

# TIGS *News*

Your essential weekly guide

ISSUE 6 TERM III 2018



Cross Country Skiing on Snow Camp

## Your upcoming event forecast



10 - 14  
September  
Year 11 HSC and DP  
Exams Continue



Thursday 13  
September  
Year 7 Medieval  
Day  
On the Library  
Lawn and IGC  
**R U OK? Day**  
Library Lawn



Friday 14  
September  
TIGS Foundation:  
Leveraging  
LinkedIn  
5.30pm - 7.00pm  
in the Goodhew  
Research Centre  
(Library)



Monday 24  
September  
Year 7 and Year  
10 Immunisations  
(Visit 2)

Follow us on:



# Meaningful Experiences

## FROM THE HEAD OF SENIOR SCHOOL

### Snow Camp

TIGS Outdoor Education programme offers all students a sequential, integrated set of experiences based on the principle of “*challenge by choice*”. That is, providing opportunities for students to be faced with meaningful challenges, which may be outside their comfort zone, but having some choice about the level to which they want to commit to the experience.

Recently, 28 students from Year 10 chose to attend the alpine skiing and camping adventure in the Snowy Mountains. Over the past three years these students have been gaining experience and skills as they progress through TIGS Outdoor Education programme. The Year 10 programme is about applying the outdoor skills students have acquired, to a new, more challenging environment in the snow. The programme is demanding and very weather dependent. Students need to manage an alpine campsite and cold environment, as well learn to cross-country ski, set up shelters, cook and keep warm on the snow. It was really encouraging to see the way in which the group had great fun while working together and supporting each other on the snow. The staff of Mr Edgerton, Ms McKenzie, Mr Meredith and Mrs Golding are to be commended for their support of the students.

### Crossroads

One of the successful and meaningful international community service experiences for Year 10 students is the Crossroads project in Hong Kong. This year, 15 students will travel with Mr Edgerton, Mr Grieve and Mrs Lowe to Hong Kong on Saturday 15 September and return Sunday 23 September. They will be supporting the [Crossroads Foundation](#) by sorting and packing goods which will be sent to Moldova, one of the poorest communities in Europe. The Crossroads Foundation is seeking to improve the lives of children by

placing them in safe environments and this shipment will provide clothing, baby goods and bedding for local communities.

### Legacy

Year 10 students also assist Legacy each year by collecting donations in Crown Street Mall during Legacy week. [Legacy Week](#) is the annual national appeal to raise awareness and funds for the families of incapacitated and deceased Veterans. The funds raised provide widows throughout Australia with essential services such as counselling, special housing, medical, advocacy and social support. Public support also helps Legacy nurture children's education, by contributing towards their school expenses, books, uniforms, and recreational activities.

### Learning Labs

The University of Wollongong are hosting [Learning Labs](#) in Liverpool and Batemans Bay for students in Year 7 to Year 10 on 3 – 4 October. It is ideal for self-motivated, curious learners who are looking for extra-curricular learning opportunities. Workshops are challenging, hands-on and lots of fun! Spaces are limited.

For full workshop information and applications, please visit their [website](#) or if you have any other questions please contact the Learning Labs team via [email](#) or phone on (02) 4221 5557.

### iAccelerate

Illawarra's business incubator, at the Wollongong Innovation Campus, is holding a [free event](#) next Thursday 13 September which some parents and students may be interested in. The guest speaker is Karim Khalifa, from Buildings Innovation at Google's Sidewalk Labs. TIGS has been discussing a future partnership with iAccelerate allowing TIGS students to undertake programs at the innovation hub.

## SPORTS NEWS

### Netball

Congratulations to the TIGS 15's Netball team that competed in the Illawarra District Netball Association competition. The girls won their Semi Final 23-15 in a close game against Fairy Meadow. We wish the girls all the best on Saturday in the Grand Final against Dapto.

#### 15's Netball Team:

Lauren Ayers, Rhiannon Evans, Madeleine McNeill, Taylor Merritt, Aya Naito, Anoushka Rabiee, Paris Rix, Madeleine Sheargold, Jasmine Sim, Alexandra Wall, Loren Yusuf.

### Athletics NSW Nitro Schools Challenge

The Athletics NSW Nitro Schools Challenge is an athletics team event modelled on the recent success of Nitro athletics. TIGS sent an Intermediate Boys and Girls team to this competition, which was held at Sydney Olympic Park. The Boys team finished fifth, while the Girls finished ninth. Great effort!

#### Boys Team:

Samuel Aubin, Dean Borbilas, James Gorham, James Healey, Benjamin Jones, Daniel Jiang, Chhitiz Maskey Luke Wilson.

#### Girls Team:

Katherine Bodey, Iluka Budai, Molly Buikstra, Jessica Ellis, Eva Katkjaer, Nina Segar, Jessica Quilter-Jones.



*Mr Greg Lanyon*

HEAD OF SENIOR SCHOOL

# Protecting Children is Everyone's Business

## FROM THE HEAD OF JUNIOR SCHOOL

This week has been National Child Protection Week. The Governor General of Australia, Sir Peter Cosgrove announced earlier in the week that *"all children should be able to grow up feeling safe and loved, to have opportunities and encouragement to have their dreams come true ..... protecting children is everyone's business"*

The National Association for Prevention of Child Abuse and Neglect ([NAPCAN](#)) was founded by Rosemary Sinclair in 1987 because she saw that the abuse and neglect of children was a taboo topic in Australian society. She was determined to change this and create safer communities for children. She set about to achieve this vision with the assistance of a passionate team of volunteers and a range of influential and committed partners.

NAPCAN's strategy is to support and encourage changes in individual and community behaviour to stop child abuse and neglect before it starts by. Their strategies include:

- Promoting quality child abuse prevention research.
- Advocating for child safe policies and strategies.
- Coordinating National Child Protection Week's 'Play Your Part' campaign.
- Assisting community lead prevention initiatives.
- Supporting the safety and wellbeing of children and young people.

For more information on the issues, prevention and what can be done, please follow the link to the [NAPCAN website](#). You can also check out our Wellbeing page on [OLLE](#).

### Junior School Disco

Our Prep to Year 4 students enjoyed an incredible night at the Junior School Disco on Thursday. The crazy space theme and sausage sizzle helping to ensure a great time was had by all. All money raised from the Disco goes to the [Crossroads Foundation](#). A group of our Year 10 students will travel to Hong Kong during the up-coming school holidays where the charity is based. The Crossroads Foundation is a non-profit organisation servicing global needs. Our students work with the charity by packing crates of goods to be sent to families and children in need.

### Fiver For A Farmer

Thank you to all who were involved in and donated to Fiver For A Farmer. I am thrilled to announce that we are sending \$850.00 from the Junior School to Drought Angels and Rural Aid. Thank you to everyone that contributed.

## More News on OLLE

### [Junior School Awards](#)



### [Parents' Lounge](#)



### [Junior School Event Photos](#)



*Mrs Sarelle McPhee*  
HEAD OF JUNIOR SCHOOL

## Upcoming Events:

### Sunday 9 September

- State Tournament of Minds competition: Sydney

### Monday 10 September

- St Peters Cup

### Thursday 13 September

- R U OK? Day
- CIS Junior School Athletics Championships

### Friday 14 September

- Babies Prom

## TIGS Extend

The students started the week with Satellite Stop-n-Go which developed their agility and reaction times. We experimented with Puffy Paintings and designed DIY watches from cardboard. Later in the week, the students crafted greeting cards and used their creativity to design instruments from reusable materials. The students also enjoyed Exercise Ball games and Dodgeball.

Our Extend Superstar is:

**Soren Palmisano** for always having a positive attitude at Extend.

### What's on next week?

**Monday:** Exercise Ball Volleyball

**Tuesday:** Poison Ball

**Wednesday:** Whiteboard Categories

**Thursday:** Chalk Painting

**Friday:** Maths Tic-Tac-Toe

## ***The Arrowsmith Program: Overcoming Learning Difficulties***

This week, Debbie Gilmore, Executive Director for the Arrowsmith Program visited TIGS to share her personal experience and current research into neuroplasticity.

The Arrowsmith Program is designed around the principles of neuroplasticity, the ability of the brain to change in response to training and experience.

Weaker cognitive areas that contribute to learning difficulties can be strengthened through cognitive exercises, allowing students to learn more effectively and independently.

If you have questions about the Arrowsmith Program or would like to know how it can help your child overcome their learning difficulties, visit [TIGS website](https://www.tigs.nsw.edu.au) or contact [enrolments@tigs.nsw.edu.au](mailto:enrolments@tigs.nsw.edu.au)



# The Nude Food Initiative

## FROM THE DIRECTOR OF TIGS PREP

As part of TIGS Prep's National Quality Standards (NQS) action plan, one of our areas of focus is sustainability. This involves educating the children to be environmentally responsible members of society. A part of this plan is the introduction of our Nude Food incentive and soft plastic recycling programme. This develops in the children's understanding of the impact that rubbish has on our environment. The Nude Food initiative asks the children to bring their lunches in a lunch box or reusable container with no packaging. We are reminding families and educators to be mindful of waste and its effect on the planet as well as encouraging everyone to choose healthy food options.

The NQS tells us that "service takes an active role in caring for its environment and contributes to a sustainable future" (Standard 3 and 6). At TIGS Prep, we begin by establishing a foundation for sustainable service that extends through learning and education practices.

TIGS Prep delivers a Munch and Move programme which aims to provide the children with opportunities to engage in fun gross motor activities that focus on 'fundamental movement' skills. This Term, the children have participated in a variety of gross motor games including Parachute, Musical Statues, Pass the Bean Bag, Sack Races and Stop-n-Go.

Throughout the Term, there is a focus on healthy eating. The children have become familiar with the words 'healthy' and 'sometimes' food. This week, in Munch and Move the children are engaging in a healthy eating game. The children wore a blindfold and roll a dice that has a variety of fruit pictures on it. While blindfolded the children taste the food and are asked to identify what food it is without being able to see it. This game is a fun way to engage the children in healthy eating.



*Mrs Taesha Duley-Smith*

DIRECTOR OF TIGS PREP

TIGS Foundation presents

# Leveraging LinkedIn

**Friday  
14 September**

**5.30pm to 7.00pm**

**Location:** The Illawarra Grammar School  
Enter via Powell Street

**Cost:** Free

Enhance your professional profile and grow your business at this special networking event with LinkedIn specialist and author Sue Ellson. The presentation is aimed at professionals, business owners, university students and anyone looking to build their network or advance their career.

- Career opportunities
- Business growth
- Employment and recruiting
- Social Media marketing

**Places are limited.**



**SPECIAL GUEST PRESENTER**  
**Sue Ellson**

Independent LinkedIn Specialist

RSVP online by Monday 10 September

[tigs.nsw.edu.au/events](http://tigs.nsw.edu.au/events)