It is always a pleasure to welcome back our students and families to start a fresh new year. I trust you had a relaxing holiday break and are already back into the swing of the new school year.

It has been a very positive start to 2018 and we look forward to the many exciting things and full year ahead for us as a community. This year will also allow us the wonderful opportunity to give thanks and celebrate the 20th Anniversary of the College, see the opening of the new Performing Arts Centre and participate in the bi-annual Spring Fair.

I am continually grateful for the passionate and committed staff at Penrith Anglican College who consistently work together to ensure that the College is a nurturing and encouraging environment in which our students can learn, achieve and progress. I have great pleasure in welcoming a number of new staff to the College for 2018.

Mrs Sally Arthur – Pre-K Teacher; Mrs Emily Belotti – Pre-K Teachers’ Aide; Mrs Marissa Benham – Technologies Teacher; Miss Amy Bugden – Administration Assistant; Mr Shannon Casey – Technologies Teacher; Mrs Alyce Coleman – Events Manager (Maternity Leave); Mrs Kimberley Crawford – Dance and English Teacher; Mrs Kristy Gray – Learning Support Teachers’ Aide; Mrs Katherine Halcrow – Stage 3 Co-ordinator and Primary Teacher; Ms Michaela Inglis – Mathematics Teacher; Mrs Jessica Johnson – Primary Teacher; Mr Steven Lindeback – Mathematics Teacher; Mrs Bridget Nguyen-Ngoc – Administration Assistant; Miss Monica Sharpe – English Teacher; Mrs Emily de Sousa – Drama and English Teacher; Ms Gail Watkins – Stage 1 Co-ordinator and Primary Teacher.

We also congratulate the following staff members on their new positions within the College:

Mrs Sarah Whykes – Head of English
Mrs Nimmi Martin – Head of Mathematics
Mr Steve Clark – Head of Performing Arts

During the holidays we celebrated a number of weddings among our staff. Please join me in congratulating, Mrs Shalom Lovin (nee Emerson), Mrs Kate Tai (nee Egri) and Mrs Jess Ferguson (nee Peryman).

Next Friday the College will acknowledge and celebrate the outstanding academic achievements of our 2017 Year 12 cohort at the annual High Achievers Assembly. The 2017 results were outstanding across both the IB and HSC. Overall in 2017 Penrith Anglican College students achieved 19% ATARS of 90 or over and 37% ATARS of 80 or over. Eric Preti and Brooke Stewart achieved the highest scored both receiving ATARs of 96.65. Rebekah Leipa ranked 3rd in the State for HSC Music 1 and she and Jade Richards were both nominated for the prestigious HSC Encore performances.

The IB Diploma continues to grow as an alternative choice to the HSC, and our 2017 cohort have achieved some outstanding results. 45% of our 2017 IB students achieved an ATAR of 90 or over with 70% of our IB students receiving an ATAR of 80 or over.

The College is immensely proud of all our students as they move onto the next stage in their journey. They have grown into mature young men and women who have demonstrated a willingness to serve others and are determined to achieve personal excellence in whatever they choose.

At the College our mission is to not only prepare students to a high standard academically, but also to educate them to become responsible global citizens, building their character to enable them to live lives of purpose.

In 2018 the College Wellbeing program will be focusing on the characteristic of Grit. Grit can be defined as perseverance and passion for long-term goals. Helping our students grow in their ‘grittiness’ enables them to set realistic goals, work hard towards them, and most importantly continue to strive for them even when it gets tough. Modelling grit and encouraging our students to work toward improving theirs will enable them to not only achieve personal excellence academically, but in all aspects of their life through Christ.
Positive psychology is a research area of Dr Martin Seligman and much work has been done over recent years in applying this knowledge in different domains of life. One approach is encompasses 6 different areas, these being; Positive emotion, Engagement, Relationships, Meaning, Accomplishments and Health.

The beginning of the year often corresponds to new goals, new endeavours and new years’ resolutions. These can be big or small, short-term or long-term, or even individual or group based. They all help us to endeavour to better or improve an area of our lives.

At the start of 2018, our students might find that they would benefit from focussing on one of these areas such as:

- Ensuring that they are aware of positive emotions each day and highlighting three things they are grateful for at the end of each day eg. keep a gratitude journal.
- Working on ensuring they reduce distractions during homework times and removing unneeded technology from the room so they are fully engaged in their learning eg. use a app website blocker during homework time.
- Investing in a key relationship and organising an activity together for both to enjoy eg. go on a bushwalk with a sibling.
- Signing up for a group or team that they are interested in and has a personal meaning for them eg. volunteering at the Mama Lana Foundation.
- Celebrating the achievement of a goal or improvement in a subject eg. having a reward when there has been an improvement in a nominated subject.
- Completing regular exercise of choice and ensuring there is enough time for sleep eg. keeping to a set bedtime so that 8-9 hours sleep is available every night.

The student wellbeing program at the College offers students many ways to work on their self-awareness and knowing how to build up their wellbeing. This is through things such as the Mentor Program, Positive Education classes (Years 5 – 8) and the upcoming Challenge – Explore – Prepare (CEP) Program. We look forward to helping our students in growing in all areas of their lives, including their wellbeing.
Penrith Valley Rotary Club generously sponsored Sarah Bonnici and Alex Dardaneliotis to attend the RYPEN leadership camp, (Rotary Youth Program of Enrichment) between the 2 to the 4 February 2018. They met with 86 other year 10 students from all over NSW at the Sydney Academy of Sport in Narrabeen.

During the morning service Archbishop Glenn Davies addressed the students and spoke from Matthew 20: 20-28 on what being a Prefect truly means. He focused on servant leadership, a reflection on how to be a servant to others which sets apart the Christian religion from other beliefs as we do not have to work our way up to God—he came down for us through Jesus.

After morning tea the Archbishop hosted an insightful question and answer time with the inclusion of questions regarding contemporary and contentious issues.

Overall the Prefect body had an insightful day which opened their minds to the role we play in the life of the College and how we as leaders need to be servant hearted to others.

Charlotte Britton

Archbishop’s Annual Commissioning Service for Prefects

On Thursday 8 February the Senior School Leaders attended The Archbishop’s Annual Commissioning Service for Prefects in Anglican Schools.

As we arrived at St Andrew’s Cathedral we met Prefects from 32 other schools.

During the morning service Archbishop Glenn Davies addressed the students and spoke from Matthew 20: 20-28 on what being a Prefect truly means. He focused on servant leadership, a reflection on how to be a servant to others which sets apart the Christian religion from other beliefs as we do not have to work our way up to God—he came down for us through Jesus.

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Charlotte Britton

Building Leadership Skills

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The aim of the camp is to develop a variety of leadership skills including communication and teamwork. These skills were developed through a range of group work activities including; a raft building challenge, an obstacle course designed to utilise your problem solving skills as a group, timed activities to get each group to think and work effectively under pressure and a variety of social events which helped us to develop new friendships.

Alex said - The highlight of my experience was the timed activity, as it involved everyone and our group came up with some great ideas, which led us to winning the challenge! The other highlight of my experience on the camp was the disco, which was on the second night. I liked this event because I was able to interact with the wider group and made new friendships.

Sarah said - The things we learnt at RYPEN I will forever cherish. We all learnt the skill of teamwork and a key factor of teamwork is communication. We were faced with many physical challenges that needed teamwork to get through them. Communication was also something we learnt, we learnt to communicate and how to share our ideas and incorporate others.

We would like to thank Penrith Anglican College for nominating us to Rotary for this experience, and Rotary Penrith Valley for generously sponsoring us to attend. We both had so much fun and met some new amazing people! We can honestly say that our leadership skills have improved immensely.

Alex Dardaneliotis & Sarah Bonnici
So far in Term 1 we have had visits from the GWS Giants who came and ran AFL clinics for Years 1, 2, 3 and 4. As AFL is quickly becoming a major sport in the Western Suburb of Sydney it’s fantastic that GWS are excited to come and run programs for the students. Their main aim is to get students involved in a new sport, build their kicking and passing skills and encourage children to be more physically active. AFL might be a great avenue for many students who are keen to be a part of the sports on offer at The College this year.

**The Primary School Swimming Carnival**

The Primary School Swimming Carnival is one of the highlights of the sporting calendar for many of our students. It was the perfect day to jump in the pool and cool down with the temperature reaching well above 30 degrees. The house participation on the day was outstanding and much fun was had by all. Congratulations to all our competitors on the day for the way in which you raced and cheered on others and well done to Ridley who won the carnival for this year. A special mention must be said of the Ridley Senior Girls Relay Team made up of girls in Year 5 and 6 who broke the record. We look forward to seeing all our students compete in the upcoming NASSA Swimming Carnival.

Swimming Carnival Points:
- Ridley 840
- Canmer 754
- Ryle 604
- Latimer 584

**Fundamental Movement Skills with Pre K and K**

At The College we are excited to announce a specifically targeted fundamental movement skills program for Pre K – K classes which will be run by the Napean District Tennis Association. The College has a wonderful long term relationship with the association and it will be of great benefit to our students having them in again this term. The school recognises the importance of encouraging our students to be active and healthy and strives to build this positive attitude towards physical activity. The fundamental skills program will be running every Friday morning this term for our youngest members of the school community.

**CIS Tennis**

If there are any students who play competitive competition tennis and would like to enter for CIS could they please speak to Mr Worrall by Friday 16 February.

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**Important Primary Sport Dates for Term 1:**

- Feb 12  NASSA Primary Basketball Gala Day
- Feb 23  CIS Primary Basketball
- Feb 26  CIS Primary Tennis
- Feb 27  NASSA Swimming Carnival
- MAR 12  NASSA Soccer Gala Day
- MAR 19  CIS Girls Soccer Trials
- Mar 22  CIS Swimming Carnival
- MAR 23  Primary School Athletics Carnival
- MAR 28  Paul Kelly Cup – AFL
- APR 9  CIS Boys Soccer
- APR 9  NASSA Netball Gala Day
- APR 10  Primary School Cross Country
House Spirit Soars at Senior Carnival

The 2018 Senior Swimming Carnival was a huge success! With House spirit at a high level, students were determined to participate for their House, whether that be competing in races, pool novelties, land novelties or cheering along their peers from the poolside.

Both competitors and non-competitors were involved in all events and throughout the day there were multiple records broken and beaten. Anticipation increased throughout the day as the tally for House points was close between all of the houses with only 54 points between 1st place and 4th place half way through the day.

The highlights for many students included the Year 12 race and the final relays at the end of the day. As the relays commenced, students, staff and parents gathered at the poolside to cheer on the students who were competing. At the end of the day, Cranmer took out first place, followed by Latimer, Ridley and then Ryle. A great day all round!

Charli Arkle
Cranmer House Captain
In case we have not met, my name is Jon Wright and I work full-time at the College. I am passionate about supporting students in regards to their general mental health and wellbeing. I consider it a great privilege to be able to spend time with students often as they face difficult and at times troubling situations. I love any opportunity to engage with students both in my office, the playground and during extra-curricular activities.

In the Senior School, I work as part of the Wellbeing Team and liaise with Classroom Teachers, Mentors, House Masters, The Director of Student Wellbeing and the Senior Executive. In the Primary School, I liaise with classroom teachers, Stage Coordinators the Head of Primary and the Senior Executive.

At times it may be advisable for me to recommend that a student or family receive further assistance. As a result, I am in touch with other organisations and professionals in the local area.

You are most welcome to ring me, send an email or pop in for a chat about any concerns you might have regarding your child. My office is in the Administration Building, close to the Reception area.

Students are always welcome to stop by my office for a chat or send me an email. I would urge parents to encourage their children to do this whenever necessary as talking about an issue is the first step on the way to resolution. Remember, it is sometimes easier and perhaps even appropriate for a student to talk to someone who is not mum or dad or a teacher, in an environment of trust and confidentiality.

In 2018, Mr Ron Houison, a psychologist who practices in the local area, will continue to work at the College on Fridays as part of the Wellbeing team. Like myself, he is available to work with students of all ages.

I look forward to assisting students and families at the College throughout 2018.

I have worked at Penrith Anglican College for 16 years. During this time I have been on many excursions and camps, worked on College Drama and Musical Productions, coached Rugby and Soccer teams, been on overseas trips including leading the Yr 11 trips to Nepal over the past two years as well as taking students bushwalking and mountain biking as part of the Yr 11/12 Tabitha Program.

I love playing and watching sports including Soccer, Rugby League and Cricket and I try to ride my racing bike and/or mountain bike every day if possible. I love to spend time exploring the Blue Mountains and visiting the beach as often as I can.

I look forward to meeting and assisting students and families at the College throughout 2018.

Mr Jon Wright
02 47368100
j.wright@penrith.nsw.edu.au

Jon is available to assist students and their families in working through issues that include but are not limited to the following:

1. **EMOTIONAL ISSUES**
   - anxiety, depression, self-esteem, anger management, coping with long-term mental disorders.

2. **BEHAVIOURAL ISSUES**
   - conduct, eating disorders, addictions, sexual issues.

3. **ACADEMIC ISSUES**
   - motivation, stress, time management, coping with long-term learning disorders.

4. **SOCIAL ISSUES**
   - friendships, bullying, on-line communication.

5. **FAMILY ISSUES**
   - family crises, grief, relationships, split families, parenting.

6. **GROUP ISSUES**
   - group dynamics and relationships, mediation, conflict resolution.

7. **SPIRITUAL ISSUES**
   - faith, identity
In the first week of the summer school holidays, ten students joined Mrs Erica Price, Mr Jonathan Tan and Kaleb Lewis for a three day hike in the Royal National Park.

While Penrith was sweltering with temperatures over 44 degrees, the group enjoyed a milder 25 degrees and coastal breezes. The group began their journey at Audley Weir and hiked 11km to Bonnie Vale campground in Bundeena.

The next stage was along 'The Coast Track', with stunning coastal views the entire 21km to North Era campground. Rest breaks were taken along the way at some fantastic locations such as Wedding Cake Rock, Wattamolla Picnic Area and Eagle Rock.

The final day was the shortest of the three as we took in some of the State Heritage Listed shacks and climbed from the beach up to the ridge to the bus at Garrawarra Farm.

While many students found the length of the hike to be challenging, all students were able to reflect positively of their achievement in completing the hike.

“It was long, tiring and hot but the views were worth it.” Annet Sijo and Kala Puri, Year 10

“I enjoyed the night walks on the beach.” Alex Poirier, Year 11

“The people and views made the challenge worthwhile.” Kathryn Nolan and Rachel Heape, Year 11

“Night time activities were a highlight. Finishing the hike was an achievement.” Mikayla Weber, Year 10.

“The people and views made the challenge worthwhile.”
Performing Arts

Things are humming in Drama, Dance and Music! Among other things; Musical production rehearsals are well underway, there are some new Dance ensembles being established in the coming weeks, and Year 3 have just been issued with musical instruments.

There are many ways to become involved in the Performing Arts at Penrith Anglican College!

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<tr>
<th>Co-curricular Groups</th>
<th>Private Music Lessons</th>
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<tr>
<td>Dance Ensembles for years 7-8 and years 9-12</td>
<td>Anna Bray - Cello</td>
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<td>Drama Club</td>
<td>Ruth Duncan - Violin</td>
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<td>Choir</td>
<td>Wanda Gliva - Piano</td>
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<td>Chapel Band</td>
<td>Nerida Hext - Piano</td>
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<td>Intermediate Concert Band</td>
<td>Jason Hill – Guitar/Bass</td>
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<td>Senior Concert Band</td>
<td>Diana McIntosh - Flute</td>
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<td>Jazz Band</td>
<td>Justen Stoodley – Sax, Clarinet</td>
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<td>Musical Production</td>
<td>Neil Potter – Brass</td>
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<td>Drama Club</td>
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Performing Arts Team

This year we have some familiar faces and also welcome some new staff members to the Performing Arts Team.

- Mrs Kimberley Crawford (Dance)
- Mrs Emily DeSousa (Drama).
- Mrs Nerida Hext, our Musical Production MD, is also now teaching some Music classes.
- Miss Sophie Tucker, our Musical Production Director, continues in Drama.
- Mrs Irene Samuels, Mr David Thurlow and myself continue in Music.

If you would like more information about any of the activities mentioned above, please ring or email me at any time!

Mr Steve Clark
Head of Performing Arts
s.clark@penrith.nsw.edu.au

The Vine - Issue No 1, 2018
Library

The Library has been busy preparing for 2018 classes and resources in the first few weeks of this term. Our Library classes will commence in Week 3, where students will spend time reading and developing research skills.

For new parents and carers to the College,

- Pre-K to Year 2 classes will visit the Junior Library in L centre;
- Year 3 and 4 classes will visit the second Junior Library in D centre;
- and Year 5 and 6 classes will visit the Senior Library in G centre.
- Kindergarten, and Years 1 and 2 may visit L Library during lunchtime on Mondays, Tuesdays, and Wednesdays.
- Years 3 and 4 may visit D Library during lunchtime on Thursdays, which is new for 2018.
- Years 5 to 12 may visit G Library before school after 8am; at recess; at lunch; and after school until 5pm.

Primary K-6 Information Evening
For 2019 Enrolments
Places Available

Thursday 1 March
7.00 pm - 8.00 pm
Lighthouse Theatre

Join us for a College tour before the session, meet at College reception at 6pm.

To discover how Penrith Anglican College can help your child to learn, achieve and progress toward a bright future, please visit our website at or contact our Registrar on 02 4736 8100.

PENRITH ANGLICAN COLLEGE

www.penrith.nsw.edu.au

A member school of the Anglican Schools Corporation
Penrith Anglican College have been sponsoring children from overseas through Compassion Australia for 11 years.

The College and our sponsored children and their families are very thankful for the generosity and care for them in previous years due to the support of our College community. Our support of these children will continue this year.

Last year we held a Compassion focused competition in Pre K-6 on a Monday each month. We will continue this year with these competitions. Each grade K-2 competes to become the ‘Compassion Grade winner of the month’. This also occurs in Years 3-6. Students can bring in their money on the day or during the month and give it to their class teachers.

Senior School money will be collected on a day to be advised, probably during Mentor Groups.

The cost for each child from Pre K-12 is $1.00 per month. This $1.00 will bring freedom from poverty for these children overseas and give them a chance for basic health care and an education.

Listed below are the children we are sponsoring and their details:

- **Pre K**: to be advised...information coming soon.
- **Kindergarten**: Salvador Caballero Perez who is a 5 year old boy and lives in Mexico
- **Year One**: Felix Solidad who is a 6 year old boy and lives in the Phillipines.
- **Year Two**: Shawon Mollick, who is a boy aged 7 and lives in Bangladesh.
- **Year Three**: Keyner Jose Padilla Gutierrez who is a boy aged 7 and lives in Colombia.
- **Year Four**: Cristhian Flores Ramos who is a boy aged almost 8 and lives in Peru.
- **Year Five**: Effo Didier Komlan Akikokou who is a boy aged 10 from Togo.
- **Year Six**: Albert Soren Sojib who is a boy aged 11 from Bangladesh.
- **Junior Ridley**: Awino Zabiba who is a girl aged 14 from Uganda.
- **Junior Cranmer**: Mariama Mohammed who is a girl aged 13 from Ghana.
- **Junior Latimer**: Ndayishimiye Moise who is a boy aged 15 from Rwanda.
- **Junior Ryle**: Prince Asamoah who is a boy aged 13 from Ghana.
- **Senior Ridley**: Carlos Andres Morillo Oliver who is a boy aged 14 from the Dominican Republic.
- **Senior Cranmer**: Joyce da Silva who is a girl aged 15 and lives in Brazil.
- **Senior Latimer**: Ivan Nunez who is a boy aged 17 and lives in Colombia.
- **Senior Ryle**: Fredgine Constant who is a girl aged 13 and lives in Haiti.

Each sponsored child will remain with the grade/Mentor Group of children he or she is now with in order to provide an ongoing relationship for them and for the child being sponsored.

Donating as little as $1 from their pocket money is a wonderful way to teach children to think of and serve others in a very simple way. They will follow the progress of their child year-by-year and really see the difference that ‘giving up’ a little bit of what they have can make in life of their sponsored child, providing the with basic needs such as education and clean water, and freeing them from poverty.

On behalf of your child’s sponsored child, I thank you for your support of this program and you and your family’s generosity.

Mrs Sue Munce
Compassion Coordinator
Prayer Points
Please pray for:
- Our new students and staff as they settle into life at the College.
- College families experiencing stress and hardship.
- Our Pre K and Kindy teachers as they settle our youngest students into the year.

Praise Points
Praise God for:
- The wonderful swimming carnivals held this week with high levels of involvement and great house spirit.
- The welcoming way our existing students have welcomed newcomers and made new friends.
- Air conditioned facilities at the College.

Plan

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Wine and Cheese Evening

Parents and Carers are invited to join the Headmaster and Staff for a Wine and Cheese Evening.

**Senior**

Friday 16 February 2018
7.00 pm - 9.00 pm

Please check your email for further details regarding venue and RSVP. Details can also be found on Edumate’s Noticeboard.

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Book Fair

Penrith Anglican College will be holding our annual Ashton Scholastic Book Fair in Week Four. This is an event not to miss!

This is a Learning Support/Enrichment fund raising event with all proceeds used for the purchase of new resources for Pre K-6.

**Opening for 4 days**

**When**

Friday 23 February - Wednesday 28 February
Before School 8:00am-9:00am
Lunchtime 12:50pm-1:35pm
After School 3:00pm-4:30pm

**Where**

C Centre

Items can be purchased or ordered on the day.

We accept Visa card and cash only.

If pre ordering payment by Visa is required