

the bulletin

Erindale College



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Issue Date: August 2019

MESSAGE FROM THE PRINCIPAL



Welcome back to another exciting term here at Erindale College. We have had an incredible year so far and from all indications, this next half of the year is gearing up to be just as jam-packed and filled with inspiring stories of challenge, persistence and success. Our students continue to excel in all areas of their schooling – from academic achievements, to excellence in the arts and consistently demonstrating strengths in the sporting arena. Further, Erindale students have been out and about in the community displaying strong leadership to younger students within the Tuggeranong Valley through their work supporting other schools in a range of different ways.

The school has just completed our School Review which is a process that all ACT public schools engage in every five years to assess our school improvement pathway and provide feedback in relation to the strategic direction of the school. The result of this experience is a report and set of affirmations, commendations and recommendations for us to work towards as we strengthen our practice to achieve the best outcomes for our students. This report will be available on our website for parents and members of the public to read.

I speak often about the importance of our parents as partners in the learning journey and we are always interested in your feedback. There are a few ways that

parents can get involved, learn about our goals as a school, and share your views with us:

School Satisfaction Survey: School Satisfaction Survey access details will be shared with students, teachers and families for input. By doing this survey you will help us improve our school for your child and future students. The survey results will also be used in public interest research projects and longitudinal studies aimed at improving the quality of services in the ACT. No personal information will be provided to any school or college. The survey will take about 5 to 10 minutes to complete and will be open until 2 September 2019. We strongly encourage people to have their say!

Parent Forums: Towards the end of the term, and early next term there will be an opportunity for parents and carers to contribute to our strategic plan for the next five years which sets the goals and milestones for the school. Please contact me at any time if you would like to be involved.

Parents and Citizens (P&C) and School Board: These groups meet once per term with our next meeting occurring next week on Wednesday 21 August at 5:15pm in the Conference Room for anyone wishing to attend.

Based on feedback from our last Bulletin, a continuing feature will be a space for parents with articles and advice about current topics to help support our teens – this is a good opportunity to remind families that we are always here to help and support families through these final years of secondary schooling. I have chosen another article by Andrew Fuller, renowned child and adolescent psychologist and author, which discusses strategies to help protect our young people from depression.

We also received some information from the Education Directorate this week in relation to concerns in the national media around the privacy of students' email addresses and the ability for people outside of the education system to contact students via email or Google Hangouts.

This is of particular concern where students are given an automated first name.last name email address. To reassure you, this is not the case in ACT public schools. Each student's email address uses their unique student ID number. These email addresses are not searchable outside of the ACT Education domain, and security protocols are in place to reduce the risk of the public gaining access to this information.

We also use Google's industry leading spam detection and an extensive range of additional tools to strengthen security. Currently Google Hangouts is disabled for all schools unless explicitly approved for use by school principals. Only a small number of public high schools and colleges in the ACT have enabled this service.

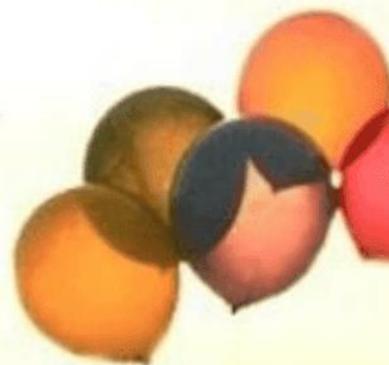
This is however a timely reminder of the importance of making sure our children and young people know how to keep themselves safe online and when to ask for help. This is something that we need to work together on. At school, we focus on developing safe and appropriate skills in the use of ICT, including cyber safety, acceptable online behaviours and being a well-rounded digital citizen. This includes the benefits and consequences of the use of ICT across their school and social life, so they are better equipped to understand when and where to use it. There are tips and resources on the ACT Education Directorate website at www.education.act.gov.au/support-for-our-students/student-health-and-wellbeing/being-safe-online as well as on the eSafety Commissioner website at www.esafety.gov.au/parents to help you talk to and guide your child. If you have any concerns, please don't hesitate to contact either myself or your child's teacher.

We have been fortunate enough to have Gary Lawson re-join the executive team at Erindale this semester and look forward to the wonderful teaching and leadership expertise he brings being shared across the college. I would like to take the time to thank you all for your contributions to our wonderful learning community here at Erindale, and to wish you all the best for the coming term.

Yours in Education

Jessie

One of the **happiest** moments ever is when you find the **courage** to **let go** of what you can't change.



Parent's Page

Depression Proofing your Kids by Andrew Fuller

About 20% of people experience depression at some time in their lives. That means that almost every family has someone with sometimes of depression.

Unfortunately, once someone has experienced depression, they are at far greater risk of feeling that way again.

While I can't guarantee that we can protect everyone from depression, there are things that we can do to make it less likely.

Sadness is not always bad. Everyone loves being happy but being sad at times is not such a bad thing. Sadness gives us time for thinking things over, sometimes regretting things we have done and helps us to resolve to be better people. Feelings of sadness, disappointment and set backs are part of human lives and without them we don't live whole lives.

We all want our kids to be happy but know that there will be times they will be sad. Helping young people to know that they won't be happy all the time is important. Realising that all feelings pass and that we can learn from the whole range of feelings, sadness included, is part of being human.

Lower the amount of stress: Try to identify some of the major sources of stress in your life and develop systems to deal with them. If you can't avoid the stressful situations at least develop a de-compression strategy. This is a way of winding ourselves down after being revved up. Going for a walk, doing some exercise and being active are some of the best ways.

Find some good friends: Friends are a treasure. Along with family, having a few good friends that we can talk things over with enriches our lives and protects us in difficult times.

Eat healthily: What we eat changes our moods. For example, countries that eat low levels of fish have higher levels of depression. Fish contains a fatty acid known as EPA, which is lacking in those with depression. Fatty acids are also found in flaxseed, walnuts and chia seeds and are good fats.

These are the good fats so if you are hesitant about eating them don't be. Whole grain oats have been shown to help with depression as they have folic acid and B vitamins and helps with a slow release of energy versus the crash and burn of blood sugar levels that can happen. Foods high in selenium which is found in meat, fish and cereal grains has also been shown to decrease symptoms of depression. Leafy greens have magnesium in them which helps with depression and helps with sleep patterns.

Have some sources of "Flow": We experience "flow" when we get involved in an activity that captivates us. At the end of these types of activities people often think, "Where did the time go?" There are many sources of flow – computer games, sports, drawing, dancing, reading, swimming and surfing are some. These are the things that you do that absorb you and take you away from your day to day cares and worries.

Losing yourself in a few pleasurable activities that challenge you is highly protective against depression.

Belong to the karma club: Decide to increase good will in the world by doing something positive for someone else. Try this out for one week. Pick someone you know and try to "knock their socks off" as much as possible. Give them compliments, greet them exuberantly and take time to be with them. You'll be amazed at how much benefit you get from increasing someone else's happiness.

Be grateful and lucky: Even people who have had rotten things happen to them can rise above them. They usually do this by deciding to be lucky. While we can focus on the things that have upset us, most of us have many things and people to be grateful for. Focusing on that part of your life and deciding that you are lucky makes an enormous difference to your life.

Get enough sleep and rest: Getting enough sleep is one of the most powerful ways we can protect ourselves against depression. The structures in the brain that support the most powerful anti-depressant, serotonin, are built and re-built between the sixth and the eighth hour of sleep.

Over 60% of people who sleep 5 or less hours a night end up obese and depressed.



If you are having difficulty sleeping:

- *decrease caffeine consumption late in the day
- *decrease sugar in your diet
- *go to bed at the same time every day and wake up at the same time every day.
- *avoid late nights
- *avoid naps especially after 4pm
- *avoid spicy, sugary or heavy foods before bedtime
- *have the room at a comfortable temperature (some kids want to heat up the room and sweat the night away)
- *block out distracting noise
- *don't sit in bed while studying get in the habit of reserving it for sleep
- *warm milk before bed is good as it is high in tryptophan, which aids sleep.
- *try relaxation methods before sleeping
- *write out a to-do list for the next day before getting into bed.
- *have a pre-sleep ritual e.g. reading or warm bath
- *switch off the electronics especially phones



Get some exercise: Exercise decreases stress hormones such as cortisol and increases endorphins (happy chemicals). Exercise also helps release dopamine, adrenaline and serotonin, which work together to make you feel good.

Endorphins are a hormone like substance, produced in the brain and function as the body's natural painkillers. During exercise endorphins can leave you in a state of euphoria with a sense of wellbeing. The most effective type of exercise for the release of endorphins is cardiovascular exercise and aerobics.

Moderate exercise for 10 minutes a day is enough to improve your mood and increase energy but it is suggested that you do 30 minutes per day.

Laugh more: Laughter raises our levels of serotonin and dopamine. Make a point of watching TV shows or movies that make you laugh. Share funny stories and jokes with friends. People report that laughing even when they don't feel happy improves their mood and sense of well-being.

Checklist of Signs: When should I worry?

In the childhood and teenage years depression can be harder to pick because it is obscured by heightened emotions and times of grumpiness.

Some signs of depression are:

- Loss of interest in usual activities - they get up and go, has got up & gone
- Increased use of drugs and alcohol
- Sleep problems
- Changes in energy levels –either sluggish or agitated and restless
- Changes in eating patterns change - either disinterested in food or over eating
- Speaking about death and hopelessness Increased and inexplicable irritability
- Your own feelings of anxiety about your child

It is worth getting some help if your child or adolescent is appearing to be depressed. One way to do this to say, "I'm worried about you and I want you to come with me to see someone so that I can work out whether I should be worried or not". Try to find a good local psychologist, psychiatrist or doctor who can relate to young people.

NEWS

Mobile device ban in force for L and P plate drivers from 1 July 2019.



Young and novice drivers are disproportionately represented in casualty crashes in the ACT. Between 2006 and 2017, 15 drivers aged 17 to 24 years old were killed in the ACT.

A total ban of mobile device use while driving has been put into place for learner and provisional drivers. This includes talking, hands-free and speaker mode.

Any activity that distracts a driver while operating a vehicle is dangerous, and can result in lane deviations, greater fluctuations in speed and delays in driver reaction time.

GPS applications can be used if the device is programmed before the trip starts so that it does not require any interaction during travel. It is recommended that drivers turn their phone into Do Not Disturb mode to avoid temptation.

For more information visit www.justice.act.gov.au

<http://bit.ly/anusurvey>

ATTENDANCE

This term our focus has been on student attendance.

You should have already received an email with our updated policy.

Students are expected to attend 90% of every class and this needs to be met or risk being given a Void (V) grade for that particular unit.

Where a student misses a lesson or lessons the college requires a satisfactory explanation in writing within 5 days of the absence.

The college defines 'satisfactory explanation' as one that is supported by 'appropriate documentation'.

Examples of appropriate documentation include:

- Medical Certificate or evidence of an appointment with a medical/dental/physiotherapy practitioner
- Satisfactory written/email explanation of legitimate absence signed by parent/guardian (e.g. bereavement, illness, injury, representative sport).

For planned absences in advance (e.g. overseas holiday, sporting trips, known medical procedures) an 'Advanced Notice Form' from student services must be completed and submitted along with documentation. Not providing prior notification or documentation may affect outcomes and result in a Void (V) Grade.

Emails may be sent from a verified parent email address to our absence email address: erindalecollege.absences@ed.act.edu.au

Mental Health

Researchers at the Australian National University are conducting an anonymous online survey to explore how parents can support their child's mental health. If you are the parent of a young person aged 12 to 18 years, they would like to hear from you! To participate in this important research, please complete the 15-20min survey now by clicking on the link below. Thank you!

HEALTH

We have been advised of a diagnosed case of **Influenza** and wish to advise the following:

Infectious Conditions – periods of exclusion from school

The ACT Public Health Regulations 2000 assigns to parents a responsibility to exclude their child from school and to notify the school if there are reasonable grounds for believing that their child has an infectious disease or been in contact with a person with an infectious disease.

The ACT Public Health Regulations 2000 require children with the condition listed below, and children who have been in contact with the condition, to be excluded from school, preschool as advised by your medical practitioner. A parent/carer of a child with this condition must also notify school principal or principal carer as soon as possible.

Personal hygiene measures such as hand washing, covering the mouth and nose when coughing or sneezing, covering weeping sores, not sharing food or drinks and not attending school when ill or suffering from diarrhoea are important means of limiting the transmission of several common infectious conditions.

Condition	Exclusion period of person with condition	Exclusion of persons in contact with condition
Influenza	Exclude until well	Not excluded
<i>Haemophilus</i> Influenza Type B (Hib)	Exclude until a certificate is provided by a medical practitioner recommending that the exclusion should cease	Not excluded

Lockers



The new lockers are now available to hire, all lockers have adjustable shelves to allow for larger items. Please bring \$5.00 and a padlock to the Front Office.

Satisfaction Surveys

Satisfaction Surveys will start Tuesday 13 August and close on Monday 2 September. Email instructions will be sent to students schoolsnet email account. Please ensure that you bring your chrome books charged and ready to participate in the coming weeks.

WHATS GOING ON AROUND EC

Under Milk Wood



Dylan Thomas' *Under Milk Wood* was written as a radio play in 1954. It tells the story of a day in the life of a fictional Welsh village, Llaenggub, and its eccentric inhabitants - Mrs Ogmores-Pritchard, relentlessly nagging her two dead husbands; Captain Cat, reliving his seafaring days; the two Mrs Dai Breads; Organ Morgan, obsessed with his music; and Gossamer Beynon, desperate to find a lover.

On Wednesday 29 May 2019, the Senior Drama students at Erindale

College presented *their* version of *Under Milk Wood* by Dylan Thomas, set not in 1950's Llaenggub, but in the Erindale Centre in 2019. It was a most energized romp of a production and the students were able to experience what it's like to perform in a professional theatre. The Senior Drama class had to overcome several significant challenges to see this work produced and it is to their credit that they were able to demonstrate perseverance, determination and considerable courage. In the words of playwright Thornton Wilder:

I regard the theatre as the greatest of all art forms, the most immediate way in which a human being can share with another the sense of what it is to be a human being.

Jane Watson - Drama Teacher

MUSIC NIGHT



CONGRATULATIONS to all the students for their AMAZING performances in Music Night on Wednesday, June 5 in the East Block Theatrette. Their passion, commitment and musicality combined to make a truly memorable evening, with music ranging from intimate solos to classy Jazz ensembles, including energetic and driving rock numbers.

Musicians:

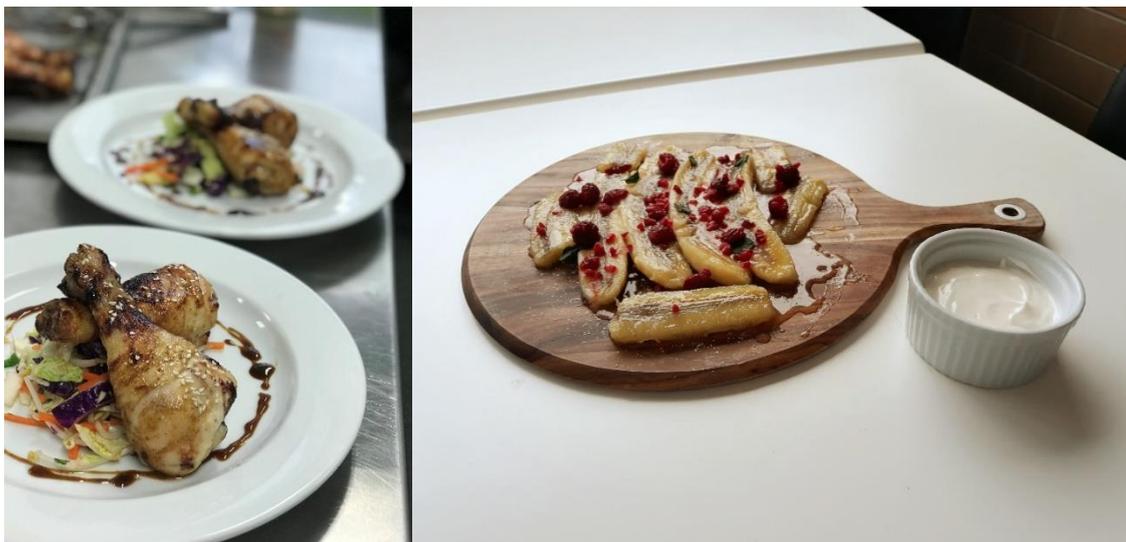
Tiana Alchin, Tony Alofipo, Anastacia Blaskovic, Natalia Blaskovic, Jamie Bodle, Elijah Brennan, Chantelle Buckle, Jessica Burgess, Ben Bustillo, Angelo DeVera, Jack Graham, Jack Heslop, Lakena Iva, Georgia Kennedy, Bianca Lawson, Peter Liang, Stephanie McGuire, Connor McNaught, Jasmine Millard, Vincent Narayan, Liam Rapson, Loren Reynolds, Sara Ridjic, Mawii RoChan, Riley Semmler, Xanthe Stone, Jack Swain, Rihana Wilson-Mortensen.

Behind the Scenes:

Tiana Alchin, Olivia Andrews, Felix Bernie, Jessica Burgess, Evan Hill, Owen Ng, Michelle Turner.

Please enjoy some of the photos, taken by our clever photography students Olivia Andrews and Michelle Turner.

Hospitality



In the Hospitality Industry Fundamentals class in semester 1 we have been focusing on food presentation and have been holding a student voting competition for the best food presentation. This is broken into a Main and Dessert category and the winners receive a free coffee voucher to be used at the Class Act Training Café. I would like to Congratulate the week 12 winners: Ash Kimber & Bella Arcus (line 5) for being voted BEST Mains presentation for their Chicken Drumsticks and Asian Slaw and Tahlia Taylor & Group (line 2) for being voted the BEST Dessert presentation for their Caramelised bananas!

Congratulations!

Meg Lennard – Hospitality

Hospitality



I would like to congratulate the week 13 winners: Xander Scarlett, Jacob Steen, Heather Willey and Claudia McGregor for winning BEST main presentation in week 13 and Jordyn Metcalfe for BEST Dessert with her Sticky Date Pudding presentation!

Congratulations

Meg Lennard – Hospitality

Business



The Business Market Day was held Thursday 23 May and enabled students to experience the highs and lows of running a small stall. This involved them working in pairs or three's developing and making the product then setting up the stall on the day and selling to customers. All in all, the students had a great time and gained valuable experience in seeing how their ideas came to life. We raised \$100 which will go to the ACT Shelter for the homeless.

Leica Burt

Legal Studies



Students had the opportunity to attend the UC Law enrichment day on May 14 where they were exposed to different aspects of the legal process with a focus on 'Lawyers: Protecting Your Rights'.

Students participated in a mock trial, negotiation and debate and heard from UC about legal professionals and studying at UC. All in all, it was a great exposure to seeing the law in action. Students who participated: Megan Uhe, Kathryn Niki, Taneshia Cook, Surayah El Talwi and Conor McNaught.

Leica Burt

Fashion



The Textiles and Fashion course has started the semester off by sewing mini sensory beanbags for our local Theodore Pre School to aid in the pre-schooler's development of gross motor skills and for our Erindale College students to improve their sewing skills and be involved with our community.

We have also made re-usable mesh produce bags that can replace single use plastics within household's grocery shops and encourage sustainability within this area. With the plan to make a set that can be used within Erindale College in the Food and Hospitality area.

Meg Lennard

Textiles and Fashion



SPORT

AFL



On March 27 our AFL team hosted Hallam Senior Secondary College from Melbourne. This has been an annual event for the past 6 years. This year Erindale proved too strong, with a 107-21 win. Best players were Josh Fahey, Oliver Synett, Jarrod Barker and Leigh McKay. Pictured Josh (B.O.G.) and Captains Brad Hancock and Ryan Kennedy.

Thanks to Clint Codey and his media students for capturing footage of the match.

AFL



Congratulations to Lachie Squire who has just signed with the Canberra Demons for the remainder of the 2019 NEAFL season. In recent weeks Lachie has starred for the Queanbeyan Tigers first grade team, as well as the GWS Giants NEAFL team.

A further congratulations to Sam Frost who recently played for the Giants NEAFL team in Brisbane.

Mark Armstrong

Netball – National Championships



Congratulations to Erin Mayfield, Jordyn Kearney, Olivia Clark and Sophie Jensen who represented the ACT 17 and Under and 19 and Under Netball teams at the National Championships in Brisbane.

Netball- Illawarra Sports High

On Wednesday 12 June the Erindale Netball squad were fortunate enough to have the Illawarra Sports High School Netball team join us with their Rugby League team for an interschool exchange.

The two netball teams played prior to the Schoolboys Cup match.

It was a great encounter with both teams playing some solid netball. There were some outstanding plays by the Erindale girls, and they were comfortable winners throughout the first three quarters. Illawarra had a strong final quarter and

were able to narrow the gap between the two teams. The pressure from the defensive end was very strong and allowed Jordyn Kearney and Sophie Jensen to turn the ball over consistently. The ball was well delivered to the shooting end through some quick and accurate mid-court plays and Olivia Clark was deadly with her accuracy, scoring 24 from 24 goals.

The final score, with a win to the Erindale girls, was 32-13. Congratulations also goes to the player of the game, decided upon by the visiting coach, Caitlin Keen for her speedy work through the mid-court.

Congratulations to all players involved and to those who assisted on the day.



Netball – Southside Netball Competition



A huge shout out to the Year 10 Netball team that participated in the Southside Year 9/10 Netball competition – and were the overall winners on the day!

With 4 of the Netball squad in Year 10, we were fortunate enough to recruit a number of students outside of the squad to put together a team.

The girls were fantastic and improved throughout the course of the day, making it to the grand final and taking out the match against Calwell High 13 – 6.

A huge congratulations and thanks to those involved:

Darcy Brazel, Ashley Kimber, Sophia Lemon, Ebonnie Mallia, Paige Manners, Chani Palmer, Olivia Sargent, Claudea Waihope-Andrews, Isabella Young and Caitlin Keen and Sophie Jensen who umpired on the day.

Netball – Intercollege

On Thursday 13 June the Erindale Netball squad (and extras!) played in the Intercollege Netball finals day.

Both Erindale Red and Erindale Black made it through to the finals after finishing first and second in the Southside competition.

Erindale Black had the tougher of the two semi's – coming up against the first placed Northside team – Lake G in a physical encounter. It was a tight fought out game with Lake G pulling away in the final quarter to knock the Black team out of the Grand Final.

Erindale Red were convincing winners in the semi against Gungahlin college 36-7.



In the Grand Final match an injury forced the Erindale Red girls to play one player short for the second half. However, with the accurate shooting, solid defence and fast moving play, Erindale Red still remained convincing winners 35 – 11. Most valuable player of the Grand Final went to Olivia Clark, who was not only deadly with her shooting percentages, but turned over a number of balls through her defensive pressure in the attack end.



Well done to all the girls involved Including our many extra's who filled in. And a huge thanks to Rachele Cridland and Seb Gray for assisting with the coaching this term.

Basketball – Australian Under 18 Championships



Congratulations to basketball program member Zali Andrews who represented NSW County at the Australian Under-18 Championships held in Townsville over the April school holidays. Zali worked tirelessly throughout the week given she was quite often matched against bigger opponents.

Special mention should also go to former squad member Chloe Hope who was spotted representing the ACT at the same tournament. To see footage of both girls' efforts.



Visit the Townsville Basketball YouTube page here: <http://tinyurl.com/y2s9xlky>

Basketball Grand Final



Towards the end of Term 1, the male and female basketball teams met their cross-town rival UC Senior

Secondary College Lake Ginninderra in the grand finals of the inter-college basketball competition.

In front of a vocal crowd both teams gave everything they had in two hotly contested games. The male team found their rhythm in the second half and made a run at their taller opponents but fell just short going down 43 – 35. Every situation is a learning experience however, and the boys realised how important making free throws are in the close games!

With a couple of key injuries in the girl's squad, we knew we were in for a tough afternoon. In a physical and defence-oriented game, Lake G hit some big shots at the back end of the second half and took the trophy home with a 24 – 14 win. Both teams should be proud of their efforts early in 2019 and will look to continue their development throughout the year.

3x3 Basketball



On Wednesday 22 May we saw 5 basketball teams (3 boys, 2 girls) head out to Belconnen to compete in the inaugural college 3x3 basketball tournament. It was a fantastic day of fast paced action with little rest between games. The students represented themselves and the college well while also achieving some respectable results. 2 of the 3 boys teams made it through to the quarter finals before being eliminated. One of the teams exited at the semi-final stage while the other, consisting of Claudea Waihape-Andrews, Piata Ngata, Emily Prior and Courtney Stengel made it through to the Grand Final but were unfortunately defeated 15-8 in the Grand Final by Lake G.

A great day of fun in this new form of basketball.

Clint Codey

Basketball Fundraising



In early December the Australian School Basketball Championships will be held in Melbourne. This is the largest school

basketball event on the calendar and Erindale College will be sending a male and female team to compete for the 24th consecutive year. To assist with costs, members of the male and female basketball squads gave up three days of their holidays to run fundraising BBQs at Tuggeranong Bunnings. Luckily the weather was warm, and the players were in high spirits! Well done to all the student volunteers and a huge thank you to Erindale Woolworths for their generous donation of sausages, sauce and onions. Thanks, must also go to Bunnings for providing the college with such a great fundraising opportunity.

Football



Well done to the members of the Erindale Football squad who gave up their time on a cold and wet long weekend to help at the Football Federation Australia level 2 Goalkeeper coaches course. They all performed well and gave the opportunity to the coaches from around Australia to practise their new skills. They also met A-league players and gained valuable connections with coaches from NPL clubs across the country.

Tim Davies

ACT Touch Champions



On Wednesday 29 May Erindale College competed in the annual ACT Touch Gala Day, with both Erindale teams crowned ACT Champions.

In a story of two tales our boys cruised through the day undefeated and out classing all opposition whilst our girls team had 3 draws and an exciting victory in the last minute of the semi-final and grand final win in extra time.

In a freezing cold day where the goose bumps were multiplying by the minute so were the grey hairs. I must congratulate all the girls for a brave and gutsy effort. It was a high-pressure situation which many people would have given up. The finish was something out of a Rocky movie with an excellent display of courage.

Zion Going was awarded player of the day for the boys.

Tarni Evans was awarded player of the day for the girls and scored the match winner in the final.

Dan Hawke

Canberra Raiders Junior Reps Presentation Night



Congratulations to our students Zali Waihape-Andrews and James Atonio who were both award winners at the Canberra Raiders 2019 Junior Reps Presentation Night.

Tarsha Gale Cup (Women's Under 18's)
Players player: Zali Waihape-Andrews

SG Ball Under 18's
Junior Reps Club person of the year: James Atonio

GIO CUP



The Erindale College Rugby League side took on the Victoria University College team (Melbourne) in their first game of the 2019 GIO Cup. Leading by example with several strong runs, captain Tristan Eldridge inspired his team with prop Fai Tuifelasai being the dominant forward on the field, scoring three tries. It proved to be a fast-paced, hard hit out with Erindale winning, the final score being 54 -10.

The Erindale team, with coaching by Matt Adams and Steve Babic leading up to this game, were disciplined and determined after the best possible start. The kick-off, taken by centre Jackson Owen, rebounded off the goal-post crossbar, was regathered and after some short passes saw Fai cross for the first of his three tries in the first 30 seconds of the game. The other centre, Aston Naidu not only scored two tries but kicking six conversions, amassing 20 points of the final score.

Erindale coach Matt Adams said he was “so proud of how the squad performed and how great it was to see the support shown by the school and community. I know our students felt very proud to be a part of, and representing, the whole Erindale community.”

The team’s second game was against Hallam College in Melbourne, despite a less-than-inspiring start to the day, the team and officials rose to the occasion and came away with a gutsy 18-16 win against Hallam Senior College.

After a big game in the first round, Fai Tuifelasai proved again to be the winning factor in Erindale’s go-forward with multiple line-breaks and punishing defence. James Atonio scored first for Erindale, but Hallam hit back with two tries of their own. With both teams scoring three tries each, the difference came down Ashton Naidu who continued his fine kicking form he showed in the first game and converted all 3 tries in very blustery conditions. For this game a very big thank you must go to our parent volunteer who generously gave his time and travelled with the players to be a team official, Rick Emanuel.

In the 3rd round of this year’s Schoolboys Cup Erindale College matched up against Illawarra Sports High School. In windy conditions Erindale ran out comfortable winners by 26 – 10, but the score was not an indication of the physical and intense nature of the game.

Erindale were once again lead by their by Captain Tristan Eldridge, scoring 2 tries. The intense work in attack and defence was led by Erindale’s forward pack, following the examples of James Atonio and Fai Tuifelasai. Two more tries were scored by Zion Going and Ashton Naidu, with Ashton also converting all 4 tries and kicking a penalty goal.

Erindale have now won all 3 games in the preliminary rounds and progress to the quarterfinals where it becomes a knock-out competition.

SPECIAL INTEREST IN THIS YEAR'S STATE OF ORIGIN



A massive shout out of congratulations to three ex-Erindale College students with the announcement of this year's NSW State of Origin team!

Paul Vaughan, Nick Cotric and Jack Wighton are all graduates from Erindale College and were part of the Rugby League squad in the Talented Sports

Program during their time here.

Students and staff of Erindale College send their congratulations for a big effort in this year's State of Origin series.

RUGBY

On Friday 7 June the Erindale female 10's rugby team played in Lyneham in the High Schools and College Girls 10's tournament.

It was a fantastic day for rugby as the sun decided to come out for the first time that week. The Erindale girls played 3 tough games with a special mention to the last game against last year's competition winners St Clare's who beat Erindale in a close final after the bell in 2018. The Erindale girls put their bumps and bruises in the backseat for the last game of the day as they were all very determined to beat St Clare's this year. The game was a very tight contest with both teams having relatively even ball possession. The Erindale girls received some harsh penalties, but the girls stayed very composed considering we only had 1 substitute for the day.



Bo House polished off the game with her fancy fast feet to make her way under the posts for the teams last try making the game 3 tries to 2. The Erindale girls won the tournament for the year 11 & 12 division with 3 from 3 wins.

Congratulations to our Erindale girls who participated and a big thanks to Brumbies Rugby for holding the wonderful tournament to showcase women's rugby in the ACT.

Talei Wilson and Dan Hawke

Elite Women's Trip

On Thursday 23 May and Friday 24 May 15 female TSP students travelled to Sydney to take part in the bi annual Elite Women in Sports camp.

The girls were exposed to the many opportunities that are evolving for women in sport.



We were fortunate enough to visit 3 different sporting clubs; Giants Netball, Giants AFL and the Australian Women's Rugby 7's.

The group were toured through some amazing million-dollar training facilities, the Genea Netball Stadium in Homebush (home of the GWS Giants and NSW Swifts) AFL Giants training facility and Rugby AU's brand-new training facility at Moore Park.

They met with elite women in their sport, took photographs with their idols and mingled with Olympic Gold medallists.

We had some guest speakers who told us of the wonderful time it is in Women's sport and talked through the opportunities available to women both on and off the field.

The highlight of the trip was observing the Australian Women's 7's team train. The level of training, professionalism and resources available is world class. Students ran water during training and some students were even gifted playing kits.

It was a fantastic experience for the girls – and we hope to see further opportunities open up from the trip for our girls' squads.

Dan Hawke and Tracey Marris.



Sport, Recreation and Leadership



Last term in Sport, Recreation and Leadership our students will have the opportunity to participate in group fitness lessons provided by Active staff. Although the students were a little reluctant to do their first lesson of 'Sh' Bam within minutes all students were having a ball. Later in the term students will be assessed on how they can run their own group fitness lesson. What a great introduction in to the Fitness industry for our students.

Matt Adams

KYE A'HERN – Down Hill World Cup

In the opening round of the Downhill Mountain bike World Cup held at Maribor, Slovenia Kye placed 3rd finishing just 1.2 seconds behind 2nd place Canadian Ethan Shandro. This podium finish came just one week after Kye also finished 3rd in the iXS Downhill Cup, his first race back with the Canyon team for 2019.

There were mixed results for Kye A'Hern in the 2nd & 3rd rounds of the Downhill Mountain Bike World Cup. The 2nd round was held at Fort William, Scotland in very wet conditions and was a tough weekend for Kye as he described he *“Had a big crash in my last practise run before quails and banged up some fingers. Finals were messy with too many mistakes and ended up 7th.”* But despite this, he still achieved the highest speed for his division @ 56.283kmh!



The 3rd round was held at Leogang, Salzburg, Austria the following weekend and saw Kye return to a podium finish! He came 2nd, less than 2 seconds behind the winner and was more than 3 seconds ahead of 3rd.

After the first 3 rounds of this year's Down Hill World Cup, Kye is in 2nd place.

Kye A'Hern was back in Europe as Round 4 of the MTB World Cup Downhill Racing was recently held in Andorra. It is recognised as the toughest track of the circuit being the steepest, one of the longest and the highest in altitude.

Kye rode well and qualified 2nd, but unfortunately, he crashed in his race, very close to the top.

One week later Round 5 was held in Les Gets, France and Kye again qualified in 2nd Place. The racing was so tight that Kye was credited with 4th place despite all 3 riders from 2nd to 4th being timed on the same second.



Congratulations to OUR NEWEST DUAL INTERNATIONAL SPORTS STAR



Year 12 student Paige Edwards has combined her studies with her love of sport to make a real success of her time here at Erindale.

While being a keen Year 11 student in 2018 Paige represented the ACT at the Australian Deaf Games in Athletics and won Gold in the Javelin and Bronze in the 800m, 1500m & High jump. As if this wasn't demanding enough, she was also an ACT representative in both Futsal and Touch Football, competing in both the Women's and Mixed teams. In Futsal the ACT team came away 4th, and Paige was voted the 2nd Most Valuable Player for the Tournament. The Touch Football team enjoyed success as well coming away with 3 Bronze medals from their Championships.

This year got off to a flying start and January saw Paige competing at the Australian Deaf Championships in Touch Football in both the Women's and Mixed teams winning a Bronze medal in both. Her outstanding sporting abilities did not escape the discerning eyes of the selectors and Paige was selected in the Australian team and they won Gold!

After a brief break in February, March saw Paige once again back on the sporting field with the ACT Futsal teams enjoying mixed results; the Women's side won Gold, but the mixed team were unplaced. Again, Paige's skills were recognised with her receiving the prestigious Best & Fairest Award for the whole Futsal tournament.

Paige is currently studying and training hard as she has been selected in the Australian Women's Futsal team to play in the Asia Pacific Deaf Games being held in Hong Kong, November this year.

Paige was also awarded Rising star at Australian deaf games in Touch Football, this is awarded to an U18 player.

Congratulations Paige on all you have achieved so far and best wishes from everyone at Erindale College for more success throughout 2019!

HELPING THE COMMUNITY

Fundraising Campaign



On 16 and 17 March AFL students Stephanie Koutsoupas, Eilish Packer, Liam Creech, Tarni Evans, Caleb Cawse and Casey Plater were engaged in a fundraising campaign (Kick2kick 4 a cause) for Men's Health, through Menslink. As members of their local AFL football clubs (Tuggeranong Hawks and Queanbeyan Tigers) the students generated nearly \$4000 through donations gained.

Well done to all involved.

Salvation Army Door Knock Appeal

The Red Shield Appeal is The Salvation Army's signature fundraising drive which helps fund a vast network of social and community services.

The Red Shield Appeal began in 1965 and is promoted under their most recognisable symbol – the red shield. Each year, The Salvation Army appeals to the Australian community for donations to ensure we can give hope where it is needed most through the social welfare and community service programs.

On Sunday 26 May, over the Reconciliation long weekend, a group of Erindale college students gave up a few hours of their time to collect donations for the Salvation Army. I would



like to thank all the students and staff involved for organising this community service. We are very proud of their contribution to the community and the assistance they have provided for those in need.

Natalie Keen

National Sorry Day Bridge Walk.

On Friday 24 May Indigenous students of Erindale college attended the National Sorry Day Bridge Walk for 2019.

The day started by gathering at Regatta Point for a welcome to country then all proceeded across the Commonwealth Avenue Bridge passing through a smoking ceremony. The bridge walk was concluded by some entertainment and a barbeque. It was a fabulous day to recognise and pay our respects to Aboriginal and Torres Strait Islander peoples' culture and heritage.

Talei Wilson

Drama at Wanniasa



As a part of a programme to develop the Performing Arts in schools in the Erindale area, the Year 10 Drama students from Erindale College have been combining with a group of Year 10s from Wanniasa School each Tuesday. The openness and enthusiasm of the students in this class has been infectious and all are disappointed (if a little tired!) when the session comes to an end. During this time students were involved in developing work for the Erindale College self-devised production in Term 3.

NETBALL SQUAD AT CAROLINE CHISHOLM



A huge congratulations and thanks to the Netball squad who on Friday 10 April went and assisted at the Caroline Chisholm Athletics carnival.

The feedback from the staff was outstanding and they did a great job of promoting the school and the program.

Well done to all the girls involved.

Wanniasa Hills Primary School

During semester 1 the Sport, Recreation and Leadership students have been busy working in the community at swimming carnivals, athletics carnivals and cross-country events, in this photo some of our students have been helping at Wanniasa Hills Primary School for their Athletics Carnival.

Matt Adams



Saver Plus

Since the beginning of last year, 85 local families have benefited from Saver Plus, receiving up to \$500 in matched savings for education costs, and developing financial skills. Saver Plus participants in Canberra have used their matched savings to help pay for education costs including school uniforms and shoes, book packs, excursions, laptops, dance classes and sports fees.

A reminder that a person may be eligible to join Saver Plus if they meet all the following the criteria:

- be over 18 years old;
- have a Centrelink Health Care or Pensioner Concession card;
- be in receipt of an eligible Commonwealth social security benefit, allowance or payment (many Centrelink payments are eligible)
- have some regular income from work (themselves or their partner) including casual, part-time, full-time or seasonal employment; and
- have a child enrolled at school (or enrolled to start school) or attend vocational education themselves.

Contact

your local Saver Plus Coordinator

Phone or SMS

your name and postcode to 1300 610 355

Email

CanberraSP@thesmithfamily.com.au

Online

saverplus.org.au

Find us on Facebook 

ParentLink

ParentLink provides parenting education to the community, from birth to teenage years. It is available for parents, carers, kin, teachers, and the broader community, providing information and links to local resources and services.

The ParentLink website provides links to all ParentLink guides including a variety of topics - *Starting School*, *More than Reading and Writing*, *Optimism* and *Cyber Safety*.

The ParentLink suite of resources includes guides specifically for Aboriginal and Torres Strait Islander families, and access to resources for diverse cultural groups.

ParentLink guides are available to view and order via the website at, <https://www.parentlink.act.gov.au/>

All drink-drivers in NSW to lose licence

Anyone in NSW found drink-driving will immediately lose their licence for three months from May 20.

Anyone caught drink-driving in NSW can now lose their licence immediately under a tough new penalty regime that will also see offenders fined almost \$600.

First time, low-range drink-drivers from May 20 can be slapped with an on-the-spot suspension of their licence for three months and a fine of \$561.

Roads Minister Andrew Constance says NSW is taking a "zero-tolerance" approach to drink and drug-driving.

"This means anyone caught drink-driving in NSW, at any level, including low-range, can now lose their licence immediately," the minister said in a statement on Monday.

"This reform makes it clear if you break the law, you will pay the price. We are taking a zero-tolerance approach to drink and drug driving."

Drivers found with drugs in their system will face the same penalties if the offence is confirmed by laboratory analysis.

Some 68 people died in alcohol-related crashes on NSW roads last year. Drug-driving resulted in a similar number of deaths.

"Alcohol is one of the major factors in crashes that kill or injure people on NSW roads. The 0.05 blood alcohol limit has been in place for almost 38 years. There are no more excuses," Assistant Commissioner Corboy said.

AAP

Acknowledgements



Erindale College AFL Girls would like to thank the following companies for their generous donations toward the AFL trip to Melbourne:

EBA Solutions

Website: <https://www.ebasolutions.com.au/>

Luton Properties

Website: <https://www.luton.com.au/>

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Cakery Bakery

Facebook: [Erindale Cakery Bakery](#)

McDonalds Erindale

Website: <https://mcdonalds.com.au/store/erindale-act>

Facebook: [McDonalds - Erindale](#)

Additional Thanks:

- Everyone who purchased sausages and cupcakes
- Everyone who purchased a square in our 100 SQUARE raffles
- Everyone who donated to our tip jars
- All the girls from the AFLW squad for their time and efforts in collecting donations and advertising our fundraiser

The winners of the AFL Girls 100 SQUARE raffles were drawn on Friday 9 August by Mark Armstrong and video evidence will be posted on Facebook and the winners contacted shortly.

SAVE THE DATE

Last Teaching Day

Year 11 and 12: Friday 29 November 2019

Year 10 Formal

Where: Old Parliament House

When: Wednesday 11 December

Year 10 Graduation

Where: Erindale Theatre

When: Monday 9 December 2019

Year 12 Formal

Where: AIS

When: Thursday 12 December 2019

Year 12 Breakfast

When: Wednesday 18 December 2019

Year 12 Graduation Rehearsal

(Immediately following Year 12 breakfast)

When: Wednesday 18 December 2019

Year 12 Graduation

When: Wednesday 18 December 2019



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