What’s On Week 7

Tuesday 10 March
• Vaccination Clinic 1
• Parents’ and Friends’ Association Term I Meeting – Lecture Theatre, 7.30pm
Refreshments from 7.00pm

11-13 March
• Year 6 Excursion to Canberra

Friday 13 March
• Years 7-12 All Schools Swimming Carnival - Year 8 to attend as spectators
• Years K-2 Assembly – Primary Music Room, 12.20pm
• SCEGGS Music Eisteddfod Highlights Concert – SCEGGS Great Hall
  Primary Musicians (5.00pm-6.00pm)
  Secondary Musicians (6.30pm-8.00pm)
• Eastside Debating Competition: Round 2 vs Sydney Grammar – SCEGGS

Coming Events

15-16 March
• Bronze Duke of Edinburgh’s Award Expedition – Benowie Track

Monday 16 March
• Year 11 Parent-Teacher Afternoon

Tuesday 17 March
• Improving the Way You Study: a workshop for Years 8 & 9 students and their parents, 6.00pm-7.30pm

Wednesday 18 March
• Year 2 Excursion to Powerhouse Museum
• Year 4 Excursion to Botanic Gardens
• Year 5 Open Classroom for parents: Mathematics, 10.10am-11.20am
• New Parent Dinner – SCEGGS Great Hall, 7.00pm

18-19 March
• 95th Tildesley Shield Tennis Tournament

18-20 March
• Year 7 Camp – Wombaroo

Thursday 19 March
• Years 5 Excursion to Art Gallery NSW: Asia in Action
• Years 3-6 Assembly, 2.30pm

Friday 20 March
• Years K-2 Assembly, 12.20pm
• P & F Paddle Pop Day – Primary School, Lunchtime

22-23 March
• Bronze Duke of Edinburgh’s Award Expedition – Benowie Track

Tuesday 24 March
• Year 8 Parent Information Evening, 7.00pm

Term I General Meeting
The P & F will welcome our first Guest Speaker for 2015, Dr Soji Swaraj, Consultant Endocrinologist (‘Hormone Specialist’) and metabolic physician, to SCEGGS on Tuesday 10 March. More information about Dr Swaraj’s presentation can be found in the flyer attached. Please contact Mr Stuart Lee by email of your intention to attend for catering purposes. Refreshments will be served from 7.00pm with presentation at 7.30pm. Thank you to all those who have already replied. Parents, friends and staff are most welcome to this free event.

If your interest in health issues extends beyond an occasional kale salad, you will not want to miss Dr Swaraj!

Karen Niederer
President
History Debating
The Year 12 History Debating team has made history by winning the JA Thomson History Debating competition for the second year in a row in only the second year that SCEGGS has entered the competition!

The topic of last Friday’s Grand Final was ‘That truth in History is attainable’ and the SCEGGS team argued the negative against The King’s School. The team’s preparation began in Term IV last year and was based on many lively discussions and insights gleaned from Ancient, Modern and Extension History lessons. On the day of the Grand Final, their solid preparation was complemented by thoughtful and clever rebuttal which neatly demolished the arguments put forward by the opposition.

Congratulations to Eleanor Armstrong, Elia Crowley-Burrows, Imogen Harper and Jane Spencer for their outstanding effort and achievement.

Kelly McManus
History Debating Co-ordinator

Debating

Eastside Debating
The Eastside Competition begins this week on Friday 6 March. SCEGGS is hosting Cranbrook for Round 1. The topic area for this round is ‘Religion and Society’. The Junior debates begin with their preparation at 5.30pm and the debates are held at 6.30pm. The Senior debates begin with preparation at 6.30pm and the debates are held at 7.30pm.

All girls must be collected by their parents or guardians at the conclusion of the debates. It is a long afternoon for those involved in the debates until the first supper is served at 6.30pm, the conclusion of the debates. It is a long afternoon for those

Margaret Schuitema
Debating Co-ordinator

Class Parent Functions

Kindergarten Class Picnic
Sunday 8 March, 10.30am
Centennial Park - One More Shot Ponds
$15.00 per family

Year 10 Parent Drinks
Thursday 12 March, 7.00pm
Australian 18 Footers Club, Double Bay
$35.00 includes finger food and a welcoming drink

Year 7 Parent Drinks
Thursday 12 March, 7.00pm to 9.00pm
Golden Sheaf Hotel
$25.00 per head
See Year 7 Events Page on SCEGGS Portal for details

Year 8 Family Beach Picnic
Saturday 14 March, 2.30pm-5.30pm
Nielsen Park, Vaucluse
$7.00 per person - pay online

Year 12 Parent Drinks
Friday 20 March, 6.00pm-9.00pm
Private home in Darling Point

Year 3 Parents Cocktails
Friday 20 March, 6.30pm
at a private residence
$50.00pp includes canapés, wine, beer and champagne

From the Primary

Whooping Cough
There have been two cases of whooping cough in the upper Primary school. Whooping Cough can spread easily in schools and we would ask that parents look out for any symptoms in your child and visit your doctor if you are at all concerned.

What are the symptoms?
• Whooping cough usually begins like a cold with a blocked or runny nose, tiredness, mild fever and a cough.
• The cough gets worse and severe bouts of uncontrollable coughing can develop. Coughing bouts can be followed by vomiting, choking or taking a big gasping breath which causes a ‘whooping’ sound. The cough can last for many weeks and can be worse at night.
• Older children and adults may just have a cough that lasts for many weeks. They may not have the whoop.

This information has been taken directly from the NSW Health Whooping Cough Factsheet, which can be found at: http://www.health.nsw.gov.au/Infectious/factsheets/Pages/Pertussis.aspx.

Eleanor Armstrong, Elia Crowley-Burrows, Imogen Harper and Jane Spencer for their outstanding effort and achievement.

Kelly McManus
History Debating Co-ordinator

Primary Sport

Years 3-6 Primary Cross Country Carnival
Despite a wet start, the carnival eventually went ahead to the excitement of the girls! Our carnival was held on Tuesday 24 February at Ash Paddock, Centennial Park. The girls were determined to run, and what an effort by all – well done girls!

Congratulations to the following girls who were Champions in their age groups:
8/9 Years Champion – Emma Juneja, Christian
10 Years Champion – Kate Rooney, Langley
11 Years Champion – Marie Karantanis, Barton

Champion House
1st: Barton (91 points) Equal 4th: Badham & Beck (59 points)
2nd: Docker (86 points) 6th: Langley (58 points)
3rd: Christian (74 points)

IPSHA Modball and Football
A reminder that all girls participating in after school sport MUST have a drink bottle and hat. The weather so far has been sunny and muggy in the afternoon and, for the safety of our girls, please ensure these items are packed in their bags.

IPSHA Wet Weather on Saturday
To access inclement weather information please refer to your draw on how to download the IPSHA App.

SCEGGS Training
For before and after school training, please use SCEGGS App and follow Twitter.

Lisa Murray
Primary Sport Co-ordinator

Sport

NSW All Schools Triathlon
Congratulations to Ruby Swadling who won the Junior section of the NSW All Schools Triathlon held at Penrith last week. Ruby will now go on to compete at the Australian All Schools Championships at the end of April.

Athletics NSW Open Championships
Well done to Elizabeth Baral who is the NSW Open Pole Vault Champion after winning her event on the weekend.

Georgia Evans ran well in the 800m placing 8th in the Open Final.

Alison Gowan
Director of Sport
Head Lice Prevention

An instance of head lice has been reported within the Junior Secondary School. The problem can only be eradicated if all parents co-operate in ensuring their daughter’s hair is free of head lice.

Parents are asked to inspect their children’s hair on a regular basis. If any trace of head lice or eggs is noted, hair must be washed in a special head lice treatment shampoo available from a chemist. Family members need to undergo the same treatment. If there are any eggs visible in your child’s hair, these must be removed using a special fine toothed comb, also available from a chemist.

Children with head lice should remain at home until all traces of the head lice have disappeared. Further information re treatment can be found at: http://www.health.nsw.gov.au/environment/headlice/pages/default.aspx.

The co-operation of all parents is much appreciated.

Sophie Kearns
Director of Pastoral Care

Music Matters

Congratulations

Basie Jazz Band for the great ‘vibe’ they created for the P & F Cocktail Party. The ‘bonus’ rendition of ‘Happy Birthday’ is sure to be the first of many in this 120th Anniversary year. Thanks to Mr Jewitt for preparing and supporting girls. A great start to their playing year. Welcome to new members.

Amati Strings for their contribution to Assembly. The Prelude to Grieg’s Holberg Suite was a bright and busy way to commence the week. Grieg wrote the piece to celebrate the work of Holberg, a dramatist... seems fitting for the start of House Drama Week. High achieving String players from Years 5-12 have been working well to adapt to their new ensemble. Well done to new girls in Years 5, 6 and 7 who enjoyed their first Assembly performance. You, too, are off to a great start.

Choir and Miss Harrigan, whose first rehearsal with Choir members from Cranbrook was most successful. So very important for girls to experience choral repertoire written for Sopranos, Altos, Tenors and Basses. Even at this early stage the blended sound of the girls’ and boys’ voices were very impressive.

Eisteddfod participants from Primary and Secondary schools - this week Guest Adjudicators have enjoyed hundreds of performances prepared and presented by our young musicians. What a delight to share in the enthusiasm of the work being undertaken by our vocalists and instrumentalists. Elective Music students have been busy - well done to all.

Co-curricular Music Program

Series 120 Concert 1 - Congregate

Friday 27 March: SCEGGS Great Hall - 6.00pm

A special invitation to the first of the Series 120 Concerts, being held to celebrate music-making at SCEGGS in the School’s 120th Anniversary year. In each concert we will enjoy a ‘glimpse of the past and look to the future’ through pieces composed especially to celebrate Music at SCEGGS.

In this first concert we celebrate the musical opportunities that bring us together, and ways in which music is shared at SCEGGS.

Participating Ensembles will soon receive email notification of their involvement.

Ms Holmes (Accompanist and Performance Coach) offers this week’s tips for using practice time effectively. Daily practice is the best way to make progress. Other Practice Tips are available on SCEGGSnet.

Practice Tip # 4

• Chunking is very effective when it comes to music practice. It increases the capacity of the short-term memory by allowing us to recognise patterns.

• By breaking down the music into smaller chunks, we can more easily learn a piece of music as we understand the patterns that are contained within.

• In music, we can focus on different parts of the passage we are practising. These could include the rhythm, the articulation, or technical challenges such as fingering patterns on an instrument or runs in a vocal passage.

Practice Tip #5

• ‘Practise very slowly, progress very fast.’ So said the composer and pianist, Stephen Heller. Remember this saying - it is very true!

• The brain needs slow learning in order to create strong connections.

• If you practise mistakes, it is much harder to undo them later.

• Ask your tutor to demonstrate slow practice - you might be surprised!

• Make friends with a metronome! If you do not have a mechanical or electronic metronome, there are many free apps available to download.

• If you are working on a tricky passage, start the metronome on the slowest speed and gradually increase the tempo, one notch at a time.

SCEGGS Eisteddfod

Rock Eisteddfod Heats take place on Friday 6 March - SCEGGS Great Hall, 3.30pm.

Wran Prize for Up and Coming Vocalist

Talented vocalists from the Primary and Secondary schools are eligible for this award, which will be made in association with participation in the forthcoming SCEGGS Eisteddfod. Vocal teachers will advise suitable repertoire based upon guidelines in the Vocal entry forms.

The Vocal section is judged separately with outstanding performers selected to compete for the award at the Eisteddfod Highlights Concert.

Students involved with the Eisteddfod will receive a Certificate of Participation identifying the award level they have attained.

SCEGGS Eisteddfod Highlights Concerts

The Eisteddfod Adjudicators will select outstanding student performances for two great concerts featuring performances by Primary and Secondary musicians.

Friday 13 March (Week 7)

Primary Musicians (5.00pm-6.00pm)
Secondary Musicians (6.30pm-8.00pm)

Members of the audience will once again be able to vote for the, always ‘hotly contested’, Listeners’ Choice Award.

Forthcoming Events

• Monday 9 March: Cranbrook Choir and SCEGGS Choir - Easter Festival, and Series 120 Concert preparation, 3.30pm-5.30pm.

• Monday 9 March: BOS HSC ENCORE – Sydney Opera House, 7.00pm. Years 8, 9, 10, 11 and 12 Elective Music students.

• Monday 16 March: SCEGGS Choir travel to Cranbrook – Easter Festival, and Series 120 Concert preparation, 3.30pm-5.30pm.

• Wednesday 18 March: Basie Jazz Band playing for New Parent Dinner in SCEGGS Great Hall, 5.30pm-7.30pm. Refreshments will be provided.
Applications open for the ANU Tuckwell Scholarship
The Tuckwell Scholarship program nurtures outstanding school leavers to fulfil their wider ambitions over and above the pursuit of an undergraduate degree. Applications for first stage are open from 2 March until 20 March. For further details visit http://tuckwell.anu.edu.au/home/.

USYD Presentation
Year 12 Form Meeting – Tuesday 10 March Year 12 will hear a general presentation about the University of Sydney and have the opportunity to ask present students about life at USYD.

SCEGGS Darlinghurst Gap Year Lunchtime Market
Year 11 and 12 are invited to attend this market style event in the Auditorium at 1.00pm on Tuesday 17 March.

Exhibitors include Antipodeans, CCUSA, Lattitude, Canadian International, AFS, Wahoooga Travel, AFX Exchange, Project Abroad and Southern Cross Cultural Exchange.

Melbourne University Interstate Students and Family Information Day
Thursday 9 July
For more information visit: www.futurestudents.unimelb.edu.au/events.

UNSW: Built Environment Parent and Student Information Session
Wednesday 25 March, 6.00pm-8.30pm
A valuable information session where students can:
• Learn about degrees within the disciplines of Architecture, Design, Construction and Planning
• Hear about the career paths within the Built Environment
• Have any questions answered about studying at the faculty of Built Environment at UNSW
For more information go to: http://www.be.unsw.edu.au/Parent_Info_Night.

UTS Discover Sessions: Nursing and Midwifery
Discover Midwifery: Tuesday 14 April, 6.00pm
Discover Nursing: Tuesday 30 June, 6.00pm

Sydney Design School Information Session
Thursday 26 March
Level 2, 40 Oxley Street, St Leonards
The information session will run for approximately 40 minutes, and will cover the courses available at the design school and the career opportunities available to graduates.

Contact: 02 9437 1902 or visit http://sydneydesignschool.com.au/info-sessions/.

Australian Defence Force Gap Year
Applications opened Monday 2 March
The ADF Gap Year program provides an opportunity for young Australians who have finished Year 12 or equivalent, aged between 17 and 24, to experience military training and lifestyle whilst gaining new skills over a paid Gap Year. To apply visit: http://www.defencejobs.gov.au/education/GapYear/.

Applying to the Australian Defence Force Academy
Students wishing to study at ADFA are advised to apply in Year 11 as it is a competitive selection process which may take up to 12 months to complete. Gaining entry to ADFA is a dual process which requires students to apply directly to the Australian Defence Force while also applying concurrently to UNSW ADFA through UAC.

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

Lions Australia Youth Exchange
Applications close Tuesday 30 June
Lions Australia Youth Exchange provides the opportunity for 17-21 year olds to experience life overseas as part of a 5 or 6 week program that does not involve tourism, academic studies or employment. All Lions Youth Exchanges Programs depart in early December and return in mid-January. For more information go to http://lionsclubs.org.au/activities/youth/ve/overseas-destinations/.

UN Youth Australia: Aotearoa Leadership Tour

An opportunity for high school students to learn about indigenous rights and culture through a two-week tour of New Zealand. The tour is open to students in Years 10-12 and aims to promote inter-culturalism and engagement between indigenous and non-indigenous young Australians. More can be found at https://unyouth.org.au/event/aotearoa-leadership-tour/.

Work Experience Placements
Visit the Careers Corner to find out more information on hosting a keen Year 10 student. Please contact me at andreap@sceggs.nsw.edu.au for more information on hosting a keen Year 10 student.

Andrea Pinnock
Careers Adviser

Primary School
P & F Paddle Pop Day
Friday 20 March – Primary Playground, Lunchtime
Paddle Pops and Icy Poles all $1.50
Girls are asked to have the correct change as this will greatly help the parents who are organising this treat.

Cafeteria Specials - Week 7

<table>
<thead>
<tr>
<th>Monday 9 March</th>
<th>Tuesday 10 March</th>
<th>Wednesday 11 March</th>
<th>Thursday 12 March</th>
<th>Friday 13 March</th>
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<tbody>
<tr>
<td>Beef lasagne</td>
<td>Spaghetti &amp; meatballs with Napolitana sauce</td>
<td>Tandoori lamb pizza with salad</td>
<td>Crumbed chicken BLT wrap</td>
<td>Sticky honey chicken wings with rice</td>
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<tr>
<td>Bean nachos with guacamole</td>
<td>Bean quesadilla</td>
<td>Mischu - vegetarian</td>
<td>Cheese tortellini in roast tomato &amp; herb sauce</td>
<td>Vegetable fritters with salad</td>
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<tr>
<td>Roast pumpkin &amp; feta salad</td>
<td>Chicken Caesar salad</td>
<td>Greek salad</td>
<td>Tuna Nicoise salad</td>
<td>Caesar salad</td>
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Parents’ and Friends’ Association
Term I General Meeting

Tuesday 10 March
Lecture Theatre, 7.30pm
(Refreshments from 7.00pm)

Dr Soji Swaraj
Back by Popular Demand!
Insulin resistance: A cause of premature death for 50% of us and what indoor professionals and their offspring can do to address it.

“Insulin resistance is a phenomenon that is a large driver of the obesity and chronic disease tsunami worldwide that is turning us into lemmings. The current medical model of doctors prescribing medications or surgery after disease has manifest is clearly non-sustainable and sadly results in avoidable tragedy in many cases. While there is a growing focus on anti-ageing and significant numbers of the “worried well”, we may be neglecting several potentially avoidable diseases that can shatter lives in school age families.”

Dr Soji Swaraj, a recent SCEGGS parent, Endocrinologist (Hormone specialist) and metabolic physician, will discuss an evidence-base and real life cases, along with practical ideas that we might all consider to decrease our risk of tragic outcomes.

It is not often one gets such access to a medical specialist of this nature and calibre who has not only a clear focus on issues that affect all of us, but presents in a clear, no-nonsense manner that enables us all to benefit from his expertise. Dr Swaraj has kindly agreed to return and we are pleased to recommend this talk for the benefit of our SCEGGS Community.

Do not miss this opportunity to hear Dr Swaraj!

RSVP to Stuart Lee