

# TIGS News

Your essential weekly guide **ISSUE 7 TERM 1 2018**



## Your upcoming event forecast



Monday  
26 Mar

**Space School  
Information  
Session**  
5.30pm - 6.30pm  
(Year 7 - Year 9)  
7.00pm - 8.00pm  
(Year 10 - Year 12)  
The Goodhew  
Research Centre



Tuesday  
27 Mar

**2020 Year 7 Try  
TIGS Day**



Fri 30 Mar -  
Mon 2 Apr

**Easter Long  
Weekend**



Wednesday  
4 Apr

**ArtsFest  
Competition**  
All day in The  
Illawarra Grammar  
Centre (IGC)



Friday  
6 Apr

**ArtsFest  
Showcase**  
6.30pm in The  
Illawarra Grammar  
Centre (IGC)



Tuesday  
10 Apr

**TIGS Dance  
Evening**  
The Illawarra  
Grammar Centre  
(IGC)

# To Infinity and Beyond!

FROM THE ACTING HEADMASTER



I'm pleased to announce TIGS will be involved in the 2018 CASE (California Association for STEAM Education) Space School International Study Program. Through our partnerships, TIGS students will have the unique opportunity to join this once in a lifetime, STEAM-based experience at NASA in the USA.

Our current students face unique challenges where the change of pace in society over the next 30 years will outpace the change we have experienced in the past five thousand years. 75% of the fastest growing occupations in Australia will require STEAM related skills and an expected 50% of current jobs will disappear.

By empowering students through this unique STEAM program, they will master the STEAM related skill set to prepare them for their future. Students become more focused and inquisitive to pursue STEAM subjects through the unique access to NASA facilities, inspiring guest speakers and training programs, while learning a foundation of personal and leadership skills to apply through their school years and beyond.

This program is a fantastic opportunity

to learn beyond the classroom in the most inspiring environment. It is designed to develop leaders for the next generation, inspiring an ongoing interest in STEAM that empowers and prepares our students for the fastest growing and most sought-after occupations of the 21st century.

I am delighted to host a one-hour information session about this international study program to be held on **Monday 26 March 2018 at the Goodhew Research Centre, TIGS.**

To access preliminary information regarding cost and itinerary, please click on the links below.

[CASE Space School Expedition](#)

[actura.com.au/tigs](http://actura.com.au/tigs)

The price estimate of \$9,500 for the Junior Programme (Year 7 to Year 9) and \$10,000 for the Senior Programme (Year 10 to Year 12) includes travel, accommodation, insurance as well as an allocation for appropriate supervision by TIGS staff. The final cost per student will be impacted by the total number attending and our expectation is that the final price will be less than indicated.

This is a once in a lifetime experience. I encourage you to find out more at the information session and I look forward to your attendance.



*Mrs Judi Nealy*

ACTING HEADMASTER

# The (Homework) Hub

## FROM THE HEAD OF SENIOR SCHOOL

TIGS Homework Hub is the one-stop place for students to get help with homework, assessment tasks, study, subject-specific skills, time management and organisation. Specialist TIGS teachers will be available in the Library (The Hub) or a specialist room each afternoon and will offer assistance across all subject areas, including help with NAPLAN or the new HSC Minimum Standard Online tests.

Here is what to expect at The Hub:

- A quiet inviting place to get away and complete classwork or homework free from distraction.
- The expertise of specialist teachers who are available to assist on request.
- Help to review, refine and extend class work.
- Specific NAPLAN help and NAPLAN Practice Papers (Check with relevant teacher covering the Hub).
- Help with the HSC Minimum Standard Online tests in literacy, numeracy and writing for Year 10 to Year 12. (Check with relevant teacher covering the Hub)
- Research skills, study help and exam tips that will help equip students with the tools to succeed and be their best. Also, check the Year pages on OLLE for study tips and hints.
- Assistance with time management and organisation.

For more information and the most up to date Homework Hub timetable, click on the below image to be taken to OLLE.

<b>English</b> Day: Tuesday Time: 3:30pm to 4:30pm Location: Library Teacher: Mr. Heger	<b>ELICOS</b> Day: Tuesday Time: 3:30pm to 4:30pm Location: Library Teacher: Ms. McCall
<b>French</b> Day: Thursday Time: 3:30pm to 4:30pm Location: Library Teacher: Ms. Prival	<b>HSIE</b> Day: Tuesday Time: 3:30pm to 4:30pm Location: Library Teacher: Mr. Gough
<b>Japanese</b> Day: Wednesday Time: 3:30pm to 4:30pm Location: Library Teacher: Ms. Nishio	<b>Math</b> Day: Wednesday Time: Lunch Location: HSC Teacher: Mrs. Gough
<b>Science</b> Day: Wednesday Time: 3:30pm to 4:30pm Location: D14 Teachers: Mr. Wall, Mr. Stevens, Mr. Parsons and Mr. Dallas of a rotational basis	<b>Spanish</b> Day: Thursday Time: 3:30pm to 4:30pm Location: Library Teacher: Ms. Lovett
<b>Study Skills</b> Day: Tuesday Time: 3:30pm to 4:30pm Location: Library Teacher: Mrs. Henry	<b>TAS</b> Day: Wednesday & Thursday Time: 3:30pm to 5:00pm Location: TAS Rooms Teachers: Wednesday - Mr. Azzing Thursday - Mr. McMichael



*Mr Greg Lanyon*

HEAD OF SENIOR SCHOOL

## Sports News

### Students Success:

Congratulations to Claire Smallhorn (Year 11) who made the U/16 AICES Hockey team to compete at the CIS Hockey Championships. Claire has also just returned from the Australian Hockey Championships representing NSW. The team won Gold in the Grand Final.

Congratulations to James Healey who came seventh in the 800m and 1500m finals at the Australian Athletics Championships.

Blake McDougall was a dominant force in the AICES Basketball team who won against ISA (Independent Schools Association) on the Central Coast, as part of NSW CIS.

Congratulations to Year 10 student, Thomas Main who has been selected by Sydney FC to compete as part of their team at the Future Cup Tournament in Amsterdam. Thomas will be competing against the top youth football clubs internationally such as Manchester United, Arsenal and Bayern Munich.

### Australian Interschool's Mountain Biking Championships

We had eight students compete in the Australian Mountain Bike Riding Championships.

Congratulations Amelia Druett, Joseph Druett, Xavier Druett, Brendan Hardie, Abbey Kuiper, Dylan Kuiper, Lachlan Negus and Harrison Webb.

Special mention to Abbey Kuiper who was named Division 4 Queen.

### Upcoming Events

- NASSA Football Trials: Week 9 Monday 26 March
- AICES Swimming Carnival: Week 9 Tuesday 27 March
- CIS Swimming Championships: Week 10 Wednesday 4 - Thursday 5 April
- Bill Turner Cup (Boys): Week 10 Friday 6 April

# Everyone Belongs

## FROM THE HEAD OF JUNIOR SCHOOL

We were so thankful to have the team from Moore Bible College with us at TIGS this week to help us celebrate 'Jesus Is \_\_\_\_\_', activities. On Tuesday they hosted a picnic for Kindergarten to Year 5 students on the Junior School Oval. The students had a great time listening to a dramatised Bible story and playing loud and energetic games. What struck me most was the way our older students looked out for the younger ones ensuring they were safe and included in all activities. We had a special Chapel on Thursday where teachers and students had the chance to tell each other how they would complete the phrase, 'Jesus Is \_\_\_\_\_'. More on that next week.

On Wednesday we celebrated Harmony Day with the theme "EVERYONE BELONGS". Mrs Johannesen and her EALD students, dressed in their national dress and greeted everyone with an orange wool wristband to wear to remind us what the day celebrates. Many staff participated by wearing something orange and we even had teachers in their national dress which was great to see.

Congratulations to the following winners of our 'Bullying Poster Competition':  
 Year 1 – Rachel C and Laura H  
 Year 2 – Clara M and Chloe F  
 Year 3 – Noah B and Oliver M  
 Year 4 – Lily S and Elizabeth H  
 Year 5 – Campbell B, Katie B and Estella L  
 Year 6 – Daniel P and Megan A

Thank you to all the students who entered. The posters have been put up around the Junior School, pop in and have a look!

### The Power of Gratitude

*"More than just a nice feeling, gratitude is integral to happiness. If we can inspire and cultivate gratitude in our children, we're doing so much more than teaching them to be polite by saying 'thank you'. We are helping them develop a strength that will positively affect their mental health and wellbeing over a lifetime. It's that powerful."*

Dr Jodi Richardson

Research tells us that compared with those who don't, people who practice gratitude are more enthusiastic, more determined, perform better at school, are more likely to avoid risky behaviours, experience less depression and envy, are more kind and helpful, sleep better and are 25% happier.

Click here to read more on [OLLE](#)

### More News on OLLE

[Junior School Awards](#) ★★★★★

[Junior School Sports update](#)

[March GERRIC Newsletter](#)



*Mrs Vanelle McRae*

HEAD OF JUNIOR SCHOOL



# Munch and Move

## FROM THE DIRECTOR OF THE PIPER CENTRE

The Piper Centre remains an ongoing supporter of the Munch and Move programme, a NSW Ministry of Health initiative. Munch & Move is a fun play-based programme for children 0 - 5 years that promotes healthy eating, active play and reduces small screen recreation.

The Centre understands the importance of planning experiences where children can practise their Fundamental Movement Skills (FMS), a specific set of skills that involve the different body parts such as feet, legs, trunk, arms, hands and head. There are three categories of FMS that young children should be working towards; Stability, Locomotor and Manipulation.

Each week Tracy, our Munch and Move educator, works with the children to build each of their individual qualities and developmental needs. This week Tracy has focused on healthy eating activities and has been investigating a balanced diet. She talked about everyday foods and 'sometimes' food and drink, designed to promote positive attitudes towards fruits and vegetables. Everyday foods include:

- Bread, cereals, rice, pasta, noodles
- Vegetables and legumes
- Fruits
- Milk, yoghurt and cheese
- Meat, fish, poultry, eggs and nuts

For parents to follow The Piper Centre healthy food policy, please see the following suggested guide.

- One or two sandwiches or rice and or pasta dishes.
- A piece of fruit, vegetables.
- A yoghurt and sometimes a snack is plenty for this age.

We have noticed that the children love to have a choice of what they are eating. Yum Yum boxes have been very popular. The box has dividers so that the food groups are

in separate areas, giving the children the opportunity to select their food. The Piper Centre has a water-only policy. The children are able to readily access their drink bottles throughout the day. If they require more water during the day the educators are happy to refill drink bottles.

To help you with facts regarding healthy lunchboxes we will be posting information on Kinderloop.



### Amaroo

The educators participated in a conversation with the children that encompassed our inquiry into 'How we have changed over time'. The children soon realised that without eating healthy food our bodies could not grow and change. The children listened to many stories in small groups, we talked about 'Sometimes foods and all the time foods.' We discussed how healthy eating helps our body to grow and change, and that healthy food really helps to keep us healthy. This concept inspired a mini project encouraging healthy eating.

### Cooinda

As part of our Unit of Inquiry, 'Everyday I learn more about myself' the children have been inquiring into their own family and their understanding of what a family is. The children were encouraged to draw a family portrait, using their family photo as a guide. They also shared their individual thoughts how they like to spend time with their family, these quotes are displayed next to their illustrations.

Cooinda read the story 'Guess the Baby' by Simon French & Donna Rawlings. The story prompted discussion about babies and each child drew a baby picture of themselves and said what they did when they were a baby. Further to this, the children looked at the concept 'change'. Some children used their baby and family photos to help recognise differences between themselves now and then, noticing physical changes, skills and abilities and drew a second picture, reflecting on what they can now do at three and four years of age.



*Mrs Taesha  
Duley-Smith*

**DIRECTOR OF THE PIPER CENTRE**