



**TAS**  
THE ARMIDALE  
SCHOOL

EXPLORE  
EXPERIENCE  
EXCEL

# TAS TALKS

THE WEEKLY NEWSLETTER OF THE ARMIDALE SCHOOL

Wednesday 1 March, 2017 Term 1 Week 5

## HEADMASTER, MURRAY GUEST

### Activities Day No. 1

The 2017 Activities program gets underway this Friday and there are high expectations for a positive and enjoyable start for all. For those new to the School, it is important to know that the Activities program at TAS is a feature of our overall offering and every graduating student speaks about it as one of the most memorable parts of their time here.

TAS Activities Days operate across the School from Transition to Year 12, though the focus shifts through the years. For our Junior School students the outdoor education program began last week as students from Years 3 to 5 headed to Lake Keepit for what was a genuinely testing program of camping and outdoor challenges. During the whole school Activities Days through the year all Junior School will focus on the spirit of Round Square IDEALS (Internationalism, Democracy, Environment, Adventure, Leadership and Service). This Friday their focus will be on the Spirit of Environment through activities that will include preparing their work for the Armidale Show.

Middle and Senior School students through to Year 11 will begin their outdoor education activities and for a number of students in B and C Company Cadets this will include their first night in the bush. For some this will be a familiar and welcome diversion from the classroom. For others it will be unfamiliar and cause some trepidation. For all students though there should be confidence that this program has operated for very many years and always been accessible to every student, with opportunities to push the boundaries of comfort at every level. What is certain for every student is that throwing oneself into the program is a defining element of being a TAS student and everyone who 'has a go' will always be appreciated.

I wish every student well for this first day of the program.



## Year 12 Academic Activities

Whilst other year groups are focused on challenge in the outdoors, Year 12 will have their eye on the HSC as Friday offers the first of the 5 HSC study days for the year. Each of these days will be different, but all will have presentations designed to focus attention and build capacity to deal with the inevitable pressures of the HSC year, as well as time for individual study. In this first HSC study day the presentations will come from TAS staff, including Mark Taylor on careers, Barney Buntine on managing personal wellbeing in Year 12 and myself on academic expectations and the journey to the HSC. It is our expectation that Year 12 will be the most demanding, rewarding and memorable school year for all our students and making preparations for that in these early weeks of the year is very important. I look forward to the day and encourage all our senior students to bring their best focus to it.

## Cricketing Accolades

Amongst some impressive sporting performances over the weekend, including the efforts of our competitors in the NSW All Schools Triathlon that Jim Pennington has reported comprehensively on in this edition of TAS Talks, Henry Smith's efforts with the bat on Saturday deserve particular acclamation. Henry began the day at Newling Oval with the TAS 16 White team, scoring an impressive 107 not out and then backed up in the First XI with 110, again unbeaten. Centuries are hard to come by in this version of the game and something new for Henry, so achieving two in the one day is very special indeed. I am not sure what Saturday did for Henry's combined average for the season, but it must have been good!

## Headmaster's Country Tour

As I write our Registrar Pip Warrick, Director of Boarding Michael Holland and I are en route to Tamworth for the start of our annual tour of centres around the North of NSW. This is an opportunity for us to combine enrolment interviews through the day with social functions for TAS families in the area. Of course this does not replace visits to the School for prospective families and all will come to TAS to meet other staff and hopefully enjoy an overnight experience visit. Nor does it substitute for the socialising that current parents enjoy when coming to the School for functions through the year. What it does offer us is the chance to see current and future families without the busyness of school encroaching on that. It is also an expression of our understanding that we are just as much a part of this region as the families we are meeting and we share in the importance of all that happens in our communities.

Today we will be meeting future families through the day and socialising with our Tamworth parents in the evening, all at the offices of Forsyths Accountants thanks to the generosity of Craig Benham. Tomorrow we head South to Scone to conduct interviews again and meet with current families who are able to join us for a 'drop-in' lunch. Later in the month we will travel to Inverell, Glen Innes, Gunnedah, Narrabri, Walgett and Moree and Pip Warrick will travel separately to a number of other centres and boarding school expos. The full program can be found on the TAS website at: <http://www.as.edu.au/whats-on/> I look forward to seeing all families that are able to make it to our functions and offer thanks in advance to those who are supporting us with their hospitality.



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# CALENDAR OF EVENTS

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## Week 5

Wednesday 1 March	Headmaster's Country Tour (HMCT) Tamworth
Thursday 2 March	HMCT - Scone Twilight Concert (5.30pm)
Friday 3 March	Activities Day 1 National Virtual Debating Competition

## Week 6

Wednesday 8 March	Year 9/10 Music Workshop Science and Engineering Challenge
Thursday 9 March	Year 11/12 Music Workshop Summer Photos Year 12 Parent/Teacher Interviews
Friday 10 March	Year 11/12 Music Workshop Year 12 Parent/Teacher Interviews Senior Social

## Week 7

Wednesday 15 March	NCIS Football (TAS)
Friday 17 March	Activities Day No. 2
Saturday 18 March	GPS Head of the River (Sydney)

## Week 8

Thursday 23	Years 6 and 7 Parent Teacher interviews BATYR (Years 10-12) <i>The Government Inspector</i>
Friday 24 March	Years 6 and 7 Parent Teacher interviews HMCT – Glen Innes <i>The Government Inspector</i> BATYR (Years 10-12) <i>The Government Inspector</i>
Saturday 25 March	<i>The Government Inspector</i> Girls Head of the River (Sydney)

## Uniform regulations

With the heatwave conditions now well and truly passed, it is timely to remind families of the School's expectation regarding the wearing of uniform. Day students must wear blazers to and from school, and all students are to wear blazers to Assembly every Tuesday. Jumpers may be worn to school but only under a blazer, not instead of one.

The School expects that uniform and shoes will be clean and in good repair and that all students wear their uniform correctly and with pride. In addition, boys' hair should be combed and of an acceptable length (not over the collar, ears or eyes), with no artificial colouring. Girls hair should be of a natural colour, clean, well kept, drawn away from the face and must be tied back if at shoulder length or longer.

More information on uniform can be found in the Parent Portal on the TAS website, at <http://www.as.edu.au/school-rules-and-regulations-3/>

Your cooperation in this matter is appreciated.

**Mr Alan Jones**  
Deputy Headmaster

## Medical Centre

**The first round of Year 7 Vaccinations will take place this Thursday 2 March. There are still quite a number of parents who have not returned the consent forms for their children.**

**We are unable to vaccinate a student without a signed consent form.**

**Sister Jenny Murray**

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## P&F PRESIDENT, MRS SUE CARTWRIGHT

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Junior and Senior Athletics Championships are still a month away, but please give some thought to helping us out with donations of both homemade/bought goodies to sell, and also your time on the sales team. Junior School Athletics Championships on Friday 31 March, Middle and Senior School Athletics Championships which will be held this year on SATURDAY 1 April, and we will also be running a Breakfast BBQ of bacon & egg rolls, so bring your appetite too!

To build on this weekend, I know your LPs have started to get in touch about social events that weekend, and I encourage you all to make the most of this opportunity to meet up with your fellow parents; and the P&F will be hosting a casual get together (place to be determined - watch this space) on the Saturday evening to meet new faces and acquaint yourselves with existing friends.

### TAS Rugby Carnival

The TAS Rugby Carnival will be held this year on the first weekend of the school holidays - 8 -9 April - and this is one of the biggest events on the TAS calendar, for both fundraising and also community engagement. Months of committed planning goes in to these two days and we ask for the assistance of the wider school community across the weekend. We will be selling drinks, cakes and other goodies, soup, BBQs and pies/sausage rolls, and we provide packed lunches to upwards of 1200 hungry players/team members on both days ... and we need your help.

Please put this event in your diary and if you cannot spare any time to work, we would really appreciate any soups/cakes/biscuits etc. More information to follow.

### Next Meeting

Our next meeting will be held TONIGHT Wednesday 1 March at 7pm. Come along to Big School and join us as we plan for the events above. We'd love to see you.



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## DIRECTOR OF STUDIES , SEONIA WARK

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### Year 12 Parent Teacher

A reminder to make your booking requests for Parent Teacher Interviews by 5pm Wednesday 1 March.

Please contact Mrs Vickey O'Brien if you have not received the initial email with the link and personal code. You will need this code to log in again from Friday to view your allocated times. Students should attend the parent teacher interviews with their parents.

Please also email [vobrien@as.edu.au](mailto:vobrien@as.edu.au) to indicate which parent session you will be attending - Thursday 6pm or Friday 11.45am.

Students are welcome to attend the Parent session on the Thursday evening but they will receive a student version of the same information at Activities Day this Friday.

### Year 6 & 7 Parent Teacher Interviews

Parent Teacher Interviews for Years 6 & 7 will be held on Thursday 23 March and Friday 24 March.

Information and your personal code to make booking requests will be emailed at the start of next week.

### Tutoring

Tutoring continues to be available for Year 11 & 12 students.

#### Year 11

Tuesday	2U Maths (7 - 8pm - Cash Block)
Wednesday	Maths Ext (7 - 8pm - Cash Block) English - 8 - 9pm (Fisher classrooms)
Thursday	General Maths (7 - 8pm - Cash Block)

#### Year 12

Tuesday	2U Maths (8 - 9pm - Cash Block)
Wednesday	Maths Ext 8 - 9pm - Cash Block English 7 - 8pm (Fisher Classrooms)
Thursday	General Maths (8-9pm - Cash Block)



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## GIRLS' EDUCATION DIRECTOR , ALEX POLLITT

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### Listening for the subtleties

In the girls boarding house, there are a few older girls who have taken to calling me 'mum'. It's a bit of fun and usually it's if they want something or I've done something that happens to be 'mumish' in nature- like picking a towel up off a bedroom floor or paying for something.

On the weekend, I took some boarding girls to the town pool. There wasn't a big take up, but the opportunity was there. Two of the older ones decided they wanted a rise from me, so they started calling out 'Mum' across the pool. They found it fun to try and embarrass me, but despite the fact that I'm not 'a mum' in the truest sense, I looked up. In fact, I looked up even when they called out 'Dad', and at that point I drew the line! Mum I can cope with, Dad not so much! We had a bit of a laugh, but it got me to thinking!

The reason I kept looking up, almost instinctively, was probably twofold. Firstly it was 'tone' and as every parent or even pseudo parent can attest to, we tend to recognise the call that says 'I want your attention/ need something'. We become honed to that particular intonation and in some ways it doesn't matter what the word is, 'mum', 'dad' or even 'Polly' (the nickname some of the boarding girls use for me), generally we will respond. However, the other reason I looked up at the call was because we recognise 'our own'. I've looked after these girls for a year, so I know their call and I 'know' their voice and could pick them out amid the hubbub and noise of a pool of kids having fun.

In this context when I was alert for safety reasons, it was very easy to 'hear' their call. However, I wondered to myself, if I am as good at picking out their call in other contexts. Am I attuned, not just to the obvious 'call for attention', but to the subtleties of pain or hesitation or a lack of confidence. To be able to recognise these nuances, we need to be 'present' with the person we are with, not on our phones or thinking about what we are going to say next! Its an important skill for us, but also for those in our care. If we are to help our young people to be good at building relationships, we need to remind them to put down their phones, put away distractions, stop focusing on what THEY want to say next and instead, hone the art of listening, not just with their ears, but with their heart and not just to the words, but to the voice itself!



**Miss Alex Pollitt**

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# ACTIVITIES DAY 1 , CADETS

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## Activities Day 1 (2-3 March Week 5)

Activities Day 1 commenced with a back brief by the SUO and Coy Commanders to the CO 2LT Angus Murray on Thursday 23 February at 1.30pm. A heat management instruction and briefing was delivered to all cadets on Tuesday 28 February during Period 3 (normally Assembly).

All students in Year 8 (C Company) had their uniforms and equipment issued on Monday 27 February in Periods 1, 2 and 3. Q-Store will be available during lunchtimes of Week 5 for cadets to replace clothing or boots that they have outgrown.

All cadets are issued with one full set of equipment on enrolling in TASCUC, including clothing, boots, hat, field equipment, pack and webbing. This equipment should be swapped for replacement if a cadet grows out of that issued equipment. Students wishing to replace items that are lost or damaged should visit the TAS Clothing Store, and can obtain a range of suitable items at their own cost including hats, tent pegs, compass, torch, hootchie cord, socks, drinkbottles, kidney cups and hexi stoves. In the near future, suitable sleeping mats and sleeping bags will also be available for purchase.

4 Platoon and 7 Platoon will conduct an overnight bivouac on Thursday night 2 March. All platoons will be dismissed on Friday at 3.30pm.

## A Company

### 1 Platoon – Barrington

Mountain biking

Bikes to be provided but cadets may provide their own.

### 2 Platoon - Malpas Dam

Flat water kayaking

Touring

### 3 Platoon - Gara Gorge

Advanced abseil

## B Company

### 4 Platoon - Peatfields Overflow (Little Mt Duval)

Over night bivouac

Navigation / Trekking

Fieldcraft Harbour

### 5 Platoon - Dumaresq Dam

Kayaking

Raft Construction

RATEL

### 6 Platoon - Gara Gorge

Abseiling/Prussic

Rope Activity

Field Lesson

## C Company

### 7 Platoon - Peatfields Overflow (Little Mt Duval)

Over night bivouac

Platoon Harbour

Ration Cooking & Hygiene

TASCUC/Customs

Navigation / Trekking

### 8 Platoon - UNE Property 'Kirby'

Navigation \ Training

Team Building & Initiative Exercises

Engineering Task

### 9 Platoon - Dumaresq Dam

Canoeing – C2

First Aid / RATEL

Bush cooking

## Rangers (Year 7)

TAS Introduction to Rangers

Clothing/Gear issue & Prep

Campcraft – hootchies

Intro to Drill Section Comp (Teamwork/Init)

## Rolls

Rolls will be posted on the cadet noticeboard and webpage.

Leadership appointments will be communicated on Wednesday 21 February.

## Mr Angus Murray

Commanding Officer Cadets

## TAS Surf Lifesaving Activities Day 1

Friday 3 March 2017

### Travel

Depart Friday 3 March

- **6:30am** Brown Street.
- Boarders early breakfast at 6am.

Return

- Depart Sawtell Beach 1.00 pm
- Arrive Brown Street at 4.30pm

### Staff

Mr J Pennington 0419250984; Mr M Ball, Mrs G Chick

### Organisation

Friday

Arrive Sawtell approximately 9:00am.

Unpack bus.

- 9.30 am – 10.30 am Beach Session 1
- 10:30am – 12:00pm Beach Session 2
- 12.00pm-1:00pm Beach Session
- 1.30 pm Depart Sawtell
- 4.00pm Arrive Armidale

### Requirements

Swimmers, goggles. Pens, Manual and Workbook.

Casual clothes including covered shoes.

Sunscreen; Insect repellent; toiletries

### Dress

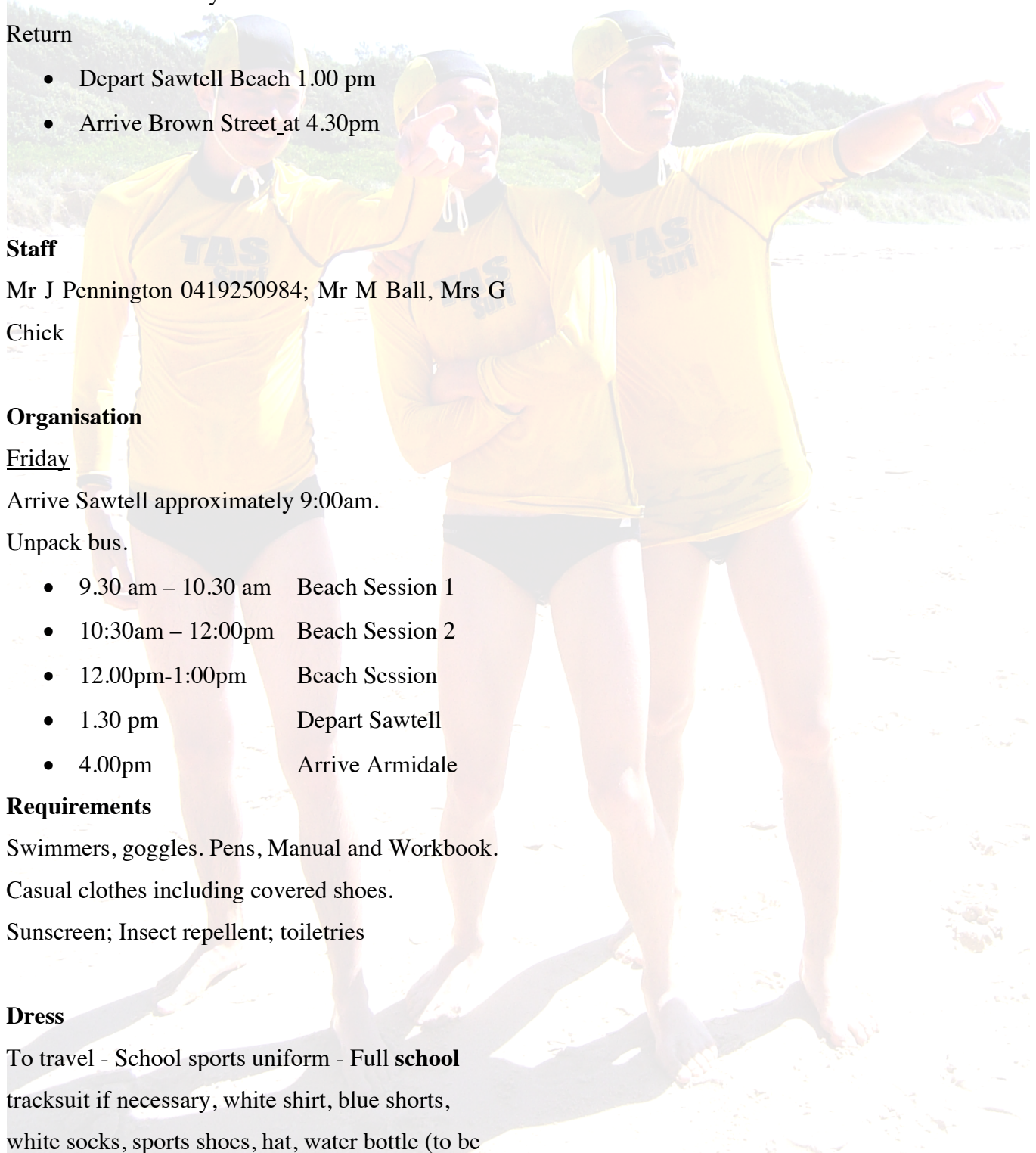
To travel - School sports uniform - Full **school** tracksuit if necessary, white shirt, blue shorts, white socks, sports shoes, hat, water bottle (to be carried onto beach), swimmers (board shorts are

not allowed for lifesaving activities; rashies and caps provided), towel.

### Meals

Breakfast: Cereal/toast Spreads @TAS

Lunches: Rolls, Salad filling, sliced meat, fruit





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# LEADERSHIP, SERVICE AND ADVENTURE

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## Minimbah – a great service opportunity

For some years now senior TAS students have been making Tuesday lunchtime visits to Minimbah, a primary school a few blocks away with a predominantly Aboriginal enrolment, to break down barriers and build positive relationships in a meaningful way.

This term, we go straight to Miss Tania's 'Puggles' class (K-1) where we buddy-up and read a book to boys and girls, before going into the playground for activities as diverse as handball, bullrush, touch football and building in the sandpit. Service in action – and it's lots of fun.

The bus is almost full every week, but there are still a few places available. Students from Years 10-12 are welcome to attend; the bus departs from Brown St at 1.15pm, lunch is provided.

### Mr Tim Hughes



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## DIRECTOR OF CO-CURRICULAR, WILL CALDWELL

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### Keep your eyes on the .....

We are approaching the business end of the season and I for one am getting pretty excited about the finals. After all, we started the season with aspirations of making it through. However, teams can fall into the trap of focusing on the prize and can lose sight of the processes that got them to this point. As spectators we can get caught up in the excitement and begin to think that winning is more important than the game.

I have received two flyers from the Armidale Sports Council recently that I would like to share with everyone (see attached). The first, 'Let Kids be Kids' remind us of why kids PLAY sport. There are opportunities for personal growth and character development but the primary motivation for kids is to have fun! As parents we can enhance this experience by exhibiting the positive behaviours suggested in the flyer.

The second flyer will perhaps help you to regain perspective. It provides an opportunity for all to 'Get Active' Whether you want to get fit, socialize, develop new skills or simply have fun, there are opportunities for all this month.



### Swimming

Apologies for several omissions in the Records published in last week's TAS Talks. A revised version is included below. Many of these swimmers joined the team at the NCIS Championships yesterday. A full report will be published in next week's edition.

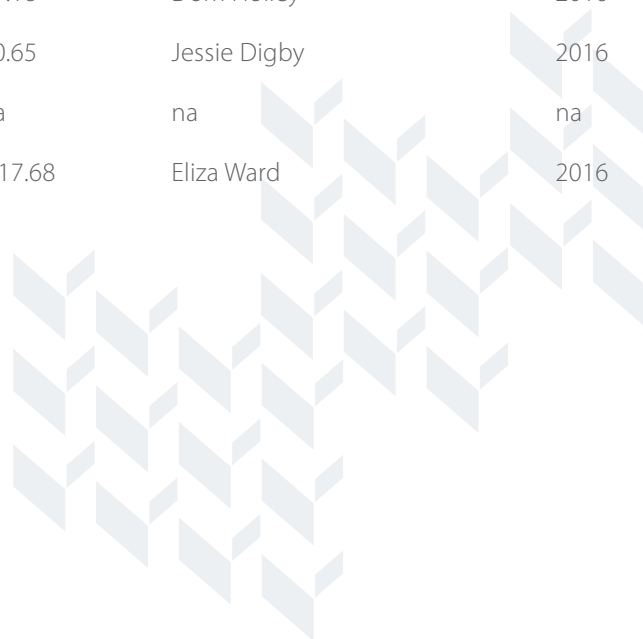
### Team for TAS Rugby Carnival

Training will now commence in earnest for the TAS Rugby Carnival team. This event is an opportunity for players turning 11 or 12 this year, of all levels of ability and attracts some 45 teams from across NSW and Queensland. The experience remains a core memory for those who have been involved in the carnival over the past 12 years. For more information, please contact Mr Lloyd by email, [illoyd@as.edu.au](mailto:illoyd@as.edu.au)



## SWIMMING NEW RECORDS for 2017

NAME	AGE	EVENT NAME	NEW RECORD	OLD RECORD	HOLDER OF OLD RECORD	YEAR
Eliza Ward	14	50m Breaststroke	39.32	53.89	Disa Smart	2016
Lucy Ball	15	50m Breaststroke	43.19	52.94	Dom Holley	2016
Lucy Fenwicke	16	50m Breaststroke	35.43	39.88	Jessie Digby	2016
Jessie Digby	17	50m Breaststroke	40.07	42.68	Olivia Fenwicke	2016
Karen Baker	13	100m Freestyle	1.17.65	1.17.68	Eliza Ward	2016
Eliza Ward	14	100m Freestyle	1.14.30	1.38.81	Disa Smart	2016
Lucy Ball	15	100m Freestyle	1.19.62	1.43.12	Hannah Van Roy	2016
Lucy Fenwicke	16	100m Freestyle	1.02.34	1.09.41	Jessie Digby	2016
Lucy Fenwicke	16	200m Snr Girls IM	2.32.57	2.50.37	Jessie Digby	2016
Eliza Ward	14	50m Backstroke	37.41	53.53	Disa Smart	2016
Lucy Ball	15	50m Backstroke	40.84	49.18	Dom Holley	2016
Lucy Fenwicke	16	50m Backstroke	32.87	36.53	Jessie Digby	2016
Olivia Fenwicke	18	50m Backstroke	35.85	37.15	Holly Tearle	2016
Karen Baker	13	SJ 200m Freestyle	2.47.91	2.50.80	Eliza Ward	2016
Eliza Ward	14	Jr 200m Freestyle	2.48.66	3.47.07	Disa Smart	2016
Lucy Fenwicke	16	Sr 200m Freestyle	2.17.88	2.32.87	Olivia Fenwicke	2016
Eliza Ward	14	50m Butterfly	34.47	na	na	na
Lily Neilson	15	50m Butterfly	47.65	na	na	na
Lucy Fenwicke	16	50m Butterfly	30.47	33.4	Jessie Digby	2016
Jessie Digby	17	50m Butterfly	33.59	34.55	Olivia Fenwicke	2016
Ruby Straker	12	50m Freestyle	36.28	37.43	Karen Baker	2016
Eliza Ward	14	50m Freestyle	31.72	40.75	Disa Smart	2016
Lucy Ball	15	50m Freestyle	34.46	39.18	Dom Holley	2016
Lucy Fenwicke	16	50m Freestyle	28.81	30.65	Jessie Digby	2016
Eliza Ward	14	200m Jnr Girls IM	3.05.04	na	na	na
Karen Baker	13	200m SJ Girls IM	3.15.85	3.17.68	Eliza Ward	2016



## NCIS Swimming

It was a great day for TAS at the NCIS Swimming Championships in Lismore on Tuesday, despite the wet conditions out of the water. Lots of terrific swims and many PBs were the order of the day. Olivia Fenwicke was the 18 years girl champion and younger sister Lucy, the 16 years girls champion. Six swimmers were age division runners up: Iles Baker (10 years boy), Tom Ball (11 years boy), Ruby Straker (12 years girl), James O'Brien (15 years boy), Hamish Cannington (16 years boy) and Kira O'Connor (18 years girl).

Students who placed in the top three and have the option to compete at the CIS carnival at Homebush in Sydney as a part of the NCIS team are: Primary - Hugo Broun, Sam Ford, Iles Baker, Tom Ball, Abbott White & Toby Inglis; Secondary - Ruby Straker, Sam Ball, James O'Brien, Hilton Jackson, Lucy Ball, Hamish Cannington, Lucy Fenwicke, Kathleen McPhee, Ben Louis, Olivia Fenwicke, Sam Wright, Kira O'Connor, James Hartog-Smith.

Other notable places were a third placing for the 10 & Under boys relay (Mitchell Evans, Charlie Ryan, Joel Blackburn and Iles Baker) and a second place for the 15-16 years boy relay (Hilton Jackson, James O'Brien, Sebastian Etheridge, Hamish Cannington).

### Mrs Tania Ball



Most of the students who represented TAS at the NCIS championships in Lismore on Tuesday.



TAS students who were overall age division champions or runners up were (back row, l-r) Hamish Cannington, Olivia Fenwicke, Lucy Fenwicke, Kira O'Connor, James O'Brien, (front) Iles Baker, Tom Ball, Ruby Straker.

## NSW All Schools Triathlon

Sensational weather greeted 12 inspired and enthusiastic athletes for the NSW All Schools Triathlon. Set in the outstanding grounds of the Sydney Regatta Centre at Penrith, this annual race brings out the best triathletes from across the state to battle it out in the brilliant sun.

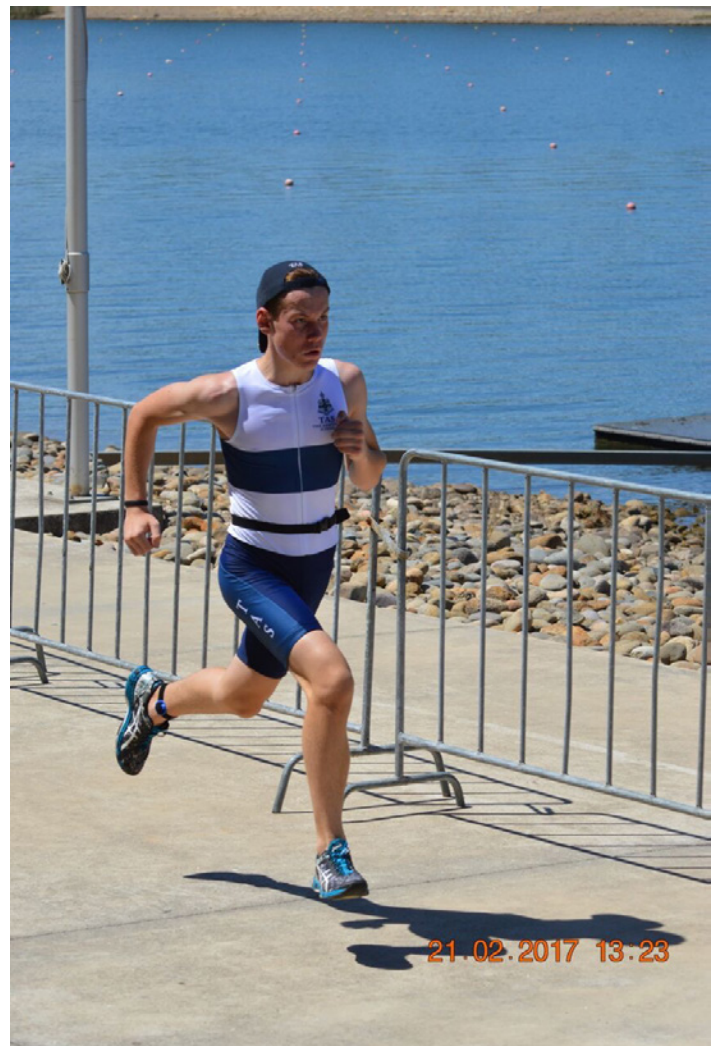
Our Captain of Triathlon, Lachlan Knowles was off first, relishing the challenge of a 750m swim, 20km ride and a 5km run. Solid swim and bike legs set Lachlan up for the run, and he didn't disappoint, unleashing a blistering run. Lachlan powered past more than 30 competitors to finish a remarkable 22nd overall, a magnificent race.

The Intermediate group (15/16yrs) was next into the water for a 400m/15km/4km race. Hamish Cannington was just off the first pack out of the lake and raced onto the bike. He was quickly followed by James O'Brien, Clancy Roberts, Sam and Joshua Jones, Gwynne Beynon, Remy Taylor, Sam King, Hamish Tydd and Toby Markerink. The bike leg saw great movement throughout the 15km, with Sam King ripping out the 7th fastest time, just flashing past numerous riders. Solid rides were also recorded by Hamish Tydd and Remy Taylor. The Jones brothers urged each other on, whilst James O'Brien concentrated on holding a great rhythm in preparation for the run. This is the leg that lets everyone know whose really been training! For Sam Jones, this is his chance to shine, and that he did. A great run saw him cross the line 21st overall with big brother Joshua not far behind in 39th. Sam King blazed the second half of the run to cross the line in 48th place, with Hamish Cannington having his best race in the past four years to finish 58th. Hamish has transformed himself from a swimmer to a true triathlete. It was then the TAS procession with James O'Brien 62nd, Remy Taylor 65th, Gwynne Beynon 67th, Hamish Tydd 74th, Toby Markerink 82nd and Clancy Roberts 89th.

The last event of the day was the Juniors (400m/10km/3km), and Lucas Cotterell was pumped for his first ever State race. A great swim was the perfect way to jump onto the bike surrounded by the guns. Lucas controlled his ride, maintaining an even pace before embarking on a 3km run. four months of solid training certainly paid off, as he strode to a tremendous 52nd place.

I must thank Mr Wayne Sadler for yet again driving the bus and Mr Jeremy Jones for lending us his bike trailer.

### Mr James Pennington



# CHESS

Chess Club has had a strong start to the year, with students from Middle School to Year 12 taking to the boards with enthusiasm. It is wonderful to see the way students from across year groups and abilities come together to challenge themselves and each other, and the way the more experienced players mentor the less experienced. Chess Club is open to everyone, whatever their ability, and is held on Wednesday mornings from 8.10am in F1-6.

## Ms Catherine Boydell



Chess Club open to all players. Wednesday mornings in F1-6.



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## CREATIVE ARTS

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Somehow this is our third last week of preparation for *The Government Inspector* before the cast is standing in front of a real, live audience! Rehearsals shall soon hit fever pitch to match the busily-working crew assembling the costumes, props and our substantial set. But of course for the cast to be in front of an audience we need bodies in the auditorium seating, so make sure you're getting onto the Hoskins website to book seats as it is sure to be a wildly entertaining farce that is fun for the whole family!

This coming Thursday night is our first Twilight Concert, which starts at 5:30pm in the Memorial Hall. These evenings have proved to be an incredibly rich showcase of talented musicians and performers from across the age groups and is one you should make an effort to go and see. I also wish our performers all the very best and hope they will take advantage of all the opportunities available to them as there is nothing more important than presenting your craft in front of an audience.

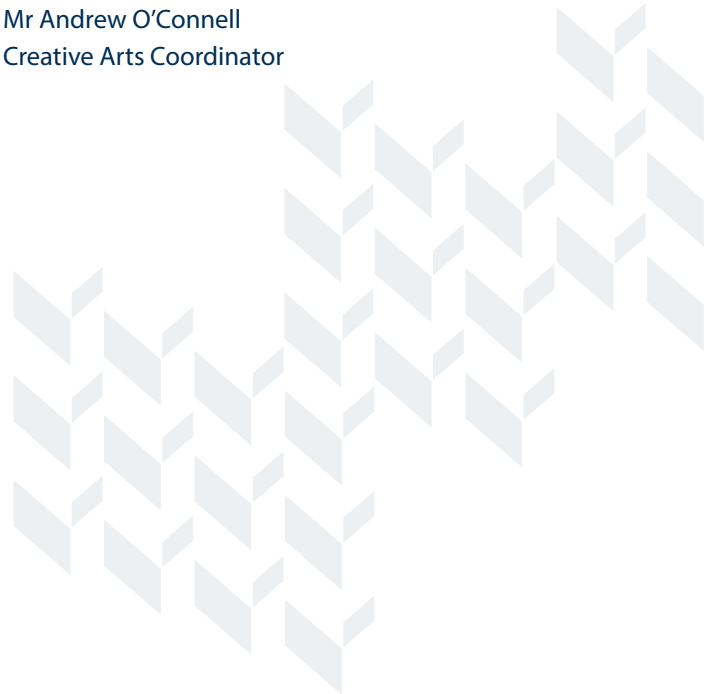
The auditions for ADMS' production of *Spamalot* are being held this weekend at TAS in the Hoskins Centre and Music centre. Auditions are open to all members of the Armidale community and information can be found on their website ([adms.org.au](http://adms.org.au)). While I know that some of our students have already expressed an interest it might also be a chance for parents and friends to get on stage and share in the fun and camaraderie of community theatre.

There will be a meeting next Tuesday lunch (5A for Middle School and 5B for Senior School) for all students interested in participating in the NSW Shakespeare Carnival. Last year we had two groups represent regional schools in Sydney at the final round of the carnival and I know all of them would highly recommend it as a fantastic experience. This year things are sure to be more competitive with both our own Shakespeare Carnival to select the school's representatives and an Armidale Regional Carnival being planned. With opportunities in Dance, Drama, Music and Visual Arts there is something everyone with a passion in the Creative Arts and so I encourage you all to make that meeting a priority.

**Mr Andrew O'Connell**



**Mr Andrew O'Connell**  
Creative Arts Coordinator



THE ARMIDALE SCHOOL PRESENTS:

# THE GOVERNMENT INSPECTOR

MAR 23

MAR 24

7pm

MAR 25

2pm, 7pm



TICKETS AVAILABLE ONLINE:

<http://wordpress.as.edu.au/hoskins/>  
<https://www.tybooking.com/255135>



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## MUSIC MATTERS

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### Composer in Residence - Paul Jarman

Internationally renowned composer and conductor Paul Jarman spent the week at TAS as Composer in Residence. During his week at TAS, Paul worked with Music Elective classes, choirs, instrumental ensembles and individual students. He is an inspiring and passionate musician and music educator and his enthusiasm was infectious amongst the staff and students. In preparation for his commissioned work Paul researched the history of TAS, with a focus on the Old Boys who served and continue to serve their country. We look forward to performing the World premiere of Paul's composition at the start of Term 4.



### Twilight Concert number 1 Thursday 2 March

The first Twilight Concert this term will be held on Thursday 2 March. It will be held in the TAS Memorial Hall from 5.30-6.20pm. We hope to see many of you there to hear our students' wonderful performances.

### Activities Days affecting music lessons for years 6-12

Please be aware that there are 3 TAS Activities Days coming up.

If a student in Years 6-12 has private voice or instrumental lessons on a Friday they will not be at school for the following dates:

- Friday 3 March
- Friday 17 March
- Friday 31 March

Please communicate with the private music tutor to arrange catch-up lessons.

### NECOM Music Days for elective Music students in Years 9-12

Wednesday 8 March: Years 9 and 10

NECOM's annual Year 9 & 10 Music Workshop is designed to bring together music students from around the New England/ North West region for a day of fun syllabus-based practical activities to complement their elective classroom work. Renowned choral conductor and educator Paul Jarman will be special guest.

### Thursday 9 March and Friday 10 March: Years 11 & 12

NECOM's annual Music workshop is designed to prepare students for the written exam, performance exam and submitted works for HSC Music. It is presented by leading music teachers and educators with up-to-date HSC examination experience and offers music teachers and students an invaluable opportunity to receive the best advice and strategies to maximise their HSC preparation and results.

Please return permission slips to Ms Roobol and Mrs Baumgartner by Monday 6 March.

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## HEAD OF MIDDLE SCHOOL, MARK HARRISON

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### Talking to people

It's that time of the year again: we've all been here long enough to form opinions, have a tendency, occasionally, to be tired, can be a little apprehensive about our first Activities Day (this Friday, actually), are managing sports and other co-curricular activities. As indicated in past years, talking to students, especially when they're tired or frustrated can be challenging but, ultimately, one of the most beneficial aspects of my job. It's beneficial because, having been here longer than most students, I can advise them, counsel them, direct them to others better equipped than I am to advise them. So, I want you to speak to your children and tell them to come to me if they're concerned about aspects of school life. I also want to speak to them when they're happy – hearing them can actually make my day. I'm not referring to formal interview either; rather, I refer to those talks I have every day with individuals who come to the office to speak to me. The fact that they are beginning to arrive of their own volition is encouraging for me.

As I indicated last week, we're continuing to make progress. Classes are, as a general rule, both settled and reasonably happy places. I enjoy the Middle School: students can be naughty at times, but I've not met a bad one yet. In order to find their place in relation to others, especially their peers, they are going to make mistakes, learn from them (with our help, of course) and become better as people as a result.

### Expectations

We've reached that 'pointy' part of term. Students are amazingly busy and this is as it should be, but they're showing, as I've indicated, signs of weariness as well. Please, when speaking to them, would you acknowledge this fact and advise your children that sometimes when we are tired we say and do things to others that people, for whatever reason, take exception to... In fact, if there's nothing pleasant or positive to say, especially, say nothing at all. This is one of those lessons we all learn as we grow up and now's the time for our students to start learning it or having it reinforced. I've indicated, both in Town Meetings and Boarding times, that one of the surest signs of increasing maturity is the ability to accept others for who they are, regardless of our personal opinions – on the proviso that those others don't interfere with our enjoyment of 'self'. There's so much variety in the Middle School and, within reason, I want to keep it this way.



As part of their Middle School experience, students are hopefully beginning to appreciate the importance of learning how to learn and learning how to live. As Dewey has said the purpose of education should not revolve around the acquisition of a pre-determined set of skills, but rather the realization of one's full potential and the ability to use those skills for the greater good. He notes that "to prepare them for the future life means to give them command of themselves; it means so to train them that they will have the full and ready use of all their capacities" (My pedagogic creed, Dewey, 1897).

In addition to helping students realise their full potential, Dewey goes on to acknowledge that education and schooling are instrumental in creating social change and reform. He notes that "education is a regulation of the process of coming to share in the social consciousness; and that the adjustment of individual activity on the basis of this social consciousness is the only sure method of social reconstruction".

Dewey advocated for an educational structure that strikes a balance between delivering knowledge while also taking into account the interests and experiences of the student. He notes that "the child and the curriculum are simply two limits which define a single process. Just as two points define a straight line, so the present standpoint of the child and the facts and truths of studies define instruction."

## Student Leaders

The photo is here and I need to clarify an issue. Last week I omitted the name of one Tom Scifleet, a wonderful boy who should not have been left off the original list. With his peers on the leadership group, I'm so looking forward to working with Tom.

**Mr Mark Harrison**  
**Head of Middle School**



Middle School Monitors were presented with their badges last week. The Monitors will carry their responsibilities until the end of the Semester, except for the two Head Monitors, who keep their positions for all of 2017.

Pictured with Head of Middle School Mr Mark Harrison are (back row, l-r) Hannah Neilson, Jack Van Roy, Eliza Ward, Kade Stanley, Hattie Oates, (front) Tom Scifleet, Lachlan Galbraith (Head Monitor Day), Rocco Louis (Head Monitor Boarding), Tom Forsythe, Harry Litchfield.

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## HEAD OF JUNIOR SCHOOL, IAN LLOYD

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This week we get a sense that the school term is settling into a normal routine and after last week, I hope that all our students feel the routine has returned to normal. We have some more events looming and this week's 'Looking Ahead' will outline some changes to the advertised events towards the end of the term so please read these carefully and adjust your diaries.

I would like to thank all the teachers and support staff that gave their time and energy to organise and then participate in such a wonderful Round Square IDEALS Excursion Week. There is no doubt that the week can be hectic (and I hope you have heard many stories) but on the ground, especially out at Lake Keepit, the organisation ran very smoothly. When we get the chance, we will centralise the photos from the week and make them available to you all. In the meantime, please ask your children to thank their teachers (especially those who ventured into less comfortable territory) for the time and effort dedicated to their successful completion.

### **Tezukayama Visit to TAS and Armidale 16-22 August**

We are very pleased that The Tezukayama Gakuin Elementary School has been able to lengthen their stay in Armidale later this year. We are now able to make further plans for their visit but the first and most pressing matter is that of hosting their 35 students.

I would like to strongly encourage you to billet one or more students from TEZ from Wednesday 16 August to Tuesday 22 August when they depart for Osaka. It is a wonderful opportunity for the whole family and we consistently receive very positive feedback. I will write with more details this week (and it is always a tough task finding as many billets as we require) but in the meantime, please look at your calendars and consider what I think you will find is a very rewarding chance for the whole family to become familiar with another culture.

### **Paul Jarman in Junior School**

What a thrill it was to have Mr Paul Jarman back with us last week. Paul is undoubtedly one of the most talented educators we have had the pleasure to work with. To have younger children transfixed is a reflection of Paul's tremendous capacity as a musician. As a Conductor and Composer he offers such a wealth of experience and I know that our students thoroughly enjoyed their time working with him and have gained so much from this experience. We look forward to his return visit.



## Activities Day No 1

Throughout the year, you will see that our focus for our Activities Days is closely related to the Round Square IDEALS – Internationalism, Democracy, Environment, Adventure Leadership and Service. This Friday, we focus on Internationalism and Environment while preparing some artworks and classroom projects for the Armidale Show. It is a great opportunity to showcase the skills of our children using creative art as a medium. On the day, our children gather and work in House groups, combining years K - 2 and 3 - 5 to create some wonderful projects. I look forward to seeing the results and continuing to support The Armidale Show as the great community event it is.

## TAS Rugby Carnival

Training for the TAS Rugby Carnival is now in full swing and there is a good group of our Year 5 & 6 students who will be combining to create a squad of players for the weekend of April 8 - 9. If you do wish to support the School, then this is a great opportunity to do so as it is singularly the largest event held at TAS. Assisting behind the scenes and/or watching and supporting our players is well worth the effort and the social occasion this presents is second to none. Please contact your Liaison Parents or the P & F through the various channels to find out more about this great event.

**Mr Ian Lloyd**  
**Head of Junior School**

Looking Ahead	
<b>Week 5 - Cooperation</b>	
Wednesday 1 March	Year 3 Assembly – Hoskins Centre
Friday 3 March	Activities Day no 1
<b>Week 6 - Resilience</b>	
Wednesday 8 March	Year 2 Assembly – Hoskins Centre
Thursday 9 March	Summer Photos
Friday 10 March	Armidale Show
Saturday 11 March	Armidale Show
<b>Week 7 - Organisation</b>	
Wednesday 15 March	Year 1 Assembly – Hoskins Centre
Thursday 9 March	Swimming Champion/ Runner Up photos
Friday 10 March	Armidale Show
Friday 17 March	Activities Day No 2
Saturday 18 March	Autumn Festival

## Junior School Birthdays

Again this week we have only one Junior School student celebrating her birthday. Happy birthday to Millie Coupland for Tuesday.

## Junior School PYP Report

Year 1 has commenced the year with the transdisciplinary theme, Where We Are in Place and Time. They have had a particular focus on the key concept change through the central idea: Change brings diversity to relationships.

They are unpacking the central idea through an inquiry into:

1. Ways we can find out about our family history
2. Our personal family histories
3. Changes in relationship structures and roles within families

As part of this Unit of Inquiry, Year 1 have enjoyed an excursion to Saumarez Homestead where they were given the opportunity to explore changes to family lifestyles and household chores such as cooking, washing and ironing. This also allowed the children to inquire into specific changes in roles within families.

Year 1 also visited Ken Thompson Lodge where they interviewed and interacted with some of the residence about what life was like when they were at school. This was a particularly powerful experience for the children; who displayed compassion, empathy and understanding as they chatted to some very special people indeed.

Many of the students are beginning to understand the concept of diversity as they explore family traditions and histories, beliefs and values.

**Mrs Veronica Waters**  
PYP Coordinator



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## JUNIOR SCHOOL SPORT, CHRISTINE WRIGHT

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### Summer Sports Photos

This year, the decision has been made to rationalise and reduce the type and number of photos taken in Junior School as determined by demand. Therefore, on Thursday 9 March, there will be a small number of Junior School Summer Sports photos and the draft schedule is available on the website. At this stage, Swimming Champions and Runners Up will have their photos taken and they will need to be dressed in Formal Uniform for these photos.

### Gymnastics

The term is certainly flying past.

The children loved the warm up game of sharks and islands. We then completed our group activity with four rotations: washing machine spins and bicycle rides on the high bar, forward rolls, mini tramp springs and landings, with the final group making static letter shapes into the pit.

Our final circuit was throwing and catching hoops (springing in hoops), forward rolls again, walking on toes on the beam and static bar work.

Most of the children found the hoop work challenging. However, there were many giggles whilst performing this activity.

### Mrs Hawksford



Eunseo Lee, Lucas Hu, Andi Li and Mila Nexo demonstrating catching hoops.

### NCIS Swimming

Congratulations to all members of the NCIS Swimming team that travelled to Lismore this week for the NCIS Swimming Championships. Mrs Tania Ball accompanied the Junior School team this year and reported a great day was had despite the heavy rain to begin the day.

#### Results from the carnival:

Hugo Broun – 1st 8 years Freestyle

Sam Ford – 3rd 8 years Freestyle

Charlie Ryan – 4th 9 years Freestyle

Tom Ball – 2nd 11 years Freestyle, 2nd Backstroke, 1st Breaststroke, 2nd Butterfly

Toby Inglis – 3rd 11 years Freestyle, 3rd Breaststroke

Abbott White – 4th 11 years Freestyle, 2nd Breaststroke,

Iles Baker – 3rd 10 years Backstroke, 1st Junior IM, 2nd Breaststroke, 2nd Butterfly

#### Under 10 Boys Relay – 3rd

Mitchell Evans, Charlie Ryan, Joel Blackburn and Iles Baker

Both Iles Baker and Tom Ball were awarded the runners up age champions for the carnival. Well done to both boys.

Thank you to Mr and Mrs Ball for accompanying our team this year.

### Mrs Christine Wright



L-R: Mitchell Evans, Charlie Ryan, Toby Inglis, Tom Ball, Abbott White, Joel Blackburn, Tom Rowe, Sam Ford, Hugo Broun. Iles Baker (front)

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*de*  
**Rocks**

*riding to inspire communities  
to help find a cure for cancer*

**Join the TAS Team for  
Tour de Rocks  
20 - 22 April**



**Contact: Kate Lawrence**

**M: 0488 062 858**

**E: [klawrenc@as.eu.au](mailto:klawrenc@as.eu.au)**



# Let Kids be Kids

stop poor sideline behaviour in junior sport



that's  
**60%**



Sport is generally a positive experience for most kids, but...

**75%**

A UK study showed that 75% of children who participated in organised sport up to the age of 16 had been criticised for their performance, had been shouted or sworn at or had been embarrassed or humiliated by a coach, parent, peer or sports administrator.<sup>3</sup>

Here's what they want from sport

1. To have fun.
2. To do something they're good at.
3. To improve their skills.
4. To stay in shape.
5. To get exercise.<sup>2</sup>

"Mum and Dad, I sure love sports, but it seems like my sports make you guys angry more than they make you happy."<sup>5</sup>



Australian research shows that aggressive behaviour on the sidelines is embarrassing junior footballers, making them lose confidence and can lead to them quitting the sport.<sup>4</sup>

How to recognise poor behaviour

1. Emphasis on winning/results
2. Abuse/intimidation of coaches/officials
3. Excessive instruction from the sideline
4. Putting down children in front of others
5. Criticise performances on the drive home

Positive things we can do

- Respect all athletes, coaches and officials
- Support, encourage and praise efforts
- Be enthusiastic and positive
- Emphasise fun and enjoyment
- Be quiet and listen

Free resources to help

Free toolkit:  
<http://playbytherules.net.au/let-kids-be-kids>



[www.playbytherules.net.au](http://www.playbytherules.net.au)

1 4156.0 – Sports and Physical Recreation: A Statistical Overview, Australia, 2012.  
2 Clark, M. A. (n.d.). Winning! How Important Is It in Youth Sports? Retrieved November 11, 2004.  
3 Kate Alexander, Anne Stafford, Ruth Lewis (2011). The experiences of children participating in organised sport in the UK. The University of Edinburgh/NSPCC Child Protection Research Centre.  
4 Samuel Elliott and Murray Drummond. "Parents in youth sport: what happens after the game?" Sport, Education and Society, May 6, 2015.  
5 O'Sullivan, John (31 January 2017). 'An open letter from the back seat' in Sports Parenting.

# get active Armidale

## MARCH 2017

Register before  
the 6<sup>th</sup> March to  
receive a FREE  
Get Active Bag!

**Monday 6<sup>th</sup> / Monday 13<sup>th</sup>**  
**Come and Try - Mountain Bike Racing**  
**Time: 4:30pm-6:00pm**

**Ages:** All  
**Cost:** Free  
**What to bring/wear:** Bike, Helmet & Drink bottle  
**Location:** Kookaburra Crest, entry off Newton St  
**Contact:** David Harris on 0415 254 614

**Tuesday 7<sup>th</sup> / Tuesday 14<sup>th</sup>**  
**Come and Try - Cub Scouts**  
**Time: 6:00pm-7:30pm**

**Ages:** 7.5-10 years  
**Cost:** Free  
**What to bring/wear:** Comfortable clothing appropriate for the weather  
**Location:** 214 Taylor Street, Armidale  
**Contact:** Mark Shephard on 0447 532 052

**Wednesday 8<sup>th</sup> / Wednesday 15<sup>th</sup>**  
**Come and Try - Scouts**  
**Time: 6.30pm-8.30pm**

**Ages:** 11-14 years  
**Cost:** Free  
**What to bring/wear:** Comfortable clothing appropriate for the weather  
**Location:** 214 Taylor Street, Armidale  
**Contact:** Mark Shephard on 0447 532 052

**Thursday 9<sup>th</sup>**  
**Come and Try - Lawn Bowls**  
**Time: 6:30pm-8:00pm**

**Ages:** All  
**Cost:** Free  
**What to bring/wear:** Hat, flat shoes  
**Location:** Armidale Ex Services Club  
**Contact:** Colleen Chaffey on 0429 434 473

**Thursday 9<sup>th</sup>**  
**Come and Try - Bell Ringing**  
**Time: 5:30pm-7:30pm**

**Ages:** 13+ (adults to accompany participants under 18 )  
**Cost:** Free  
**What to bring/wear:** Drink Bottle  
**Location:** St Peter's Cathedral Bell Tower  
**Contact:** Simon McMillan on 0403 521 984

Registration forms available from Newcastle Permanent or online at [www.armidaleregional.nsw.gov.au/community/sport-and-recreation/get-active-armidale](http://www.armidaleregional.nsw.gov.au/community/sport-and-recreation/get-active-armidale)

For more information please email [sportscouncil@armidale.nsw.gov.au](mailto:sportscouncil@armidale.nsw.gov.au) or call 1300 136 833

**Saturday 11<sup>th</sup>**  
**Come and Try - Pilates**  
**Time: 9.00am-10.00am**

**Ages:** 13+  
**Cost:** Free  
**What to bring/wear:** Comfortable clothing, water bottle & towel  
**Location:** 169 Miller Street, Armidale  
**Contact:** Jemma Mulligan on 0481 678 684

**Saturday 11<sup>th</sup>**  
**Come and Try - Parkrun**  
**Time: 8:00am**

**Ages:** All (parents to accompany children under 11 years)  
**Cost:** Free (Must register online beforehand)  
**What to bring/wear:** Activewear, drink bottle, barcode  
**Location:** Sport UNE  
**Contact:** [armidaleoffice@parkrun.com](mailto:armidaleoffice@parkrun.com)

**Tuesday 7<sup>th</sup> / Thursday 16<sup>th</sup>**  
**Come and Try - Kids Yoga**  
**Time: 4:00pm-4:45pm**

**Ages:** Tuesday 7<sup>th</sup> 5-7 years, Thursday 16<sup>th</sup> 8-12 years  
**Cost:** Free  
**What to bring/wear:** Comfortable clothing, drink bottle  
**Location:** SAMA Studio 3/164 Beardy Street, Armidale  
**Contact:** Laura on 0400 778 792

**Friday 17<sup>th</sup>**  
**Come and Try - Rugby 7s**  
**Time: 5:00pm-6:00pm**

**Ages:** All  
**Cost:** Free  
**What to bring/wear:** Running shoes, drink bottle  
**Location:** Harris Park, Armidale  
**Contact:** Bill Hyde on 0411 532 352

**Monday 6<sup>th</sup> - (Tabata)**  
**Tuesday 7<sup>th</sup> - (Abs, Buns & Thighs)**  
**Wednesday 8<sup>th</sup> - (Tabata)**  
**Thursday 9<sup>th</sup> - (Healthy Pump)**  
**Friday 10<sup>th</sup> - (Tabata)**  
**Monday 13<sup>th</sup> - (Tabata)**  
**Tuesday 14<sup>th</sup> - (Abs, Buns & Thighs)**  
**Wednesday 15<sup>th</sup> - (Tabata)**  
**Thursday 16<sup>th</sup> - (Healthy Pump)**  
**Friday 17<sup>th</sup> - (Tabata)**

**Come and Try -**  
**Healthy Inspirations with Michelle**  
**Time: 1:00pm-2:00pm**

**Ages:** All (Female Only)  
**Cost:** Free  
**What to bring/wear:** Comfortable clothing, towel, drink bottle  
**Location:** 140 Miller Street, Armidale  
**Contact:** Michelle on 02 6771 5001

**Saturday 18<sup>th</sup>**  
**Campus to City Center**  
**Time: 8:00am start**

**Cost:** \$5  
**Location:** Consett Davis Feilds at Sport UNE to Civic Park  
**Register Online:** [www.armidaleathletics.org.au/arm/arm.dll?1=AAFC](http://www.armidaleathletics.org.au/arm/arm.dll?1=AAFC)

#getactivearmidale

# SPECIAL OFFER FOR TAS STUDENTS

Opera North West Ltd presents



*Coming to town* 24 March 7<sup>PM</sup>  
LAZENBY HALL, UNE - **Armidale**

*Under the stars* 25 March  
"MIMOSA" - **Delungra**

**A night at the opera at an affordable price that students will never forget**

**Including a special guest appearance by local children from NECOM's Cantilena Chorale**

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- **Eleanor Greenwood**, mezzo soprano
- **Panayiota Kalatzis**, soprano and **Peta Blyth**, soprano
- **Jeremy Kleeman**, bass baritone
- **David Hamilton**, tenor
- **Timothy Sexton**, conductor, Artistic Director of State Opera of South Australia
- **Mimosa Orchestra** comprising twenty-two members
- **Cantilena Chorale** featuring local children from Armidale

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FOR TAS STUDENTS: \$20\***

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WHO BELIEVE IN THEIR RURAL COMMUNITY AND ITS FUTURE.**

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\* conditions apply – check the website for details

Presented in  
association with



musica  
viva



**Elena Kats-Chernin  
&  
Tamara Anna Cislowska**

**Thursday March 2, 7.00pm  
Armidale Town Hall**

Performing works from the award winning ABC CD 'Butterflying', Elena Kats-Chernin and Tamara Anna Cislowska join together in a concert of works featuring original compositions by Elena Kats-Chernin, as well as works by Schubert, Rachmaninov & Rebikov. Presented by the New England Conservatorium in association with Musica Viva Armidale, this concert is not to be missed!

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