SunSmart School
All Saints’ College Junior School has received notification from the Cancer Council NSW to confirm that our sun protection plan has fulfilled all recommendations and our school is now officially SunSmart. I would like to thank Mrs Michelle Fulton, our Clinic Nurse, for pursuing this and continuing to help us provide a safe and healthy environment for our students.

ICAS Mathematics Test
The ICAS Mathematics test is on Tuesday, 17th August at 3.30pm in the Year 6 classroom. If your child is participating could you please pick them up at 4.30pm.

WAS Athletics
Our Junior School Athletics team will be representing the school at the Western Associated Schools (WAS) Athletics Carnival on Wednesday 18th August at The Scots School. I wish all of our students the best and good luck in their events.

Rainy Days and Sport
On rainy days some outdoor sports will not be able to have their normal training session outside. We will always provide an alternative activity for these children and they will be supervised by a teacher until the normal finish time of 4.30pm. If you wish to pick up your child at 3.15pm if it is raining it is essential that you sign them out with the co-ordinator of their sport before you take them. The sports co-ordinators are Mrs Nelson (Monday Sport), Mr Cant (Soccer), Mrs Darlington (Netball) and Mrs Clements (Hockey).

Winter Uniform – Long Sleeve Polo Shirts
There are now long-sleeve white polo shirts available for students to wear for Physical Education and Sport. Wearing one of these shirts will enable students to wear long sleeve thermal underwear underneath. Please contact the uniform shop if you wish to purchase one of these shirts.

Successful Working Bee
Thank you to all of the parents and students who came along to the working bee last Saturday to construct the vegetable gardens for the Primary classrooms. There was a great sense of support and community spirit and the amount that was achieved was amazing.

Fundraising position
The School P&F Executive is seeking expressions of interest from anyone who may be interested in filling a newly created position to assist in fundraising. The role of Fundraising Data Facilitator is a position for someone to maintain a database of parties interested in supporting the school. This database will be used for all fundraising efforts to ensure a more co-operative approach with supporters, helping alleviate oversight and embarrassment. I do not expect this position will entail a lot of work, and it will not involve fundraising itself, rather liaising with people or group when they start planning their fundraising and keeping the database up to date. The use of a computer however will be required. We want to get this up and running soon in preparation for next year’s efforts, so whether you are from the Junior School, Senior School, or a member of the Boarding Community, if you are interested or would like to know more, please contact the P&F at ascnfs@gmail.com. Your help will be assisting the P&F, and ultimately the College, and very much appreciated by all. Thank you. John Morris

Peer Support – Promoting Harmony
Respect is the focus of the Peer Support sessions this week. Through various activities the children will be identifying what it means to have respect and discuss ways they can demonstrate respect for others. By completing a maze comprising of scenarios, the children will need to select the correct way to respond to a situation, progressing through the maze and reaching the “Certificate of Respect”.

Encourage your child to discuss with you different people they respect and why. It is important to remind them that although we may not always agree or get along with people, we still need to respect them.

From the Head of Junior School
Mr Chris Jackman

From the Chaplain
Father Paul Woodhart

ART SHOW PHOTOS
Two parents sent in money for their child’s photo from the Art Show however the envelopes did not have any names on them. If you have not received your photo could you please let Leonie Keogh know.

Spring Fair Meeting
Tonight at 6pm in Year 3 Classroom
FROM THE REGISTRAR
Mrs Roslyn Cox

We had a very successful day at the Nyngan Ag Expo on the weekend, and met some terrific new families – as well as catching up with some familiar faces at our stand. Thank you again to Heather and Haydon Wass and Wendy and Nigel Wass for their hospitality. Also thanks to the Moody family and Sarah Moody (Year 8) who came by to visit and Mackinley Wass (Year 9) – who wore his uniform and supported our stand.

Nyang continues to be an important heartland for our boarding community and it was wonderful for me to meet some of these strong supporters in person.

Tours are continuing apace and we have had a busy few weeks showing prospective families around the College. Special thanks to all the students and teachers who take the time to say hello or share a few insights as I walk around with my families. All Saints is all about our community and this is one of the great strengths for us – particularly to those visiting for the first time.

We have done some publicity this week on the presentation being given this week by CSU’s Associate Professor Leonora Ritter - on Avoiding & Managing Conflict. You will see some print ads in the Advocate and, hopefully, hear some radio ads on 2BS promoting this event.

Professor Ritter has some very interesting things to say on understanding when conflict begins and promoting empathy in conflict situations, which has application for everyone. Parents, senior students and anyone in the community you may want to invite is welcome to attend. It will be a highly interactive presentation and I encourage you all to come along this Thursday 12 August at 7pm in the College Library. Please RSVP to Reception on 6331 3911.

Next on the agenda will be our Information Night in Young (20 August) and the Condo Show (27 and 28 August). Also we will conduct two tours at the Spring Fair (5 September) so please steer any interested visitors our way on the day.

Transition News

This week in Transition we are learning more sounds this term in ‘Jolly Phonics’.

This week our sound is ‘v’. We are going to enjoy making and eating vegemite toast and doing some vegetable printing!! We are painting pictures of volcanoes erupting and making a pretend volcano in the sandpit and watching it explode! We are going to listen to stories about volcanoes.

In Mathematics we are learning about ‘3 dimensional shapes’. We are going to have fun blowing bubbles, baking a cake and making 3 dimensional shapes with the play dough. We are thinking about ‘ordering by size’ and with our Bear friends. We are continuing our ‘Healthy Little Ears’ program and will learn how to blow our noses effectively with our friends ‘Wiff’ and ‘Sniff’.

Transition is learning the sound ‘v’ this week. On Wednesday we made a volcano in the sandpit then using vinegar and bicarbonate soda we made it explode. It was very exciting watching the lava rolling down the side of the volcano.

Our Mathematics topic is 3 Dimensional shapes. We used play dough to make our own 3 D shape. We made lots of different things like sausages, lollipops, snakes and cakes.

We had a great music lesson with Mrs McLeod on Tuesday when we all took turns at playing her violin. We learnt that the word ‘violin’ begins with ‘v’ and it’s a string instrument played with a bow.

We also painted pictures of a volcano.
6 YEARS ROSELLAS

After a long break the Rosellas began the game with reinvigorated spirit. The opposition were quick to attack the All Saints’ defensive line, they almost broke through until they reached the unforgiving boots of Janine Bowers. The attacking line of William Purvis, James Edwards and William Stanmore were soon to take advantage of their dominance in the first few minutes by placing the ball, strategically into the goal mouth. Toby Gough again showed his defensive prowess by obstructing the oppositions play and redirecting potential line breaks. The match continued with goals exchanged by both teams, eventually ending in a tie. James Edwards received the All Saints’ medal, his determination and thirst for attack, resonated through the entire team. Mr Purvis

6 PENGUINS

The Penguins played a very hard game on Saturday, 7th August. There were no reserves on the day so all four players had to play the entire game. Not one of the children minded playing all match. Sophie was awarded player of the match for her wonderful efforts at running down the ball and stopping the other team from scoring any goals. Miss Thompson

7 YEARS SWANS

A full team of Swans were well prepared for this match. Under the guidance of Mr Pike as relieving coach, the boys and girls played a fast and furious game. Megan scored twice for All Saints., Jack B once and Andy once as well. Claire was very good with her attacking and Adam narrowly missed a goal with a very skilled kick. Player of the week went to Jack V for his improving skills and sportsmanship. Everyone had fun and came off the field feeling proud of themselves for picking up a win against Bathurst 75’s with a 4-2 victory. Well done everyone. Mr Redpath

7 YEARS EMUS

The ASC Emus had another strong game on Saturday narrowly going down to a well developed Bathurst 75 side. There was lots of excitement throughout the game. What was great about the game this week was that everyone was a real team player and showed great sportsmanship, well done! The players need to be congratulated on their strong defensive and attacking skills. Our goals for future games is to get the ball out from the middle of field and running it along the gaps on the sidelines. We will also be working on the players spreading out around the field. This week player of the match is Mitch Nelson. Mitch was often in the attack trying to obtain the ball from the opposition, great work. Tyler Mason had a great game often working with the other players to get the ball down to the opposition goal. Isobel Sotter also showed great defensive skills throughout the game. Amy Horne brought out her attacking skills to help her team players retrieve the ball. Jack Triboloit is also another strong attacker getting the ball off the opposition numerous times. Jonathan Gardiner showed some fantastic defensive skills, stopping numerous goals. Alex Fish is showing some great ball skills, his passing is also coming along well. Well done to everyone! Joshua Meyers

8 YEARS CROWS

All Saints’ Under 8s Crows returned to action with a bang on the weekend with a 9-2 victory over Macquarie United. Even though the team has not had a great amount of game play recently and have acquired a couple of new players, their teamwork is improving as the weeks pass. Player of the week was Sean Gardner. Mark Hayman

8 YEARS KOOKABURRAS

What an exciting game this proved to be. Despite missing last week’s round, the Kookaburra’s produced an outstanding performance against the Marlin’s. Our positional play was excellent and the players pleasing skills in both passing and supporting each other. Bailey and Kian were our scorers thanks to some very impressive teamwork. Final score was 4 – 2 our way and Bailey was awarded the Medal of Honour. Mr Hines

11 YEARS

Churches United Seals were formidable opponents this week and the All Saints’ team was quick on their feet to take a commanding position on the field. The outstanding play shown by All Saints’ was made up of kicking accuracy, careful passing and teamwork. Sam was the goal scorer of the day scoring all three goals and was assisted with the help of his team. Player of the week went to Chris for his never ending enthusiasm and speed. The final score recorded a win to All Saints’ 3-2, well done everyone. Mr Redpath

NETBALL REPORTS

ASC BUNNIES

Xanthe scored some good goals and so did Gena. Ella was good at defence, preventing shots at goal. Sara was good at passing and so were Kate, Molly and Lauren. Jessica was good at running down the court and staying with her partner. I was good at finding space on my own to receive a pass from a team mate. Lauren was awarded Player of the Week. Ella received a special award for being a consistent player and a good sportsperson. By Eliza Jardine.

ASC PUPPIES

It was another tough game although we lost the game against a better team. The ASC Puppies put up a courageous fight in the first three quarters. It was then our goal shooter, Charlotte, who scored the three goals and put us closer to drawing a game. Unfortunately, the clock beat us as well. Thanks for a great game puppies and thankyou to our coaches and all the parents who continue to support us at the game. Priscilla Evans-Gittany.

12A ASC SCORCHERS

At 12pm on Saturday the Scorcher toys took to the court determined to do their best and try their hardest. We were playing the “Collegians Coyotes” who, in the first quarter, came out strong and too determined. That Saturday was Maddy’s game off, who usually plays defence. Hannah Armstrong displayed great passing skills and was always alert and ready in the positions. We also had some fabulous shooting going on throughout the game shown by Sophie Cant and Libby and Catie Crampton. Back in defence, Alexandra Corbett-Jones and Isabelle Card showed great skills and knowledge. Also there was some great breaking done by Sophia Grant and Antonia Fish. Until the very last second all the girls put in 100% but it wasn’t enough this time to stop the opposition. The final score was 14-38 Collegians way. But despite the loss the game was an extremely high scoring and enjoyable match. Well done Scorchers!! Lil McClelland

ASC SCORCHERS v COLLEGIANS CHARMED ONES

Our only Sunday game of the season was played in fine spirits and in perfect weather for netball. We were all rearing to go and had a strong start which was an improvement on the previous game we played on the Saturday. We won against a fantastic match against a team we had beaten a few weeks earlier by only 1 goal. This time we hardly put a foot wrong with a final score of 29-8. Alexander, Antonia, Maddy and Catie showed great strength in defence and picked up some great intercepts and rebounds. Our mid court played by Lily, Sophia, Hannah and Sophie was so strong and controlled that they even used some bounce passes which often came in handy. Sophie, Catie and myself had a good strike rate and managed to convert most of the goals which we were really pleased about. Sadly Isobelle could not be at the game. Lily received a well deserved “Player of the Week” for slowing play down through the centre and throwing great passes. Libby Crampton

NETBALL DRAW

DATE TIME CRT TEAMS
14/8/10 9.30am 9 ASC Bunnies V Bubblegums;
14/8/10 12.00pm 8 ASC Puppies V OOT Maggie;
14/8/10 9.30am 4 ASC Scorchers V OOT Quails;

8 YEARS EMUS

The ASC Emus had another strong game on Saturday narrowly going down to a well developed Bathurst 75 side. There was lots of excitement throughout the game. What was great about the game this week was that everyone was a real team player and showed great sportsmanship, well done! The players need to be congratulated on their strong defensive and attacking skills. Our goals for future games is to get the ball out from the middle of field and running it along the gaps on the sidelines. We will also be working on the players spreading out around the field. This week player of the match is Mitch Nelson. Mitch was often in the attack trying to obtain the ball from the opposition, great work. Tyler Mason had a great game often working with the other players to get the ball down to the opposition goal. Isobel Sotter also showed great defensive skills throughout the game. Amy Horne brought out her attacking skills to help her team players retrieve the ball. Jack Triboloit is also another strong attacker getting the ball off the opposition numerous times. Jonathan Gardiner showed some fantastic defensive skills, stopping numerous goals. Alex Fish is showing some great ball skills, his passing is also coming along well. Well done to everyone! Joshua Meyers

BATHURST EISTEDDFOD SOCIETY INC

The Bathurst Memorial Entertainment Centre (BMEC) does not have EFTPOS. Tickets must be purchased at the Box Office. $5.00 for adults or $4.00 for Seniors and Pensioners and children under 5 years are free. Parking Room will be in Conference Room 1. To ensure entry to the event please come early as the doors will be closed during performances and no entry will be allowed until the section has finished performing. No prams are allowed in the Theatre and Hall. Pram parking will be in the Conference Room 1.
12 YEARS

The 12 Years soccer team played Churches United on Saturday. Our team was missing three key players – one back (Matthew Jackman), one midfielder (Taylor Whitley) and one striker (Cameron Redpath) which meant we had to call on two very young players in Hugh Miller and Ben Cant to help out the team. Despite missing these players our team started confidently and really took it to their more fancied opponents. In fact it wasn’t until late in the first half that Churches were able to break the deadlock and take a 1-0 lead. Our team continued to play positively in the second half and threatened the opposition goalmouth on a number of occasions. Unfortunately we were unable to break through for the elusive equaliser, but our boys never gave up, thrilling the enthusiastic crowd with some spirited play. Churches scored a second goal in the last few minutes which took the final score to 2-0. The team walked off the field knowing they had played really well and they should feel proud that the last two times we have played this team we have reduced the goal deficit by 2 each time. 6-0 in the first round; 4-0 in the second round and 2-0 last two times we have played this team.

The 12 Years Eagle team was missing three key players – one back (Matthew Jackman), one midfielder (Taylor Whitley) and one striker (Cameron Redpath) which meant we had to call on two very young players in Hugh Miller and Ben Cant to help out the team. Despite missing these players our team started confidently and really took it to their more fancied opponents. In fact it wasn’t until late in the first half that Churches were able to break the deadlock and take a 1-0 lead. Our team continued to play positively in the second half and threatened the opposition goalmouth on a number of occasions. Unfortunately we were unable to break through for the elusive equaliser, but our boys never gave up, thrilling the enthusiastic crowd with some spirited play. Churches scored a second goal in the last few minutes which took the final score to 2-0. The team walked off the field knowing they had played really well and they should feel proud that the last two times we have played this team we have reduced the goal deficit by 2 each time. 6-0 in the first round; 4-0 in the second round and 2-0 last two times we have played this team.

The final score recorded a win to All Saints 3-2, well done everyone. Assistance was provided by his team. Player of the week went to Chris for his never ending enthusiasm and speed. Accuracy, careful passing and teamwork. Sam was the goal scorer of the day scoring all three goals and was a commanding position on the field. The outstanding play shown by All Saints was made up of kicking Churches United Seals were formidable opponents this week and the All Saints team was quick on their feet to assist with the help of his team. Player of the week went to Chris for his never ending enthusiasm and speed. Accuracy, careful passing and teamwork. Sam was the goal scorer of the day scoring all three goals and was a commanding position on the field. The outstanding play shown by All Saints was made up of kicking Churches United Seals were formidable opponents this week and the All Saints team was quick on their feet to assist with the help of his team. Player of the week went to Chris for his never ending enthusiasm and speed. Accuracy, careful passing and teamwork. Sam was the goal scorer of the day scoring all three goals and was a commanding position on the field. The outstanding play shown by All Saints was made up of kicking Churches United Seals were formidable opponents this week and the All Saints team was quick on their feet to assist with the help of his team. Player of the week went to Chris for his never ending enthusiasm and speed. Accuracy, careful passing and teamwork. Sam was the goal scorer of the day scoring all three goals and was a commanding position on the field. The outstanding play shown by All Saints was made up of kicking Churches United Seals were formidable opponents this week and the All Saints team was quick on their feet to assist with the help of his team.

Information

Last week Jess and Scott came from Questacon to show us some cool tricks they were both scientists. Jess was an environmental scientist and Scott is a geologist. Mathew Vance had a go at lighting up a traffic light.

Fact

The average temperature in Antarctica is never above freezing even in the summer.

Joke of the day.

Q. why do whales sing? A. Because they can’t talk.

Competition

Who can draw the best seal, penguin, killer whale or iceberg?
Spring Fair
Sunday, 5th September 2010
3 weeks to go

PLEASE HELP! The Spring Fair is a wonderful school and community event and we need your support.

Next meeting: Thursday, 12th August at 6pm in Year 3 Classroom

Table:

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<thead>
<tr>
<th>Class</th>
<th>Coordinator(s)</th>
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<tbody>
<tr>
<td>Trans/K Hot Chips</td>
<td>Michelle Gough <a href="mailto:michelle.gough@countryenergy.com.au">michelle.gough@countryenergy.com.au</a> Jacinta Purvis <a href="mailto:kjpurvis@bigpond.com">kjpurvis@bigpond.com</a></td>
</tr>
<tr>
<td>Year 1/2 Craft Activities</td>
<td>(sand art, badge making, face painting, jewellery making etc) Georgina Sanger &amp; Deon Reynolds <a href="mailto:georgina.sanger@stnats.nsw.edu.au">georgina.sanger@stnats.nsw.edu.au</a></td>
</tr>
<tr>
<td>Yr 3 Baskets</td>
<td>Linda Siegert <a href="mailto:gsigert@bigpond.com.au">gsigert@bigpond.com.au</a> Catherine McEwen <a href="mailto:catherine.mcewen@cirruscomms.com.au">catherine.mcewen@cirruscomms.com.au</a></td>
</tr>
<tr>
<td>Yr 4 Garden</td>
<td>Naomi Miller <a href="mailto:naomi.miller@stnats.nsw.edu.au">naomi.miller@stnats.nsw.edu.au</a> Margaret Van Heekeran 0428 400 075</td>
</tr>
<tr>
<td>Yr 5 Drinks</td>
<td>Ruth Crampton <a href="mailto:arcrampton@bigpond.com">arcrampton@bigpond.com</a> Lisa Anelzark 0448 925 687 Xanthe Morgan 0417 258 318</td>
</tr>
<tr>
<td>Yr 6 Cakes</td>
<td>Linda Cant 0406 063 082 Linda Chua 0421 048 008</td>
</tr>
<tr>
<td>Yr 7 Chocolate Wheel</td>
<td>Jo Michael 0416 147 753 <a href="mailto:themichaels4@bigpond.com">themichaels4@bigpond.com</a></td>
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<tr>
<td>Yr 8 Pavlovas</td>
<td>Heather Cozens <a href="mailto:ghcozens@bigpond.com">ghcozens@bigpond.com</a> Julie Brabham <a href="mailto:pjbrabham@gmail.com">pjbrabham@gmail.com</a></td>
</tr>
<tr>
<td>Yr 9 Trash &amp; Treasure</td>
<td>Belinda Peterson <a href="mailto:bingig@bigpond.com">bingig@bigpond.com</a> Catherine Van Uum 0408650394 <a href="mailto:cvanuum@bigpond.net.au">cvanuum@bigpond.net.au</a></td>
</tr>
<tr>
<td>Yr 10 Books</td>
<td>Heather Dunn <a href="mailto:info@braesidealpacas.com.au">info@braesidealpacas.com.au</a></td>
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<tr>
<td>Yr 11</td>
<td>All Saints’ Cafe Nic &amp; Colin Barnett</td>
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<tr>
<td>Yr 12 BBQ</td>
<td>Maree Crofts <a href="mailto:maree.crofts@stnats.nsw.edu.au">maree.crofts@stnats.nsw.edu.au</a> Donna Anthes 6332 2126</td>
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**MasterChef Bake Off!!!**

Calling all cake/biscuit creators!! For the Spring Fair cake stall this year, we will accept all contributions BIG or small, with a list of ingredients and your name preferably on the day of the fair by 9.00am or the Friday before (limited storage available). Please deliver items to the JS or SS office and they will be collected. Please remember NO Nuts!!!!

If you produce great chocolate cakes.... make a few, bags of biscuits, banana cakes, coconut ice, toffees, any other creative ideas, cupcakes, V8 vanilla cake, macaroon tower?????? Come on masterchefs give it a whirl, make a cake and put it on show at the fair. The All Saints Masterchef prize will be awarded for best cake, for junior/senior/male and female.... and then they will be sold!!! We will distribute empty cake boxes at pick up time after school in the week leading up to the fair near the JS and SS carpark to those who will return them filled.

Please contact the class parents if you have questions or if you need more boxes.
Linda Cant 0406 063 082, Min McLelland 0438 324 529, Linda Chua 0421 048 008

Any other queries etc please contact Lesley Bland notsobland@bigpond.com 0408 618 185

Spring Fair Committee:
Katrina Roach, Ruth Crampton, Naomi Miller, Lisa Anlezark, Rosie Bayliss, Lisa Coates
The aim of good asthma management is to ensure your child can lead a normal healthy life, while taking only as much medication as is needed to stay well and avoid asthma attacks.

Children diagnosed with asthma are usually first prescribed a reliever medication. This should be used whenever symptoms occur, and should be kept with them at all times. If your child is still having regular symptoms despite using the reliever, the doctor will then add a preventer medication.

Using a spacer with a puffer can help increase the amount of medication that gets into the lungs, which may mean fewer side effects, fewer doses, and less worry about coordinating breathing in with squeezing the puffer. Spacers are recommended for all children under about 10 who are taking inhaled medications (but they can only be used with a puffer device).

If your child is under 5, they should use a smaller spacer, and under 3’s should also use a mask. Older children can usually take reliever medication through a puffer when they are relatively well (e.g. before exercise) but should still use a spacer for reliever medication during an asthma attack.

Children should have regular reviews with their doctor to check their medication, any symptom issues, and update their action plan. If your child has been on the same preventer medication for a few months and seems stable, talk to your doctor about trying a lower dose. Never reduce the dose on your own without talking with your doctor first.

Finally, it is important that the people caring for your child are aware that they have asthma. You should keep them informed if there have been any recent changes to your child’s medication or condition, and make sure you give them a spare reliever medication just in case they need to help your child.

More questions? Please visit www.asthmafoundation.org.au or call our Infoline 1800 645 130