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**Cover Photo:**

SASSA Swimming Carnival  
See page 3

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**Swimming Success at SASSA**

“There is water in every lane, so it is OK.” Ian Thorpe (on being in Lane 5 for a final).

This week I can say that I am very proud of the achievements of our swimmers at the recent SASSA Regional Swimming Carnival. We placed 4th in the overall point score and again we won the Horsley Cup which is calculated by dividing our point score by the number of students we have attending our school.

Sporting experiences matter in the life of each child. The benefits of physical activity and sport are well documented and include:

- reduced risk of obesity
- increased cardiovascular fitness
- healthy growth of bones, muscles, ligaments and tendons
- improved coordination and balance
- a greater ability to physically relax and, therefore, avoid the complications of chronic muscular tension (such as headache or back ache)
- improved sleep
- mental health benefits, such as greater confidence
- improved social skills
- improved personal skills, including cooperation and leadership.

It is important that children are successful in their sporting endeavours and this is what I saw at the carnival. Race after race our students swam well building upon our points total. I was also impressed by the way the students supported each other, cheering enthusiastically and interacting in a positive manner.

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**Positive experiences in sport will help our children set up healthy habits for their growth and development and future life.**

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**Disclaimer:**

Whilst the information is considered to be true and correct at the date of publication, circumstances may impact on the accuracy. Please consult the Parent Portal or School website for any updates or changes to dates.

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**Contact SAS**

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Our students also placed effort into their training by participating in sport on Friday afternoons to improve their strokes and stamina. Positive experiences in sport will help our children set up healthy habits for their growth and development and future life. I encourage parents to allow their children to find a sport where they can learn new skills, develop healthy bodies and interact with others.

I would like to thank Mr Knowles, Mr Orchard, Mrs Simon and Mrs Rafidi for helping to train the students, transporting them to the carnival, supervising and managing the team. A special thank you to Mrs Rafidi for her excellent work in organising the SASSA carnival.

Mrs Lorrae Sampson

The weeks are absolutely flying past this term and there is a wonderful buzz of positive energy in our school, which is simply a joy to experience.

I regularly receive updates from parents and others in the community about the paths that Shoalhaven Anglican School graduates have followed since leaving school. I am always encouraged to hear of the impact our alumni are having both locally, and more broadly. Our school always has in the past and will continue to provide experiences that build character, develop resilience and help to grow the young people in our care.

The SASSA swimming carnival was one such character building experience for those who attended this week. It was very impressive to see the members of our swim team take to the pool and give their very best effort in each of their races throughout the day. Overcoming the nerves of competing at a representative level was quite a challenge for some of our students, but they did not have to do it alone. Older student encouraged younger and more experienced competitors supported those new to competing at the SASSA level. Our school provided by far and away the loudest cheers from the pool deck and displayed wonderful team spirit during the day.

Taking out the Horsley Cup for the second year running at the SASSA Junior Swimming Carnival proved that despite entering a small team, our student’s participation rate and consistent efforts throughout the day were amongst the best of any school that attended.

It has been said that ‘talent develops itself in solitude, character in the stream of life’. Our school provides many ‘stream of life’, character building experiences and encourages each student to do and be their very best in all aspects of their schooling.

I will leave you this week with the following from God’s Word:

“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.” Philippians 4:8.

Mr Tim Knowles

From the HEAD OF SCHOOL

I am always encouraged to hear of the impact our alumni are having both locally, and more broadly.
What a great God we serve!

The students have the awesome opportunity to hear about our great God at Chapel, Christian Studies, Cru lunchtime group and through the everyday teaching moments. At Chapel we are about to finish a teaching series called ‘The King, the Snake and the Promise’. This series has taken us through the big themes in the Bible from the Creation story to Abraham, King David and Jesus. The final piece of the puzzle we will be exploring is Heaven. You are welcome to join us for this Chapel on the 9th March at 2:30pm.

Year 5 & 6 have engaged with some Big Questions this term. The class have put forward a number of tricky questions about God as well as the typical ones: Who made God? Why are we here? Why does God allow suffering? When will Jesus return? Of course we cannot find answers to all the questions but God has revealed great mysteries in His Word that we are digging out. His Word says, “The secret things belong to the LORD our God, but the things revealed are for us and our children forever, that we may follow all the words of this law. Deuteronomy 29:29”

Our Big Easter Chapel is approaching on the 23rd March at 11:30am at St Martins Anglican Church. Like our Christmas Chapel there will be lots of student’s interaction, items, songs and a great message. Please join us in celebrating Easter as a school community.

A final thought to consider,

And now these three remain: faith, hope and love. But the greatest of these is love. 1 Corinthians 13:13

Shane Orchard

2 March 2015

An important reminder to Parents & Carers

The Debtor Management Policy which came into effect from 1 January 2015 adopts new procedures for alerting parents when term fees are due and for issuing reminders when fees are overdue.

An important element of this new policy is that all fees must be settled within the current school term, and any outstanding fees must be covered by an ongoing Satisfactory Arrangement to reduce the balance outstanding over an agreed period of time. Also, when appropriate to the circumstances, a bursary to assist families meet their school fees can only be granted if a Satisfactory Arrangement is in place to reduce any accumulated debt.

The Debtor Management Policy is co-ordinated through the Group Office of the Sydney Anglican Schools Corporation, including the issuing of ‘do not come next term’ letters when fees remain unpaid or if a previously agreed Satisfactory Arrangement is not maintained. If you face either situation, I encourage you to contact the Shoalhaven Region Anglican Schools Business Manager, Mrs Leisa Ebdon on 4421 7711, to discuss your circumstances as soon as possible.

These policies have been adopted to ensure that all students have an adequate opportunity to access the teaching and learning environment offered by our schools, and that each school’s available resources are managed effectively for the benefit of all students and their families.

[Bill Shields
Chair
Shoalhaven Region Anglican Schools Council]

From the P and F

The first P and F meeting of the year was held on Tuesday night this week, with a great turnout which included many familiar faces, as well as some very welcome new additions.

There are many exciting initiatives planned for the first half of the school year including:

- The Movie Under the Stars Event on the June long weekend
- Regular social events

The P and F committee for 2016 are:

- President: Megan McBride
- Vice President: Kimberly Mason
- Secretary: Amber McFarlane
- Treasurer: Lisa Leyson

Meetings will be held on the first Tuesday evening of each month, with the next meeting planned for Tuesday 5th April at 7pm. We encourage you to put a reminder in your calendar and try and get along to one of our meetings to join us in our plans to help build and support our great school.
Banggali Group with Karen and Larissa

During the Banggali group time, discussion focused on friendship and ways the children could be nice to each other. The children took turns choosing a name card; they then had to say something nice to that person or making an observation about them. This was followed up by each child talking about themselves describing what makes them unique. Georgia stated that “if we all looked the same we wouldn’t know what to do.”

The children played a ‘Guess Who’ game. Karen chose a name card and gave clues to who she was describing. The children had to guess who the person was by listening to the identifying clues – e.g.,” they have dark hair: they have blonde hair: they are wearing a dress/shorts” etc. A story called ‘I Like Myself’ by Karen Beaumont was shared and was about a child who “liked myself because I’m ME!” The children then concluded group time by creating a portrait of themselves using crayons and their photos to observe.

Sussex Inlet Early Learning Centre

Our centre boasts a natural environment for children to explore. We incorporate nature and sustainability into our daily practice and imbed this practice into the children’s learning.

Our staff are kind, responsive, passionate and QUALIFIED!!! We only employ qualified and experienced educators to be better able to educate and care for your children.

We provide a comprehensive program tailored to your child’s needs and abilities which is carefully co-created by our own Educational Leader.

We are now taking interest for 0-2 years enrolments at our centre. Be sure to call about nursery positions in 2016.

Operating hours:

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Parent Information Sessions

Headspace Nowra in partnership with the Ulladulla Youth Centre are offering free information sessions for parents who are interested in learning more about youth mental health and supporting their young person through tough times.

The info session will cover:
- How mental health issues look in young people
- Why young people self harm or think about suicide and how you can support them
- Talking with your child about tough issues
- Practical information for supporting young people
- Local support options available to your young person
- How to get help for your young person
- The importance of looking after yourself

Headspace Nowra

National Youth Mental Health Foundation is funded by the Australian Government Department of Health under the Youth Mental Health Initiative

Light Refreshments Provided