitas	6 Gold
James Knight	5 Gold
Luke Kraljevic	6 Green
Van Larkin	5 Blue
Max Leedham	6 Gold
Ben Leet	5 Gold
Lachlan Mercer	6 White
Will O'Connor	5 Green
Aiden Pascoe	5 Green
Damian Poulos	6 Blue
Jack Preller	5 Red
Owe Punch	6 Gold
Kai Puntigam	6 Green
Xavier Savala	5 White
Oliver Schai	5 White
James Snaidero	6 Blue
Finn Stranix	5 Green
Andreas Venning	5 Green
Tom Walker	6 Gold
Carl Waterson	6 Gold
James Wellington	5 Green
Matthew Wong	5 Red
Zach Zanetich	5 Green

### Well done Thomas Gillespie

Congratulations to Thomas Gillespie whose scout patrol managed to win the Caldwell Banner for the first time since 1947 – a great effort and a fantastic organisation to be part of – well done Thomas.

### Year 5 Camp Letters

Thank you for the prompt return of all the medical forms for the upcoming Year 5 camp. However there are a large number of the requested letters from parents still outstanding. I would ask you to please ensure that you have sent in the letters by the end of the term.

### Wakakirri Final

Date: Wednesday September 21

Venue: Sydney Olympic Park Sports Centre

Address: Cnr Olympic Boulevard & Sarah Durack Avenue Sydney Olympic Park

Mr A Banboukjian

Director – Junior School



## Junior Canteen Roster

- Mon 19/9 - Ann Gleeson, Rochelle Kerr
- Tues 20/9 - Mel Cahill, Lucy Anne Krellar
- Wed 21/9 - Julie Sundkrist, Bernice Wong
- Thurs 22/9 - Nora Shahinian, Cate Smith
- Fri 23/9 - Lisa Sullivan Smith, Nadja Russell,



## Co-curriculum Update

### Two of the Best

In their debut season as a coaching couple, First XV coaches Paul Cornish and debutant, Scott Coleman took out the CAS Rugby Premiership.

Paul, a former Wallaby and professional coach in Japan has been coaching the First XV for eleven seasons winning three premierships.

Scott a former Waverley First XV player and Waratah Junior has made a perfect pairing with Paul Cornish creating an outstanding team culture both on and off the field.

Their pre-season started in October 2015 with a significant strength and conditioning program. It also included a camp at the AIS in Canberra and a session with the Brumbies at Easter time.

On behalf of the College I would like to congratulate Paul and Scott on their tremendous season and the ongoing commitment they have to the rugby program at Waverley. The time they spend on this co-curricular activity far exceeds expectations, often putting in the many additional hours in their own time.

### Nick continues to fly high

Earlier this year we celebrated the achievements of Year 11 student Nicholas Blakey when he was awarded the MVP for NSW at the Under 16 National Championships. Nicholas also captained NSW at this tournament.

The good news continues for Nicholas with the announcement last week of his selection in the AIS/NAB football academy. He is one of 25 boys from around Australia selected, of which only 2 boys come from NSW. This squad will involve travelling to Melbourne in September, Darwin in December and New Zealand next year for Anzac Day. We wish Nicholas who plays basketball and AFL for Waverley College, every success with this opportunity.

### Will Cooley selected for NSW Youth Sailing Team

Year 8 student Will Cooley was recently selected for the NSW Youth Sailing Team (NSWYST). This follows Will recently representing Australia at the World Optimist Championships in Vilamoura, Portugal.

The NSWYST is a high performance youth sailing program for identified athletes with high quality coaching, in order to develop skills required to gain a State Sailing Performance Program Scholarship.

Over the coming months Will is racing in 6 national regattas, as he and the Youth Sailing Team team work on their sailing skills to compete at State, National and World Championship level.

We wish Will every success.



*Pat Brennan, Director of Co-Curriculum*

### Summer Co-Curricular Coaches: Basketball, Cricket, Tennis

#### To begin Term 3 2016

Waverley College is seeking the services of Basketball, Cricket and Tennis coaches to join the Winter Co-Curricular team.

- You will be required to attend two training sessions plus one match per week (total of approximate 5 hours).
- All equipment provided and professional development opportunities available.
- Attractive remuneration.

Applicants are required to have a current Working With Children Check.

Enquiries to Mr Pat Brennan [pbrennan@waverley.nsw.edu.au](mailto:pbrennan@waverley.nsw.edu.au)

or Mr Stephen O'Donnell [sodonnell@waverley.nsw.edu.au](mailto:sodonnell@waverley.nsw.edu.au)

For more details and to apply please see the Employment section of the College website [www.waverley.nsw.edu.au](http://www.waverley.nsw.edu.au)

#### How to apply:

Applicants are to use the Non Teacher Application Form located in the Employment section of the College website: [www.waverley.nsw.edu.au](http://www.waverley.nsw.edu.au)



*Photos:  
Above: CAS Premiership Coaches Paul Cornish and Scott Coleman after their final match of 2016*

*Left: Year 11 student Nicholas Blakey*

*Right: Year 8 student Will Cooley*



## ICAS English Competition Results

On Tuesday 2 August Waverley students taking Advanced English in Years 9, 10 and 11 sat the ICAS English Competition. This is an international competition run by the University of New South Wales.

The table below shows the performance of Waverley College students compared to the average performance of all Australian students.

Miss M Walsh  
Assistant Head of English

Year Group	Waverley College average score out of 60	Australian average score out of 60
Year 9	32.8	31.9
Year 10	37.7	33.3
Year 11	30.9	31.4

Congratulations to the following students who achieved awards:

A distinction certificate was awarded to:	A credit certificate was awarded to:	A merit certificate was awarded to:
Year 9 – Jordan Blazeovski Year 9 – Connor Pilger Year 10 – Daniel Andrews Year 10 – Leonardo Bosi Year 10 – Daniel Brown Year 10 – Isaac Lee	Year 9 – Ashley Backlund Year 9 – Alexander Bayas Year 9 – Jake Daley Year 9 – William Davison Year 9 – Flynn Gordon Year 9 – Samuel Hall Year 9 – Luke Harris Year 9 – Edward Kranz Year 9 – Lachlan Manastirovski Year 9 – James Ritchie Year 9 – Ethan Vella Year 10 – Domenic Abruzzese Year 10 – Allan Cannes Year 10 – Kiva Gwynne Year 10 – Daniel Hassan Year 10 – Harley McGuiggan Year 10 – Maximilian Mitchell Year 10 – Oliver Read Year 10 – Felix Valentine Year 10 – Thomas Wood Year 11 – Hal Cumpston	Year 9 – Marco Emery Year 9 – Rocco Evans Year 9 – George Vouros Year 10 – Jack Hardwicke-Owen Year 11 – Ryan Crawshaw Year 11 – Oliver Jonas Mahoney Year 11 – James Matis Year 11 – Cameron Walker

## Uniform Shop Opening Hours Term 3

- Monday 10.30am to 2.30pm
- Tuesday Closed
- Wednesday 1pm to 5.30pm
- Thursday Closed
- Friday 10.30am to 2.30pm

## Library & Resource Centre

### Feature Title: Love from boy

by Roald Dahl

*‘Dear Mama, I am having a lovely time here. We play football every day here. The beds have no springs...’*

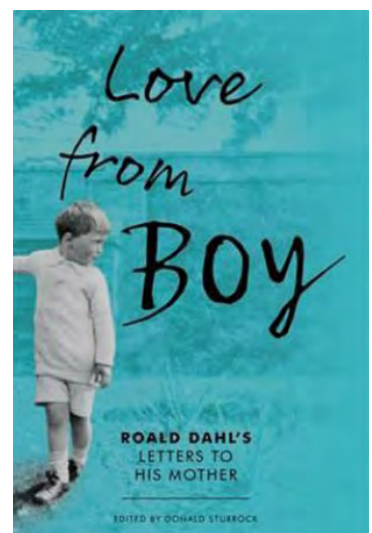
So begins the first letter that nine-year-old Roald Dahl penned to his mother, Sofie Magdalene, under the watchful eye of his boarding-school headmaster.

For most of his life, Roald Dahl would continue to write weekly letters to his mother, chronicling his adventures, frustrations and opinions, from

the delights of his childhood to the excitements of flying as a second world war fighter pilot and the thrill of meeting top politicians and film stars during his time as a diplomat and spy in Washington. And, unbeknown to Roald, his mother lovingly kept every single one of them.

The letters in Love From Boy are littered with jokes and madcap observations; sometimes serious, sometimes tender, and often outrageous.

To eavesdrop on a son's letters to his mother is to witness Roald Dahl turning from a boy to man, and finally becoming a writer.





## R U OK ?

On Sunday Waverley College held the first R U OK day walk and talk event from Maroubra to Waverley. It was a successful event, with over 500 participants taking part and over \$2000 raised for charity. There was a great community atmosphere with involvement from not only parents but students from St Clare's, Brigidine, St Catherines, Cranbrook and of course Waverley.

I would like to especially congratulate Joshua Bale, but also Joshua Thomas, Lucas Dedes, Josh Lowe, Alexander Bruce, Daniel Brown, Riley Singles-Fotopoulos, Anthony Pomes, Oliver Small, Harley McGuiggan and many other year students for their support in making the day such a success. Together they raised awareness for mental health issues and made a strong positive contribution to the wider community.

I must thank the following Waverley college staff for their support of the day:

Nina Kormanyos  
John Kara  
Catherine O'Sullivan  
Anne Bateman  
Geraldine Cullen  
Sherri Falkinder  
Karen Jones  
Katrina King  
The Entire Maintenance team

I must also thank the following parents for their support before and during the event:

Rachael Pietruszka  
Ross Browning  
Chris Dedes  
Mary Ramsey  
Tamara Slezak  
Tania Nand

In his closing speech Joshua Bale spoke about the importance of raising awareness of issues associated with mental health. On Sunday, the young people in our Waverley community did just that.

***Are you ok? A conversation could change a life.***

Scott Coleman  
Head of Year 10

## R U OK? Day - Thanks from Maryanne Larkin

To the wonderful Waverley community.

I would like to extend my personal thanks for your amazing support of R U OK day yet again this year. It was very touching to know that the Year 12 cohort especially went all out this year, their graduating year, in special honour of Gus. Wearing the special RUOK ties purchased with pride, along with the cake stall to raise extra funds, is testament to the kind of boys Gus had alongside him at school. True mates. An enormous thank you to Lachlan Drew-Morris for getting the ties up and running along with his exceptional mum, Donna. And to all the families, mothers and fathers who baked and contributed. The amount of treats was incredible.

On the subject of true mates, I'd like also to acknowledge Josh Bale on a fine effort (along with his mum Rachael and Mr Scott Coleman) organising a walk of support last Sunday. It was true to the vision of R U OK where we were all able to walk in the sunshine and connect with each other in a very relaxed and meaningful way. I am sure Michael and his family could see and feel the very same support that we, the Larkin family have experienced via this remarkable Waverley community. It is something the school and its families should be very proud of.

Thank you to all,  
Maryanne Larkin

## R U OK? Cake Stall and Tie Sales

Congratulations and thank you to the entire Waverley Community for the support of the cake stall and RUOK tie sales which together raised \$2,100 for that wonderful organisation - R U OK? - with which we have such a close connection.

Donna Drew-Morris



## Quirky Conundrum

**Chase Hardaker has won this week's draw with the correct answer of 43. He comes from Ms Della Marta's Year 9 class.**

This week's question: Using the letters A and B, the following two-letter code words can be formed: AA, AB, BB, B. Using the letters A, B, and C, how many different three-letter code words can be formed?

All correct entries go into a weekly draw for a \$5 Canteen voucher. Hand in your solution to your Mathematics teacher.

Think you know the answer?



## Music Notes

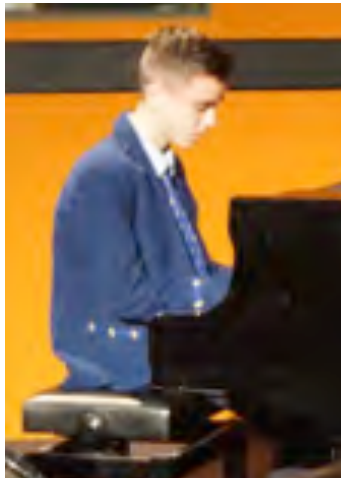


### Year 9 and 11 Music Recitals

Over the past two weeks, Elective Music students from Year 11 and Year 9 performed in recitals before an audience of parents, friends and peers. Their performances were assessed by the music staff. All students played well and the concerts included a diverse range of repertoire, from Classical to Pop. Congratulations to all! Above is a photo of the whole cohort Year 9 music students.



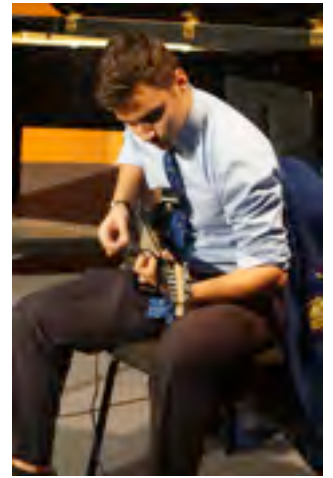
*Dion Hatzandreou, Bouzouki*



*Gabriel Cuenca, Piano*



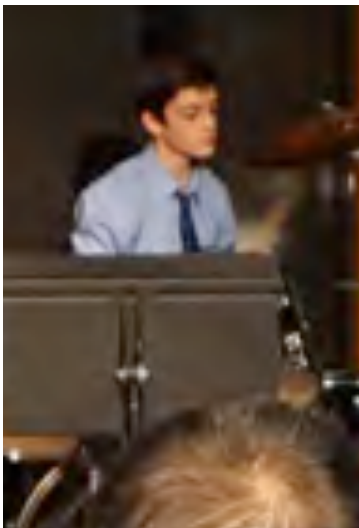
*Samuel Jagoe-Fisher, Guitar*



*Timothy Klimis, Guitar*



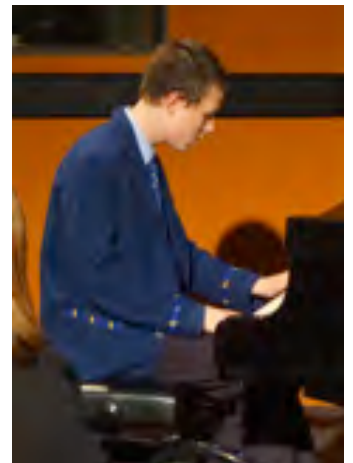
*Thomas Jaeger, Voice*



*Serge Matignago, Drums*



*Jordan Hulme, Saxophone*



*Andrew Badger, Piano*



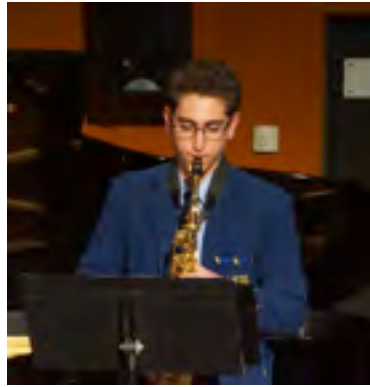
## Music Notes



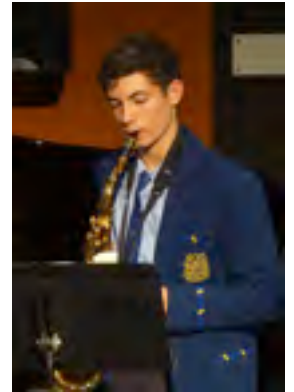
*Nikhil Dulat, trombone*



*Hugh Marshall, Piano*



*Andrew Tinellis, Saxophone*



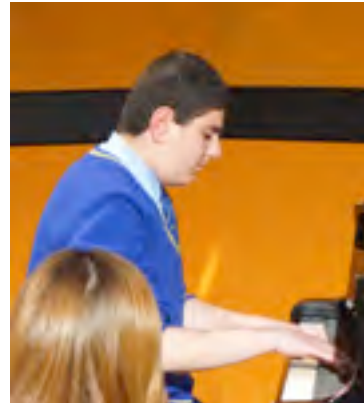
*Angus McPherson, saxophone*



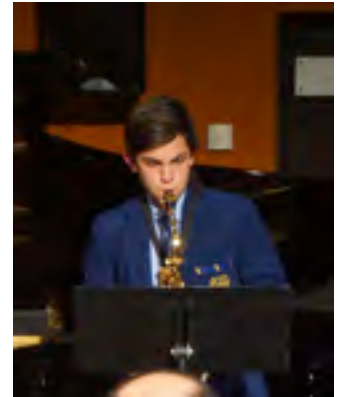
*Fletcher Duff, piano*



*Nicholas Lane, Piano*



*Rafael Tabbash, piano*



*Oliver Ruse, saxophone*



*Noah Gardiner, trumpet*



*Jazz Da Costa, euphonium*



*Max Curry, voice & guitar*

### Holdsworth Community Ball Performance

Last Saturday members of various school ensembles joined to form a jazz ensemble, which performed at the annual Holdsworth Community Ball in St Clare's Hall.

The theme of the ball was "James Bond" so the band dressed in Black suits and bow ties opened with an arrangement of the James Bond theme music, Shaken, Not Stirred.

Congratulations to Eric Cordato, Riley Addison, Flynn Schulz, Peter Riley, Angus McPherson, Andreas Corcoran, Thomas Kossenber, Simon Finnegan and Dominic Agoustis. Not only did these students give up their time on Saturday, but also they had additional rehearsals over the weeks leading up to the event.

### Upcoming Events

#### **Friday, 23 September**

Choir and Brass, Year 12 Graduation Mass, Mary Immaculate Church

#### **Monday 10 October**

Rehearsals and Music Lessons resume at normal times.

#### **Friday 28 October**

PAC Theatre, 7pm, Waverley College Festival of Bands

## Sport this Week: Head of Senior Sport

Well done on a tremendous effort by all of our Athletes and staff for their hard-work for last night's 87th CAS Track and Field Championships. There were some outstanding performances all round and Waverley despite a 5th place scored the most points since 2010. We also had 2 record breakers on the evening with Lewis Thompson breaking a number of school records as well as the CAS U17 Discus record. Alex Talbot in the U14's broke the CAS 1500m record.

Lewis Thompson has also been selected to win the very prestigious Morris Curotta Cup for Athlete of the year. Morris was a Waverley old boy who competed in both the 1948 and 1952 Summer Olympics in the 100m, 400m and 4x100m and 4x400m relays. His best finish was 5th in the 400m final in 1948. For a number of years he was considered 'the fastest white man on Earth'. This award is very prestigious with a very rich tradition and I am sure Morris and his family would be very proud of Lewis and all of the team's efforts last night.

A big congratulation and thank you to Ms Kaitlyn Downey as convener and all of the staff and coaches who assisted. There were many great performances across all levels and age groups.

Also a big congratulations to our Athletics captain Lachlan Trowell and vice captains Jackson Mohi and Costa Fragias. Special mention also to Ms Amanda Cardiff who has single-handedly run the Athletics supporter's club this year and to all of our Year 12's who have now concluded their co-curricular career at Waverley College.

Pre-season for Summer also continued with some of our cricketers going to the SCG nets this week and next. Our Year 8 and 9 teams also had the privilege of getting some pointers from Geoff Lawson as well as meeting a number of the Australian and NSW players at the SCG nets. Our Basketballers have another trial tomorrow versus St Patricks and we wish them all the best. Tyzac Jordan is also playing for the Australian Barbarians Schoolboy Rugby side tomorrow at Newington from 1pm and we wish him very well also.

Once again well done to all members of the Athletics squad and it was great to see the spirit with you all represented Waverley.

Mr Steve O'Donnell  
HEAD OF SENIOR SPORT



## Waverley College Athletics Awards 2016

12 Years College Champion Bailey Habler	17 Years College Champion Runner-Up Dylan Quirk	Best Team Man 15 Years Theo Liong
13 Years College Champion Christian Smirnotis	Opens College Champion Runner-Up Finn Mergler	Best Team Man 16 Years Aarshia Akhavan-Safa
14 Years College Champion Alex Talbot	CAS Best Performance 13 Years Christian Smirnotis	Best Team Man 17 Years Ben Howard
15 Years College Champion Charles McGrath	CAS Best Performance 14 Years Alex Talbot	Best Team Man Opens Fred Pawle
16 Years College Champion Daniel Andrews	CAS Best Performance 15 Years Charles McGrath	Morris Curotta Cup CAS Most Outstanding Athlete Lewis Thompson
17 Years College Champion Declan Stupak-Horgan	CAS Best Performance 16 Years Max Mitchell	Gary Judd Cup Best Team Man Costa Fragias
Opens College Champion Jackson Mohi	CAS Best Performance 17 Years Ben Donaldson	Doug Ricketson Cup Most Improved Athlete Roy Hampshire
12 Years College Champion Solomon Tuqiri	CAS Best Performance Opens Lachlan Trowell	Jeremy Roff Award Best Middle Distance Athlete Finn Mergler
13 Years College Champion Runner-Up Riley Fitzroy	Best Team Man 13 Years Banjo Studholme	Br Lewis Best Hurdler Dylan Quirk
14 Years College Champion Runner-Up Roy Hampshire	Best Team Man 14 Years Flynn Wilde	
15 Years College Champion Runner-Up Alistair Jensen		
16 Years College Champion Runner-Up Jack Hardwick-Owen		



## From the Convenor of Track and Field: Crowd goes wild following a surprise win!

We had a very busy day down at ES Marks on Saturday 10th September. It was our invitational carnival to host alongside Cranbrook and we got off to an early start. There was hot competition between many of the athletes who were racing against each other for final positions in the Track and Field team. One very intense race included Lachlan Wallace racing Declan Stupak-Horgan in the 100m. I am still struggling to determine who actually won that race, but both certainly managed to secure themselves solid spots in the team.

The biggest surprise of the day came from one of our quieter athletes, Perry Aziz. Perry has been a member of the MDB (the Middle Distance Brothers) for the last four years and was racing to secure a spot in the 800m race for CAS. Perry led from the get go and did not back down against some very formidable opponents. He had the entire crowd on their feet in surprise as Perry crossed the line in first place. It is certainly a race that I will not forget anytime soon.

As well as the joy, we had a lot of heart break too, as students realised that making one of the spots this year was not meant to be. There were a lot of tears shed over the 15's relay places and it was very heart warming to see such passion from our

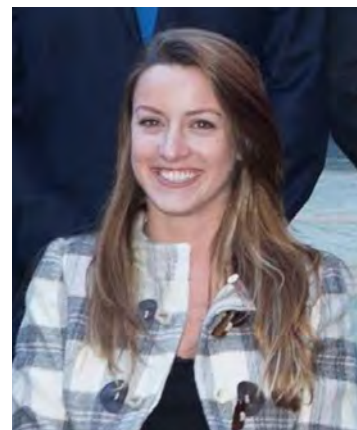
athletes. This is what makes our Track and Field athletes stand out against everyone else, their passion. To those who missed out on the events they wanted this year, keep at it and work harder next year to try and secure your place. You never know what the next season may bring.

I also wanted to say a huge thank you to all the parents who offered to help out during our invitational carnival. A lot of parents put their hand up straight away as soon as they could see how stressed I was. I cannot thank you all enough, your efforts were very much appreciated.

Finally, it is CAS week. By the time you read this, the races will have been run and the results will be in. I am hoping we have performed well and that we have done the school proud. Our athletes have worked so hard this year, so regardless of the result please congratulate them on all their efforts. I could not be prouder of them as a team.

Kaitlyn Downey

CONVENOR OF ATHLETICS



Convenor Kaitlyn Downey

## Managing HSC Stress HOLIDAY PROGRAM



*Are you feeling worried about how you are going to manage all the demands of your HSC year? Are you finding yourself starting to get stressed about how you are going to manage it all and perform at your best?*

**The *Managing HSC Stress* program is a group program that assists students to better manage the stress of the HSC by teaching a broad range of skills that can be helpful in any stressful situation.**

**Students also have the opportunity to learn from and assist each other. The program can also be useful for students who are struggling with anxiety, low self-esteem or low mood.**

**When?** Tuesday, 4th October 2016  
**Time?** 10am – 4pm  
*Lunch and afternoon tea will be provided.*

**Where?** Health Psychology Unit  
Ground Floor, 174 Pacific Highway  
Greenwich

*The Health Psychology Unit is a 5-10 minute walk from St Leonards train station.*

**Cost?** \$90 per student

**Register?** Registration is essential as numbers are limited.  
To register call 9514 4077 or email  
[anna.wallace@uts.edu.au](mailto:anna.wallace@uts.edu.au)

## Summer Pre-Season Training 2016

**IMPORTANT :** Athletes WILL NOT take part in this part of the program and they certainly WILL NOT be disadvantaged by continuing their athletics commitment.

Please note that year groups are based on 2017

Pre-season training is from Monday 5 September to Thursday 22 September

### Cricket (College Nets)

1st & 2nd XI (Yrs 10/11 2016)

Tuesday 3.30-5.00pm; Thursday 3.30-5.00pm

10A & B (Yr 9 2016)

Tuesday 3.30-5.00pm; Thursday 3.30-5.00pm

9A & B (Yr 8 2016)

Monday 3.30-5.00pm; Wednesday 3.30-5.00pm

8A & B (Yr 7 2016)

Monday 3.30-5.00pm; Wednesday 3.30-5.00pm

### Swimming Squad - Meet at Pool

(Starts 6 September)

All members

Tuesday - 7.00-8.15am

Wednesday - 7.00-8.15am

### Water Polo (Meet at School)

Opens (Yrs 10/11 2016)

Tuesday 7.00 - 8.15am

Thursdays 7.00-8.15am

### Tennis (College Courts)

1st & 2nd (Yrs 10/11 2016)

Wednesday 7.15-8.15am; Friday 7.15-8.15am

10A & B (Yr 9 2016)

Wednesday 7.15-8.15am; Friday 7.15-8.15am

9A & B (Yr 8 2016)

Monday 7.15 - 8.15am; Tuesday 7.15 - 8.15am

8A & B (Yr 7 2016)

Monday 7.15-8.15am; Tuesday 7.15 - 8.15am

### Basketball (Gym)

1st & 2nd (Yrs 10/11 2016)

Monday 6.45-8.15am; Wednesday 6.45-8.15am; Friday 6.45-8.15am

10A & B (Yr 9 2016)

Tuesday 7.15-8.15am; Thursday 7.15-8.15am

9A & B (Yr 8 2016)

Monday 3.30-5.00pm;

Wednesday 3.30-5.00pm (TAS COLA)

8A & B (Yr 7 2016)

Monday - 7.15-8.15 (TAS COLA)

Wednesday - 3.30 - 5.00pm

## Sports Injury Facts: Shoulder Dislocations

### Anterior Dislocation



### What is it?

Shoulder dislocations are a common sport and workplace injury. The injury occurs when the two joint surfaces are separated and can result in damage to the ligaments, cartilage, muscles, bone, nerves and blood vessels.

### Causes

Dislocations to the front are the most common direction (97% of cases) and occur when the arm is forcefully rotated whilst elevated ("stop-sign" position). Backwards dislocations are less common and a more serious injury, usually involving a traumatic blow to the shoulder.

### Symptoms

- A feeling of the shoulder 'popping out'
- Arm rotated outwards
- Able to feel the top of the arm bone in front of the shoulder
- All movements limited and painful
- Pins and needles, numbness or loss of pulse if damage to nerves or blood vessels (emergency)

### Recommended treatment

Many dislocations will relocate automatically, others require relocation by an experienced practitioner and should be performed as soon as possible to minimise damage. X-ray is essential to assess for any bone or cartilage damage.

Physiotherapy management and rehabilitation will involve;

- Acute injury management (rest, ice, elevation, compression)
- Wearing a sling
- Exercises to improve movement
- Strength exercises to the rotator cuff, biceps and other muscles
- Muscle control retraining
- Massage and joint therapy to surrounding muscles and joints
- Rehabilitation targeted to the individuals goals

### Other recommendations

Young, sporty individuals have high re-injury rates, so assessment from a surgeon in these patients may be necessary.

*Sports injury factsheets are supplied by Waverley College Physiotherapists, Advanz Therapies. Research by Physiotherapist, Caelum Trott, Advanz Therapies*



## From the Careers Desk

### Junior Apprentice – Grant Walker Electrical

We are looking for a junior electrical apprentice to join our awesome team of guys. Mainly working on pubs and restaurants in the east and city. Great conditions, all long term employees, lots of perks. Interested applicants should be pretty good at Maths. Please give Renee a ring today for a chat 0404 632 385 or email [renee@grantwalkerelectrical.com.au](mailto:renee@grantwalkerelectrical.com.au)

### Apprenticeships

Tabma is looking for two apprentices - one in Carpentry and the other in Joinery. Please see Mrs Knowles for more information.

### NECA Electrical Apprenticeships

Electrical Apprenticeships NSW / QLD / ACT is a not-for-profit organisation owned by the peak industry association, NECA. Electrical Apprenticeships NSW / QLD / ACT currently employs over 600 Electrician and Telecommunication Apprentices and is seeking to recruit up to 150 more to commence in early 2017. <http://www.necagt.com.au/>

### Landscaping apprenticeships

I have been operating a Landscaping company in Sydney for the past 12 years, In that time the company has grown and we have employed many apprentices. We are starting our employment drive for 2017 and wanted to get in touch with enthusiastic young workers that may have an interest in the landscaping industry. I can be contacted via email at [phil@antscapes.com.au](mailto:phil@antscapes.com.au) or phone at (02)94172111.

### USYD: Sydney Summer School

Summer School allows students to take units outside of semester, for those students who have completed year 12 this will provide the opportunity to get a head start on their degree or just have a taste of academic study. All units are full-fee paying, although FEE-HELP is available for eligible students. <http://sydney.edu.au/summer/>

### Taste of Electrical Engineering 2016

26th – 28th September 2016, School of Electrical Engineering and Telecommunications, UNSW Kensington  
The workshops are for students in years 10 and 11, with an interest in maths, science and problem solving. The cost is \$125 and applications close on the 31st August. <https://www.engineering.unsw.edu.au/all-events/taste-of-electrical-engineering-2016>

### UNSW: Portfolio Entry Art and Design

Portfolio entry for UNSW Art and Design closes 30th September 2016 for Semester 1 2017. Students should submit a portfolio if they believe they will fall within 10 points of the ATAR cut off for their desired course. Further information on where a portfolio is not accepted and what to include can be found by following the link below. <https://www.artdesign.unsw.edu.au/future-students/portfolio-entry>

### University of Notre Dame Direct Applications

Applications for Semester 1, 2017 are due 30 September. <http://notredame.edu.au/>

### Notre Dame Getting the Most Out of Year 12

30th September 2016, 9am to 12:30pm, 104 Broadway, Chippendale

The event is for current year 11 students and will help develop skills to achieve success in the HSC. To register for the event, follow the link below. For further information contact, [sydney@nd.edu.au](mailto:sydney@nd.edu.au) or call 02 8204 4404. <http://www.nd.edu.au/events/2016/getting-the-most-out-of-year-12>

### ACU Pathway Programs

Successful completion of a pathway course can provide eligibility into your chosen ACU undergraduate course. [http://www.acu.edu.au/study\\_at\\_acu/alternative\\_entry/pathway\\_programs](http://www.acu.edu.au/study_at_acu/alternative_entry/pathway_programs)

### Macquarie University: 2016 Undergraduate Scholarship Booklet

Each year Macquarie University awards scholarships based on equity, financial need, academic excellence and sporting achievement. To learn more about these scholarships, view their 2016 undergraduate scholarship booklet: [http://students.mq.edu.au/opportunities/scholarships\\_and\\_prizes.jsp](http://students.mq.edu.au/opportunities/scholarships_and_prizes.jsp)

### University of Wollongong: South Western Sydney Campus

UOW is opening a new campus in Liverpool in 2017. The courses that will be offered include arts, business, IT, & health management from 2017. Nursing will also be offered from 2019. <http://www.uow.edu.au/swsdney/index.html>

### UTS New Courses

UTS now has two new science courses, these include forensic science and a Bachelor of Biotechnology. To find out more about the courses follow the link below. <http://www.uts.edu.au/future-students/science>

### ACU New courses in 2017

B Science: This course will include the ACU core curriculum, community engagement and work integrated learning. The majors will be Biology and Chemistry.

B Teaching/B Science: This is a four-year program that will qualify students to teach general science to Year 10 and discipline science to Year 12. It will include the Religious Education units required to teach in Catholic schools.

B Theology/B Philosophy: This is a four-year dual degree program designed to engage students critically with questions of meaning, reality, knowledge and value in light of the Catholic intellectual tradition.

2017 Undergraduate Course Guide: <http://www.acu.edu.au/>

### ANU: Equity Accommodation Scholarships

Each year the Australian National University will offer a number of scholarships to assist students in financial need, from outside of the Canberra region, who are commencing a degree program at the Australian National University. The scholarships aim to assist students with the accommodation expenses associated with relocating to Canberra to commence at the ANU. <http://www.anu.edu.au/students/scholarships-support/anu-equity-accommodation-scholarship>

### ACU Early Achievers Applications Open



### Yachtmaster Training and Gap Year Opportunities

The different opportunities available include becoming a water sports instructor, becoming a yacht skipper, adventure sailing, learning to sail in Sydney and more. For further information, follow the link. <https://www.flyingfishonline.com.au/yachts-and-superyachts/>

### Ski and Snowboard Instructor Internships

Ski and Snowboard Instructor Internships and Training Courses in Japan, New Zealand, Switzerland, USA and Canada from November to April. \$2000 off internships in Japan and Switzerland. <http://www.easkiandsnowboard.com/>

### Flying Fish Booklet: Everything you Need to About the STCW Course

To work on vessels over 24m, you need to complete a Standards of Training Certification and Watchkeeping (STCW) course. Flying Fish is one provider of this course, and have released a booklet providing everything you need to know about STCW training and how to make the right choice when considering a STCW pathway. <http://stcwtrainingcourses.co.uk/>

### Qantas Apprenticeship Program

Qantas offer apprenticeships at Sydney, Melbourne, and Brisbane airports. Applications for 2017 open in August/ September. <http://www.qantas.com/travel/airlines/apprentice-overview/global/en>

## From the Careers Desk ....continued...

Applications open 8th August

Applications close 17th October

Students who have made contributions to their community or shown leadership potential can apply to ACU's Early Achievers' Program. Successful applicants will receive an offer before the usual tertiary offers round.

[http://www.acu.edu.au/study\\_at\\_acu/alternative\\_entry/early\\_entry](http://www.acu.edu.au/study_at_acu/alternative_entry/early_entry)

### ACU Elite Athlete Program

ACU's Elite Athlete Program has been established to support future and current students who have maintained a record of excellence in sporting performance throughout their studies and wish to pursue a sporting career alongside an academic one. Future students deemed to be Elite Athletes will be eligible to receive up to five bonus points towards an entry score and greater flexibility when studying at ACU.

[http://www.acu.edu.au/study\\_at\\_acu/alternative\\_entry/elite\\_athlete\\_program#1](http://www.acu.edu.au/study_at_acu/alternative_entry/elite_athlete_program#1)

### UAC Undergraduate

This website has information on admission, special requirements, bridging courses, charges and fees as well as student services and facilities.

<http://www.uac.edu.au/undergraduate/institutions/>

### UAC Education Access Scheme

EAS applications open on the 3rd of August 2016 for 2017.

The UAC website provides information booklets on applications and eligibility requirements.

<http://www.uac.edu.au/eas/>

### Australian College of Sport

The Australian College of Sport offers high performance programs for aspiring professional athletes. Their programs consist of basketball in Melbourne or Sydney, football (soccer) in Adelaide, and golf in Melbourne. A swimming program will commence in 2017.

<https://collegeofsport.edu.au/>

### St Patrick's Institute of Education Information Session

11am – 1pm, 18 September @ Level 1, 65 York Street.

Applications for enrolment into our full-time Diploma courses are now open, with classes commencing in February 2017. Register to attend:

<http://www.spie.edu.au/BookingRetrieve.aspx?ID=51684>

### AFTT Open Day

17th September 2016, 9:30am to 2:30pm, 41 Holt Street, Surry Hills

The open day will include campus tours, watch student films, speak to current students, an opportunity to find out about the tutors and information on VET FEE-HELP. To register attendance, follow the link below.

<http://www.aftt.edu.au/events/open-days/register-for-our-next-open-day>

### AIT Workshops

Game Design - 24th September, 22nd October, 19th November, 10th December, 9:30am to 4pm

Intro to Concept Art - 24th September, 22nd October, 19th November, 10th December, 9:30am to 4pm

Film Editing - 24th September, 22nd October, 19th November, 10th December, 9:30am to 4pm

Android App Development - 24th September, 22nd October, 19th November, 10th December, 9:30am to 4pm

3D Animation – 24th September, 22nd October, 19th November, 10th December, 9:30am to 4pm

<http://www.ait.nsw.edu.au/>

### AFTRS School Holiday Courses

September 26 2016 - Intro to Game Design for ages 13-17

September 26 2016 - TV Presenting for Kids for ages 9-12

September 26 2016 AFTRS Film Club for ages 9-12

September 27 2016 Music for Film & TV for ages 14-17

September 28 2016 Teens Radio for ages 13-17

September 29 2016 Kids Digi Animation for ages 9-12

October 05 2016 Teens Digi Animation for ages 13-17

October 05 2016 Make a Stop Motion Movie for ages 9-12

October 05 2016 HSC Video Intensive for ages 15-17

October 06 2016 Screen Acting for Kids for ages 9-12

<https://www.aftrs.edu.au/short-courses/kids-and-teens>

### Academy of Film, Theatre and Television:

#### Auditions

Auditions can be booked, as they are held regularly throughout the year. Auditions are only required for the Advanced Diploma of Stage and Screen. International or remote students wishing to apply can make alternative arrangements, either auditioning via skype or electronically.

<http://www.aftt.edu.au/admissions/domestic-students/auditions>

### AIE Open Day

Sat 19th November, Sydney and Canberra

#### Campuses

Learn about the courses designed to get careers started in game development, 3D animation and visual effects. The day will include a presentation on different areas of industry to get into as well as information about AIE full-time and part time courses.

<http://www.aie.edu.au/openday>

### New York Film Academy Open Days

8/10, 12/11, & 10/12

Sydney: Suite 127, Building 61, Fox Studios Australia, 38 Driver Ave, Moore Park

Tel: +61 2 8964 9321 RSVP at: [rsvpsydney@nyfa.edu](mailto:rsvpsydney@nyfa.edu)

<https://www.nyfa.edu.au/nyfa-events/>

### New York Film Academy Summer Film Camps

Students looking to spend their summer making films need look no further than NYFA's digital film camps offered at the Academy's locations in Sydney and the Gold Coast.

<https://www.nyfa.edu.au/summer-camp/film-camp.php>

### NIDA 2017 Applications Open

Applications for NIDA's undergraduate courses are open from the 1st of July until the 30th of September 2016. Specialisations are in Acting, Costume, Design for Performance, Properties and Objects, Staging, and Technical Theatre. To obtain more information about the application process refer to NIDA's website.

<https://apply.nida.edu.au/>

### Entry Pathways to UTS

Almost half of UTS's current students came through a pathway option, rather than directly from high

### Australian Defence Force Academy Education Award

This award is presented to Year 12 students in recognition of leadership potential and academic and sporting achievements achieved during Year 11. The award includes a tablet device and certificate for you, along with a plaque for your school. There are up to 50 awards available on behalf of the Navy, Army and Air Force, which will be presented to suitable applicants who have applied for entry to the Australia Defence Force Academy (ADFA). Current Year 11 students have until 28 February 2017 to apply for this award. The award is unbonded. That means you do not have to accept an offer to attend ADFA. <http://www.defencejobs.gov.au/education/adfa/howToApply/educationAward.aspx>

### Applying to the Australian

#### Defence Force Academy

It is advised that students wishing to study at ADFA apply in year 11 as it is a competitive selection process which may take up to 12 months to complete.

Gaining entry to ADFA is a dual process which requires students to apply directly to the Australian Defence Force while also applying concurrently to UNSW ADFA through UAC.

An offer to study at ADFA is conditional to meeting the academic requirements of UNSW as well as the mental and physical requirements of the Australian Defence Force. <http://www.defencejobs.gov.au/education/adfa/howToApply/admissionProcess.aspx>

### Matrix Education: Holiday Courses

Chemistry and Physics – 19th to 24th September

English Advanced, Mathematics extension 1 and 2, Mathematics Advanced – 26th September to 1st October

Biology, Chemistry, Physics – 3rd to 8th October

<https://www.matrix.edu.au/hsc-exam-preparation-course/>

Continued next page...



## From the Careers Desk ...continued...

school. These pathways included an external TAFE or VET course, as well as the university's own pathway program courses such as Foundation Studies or those that area offered by Insearch.

To learn more about these entry options, visit:  
<https://www.uts.edu.au/future-students/undergraduate/non-current-school-leavers/entry-pathways>

### Teacher Education Scholarships

Get paid while you study to become a teacher and be guaranteed a permanent teaching position in a NSW public school when you graduate. Applications close on Friday 16 September 2016.

<https://www.teach.nsw.edu.au/getpaidtostudy>

### Literacy and Numeracy Test for Initial Teacher Education Students

New literacy and numeracy tests have been introduced for students who wish to study teaching at university. The required benchmark in LANTITE must be met for students in NSW to be eligible for accreditation.

[http://www.acu.edu.au/about\\_acu/faculties\\_institutes\\_and\\_centres/education\\_and\\_arts/schools/literacy\\_and\\_numeracy\\_test\\_for\\_initial\\_teacher\\_education\\_students](http://www.acu.edu.au/about_acu/faculties_institutes_and_centres/education_and_arts/schools/literacy_and_numeracy_test_for_initial_teacher_education_students)

### UNSW Elite Athletes and Performers Bonus Point Guide

<https://www.futurestudents.unsw.edu.au/sites/default/files/uploads/EAP%20Web%20Guide%202016.pdf>

### Changes to Police Officer Recruitment Process

The main changes to the recruitment process include no minimum academic requirement, introduction of a University Certificate in Workforce Essentials, the entrance exam is now known as the Police Entrance Exam, copies of transcripts and other mandatory documents need to be certified by a Justice of the Peace, online application via JobsNSW and a case office will contact applicants once applications are received.

<http://www.police.nsw.gov.au/recruitment/home>

### BOSTES News: Updated advice for HSC students about examinations

<http://news.bostes.nsw.edu.au/blog/2016/3/23/updated-advice-for-hsc-students-about-examinations>

### University of Sydney: Introduction of Mathematics Prerequisite

The University of Sydney will introduce a mathematics prerequisite for some courses in 2019. The courses that will have the prerequisite will be listed in UAC's 2016 Year 10 guide.

<http://sydney.edu.au/news-opinion/news/2016/02/01/mathematics-to-become-a-prerequisite-for-university-of-sydney-ad.html>

### Release of Results: Time to Update Your Information

Students about to undertake their HSC exams should update their personal details so results can be sent to the correct address or texted to the correct mobile number.

<http://news.bostes.nsw.edu.au/blog/2016/8/31/release-of-hsc-results-time-to-update-student-details>

### University of Sydney HSC Preparation Courses

The courses run at various times throughout the year.

There are preparation courses for biology, chemistry, economics, exam preparation, legal studies, music, visual arts, business, design and technology, English, history, mathematics and physics. Dates for specific courses can be found by following the below link.  
<https://cce.sydney.edu.au/courses/education/hsc>

### The University of Sydney: HSC Preparation Workshops

The University of Sydney, Camperdown

Throughout September the University of Sydney will be holding a number of exam preparation courses for Year 12 students. Courses are usually three hours in length, with costs of each course ranging from \$120 - \$158.

<https://cce.sydney.edu.au/courses/education/HSC>

### AMP HSC Revision Day

29th September, 9am to 3pm, 1-5 Hickson Road, Sydney

This workshop is for year 12 Business Studies students to help prepare for the upcoming HSC exam. To register follow the link below.

For further information, contact [enquiries@apm.edu.au](mailto:enquiries@apm.edu.au)  
<http://www.apm.edu.au/about-apm/upcoming-events#rzZOVL0IwOc6YogU.97>

### HSC Film Major Work Mentoring

4th & 6th October 2016 @ Sydney Film School, 82 Cope Street, Waterloo, NSW 2017, Sydney.

To assist students to begin creating their film major work for the HSC - Visual Arts, Drama and Extension English Course.

Suitable for: Year 11 students who are about to commence their major work.

Cost: \$375. [admissions@sydneyfilmschool.com](mailto:admissions@sydneyfilmschool.com)

<http://www.sydneyfilmschool.com/courses/short-courses/hsc-film-major-work-mentoring-program.aspx>

### Think Education Surviving Year 12 eBook

Think Education have produced a free eBook with tips on how to master your final year of school.

<http://beyou.think.edu.au/surviving-year-12>

Study Tips: Flashcards, Mind-maps and more

<http://notastudyblrlyet.tumblr.com/post/125534130652/study-methods-part-1-ill-be-posting-soon>

### How Preferences for University Work

This webpage provides a general idea of how the UAC application process works.

<http://www.makeyourmark.edu.au/getting-in/how-do-i-apply/applying-to-university/>

### Study Tips: Flashcards, Mind-maps and more

<http://notastudyblrlyet.tumblr.com/post/125534130652/study-methods-part-1-ill-be-posting-soon>

### TSFX: HSC Study Tips – Top Tips from Past Year 12 Students

<http://www.tsfx.com.au/wp-content/uploads/2016/02/HSC-2016-Study-Tip-1.pdf>

### UNSW: Stay Motivated During STUVAC with These Study Tips

<http://unswfuturestudents.tumblr.com/post/129250036137/stay-motivated-during-stuvac-with-these-study>

### Tips for note-taking

<http://this.deakin.edu.au/study/students-take-note-and-ace-your-exams>

### ATO Tax File Number Applications

A tax file number is a unique nine-digit number issued to individuals and organisations to help administer TO Tax File Number Applications

A tax file number is a unique nine-digit number issued to individuals and organisations to help administer tax and other Australian Government systems. Students need a TFN before they can start any type of paid work.

For information on how to apply visit: <https://www.ato.gov.au/Individuals/Tax-file-number/>

### A Practical Guide to University Preferences

If you're preparing to submit your uni preferences, it's likely you'll have a few questions about choosing a course and institution. This article explores some of the questions that are probably on your mind.

<http://www.hobsonscoursefinder.com.au/Latest-news/Getting-into-university/A-practical-guide-to-university-preferences>

### Careers in Sport

This website is for anyone interested in a career in sport and fitness. There is information about recommended qualifications and pathways, along with a list of available positions and courses.

<http://www.sportspeople.com.au/>

### UK Private Schools

UK Private Schools lists over 200 schools & colleges around the United Kingdom and can be of use for students looking for a school to work in during their gap year. <http://www.ukprivateschools.com/>

### Where could STEM take you?

<http://www.mskills.org.au/media-centre/news#NewsHint=14168>  
<https://upto.com/embedded/detail/5HQ10?pt=a1SO>

### HSC in the Holidays

Focused HSC Workshops on 26th September:

General Mathematics 2, Mathematics, Chemistry, Economics, Legal Studies @ Macquarie University  
 Business Studies, Studies of Religion, English – Advanced @ UTS  
 General Mathematics 2, Mathematics @ UOW

Waverley College

# Spring Camp



WAVERLEY COLLEGE

**BOYS & GIRLS**
**Ages 10-13 ENROL NOW**

## Dates

**CAMP 1** Mon 26 Sep to Fri 30 Sep 2016

**CAMP 2** Tuesday Oct to Fri 7 Oct 2016

## A typical day

8.00 – 8.30	Drop off/sign in
8.30 – 9.30	<b>Cricket skills &amp; games</b>
9.30 – 10.30	<b>Basketball skills &amp; games</b>
10.30 – 11.00	Morning Tea
11.00 – 12.30	<b>Soccer</b>
12.30 – 1.00	Lunch
1.30 – 2.30	<b>Movie</b>
2.30 – 3.30	<b>Swimming</b>
3.30 – 3.45	Pick up and sign out
3.30 – 5.00	Late pick up / <b>Indoor sports games</b>

## Other activities include:

- movie making
- handball
- touch football
- drama
- volleyball
- tennis

**A sausage sizzle will be provided for Friday lunch of each week. Bring your appetite!**

## Fees

- \$275 per individual participant per week for 8.00am to 3.30pm Monday to Friday. (\$220 for four day camp)
- Additional \$50 per week (\$10 per day) for the late pick up option to 5.00pm.
- Casual rate at \$65 per day subject to availability (including late pickup option).

## What to bring and where to go

- Morning tea and daily lunch. Drinks will be provided during the day and a sausage sizzle will be provided on the Friday of each camp
- A hat, sensible clothing and sunscreen, and sports shoes.
- Participants are welcome to bring their own tennis racquet or cricket equipment.
- Daily drop off and pick up at the Performing Arts Centre (PAC), Birrell St, Waverley

## Wet Weather

- Indoor activities will replace outdoor activities.

## Staffing

- Only accredited staff with child minding clearances will supervise the camps.

## Need further information?

Please email John Kara  
[jkara@waverley.nsw.edu.au](mailto:jkara@waverley.nsw.edu.au)  
 or ring 0419 471 292

# fun and fitness