



Macquarie Grammar School

September Bluey

'Truth and Virtue'

Our Alumni Visiting The School



**Volume 13,
Issue 5
Winter Term, 2017**



**The ISD Girls' Basketball Team
Well done Everyone!**



Macquarie Grammar School

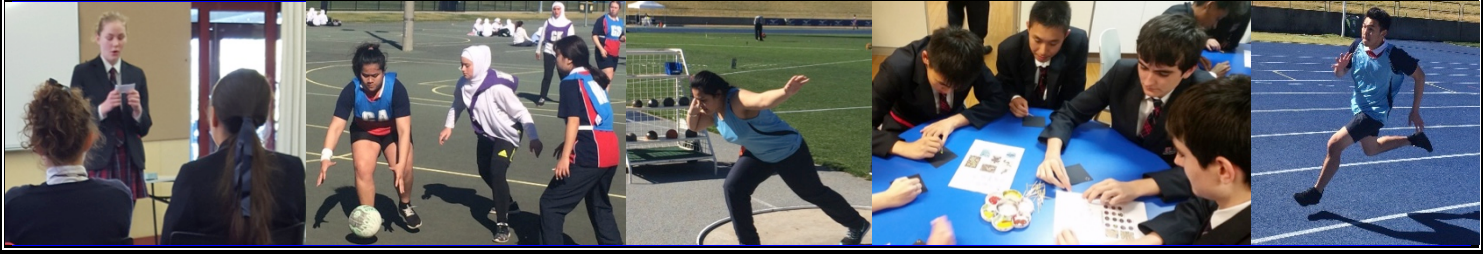
September Bluey Newsletter

'Truth and Virtue'

Volume 13 Edition 5

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Winter Term

Year 7 Vaccinations

Year 11 Examinations

Years 7 – 10 Examinations

MGS Athletics Carnival, Years 7 to 12

Year 12 Valedictory Assembly 1:45pm

Winter Term Awards Assembly, 12:20pm

Lessons conclude for Years 7 to 12

Mon 4th Sept

4th – 8th Sept

11th – 15th Sep

Fri 1st Sept

Fri 22nd Sept

Fri 22nd Sept

Fri 22nd Sept

Spring Term

Staff Professional Development, Home Visits

New Student Orientation Day

Lessons commence for Years 7 to 12, 8:30am

Parent/Guardian-Teacher Interview, Years 7-12

National Young Leaders Day

Graduation Assembly, 2:00pm

Lessons conclude for Years 7 to 12

Staff Professional Development

Staff Professional Development

Mon 9th Oct

Mon 9th Oct

Tues 10th Oct

Wed 18th Oct

Mon 30th Oct

Wed 6th Dec

Wed 6th Dec

Thur 7th Dec

Fri 8th Dec

School Office Hours (During Term)

8:30am-5:00pm

School Office Hours (During Term Breaks)

9:00am-4:00pm

Uniform Ordering Hours

9.00am- 500pm

oral fluency and written expression with such commitment and determined focus. During their recess and lunch breaks it's not uncommon for the lesson to continue with the students discussing what they have been taught and how they can master the task. Since last term the students have stayed back after school seeking extra assistance from both Mr Manaay and Ms Cai. They are so keen to make progress that they look forward to the two exam periods in weeks 3 and 9 each term.

I extend my appreciation to both teachers for the wonderful work they are doing with the students and to the students for their utmost respect for their teachers. I look forward to presenting our students with their certificates at the end of term assembly, for passing the standards set in HSP.

International Students Visit MGS

A number of international students spent four weeks at MGS experiencing school life in Australia. It was wonderful to host them as they were very interested in maximising their language studies in Years 7 and 8. I am sure they made many friends and have taken with them some forever memories. I thank the parents for choosing MGS and look forward to meeting them in the future.



Inspirational Quote

"Make your life a masterpiece; imagine no limitations on what you can be, have or do."

Brian Tracy



Message from the Headmaster Winter Term

Over the weeks our students have been very committed towards their studies and there has been a positive transition towards their academic growth. It has been most inspiring for the teaching staff and I to see this taking place and I would like to share with you the positive attitude of the High School Preparation Class (HSP) as an example.

The students undertake a broad study programme while in HSP and need to acquire an appropriate level of English proficiency before moving to the mainstream. It's an absolute pleasure to walk into the classes and see the students well engaged with the lesson and practising their

Parent-Teacher Interviews

In Week 2 Spring Term Parent/Guardian-Teacher Interviews will take place on Wednesday 18th October between 5:00-8:00pm. A note has been distributed to parents/guardians and is available through the MGS App. Please use the information supplied in the note for you to make an electronic online booking for a teacher interview. It is most important that everyone attends as the teachers are looking forward to conveying to parents and guardians on the

progress made by their child. Please place this date in your diary and I look forward to seeing everyone on the night.

Welcome

I would like to introduce to our parents and guardians a new member of staff, Mr Wallace. He joins us from Victoria and has extensively in a variety of HSIE courses. His expertise in Economics, Legal Studies, Business Studies and Commerce will benefit our students enormously and in the short time he has been with us he has made a significant impact. On behalf of the school community I wish him a long tenure with us.



An Alumni Visit

Recently we were visited by a number of our ex students, tell us how they are progressing with their university studies: Jenny Trinh (2013 Dux and Captain), Andrea Do (2014 Dux) and Ling are studying Actuarial Studies, Architecture and Medical Science. We thank them for the visit and wish them well.



Message from the Director of Welfare

I would like to mention that we have a leadership programme this term and it ties in well with students who are interested in applying for a school leadership position for 2018 onwards. That's the National Young Leaders Day.

Also, I have an article later in this Newsletter that refers to Goal Setting and what students, parents and the school can do in partnership to improve academic outcomes. I ask that you please read it and discuss it with your child.

Sydney Secondary NYLD 2017

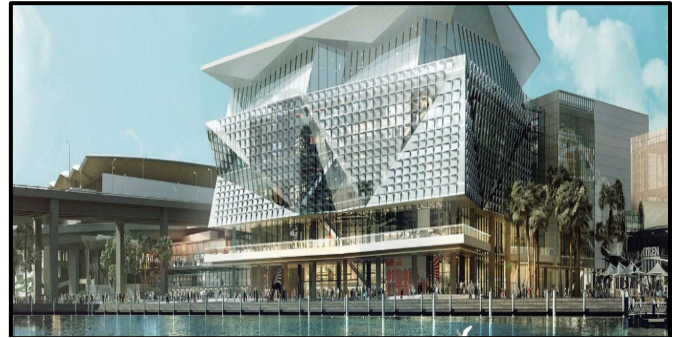
The annual National Young Leaders Day Event for high school students will be held this October.



Join over 2,500 other young people who are embarking on a journey to lead themselves and others well!

I am looking forward to welcoming the students to **The National Young Leaders Day** at the **Sydney International Convention Centre** at the Darling Drive, Darling Harbour NSW on Monday the **30th of October 2017**.

International Convention Centre



From the group of students who will be attending this event, I need to nominate a leader. The student leader will receive an email pre-event to get them thinking about the program content along with tips and event info designed to help prepare them for the activities and learning to take place. This person will be encouraged to share this info with fellow attendees in the week leading up to the event - a great way to boost engagement before you even get there!

If you would like to be involved, I need to send them the name and email of our student leader nominee to australia@halogenfoundation.org.

10,000 Ideas

Students who wish to participate in the 10K Ideas film initiative will need to bring a signed talent release form with them on the day.

Nominate a student leader

Look forward to seeing you all on event day!

Mrs Sun

*Leadership Program Coordinator
Director of Welfare and Operations*

Message from the Director of Curriculum

Year 12 completed their Semester 2 Examinations and I am pleased to say that they have worked studiously and have achieved some fine results. There are still another 4 to 5 weeks remaining before the HSC and with continued hard work and a good study programme I am sure they will do well. Now is the best time to seek assistance from their teachers as they are keen to provide the guidance and tutelage that they may require. Also, some of the Year 12 teachers have organised additional lessons over the upcoming holiday break to revise and consolidate the content and skills within the course. Please refer to the school website and Skoolbag app for details.

I urge all Year 12 to attend these lessons as the teachers are generously offering their time during their break.

Year 10 Course Choices for Year 11 2018

Wednesday 2nd August 2017, 7:00pm

Year 10 have completed their course choices for Year 11, 2018. The school is now well underway with its planning for next year. It should be finalised by the beginning of Spring Term and information will be passed on to students and parents/guardians at the information sessions. Please feel free to contact me should you have any questions regarding teaching and curriculum at Macquarie Grammar School. I am always open to a productive discussion with the view to improving student learning outcomes.

*Mr Hagan
Director of Curriculum and Compliance*

Junior Plain English Public Speaking Competition

Annelise Ryan (9) and Mason Shah (7) recently competed in the Legacy Junior Public Speaking Competition.

That is open to all schools in NSW. The prepared five minute speeches were excellent and a credit to our students and the school. The impromptu where students are given five minutes to prepare and then need to speak for two minutes was challenging for all contestants with the topic "Leader of the Pack." Annelise and Mason did well and were of equal standing among the other local schools such as Newtown Performing Arts, Rose Bay and Randwick Boys. Both our students gained valuable experience in public speaking and thinking critically.



*Mr Gates
English Teacher*

Drama HSC Performance

Students Laura Rose and Campbell Payne have been working very hard and consistently to develop their 12 minute drama performance and script. On Thursday 3rd August was assessment time and students are in the usual black clothing for their group performance.

The actual HSC performance was set for August 24th and we wished both students well.

For their individual requirements Laura elected a performance and we saw an excellent individual performance that strongly showcased her dramatic skills. Campbell has elected to write a Director's Portfolio and his individual also showed strong understanding of drama concepts and drama styles.

*Mr Gates
Drama Teacher*



SRC News

Jeans for Genes Day 2017

As the first mufti day of the year, this fundraiser was most rewarding to see our students come to school in their jeans – for some, this even included double denim! After an abundance of hard work and planning, the SRC are proud of our school's [spirit](#), unity and being official participants of Jeans for Genes Day. It has been a most successful day as we were able to raise [and](#)



[donate \\$250](#) supporting the work of the Children's Medical Research Institute.

On behalf of the SRC, we'd like to thank you for all your participation and support!

Something Sweet for Recess and the Homeless

The SRC organised a cake sale and provided something sweet for MGS students to enjoy during recess and lunch. We managed to make a healthy profit of just over \$200.

These funds will be donated to help alleviate the plight of homeless youths, which is the charity that the SRC chose to support this year.



We thank all the students and staff members for their support.
MGS SRC

Sport

ISD Netball

On Wednesday the 2nd August, Macquarie Grammar School competed in the annual ISD Netball Championships at Moore Park. MGS were ably represented by the following students:

Linda Nguyen, Aurora Li, Dina Tian, Linda Nguyen (9), Annelise Ryan (9), Aurora Li (10), Dilara Ozhan (10), Isabella Stavrow (10), Dina Tian (10), Rosalind Malolo (11), Gloria McDonald (11), Amy Sheppard (11) and Mia Steward (11).



Our pool games saw us compete against Reddam and Glenaeon. Both Schools proved too strong yet the girls played with wonderful determination and never gave up. Special mention to Dina Tian who never played Netball before. Dina proved to be a versatile defender and intercepted many passes throughout the day.

Due to a forfeit the following round, Macquarie Grammar School faced off against Al Sadiq for the 3rd vs 4th playoff. From the opening whistle, MGS stamped our authority on the match. Excellent work by our GA - Rosalind Malolo, ensured

we dominated the centre and attacking third all game. Dilara Ozhan created many good attacking raids whilst playing Centre and Al Sadiq were never in the match. The final result was 19 – 6 to MGS – placing third for the overall day – a tremendous effort! The whole team played with wonderful enthusiasm and fair play throughout the day.



Rosalind Malolo chasing the ball



Mia Steward playing defence

ISD Athletics at ES Marks Field Kensington Tuesday 15th August 2017

On Tuesday the 15th August, Macquarie Grammar School competed in the annual ISD Athletics Championships at ES Marks Kensington. MGS were well represented by the following students:

Years 7/8

Raphael Kesov, Arda Lok, Mike Norouzi, Mason Shah, Omar Sutisno, Aaryan Tiwari

Year 9

Riaz Khan, Josh Pantea, Javier Pita

Year 10

Brendan Deng, Hewitt Freshwater, Paul Kim, Aurora Li, Dilara Ozhan, Isabella Stavrow, Dina Tian, Hollen Wang

Years 11 / 12

Rosalind Malolo, Gloria McDonald, James Patterson, Amy Sheppard, Mia Steward, Evan Ye, Cristiano Zhan

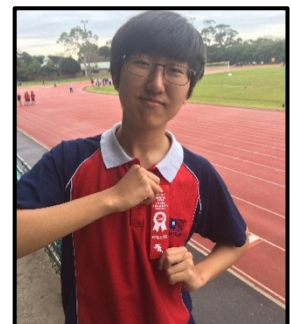
Our large squad of athletes competed with great spirit in a wide range of track and field events throughout the day. Aaryan Tiwari started the day for MGS competing in the U13 1500m and ran a great race. His determination set the scene for a strong day of competition by all MGS students. MGS placed 5th out of ten schools – our best ever performance at ISD!



Aaryan Tiwari finishing the U13 1500m



***Paul Kim placed second in the U17 1500m
Evan Ye won the U18 Discus***



AICES Athletics Championships, Sydney Olympic Park Wednesday 30th August 2017

The following students were selected to represent ISD at the AICES Championships:

- | | |
|--------------------|-----------------|
| • Mason Shah | U12 Shot Put |
| • Isabella Stavrow | U16 200m (DNC) |
| • Rosalind Malolo | U17 Shot Put |
| • Gloria McDonald | U18 100m & 200m |
| • Brendan Deng | U18 100m & 200m |
| • Evan Ye | U18 Discus |

On a beautiful sunny day, five Macquarie Grammar Students represented ISD at the AICES Athletics carnival – Sydney Olympic park. Our students faced tough competition yet we performed admirably in all events.

Rosalind Malolo placed 4th in the U17 Shot Put, narrowly missing 3rd place. Mason Shah threw a PB of 7.62m in the U12 Shot Put and placed 7th.

Gloria McDonald had a solid day placing 4th in the 100m and a strong run in the 200m. Brendan Deng came across some outstanding runners in both the U18.19 100m & 200m,

however, he deserves special praise for his efforts. Evan Ye placed back in the field in the U18 Discus yet tried his best and improved with each attempt. Macquarie School can feel proud of our students competing at this high level – well done!



Rosalind Malolo



Gloria McDonald



Mason Shah



Brendan Deng



Evan Ye

*Mr Slavin
Sportsmaster*

Basketball

One of the many Thursday afternoon sports offered at Macquarie Grammar school is basketball. At basketball the students practise their sport skills and increase their fitness. The afternoon activity also provides an opportunity for the students to build friendships and develop their teamwork skills.



Dance As a Sport

As part of our excellent sports program, Dance has been offered and 23 students have taken up this amazing opportunity to learn hip-hop dance routines. A professional dancer and tutor has been generously employed to ensure our students gain expert tuition though local staff are at hand ready to teach dance as part of the school's teaching strengths.



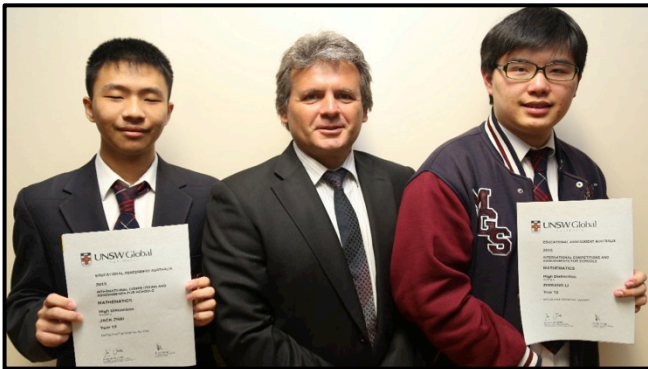
Students have been guided carefully and consistently so that fun routines in hip-hop are learned and developed. Our students are benefitting from yet another excellent program provided by our fine school.

Mr Gates

Goal Setting

Over the years students at MGS have enjoyed academic success in the HSC. Our top academic students in years gone by have indicated, that whilst at school they regularly set

academic goals, planned strategies to reach those goals and assessed their progress throughout each year. It is important to recognise that their achievements are the realisation of goals set early in their schooling.



You need to set SMART goals this year! A SMART goal is:

- Specific (and strategic): Linked to marks or ranks within a course and/or overall School goals and strategic plans.
- Measurable: The success toward meeting the goal can be measured. Ask yourself the question—How can I measure my progress towards this goal?
- Attainable: Goals are realistic and can be achieved in a specific amount of time and are reasonable.
- Relevant (results oriented): The goals are aligned with current tasks and projects and focus in a defined area.
- Time framed: Goals have a clearly defined time-frame including a target or deadline date.

What academic goals have you set for 2017?

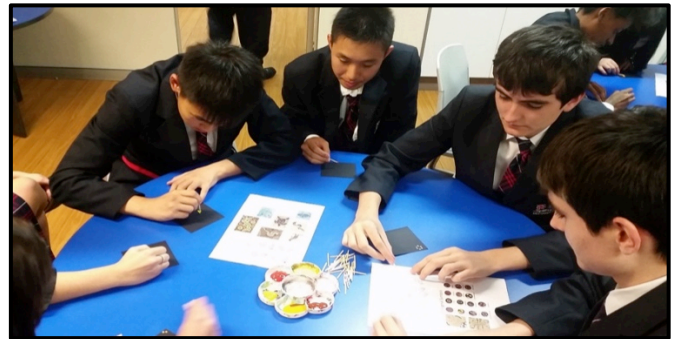


Write your goals down, then you will be forced to be specific about them, you can refer to them throughout the year and you can see how you measured up in the end. Share your goals with friends and family as this will add some accountability. It is good to have others asking how you are going and helping to provide focus on the goal ahead.

Finally, if you experience difficulty setting goals or do not know where to start then seek help. Your Tutor/Home Room teacher, parents or even the class teacher will be more than willing to help.

It is a proud feeling to set goals and achieve them! Dare to dream and then turn your dreams into reality!

“Whether you think you can, or think you can’t, you’re right.” Henry Ford.



Planning for Assessments

During the year there are some times that are busier than others when it comes to assessment tasks. Forward planning helps students to best manage their time and minimise stress. Students can plan well ahead for assessment tasks.



Tips to Aid Success at School



New goals and a fresh opportunity for greater fulfilment and success. In an endeavour to stimulate initiatives for a positive 2017, I have crystallised my top tips to sponsor success for our students.



Strong Secure Relationships

Students thrive when they’re in positive relationships where they feel safe, secure and appreciated. If students feel liked,

respected and valued, they most often respond by engaging with enthusiasm. Positive relationships need to exist both at home and at school for students to thrive. Parents should look to create opportunities for one on one time with their children, even if it's in the midst of completing household or outdoor chores together. Whilst the School will provide many varied experiences where students can develop strong relationships with their peers and staff, parents need to take an active role in providing opportunities where student relationships can be further fostered.



Parental Involvement and Support ***Homework and School events***

Children need regular interaction with their parents where they obtain reassurance and gentle guidance. Time needs to be found each day where families can communicate. Ensure that your children feel more valued than the device that seeks to compete for attention. An interest and awareness of homework tasks sends a powerful message to your children that you care about their learning.

A Regular Reading Habit

Strong language skills are the foundation of success at School. Some children are gifted with instant success in this area, whilst others will find the journey a tiresome battle. However, it is a battle that needs to be won, and will, with tenacity and consistency. Daily reading should occur for a minimum of five evenings a week. The format will vary in each household with some requiring more input from parents than others.



Controls on Digital Use

Technology is attractive and powerful and is particularly appealing to students. However, it can also be addictive. As part of the negotiated daily routine, clear boundaries need to be established for the amount of screen time that children should be exposed to. Some parents create technology free days during the week with good success. This is a critical area that requires careful, tight management and control.



Active Involvement and Support in Extracurricular Activities.

The goal of a MGS's education is to create well-rounded students. Academic achievement is important, but so too is a balanced lifestyle and admirable character. Just as parental interest and support is provided in academic studies, this input should be extended to extracurricular pursuits and particularly with music or sport whilst children are developing foundational movement and coordination skills. Since time can't be found during the week, so this should be sought on weekends and during holiday periods.

Adequate Sleep

A tired brain is one where learning will be limited. Children need adequate sleep periods for their age and regular sleep patterns. For children between the ages of 8 to 12, medical experts suggest 10 hours a day of sleep is an average requirement. More hours are recommended for those who are younger.

Experiencing Success

Students, in particular, respond well to success. When they experience success in a subject, an assignment or an extracurricular endeavour, they invest even greater energy in that endeavour. Help our student to find their strengths and seek to employ initiatives that will foster further opportunities to grow and enjoy success.





Developing Resilience and Independence

Our goal as teachers, is to raise children who are happy, connected, responsible human beings who can operate successfully within a community. This requires thoughtful and strategic action that will encourage the growth of independence and resilience. All members in the household need to accept responsibility and this should increase each year as children get older. Negotiate what these responsibilities might look like in your home.

Certainly care for possessions, packing the bag in readiness for the next day each night and a regular household area of responsibility should be established and consistently maintained. When things go wrong or others upset or disappoint, help your children to problem solve. Calmly model how a resolution might be achieved. Ask questions that help to empower your child to strategise a possible solution. In so doing, you'll be teaching resilience and equipping them to face future issues with confidence and control.



Using Mistakes to Your Advantage

Often there is a reaction to castigate ourselves or others when mistakes are made. However, mistakes can be very helpful in highlighting a need. At School we encourage our students to see mistakes as a helpful indicator that highlights an area that we need to address. The focus isn't on the error itself, more about how we can turn this factor into an area to target. It isn't that we can't do something, we just can't do something yet.

I feel confident that in employing these strategies outlined here, our students will enjoy further success in 2017.

*Mrs Sun
Director of Welfare and Operations*

Careers University Open Days UTS 2018 Course Guides

<https://www.uts.edu.au/future-students/undergraduate/essential-information/uts-courses/course-guides>

Study in Australia for International Students

This is the official Australian Government website for international students. Search for courses, institutions and scholarships, read about studying and living in Australia, watch stories from other students, and learn about Australian education. <http://www.studyinaustralia.gov.au/>

UAC Studying In Australia for International Students

Australian tertiary institutions offer a broad range of study options and areas of specialisation, from arts and humanities, business and economics to communications and media studies, creative arts, education, engineering, health and medical sciences, science and technology and teaching. Qualifications gained in Australia are recognised around the world. <http://www.uac.edu.au/international/admission/study-in-australia/>

UAC International Students - Who can apply? <http://www.uac.edu.au/international/admission/who-can-apply.shtml>

Bond University Medical Programme

5 year double degree of the Bachelor of Medical Studies (BMedSt) and the Doctor of Medicine (MD). <https://bond.edu.au/program/medical-program>

Quality Indicators for Learning and Teaching (QILT)

This website helps prospective university students make informed choices about their future. QILT provides students with a broad range of information about Australian universities including graduate job prospects and student satisfaction and retention rates. <https://www.qilt.edu.au/>

Which career in health science suits you?

Great quiz guides you to a health career specialization. <http://this.deakin.edu.au/careers/quiz-which-career-in-health-science-suits-you>

UNSW Campus Tour

Campus tours run on the first Saturday of each month and most Fridays providing potential students with a guided tour of what UNSW has to offer. All tours start with a presentation prior to the tour.

<https://www.futurestudents.unsw.edu.au/unsw-campus-tours>

ANU: Tuckwell Scholarship

Applications open now for 2018

The scholarship provides financial support for a range of degrees, both single and combined undergraduate degrees. There is also a travel allowance to help move to Canberra, inclusive of returning home during the duration of the degree and an ANU sports centre membership. <http://tuckwell.anu.edu.au/the-scholarship/>

Applying to the Australian Defence Force Academy

It is advised that students wishing to study at ADFA 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 to meeting the academic requirements of UNSW as well as the mental and physical requirements of the Australian Defence Force.

To find out more about the selection process visit:
<http://www.defencejobs.gov.au/education/adfa/how-toapply/>

Careers in Maths

Visit the Australian Mathematical Sciences Institute's website to view a range of career profiles from apprentice chefs to Electricians to Nurses where mathematics is a necessary part of their everyday jobs.

<http://mathsadds.amsi.org.au/>

How to survive Year 12

Starting Year 12 this year? Click this link to find out how to survive the year:

<http://www.youthcentral.vic.gov.au/studying-training/secondary-study/6-tips-for-surviving-year-12>

The Good University guide also gives tips on how to survive year 12. Click here to find out more:

<https://www.gooduniversitiesguide.com.au/education-blogs/tertiary-study/year-12-survival-tips>

How to prepare for Year 12

Want to get a head start for Year 12? Study TV host Rowan, a Sydney University Graduate of Law, has compiled a number of tips in multiple YouTube videos, on his channel, about how to prepare for Year 12. Click this link to find out more:

<https://www.youtube.com/channel/UCrZDmupZ99dfVJfVMkFukHA>

For videos and interviews with top students who reveal how they achieved their amazing academic success head over to: <http://www.studytelevision.com>

Like them on Facebook for video updates:
<http://on.fb.me/mMbNCV>

Study smarter this year

Wanting to study smarter this year? Watch this video summarising Marty Lobdells "Study Less Study Smart" video. Watch here:

<https://www.youtube.com/watch?v=23Xqu0jXlfs>

For tips on studying throughout all areas of education, whether high school or university, Subscribe to Thomas Frank (College Info Geek) here on YouTube:

<https://www.youtube.com/channel/UCGKntY7aVnIGXYEBQvmBAQ>

Year 12 Career Action Plan

This Career Action Plan from the Victorian Government is useful for all Year 12 students to help plan their futures, and includes handy checklists of things you should do to be prepared for applying for jobs and tertiary study.

<http://www.education.vic.gov.au/school/teachers/teachingresources/careers/carframe/Pages/yr12apply.aspx>

Pathways to university

This article from Deakin University gives advice on pathways into university no matter what you receive as an ATAR.

<http://this.deakin.edu.au/study/how-to-get-in-to-uni-no-matter-what-your-atar>

GENERAL

HSC Preparation courses at the University of Sydney, Centre for Continuing Education

The HSC Preparation courses at CCE, the University of Sydney provide a comprehensive overview of preparation for HSC exams and assessment tasks. Students develop strategies for effective independent study which can be applied across a number of subjects: Chemistry, Physics, Essay writing, Economics, Biology or English Preparation. Learn the smart way and browse HSC courses at <https://cce.sydney.edu.au/>

Professional Cadetships Australia Videos

What is it like to be a cadet in Business or Engineering or I.T?

<http://www.professionalcadets.com.au/business-cadetships-video.asp>

<http://www.professionalcadets.com.au/engineering-technology-cadetships-video.asp>

The Duke of Edinburgh's International Award

The Duke of Edinburgh's International Award (or 'The Duke of Ed') is an exciting international youth development program. Anyone between the ages of 14 and 25 can take part and the best bit is you choose your own activities and set your own goals. The Bridge Award is also available.

This award is open to young people aged between 11 and a half and 25 years. It builds confidence and resilience and is a great introduction to the Bronze level of The Duke of Ed (from 14 years). You'll get recognition for doing many of the things you already do. You can also choose new activities that you've always wanted to do.

<https://www.qld.gov.au/youth/be-involved-have-your-say/duke-of-ed-what-is/>

Defence Info Sessions

All Defence areas near to you such as: Trades, GAP, Reserves, ADFA, Commando, Women in the Force, Pilot and many more. Go to this link to find what is happening nearest you.

<https://www.facebook.com/pg/DefenceJobsAustralia/events/>

How to become a Chartered Accountant

<https://www.youunlimitedanz.com/Site-Content/About-CA/How-to-become-a-CA>

Education USA YouTube Video Channel

What is it like to study in America? What is the visa process?

<https://www.youtube.com/user/EducationUSAtv>

School Uniform

Parents/guardians please make sure that your child attends school in full school uniform or the correct uniform when attending school. It's suggested that students have two of every item of clothing except off course the blazer, jumper and tie. You order online through the Midford portal www.midford.com.au/Order-Online/. The item can be delivered to school for pick up once electronic payment is made. This is a wonderful system and it works brilliantly.

Please follow the Uniform Online Ordering steps below: