House Swimming (and war cries)
Over recent years, the senior swimming carnival and house war cry competition has drawn bigger and bigger crowds of supporters and the events last week did not disappoint. Hundreds of parents, and more girls than have been seen in the past, crowded into the pool and stood 5 or 6 deep outside as TAS house spirit put on an impressive, testosterone charged show. That both boarding and day houses prepared so well and joined en masse to compete was greatly encouraging and reflected what I believe is a very positive and supportive spirit in our houses. The collective singing of ‘To The Old Boys’ at the end of events on Thursday night, initiated by our senior boys, may well have been the highlight for me and it certainly reflected the wonderful feeling shown throughout.

In the midst of the mass participation of the carnival there were some impressive performances, but none more so than those from our Captain of Swimming, Jay Kennedy. Jay again broke records (some of them his own) and won his tenth age championship in a row. I offer Jay the congratulations of the School on a school swimming career that will be remembered for years into the future.

Charity Fundraising
Through the course of the swimming action, our prefects launched their charity fundraising for the year and I pass on their thanks to the parents and supporters who contributed to the collection of over $1,200 on Thursday night. This year the prefect body has chosen to support the Tour de Rocks fight against cancer and the Beyond Blue foundation’s battle against depression. These twin plights continue to touch our community and for many this fundraising is sharply personal. This work will continue through the term and beyond and I know that it will be well supported.

Mothers and Sons
I have heard excellent reports from a number of those who joined what I believe was a very happy and successful weekend at Nymboida. The opportunity for mothers and sons to be together and discuss matters that might not be on the everyday agenda was clearly valued and I offer thanks to Martin Levins and all those involved in the weekend for making that possible.

TAS Website
I am sure that most are aware by now that our new website launched last Friday. I hope that it is being widely used and that parents and students are finding it easy to access and carrying all the information you need from it. Please remember that the site has been designed for use on all devices from smart phones to computers. I encourage you to test it out.

P&F AGM
The TAS P&F will hold its AGM at 7:00pm in the McConville Centre tonight. This is the opportunity to hear reports from the past year and, importantly, offer thanks to the P&F Executive that have done such a wonderful job in supporting families, students and the School. There is no doubt that the support that the P&F provides to the School is invaluable to us. Beyond the financial contributions that provide additions to the fabric of the School that might not otherwise be possible, much of the social life of the School is made possible through P&F organisation and our reputation for outstanding hospitality for our visitors comes through the work of the P&F. Those who volunteer for positions on the P&F Executive quickly become a part of the beating heart of the School and it has again been a great pleasure working with them this year.

I am looking forward to the meeting and the opportunity to offer thanks and celebrate what has been a great year for the P&F.

Cadet Leadership
This afternoon, 55 cadets will begin their formal leadership training and I wish them well for the coming days. Stepping forward to be trained in leading others, knowing that you will be given real responsibility in the field, is a significant and admirable step to take and offer my congratulations to all who have shown the courage and commitment to do so.
**CALENDAR OF EVENTS**

**Week 6**

- **Monday 3 March**
  - 3.45pm Athletics Events

- **Tuesday 4 March**
  - NCIS Swimming (Ballina)

- **Wednesday 5 March**
  - 3.45pm Athletics Events
  - 6.30pm Chapel Service

- **Thursday 6 March**
  - Year 12 Parent/Teacher Interviews

- **Friday 7 March**
  - Year 12 Parent/Teacher Interviews

- **Saturday 8 March**
  - Year 9 Father and Son Weekend
  - Sydney Independent Schools Expo

- **Sunday 9 March**
  - Year 9 Father and Son Weekend
  - Sydney Independent Schools Expo
  - NEDRA Prize Shoot, Spring Ridge

**Week 7**

- **Monday 10 March**
  - 3.45pm Athletics Events

- **Wednesday 12 March**
  - Year 10 Music Day (NECOM0
  - NCIS Football at TAS
  - 3.45 Athletics Events
  - 6.30pm Choral Communion
  - Headmaster’s Country TOur (HMCT) Narrabri

**CHAPLAIN, RICHARD NEWTON**

**Thailand Service Trip Information Evening**

**Wednesday 19 February @ 7pm**

Please meet in Rev Newton’s Room F1-5

**FIJI SERVICE TRIP**

**Applications for Fiji 2014**

Applications to be considered for the 2014 Christian service trip to Fiji have opened. Year 8 boys were given information forms at Chapel last Thursday and at the Middle School Parent Information session. If you are still chasing a copy, it can be found on the new school website. Follow the ‘Parents’ portal, then click on ‘Leadership, Service and Adventure’ and select ‘Fiji’.

At this stage, we are seeking expressions of interest. If we have more applicants than positions, a selection process will occur. Deposits will not be required until the group has been selected. An information session for parents will be held towards the end of this term.

Fiona Taber
Trip coordinator
COUNSELLOR, ROB HADFIELD

For some, lying in bed at night listening to the sound of rain on an iron roof, after a long, long time without, is a blissful experience. The sound and smell of rain can be exquisite. If you are out in it the touch of rain drenching the clothes can feel cleansing while the taste of clean, cool, fresh water from the tank, can be so refreshing.

This embodied experience is something to linger with, to enjoy in all its sensed reality. Being fully present to it, noticing it, lingering with it, celebrating it, constitutes being fully alive. These days we call such awareness and present-centredness, ‘mindfulness’. Mindfulness is a capacity that we can grow and is a core ingredient in well-being. Practising mindfulness is an approach to daily living that can enhance our lives.

We can soon move away from it when we cease to practise it. This happens to all of us. However, for some people this means getting lost in preoccupations with the past, moving to fears and anxieties about the future, and sometimes turning in upon themselves with bitterness and harshness, becoming locked into pessimism and the turn to depression. Then it is time to seek help. Recognising the signs and letting go of myths of self-sufficiency are important first steps.

Enjoy the sound of the rain. Linger with the moment.

ACADEMIC FOCUS
SEONIA WARK
DIRECTOR OF STUDIES

Assessment Calendars Year 11 and 12

During the last fortnight students in Yr 12 have met with me to discuss assessment procedures at the school. This session allowed students to ask questions about the appeals process which exists for illness and misadventure as well as looking more closely at their rights and responsibilities. Each student has received a printed assessment handbook and a copy of this handbook can be found on the website. The session for Year 11 will be held in the coming days.

Assessment Calendars Years 6 - 10

This week students and parents in years 6-10 will receive a calendar which outlines the formal assessment tasks that are scheduled during the year to assess students’ learning. It has been created to help families, teachers and our boarding staff be more aware of the workload that our boys are facing and to assist in the students time management. Teachers will still be informally assessing learning during lessons so that they can adjust their teaching program to suit the students in their class.

Students will receive written notification (this may be electronic) at least two weeks prior to these tasks which outlines what is required to be done and, where possible, marking criteria and/or revision advice.

In some situations it may be required to adjust the timing of these tasks due to unforeseen circumstances. In the case of this happening students will still receive two weeks notification as well as being told of the change as early as possible.

HSC TUTORING HAS BEGUN

HSC tutoring has begun. Scheduled times below.

**MONDAYS**
- 7:00 - 8:00 pm  **MATHEMATICS** General Course - Room F12
- 8:00 - 9:00 pm  **MATHEMATICS** Ext 1 & 2 Courses  Room F12

**TUESDAYS**
- 8:15 - 9:15 pm  **ECONOMICS** Tyrrell Yr 12 Study Room

**WEDNESDAYS**
- 7:15 - 8:15 pm  **CHEMISTRY (Prac Course)** Room F12
- 8:00 - 9:00pm  **MATHEMATICS** Course  Room F11
- 8:15 - 9:15 pm  **BIOLOGY (Prac Course)** Room F12

**THURSDAYS**
- 7:00 - 8:00 pm  **ENGLISH ADVANCED** - Room F12
- 8:00 - 9:00 pm  **ENGLISH EXTENSION** - Room F12
Junior & Middle/Senior Swimming Carnival

Thanks to all the parents who provided support for our swimmers and items for the Cake Stall. It was a great effort by all involved and much appreciated by the children. We raised $1,215.00 from the two carnivals combined. A special thanks to the TAS kitchen who supplied lunch to our parents on both days.

AGM

Our Annual General Meeting will be held tonight Wednesday 19th February 2014. The AGM will begin at 7pm in the McConville Centre. All executive positions will be declared vacant and a new executive for 2014 will be elected. We look forward to a great year ahead and welcome all to our first meeting of the year.

Following the AGM will be our first general meeting of 2014.

On behalf of the current P&F executive I would like to thank you all for your support over the past 12 months, which enabled the P&F to raise $45,000.00 for our fantastic school.

Boarders 'at home' weekend-minibus services

TAS Narrabri (via Tamworth and Gunnedah) minibus and Wicks Moree (via Inverell and Warialda) minibus will run on the weekend of Friday 7 and return on Sunday 9 March. Departing at 3.45pm from the front of the school, this is an opportunity for boys from near-North West NSW to have a short break from school. Before booking, students must first ensure that if they have sporting commitments, their place in the team is covered and their coach informed. A cost of $60 per return is charged to the school account of each student to cover a portion of the cost of running these services. There are limited places available so please book early with Mrs Meg Sadler on msadler@as.edu.au

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BOARDERS TRAVEL
MEG SADLER

NB - This weekend is also the Year 9 Father & Son Weekend

.stop

INTERESTED IN REPRESENTATIVE RUGBY?

New England juniors are planning to field teams in the U12’s, 13’s, 14’s & 15’s (yes U15s too)!!

Trials for squad selection will be held at Moran Oval on Sunday 2 March 1pm - 4pm.

All rugby players within these age groups are encouraged to attend. The age you turn this year is the age group you would try out for (e.g turning 14 this year then U14s).

The country rugby champions will occur as follows:

* U12s & U13s: 10th-11th May at Shoalhaven
* U14s & U15s: 3rd - 4th May at Newcastle

Please check out the country juniors website at:

Please see Mr Thatcher if you have any questions.

STOP

NB - This weekend is also the Year 9 Father & Son Weekend

YEAR 11
MOTHER & SON WEEKEND

Teenage boys and their parents often share a communication divide, but a group of Year 11 boys and their mothers got to know and understand one another a little better on Saturday and Sunday at the second TAS Mother and Son weekend.

Held at Nymboida Canoe Centre near Grafton, 15 boys, their mothers and TAS staff enjoyed each other’s company as they competed in games, conversed over meals and learnt more about each other’s values and expectations.

The group arrived at Nymboida for lunch, most of the boys having used the travel time to clock up some time on their ‘Ls’.

On Saturday afternoon, ‘icebreaker’ games such as tunnel ball helped set a positive mood before an informal session on clarifying values and a gourmet dinner. The next morning, mothers and sons took kayaked together, strengthening their relationships in the company of others.
Here’s what two Mums said:

“This weekend provided the opportunity to spend some one on one time with my son. It was made more appealing to him knowing that others were doing the same. There were some opportunities that provided insight and discussion without any pressure. The distance was perfect allowing my son to drive to the venue and the role reversal was delightful. He was preparing my food, finding my sleeping space, ensuring my safety vest and helmet were correctly fitted before telling me what to do on the canoe trek. A lot of thought and preparation obviously went into the weekend and it was appreciated. Not knowing what to expect made it a little more intriguing.”

And…

“What wonderful initiative TAS has displayed again with their Mother Son weekend - yet another example of how this school is in touch with young men and their families by providing the opportunity for some fun activities, thought provoking discussion/reflection, along with fantastic company and catering. Thank you most sincerely, and I would definitely recommend mothers and sons attending in the future.”

A special thanks to Martin Levins for organising the event, Lizzie Horne for her sumptuous catering, and Pip Warrick and Vickey O’Brien for their valuable presence and assistance.
Cadet Activity Day 1

27th-28th February (Week 5)

Activity Day 1 commences with a back brief by the SUO and Coy Commanders to the CO MAJ Thatcher on Tuesday 18th Feb at 1.15pm.

Orders will be delivered to all cadets on Tuesday 25th Feb during Period 3 (normally Assembly).

All cadets in Year 7 (C Coy) & Year 8 (B Coy) will have their uniforms and equipment issued in Week 5, class time will be allocated.

Cadets in 1 Platoon and 4 Platoon will attend an overnight bivouac on Thursday night 27th February.

B Coy

4 Platoon - Peatfields Overflow (Little Mt Duval)
Overnight Bivouac
Parade 3.45pm Thur 27th Feb
Dismissal 3.30pm Fri 28th Feb

5 Platoon - UNE Property ‘Kirby’
Navigation Training
Team Building Ex
Tri-Lesson
RATEL
Parade 8.40am Fri 28th Feb
Dismissal 5.00pm

6 Platoon - Dumaresq Dam
Canoeing
Water Safety / Survival
First Aid / RATEL
Tri-Lesson
Field Cooking
Parade 8.40am Fri 28th Feb
Dismissal 5.00pm

C Coy - Dumaresq Dam
7, 8 & 9 Platoon
Water Team Activity
Fieldcraft – Hootchies
Team Building / Initiative Activities
Intro to Drill
Navigation
Parade 8.40am Fri 28th Feb
Dismissal 3.30pm

Rolls:

Rolls will be posted on the cadet noticeboard and webpage. Leadership appointments will not be notified until completion of the leadership course.

Trevor Thatcher
Major (AAC)
Commanding Officer

University Roadshow

Are you intending to go to University? Do you know how to apply? Interested in scholarships?
Senior high school students across Armidale will get the chance to discover more about university life and potential career paths when the Regional University Road Show comes to town on Monday February 24.
For further information please talk to your Careers Adviser.

Charles Sturt University
Southern Cross University
UNE University New England

Monday February 24 - New England Girls’ School MPC - 6pm

TAS TALKS 6
Those swimmers selected for higher honours will receive a note later this week.

For all results and photos go to the new website for updates.

Horse Sports Honours

Congratulations to Campbell Martin who achieved Champion Campdrafter for U17 Norther NSW recently and to Sam Finlayson on his appointment to Captain of the NSW Junior Polocrosse side. Both boys commitment to their sport has been justly rewarded in recent times and we look forward to following their continued successes.

Impressive Performances

Both Will Smith and Clarry Butcher (Supported by Morgan Broadbent) gave wonderful performances in assemblies in recent weeks. I look forward to our ensembles gaining these opportunities to perform in front of the school in coming weeks. I was lucky enough to witness the TAS Band in rehearsal in recent days and they are an impressive group of young men who are working together to create some stunning music which I know that both the school and broader community will benefit from throughout the year ahead.

Clemson Cup Middle School Debating

A highlight for TAS Speakers this Term will be the continuation of the Clemson Cup. In coming days our houses will nominate teams to compete in the MS debating competition. I encourage all boys to pursue these opportunities to both represent their house and to speak in public, a challenge for many. In exciting news Mr Luke Polson lpolson@as.edu.au will be assisting our leaders of TAS Speakers in overseeing this exciting opportunity.

1st XI Cricket

Our 1st XI cricket had a wonderful game against Calrossy in the Independent Schools Cup last week. Calrossy put on a large score for our boys to chase. Our team won an exciting game thanks to outstanding innings by Rory Spiers and Jack Bennett and now face Kinross in the semi final in Armidale next week. I wish captain Ben Laurie and the team every success for the big game ahead.
TAS Ensembles

It was great to see so many students back last week at rehearsals for our TAS Ensembles. The new TAS Drum Corp started up again with Mr Craigie at the helm and will be working on lots of new pieces to show off later in the year.

Just a reminder - any students that are interested in playing or singing in a TAS Ensemble should visit the Music Centre and have a chat with the teachers. It is never too late to join a group!

Expression of Interest for New England Sings! 2014

The New England Conservatorium will again present the mass choral project New England Sings! in 2014 featuring schools across New England. This year the event will be held on the weekend of 1st & 2nd November at Lazenby Hall, University of New England. New England Sings! was last held in 2012 and featured over 900 students from local schools around the New England and North West region. For this event, NECOM was awarded the prestigious national Australian Art Music Award for Excellence in Music Education, a great honour in a category where such iconic music education organisations as Gondwana Choirs were also nominated. The New England Sings! event presents a wonderful opportunity to TAS Year 3 - 12 students to experience performing as part of a mass choir.

We are seeking expressions of interest from students that would like to be involved in New England Sings! this year. For more information and to register your interest - students and parents can contact Mr Finco in the TAS Music Department by email on afinco@as.edu.au or by phone on 6776 5890.

Boarders' Practice

A reminder that all students who learn an instrument at TAS are expected to attend Boarders' Practice. Please note the times below.

BOARDERS’ PRACTICE 2014

The TAS Music Centre is open to TAS Boarders:

Monday 6.30 – 8.00pm
Tuesday 6.30 – 8.00pm
Thursday 6.30 – 8.00pm

See the Boarders’ Practice Supervisor to sign the roll when you arrive for your session.

The Supervisor can assist you with practice and will help you stay on task.

You are welcome to stay for a short or long session - up to three times a week. Everyone is welcome!
Steady as she...goes

It was wonderful, after three weeks, to see so many families ‘presenting’ to our Parent Information Night last Thursday. To be honest, for various reasons we all needed the evening: we needed you to meet Homeroom staff; you needed, first hand, to find out what, how and why we do things in both the pastoral and academic spheres and by my reckoning it was time for boarders and parents to see, talk and listen to one another. Your sons had been looking forward to the occasion very much and I’m sure you, likewise, needed to communicate with them on a one-to-one basis. I trust that the information presented by classroom teachers was as beneficial as it was informative for you. In particular, it is crucial that you know the ‘hows and why’ of the new Homework Policy and its importance to stakeholders, regardless of age.

In relation to the latter point, it is important to know that the existence of the policy comes as a direct result of SRC discussions over much of Term 2 last year. Having attended a good number of the sessions, I know these student representatives, in deference to the necessity of clarity in prep expectations, presented their views on homework/prep issues not so much as requests, but as requirements for academic well being. I’m also aware that Middle School Curriculum Coordinator, Cindy Barnsley, and Seonia Wark, Director of Studies, have spent a deal of time in their construction of prep calendars as they cater to specific timetables of students in Years 6 – 10. The next step in the process is the formulation and distribution of Assessment Schedules for all students in these years.

Middle School BBQ and TAS Swimming Carnival

The formal nature of the Information Sessions was balanced by a family BBQ at the McConville Centre. The occasion presented itself as an ideal opportunity for parents to meet the School’s Prefects, one another and also the various Year Group Liaison Parents. Importantly, staff also used the occasion to speak to parents on an informal basis. ‘We’re all in this together’ and the more we adults communicate with one another, the better. I think it’s healthy that the boys see us talking as they’ll become increasingly relaxed with us while they’re at school.

The roles reversed at the Swimming Carnival War Cries on Thursday night: we adults observed and listened and, after a fashion, some boys were singing, most chanted and all, as their hoarse tones attested on Friday, enjoyed themselves. The carnival was a real success in that the Middle School boys were fully involved in their senior house groups. I know they enjoyed their inclusion in wider school life.

Dewey

Last week I wrote about John Dewey, some of his educational philosophies and how they relate to the boys in Middle School. After a wonderful twenty-four hours at the end of last week, his thoughts ring loud. Dewey sees schools as the ideal places for social change. Collectively it’s our job to ensure that the wider curriculum is challenging, that teachers ask as many questions as they answer and that morality is a cornerstone through the social context of lessons by observing appropriate rules. The teacher is the co-operative learner, older and wiser, as are parents and the senior boys. Your support of the Middle School on Thursday night and Friday was phenomenal, arguably the largest number that I have witnessed and I know that your sons valued every moment there with you. They then left the security of family and homerooms to join the senior boys, their school family, for the war cries. It was a seamless transition, and to see these excited young people stand tall and sing with the seniors in house groups was wonderful. But there was more, for the school came together at the end, and sang as one, with every boy contributing to and feeling a part of something greater than his year group. Dewey would suggest that this is teaching young men about the values of democracy: not to be daunted; to have no significant limitations and to seek new challenges. This is aspiration in its true sense.

Mark Harrison
HEAD OF JUNIOR SCHOOL, IAN LLOYD

School Website
By now, you will have received notice that the new website is up and running. We will be endeavouring to use this site as much as possible for advertising past and future events, as well as reports on classroom and school activities. Please make yourself familiar with the format of the website and let us know what you’d like to see.

Recent photos and a slideshow from the Swimming Championships can be found at http://teams.as.edu.au/groups/juniorschoolnewsandevents/

Swimming Championships
The JS swimming Championships was the typically busy affair it always has been, with mass participation in all events. Especially pleasing was the community involvement and we would like to thank all our parents and friends for their assistance on the day and the support of the Cake Stall.

Permission Notes
Yesterday, I emailed all Junior School parents a letter explaining the School’s new approach for seeking your permission for local excursions and activities which are a part of the curriculum. In the past, methods have ranged from hard copy notes to electronic permission via email. AS explained, we are streamlining the process by having parents sign a one off consent for participation in such activities. If you did not receive the email or are yet to return the consent form, please do so as soon as possible. Further information can be sought by contacting us at School

Looking Ahead
Wednesday 19 February
Year 3 Assembly
Thursday 20 February
PSSA Swimming Carnival
Monday 24 February
TAS Scholarship Day
Wednesday 26 February
Year 2 Assembly
Friday 28 February
Activities Day – CSIRO Science

Allergies
The start of a new school year is the time to reinforce our awareness of allergies and in particular those from foods such as peanuts, tree nuts, milk, eggs, and shellfish. We do have children in our Junior School who are allergic to these foods so it is imperative that if you bring in any item of food, such as a birthday cake for your child’s birthday that the class teacher be made aware of exactly what is in the food item. We would particularly like to encourage children not to bring in nut spreads also, such as peanut butter and Nutella spreads. We would appreciate your assistance in this matter.

Armidale Show – 7 & 8 March 2014
The Armidale Show is open for entries in many categories this year. This wonderful local event relies so much on the community for its future. While some classes will use this opportunity to include some classwork where they can, please encourage your children to enter into the “children’s work” section of the Armidale Show this year or any other category that takes their fancy. For entry forms and further information please visit: http://www.armidaleshow.newenglandwebspot.com

Good luck to all who enter.

Happy Birthday
This week we wish a very happy birthday to Conal Nicoll.

Lost Property
Ty Shalk-O’Brien’s Chapel hat was accidently collected from the homework centre last week.

Would parents please check names on your child’s hat to see if the hat has arrived at your home by mistake. If the hat is located please return it to Reception.

Chess Club
Cassidy Williams (Year 5) and Lochlan Gerdes (Year 2) are practicing their Chess skills in preparation for Chess Competitions with other Armidale Schools next term.
Mia Lincoln and Scarlett Buntine (both in Year 1) are enjoying a friendly match during Tuesday morning Chess Club.

Chess Club is open to all Junior School and Middle School students. We meet every Tuesday from 8:05 to 8:40 am. Come one, come all!

Anne Hine

8 years:
Tom Ball
Jack Lincoln

10 years:
Archi Lawrence
Alexander Zuber
Sam Ball
Asher Game-Lopata
Isabella Rutledge
Sophia Rutledge

12 years:
Oscar Henzell (Year 6)
Charlie Rutledge (Year 6)

Relays:
8-10 Girls: Isabella Rutledge, Ruby Straker, Emily Buntine Sophia Rutledge
8-10 Boys: Sam Ball, Archi Lawrence
           Sam Meehan, Tom Ball
11-13 Boys: Joseph Anderson, Charlie Rutledge, Lucas Cotterall, Oscar Henzell

PSSA Swimming

Congratulations to all those swimmers who have now been nominated to participate in the local PSSA Swimming Carnival this Thursday, 20th February. The carnival will take place at the Monkton Aquatic Centre from 8:45am.

Please note that children nominated have been informed and a permission note is required by today. Please complete this permission note and return to either Fiona Chappell or Christine Wright in the Junior School.

Following is a list of the children involved. We wish them every success on the day. The team for the NCIS who will travel to Lismore this year will be announced next week.

9 years:
Oliver Smart
Sam Meehan
Emily Buntine
Ruby Straker

11 years:
Nick O’Neil
Hamish Chalmers
Joseph Anderson
Casey Smith
Lucas Cotterall (Year 6)

Miniball

Miniball has commenced again at the Den on Monday afternoons. This Term we have 3 teams in total. Ms Dowse will be taking the Year 4 team and two members of our duty staff will be taking a team each from Year 5 and Year 6. The structuring of the teams this term will be of significant benefit to the players in each grade as it will allow the boys to have greater game time and have a specific focus on skill development at training. I have spoken to the boys regarding respect and cooperation when being coached by a member of the duty staff. Both of these duty staff members bring various skills and qualities and have begun to build positive relationship with the boys at training and games.

It is important that all players bring a water bottle to the games each Monday and also to training each Wednesday. At training each week the boys will train as individual teams with their respective coach focusing on skill development and teamwork.

I would like to strongly convey that ALL boys are to remain in the Den on Monday afternoons and are not permitted to leave the Den at any time unless accompanied by an adult.

Looking forward to a challenging and rewarding Miniball season this term.

Ms Dowse
**Senior Hot Shots Tennis**

Senior Hots Shots tennis this week completed the following: They began with the hand eye co-ordination activity of playing football tennis. Yes you heard correctly. All sessions begin with a hand eye co-ordination activity for our players. This game was a tricky, however, it was a game that relied on teamwork and a lot of skill.

The children then branched into the game of crazy tennis. The idea is that you continually keep the ball in play by ensuring that it is bounced passed and can be passed multiple times amongst team players before being passed over the net. A fast and exciting game that encouraged accurate positioning of the ball.

The final session was a technical lesson on serving. The children learnt specific skills with wrist turning, elbow positioning and height. The one on one tuition gave the children a good insight into how to develop an accurate serve.

The students and I are having a lot of fun. We look forward to next weeks activities.

**Gymnastics Report 17/2/14**

The gymnastics program this week included some fun and unusual statics on the floor which seemed to cause much hilarity and difficulty in concentration; beam activities followed by some aerobic marching; nice tight rolls on the floor and routines on the parallel bars. It was great to see many gymnasts persevering and believing in themselves. This attitude is impressive.

The session concluded with some warm downs and more statics.

Mrs Trenerry

Toby F (below) performed the flower pot on the parallel bars

*Below - Dimity, Poppy and Jasper managed great static balances.*
Armidale Junior cricket
and
Armidale’s Belgrave cinema
present
"BACKYARD ASHES"
A fundraiser for the McGrath Foundation
The animosity between England and Australia continues!
Thursday, 20th February @ 6pm
Adult $18, Child $14
LUCKY DOOR PRIZE ... A PINK McGRATH FOUNDATION CAP SIGNED BY GLENN McGRATH!!!

Secure your tickets by contacting
Helen Dennis
Phone: 0428 150 768
Email: michael.and.helen13@gmail.com
Tickets also available at the door

---

PLC Armidale Foundation
Successful Women Series

Presents a networking lunch and key address with 2013 Telstra Business Woman of the Year, Jeannine Henville, Deputy Director General, NSW Department of Trade & Investment.

Date: Wednesday 26th March 2014 at 11:45am - 1:30pm
Tickets: $55.00
Venue: Armidale Bowling Club
RSVP: Friday 21st March 2014, please call 02 6770 1700 or purchase tickets online at http://www.citybookings.com/PCV
Enquiries: Please phone 6770 1700

Proudly supported by