

**PRINCIPAL'S OFFICE**

421 Elizabeth Mitchell Drive
Thurgoona NSW 2640
Telephone: (02) 6049 3402
Facsimile: (02) 6049 3490
Email: heather.watson@trinityac.nsw.edu.au

ALBURY

421 Elizabeth Mitchell Drive
Thurgoona NSW 2640
Telephone: (02) 6049 3400
Facsimile: (02) 6049 3490
Email: office@trinityac.nsw.edu.au

WODONGA

34 Ellen McDonald Drive
Baranduda VIC 3690
Telephone: (02) 6049 3480
Facsimile: (02) 6020 9125
Email: officewodonga@trinityac.nsw.edu.au

WEBSITE

www.trinityac.nsw.edu.au

AFTER SCHOOL CARE ALBURY

0423 845 646

EARLY LEARNING CENTRE WODONGA

6049 3485

From the Principal

Core Values

There is a lot of evidence which indicates that the most influential set or group of adults on the development of children is their parents. Children are shaped and moulded by their parents' actions, attitudes and approaches to so many things. Children will take their lead from their parents on just about everything! They will shape their views and attitudes to virtually everything based on what



they hear and see their parents say and do in relation to these things, particularly in their formative years in primary school. As they make their way through the secondary years, children's attitudes and outlooks can sometimes change for any number of reasons, and they often start to move away from those values which were learnt from their parents inherently as infants.

As parents, we should never under-estimate or take for granted the impact we have on shaping the minds, hearts and souls of young children! We should also be aware that this influence can be both powerfully positive but also in some cases, unbelievably negative! For example, I would suggest to you that racism and other forms of bigotry are not genetic faults inherited by children; these are deeply damaging traits which are learnt by what young people hear and see in those adults which are most influential in their development – their parents.

Recently, I have observed some scenarios and situations which have unsettled me both as a parent and as a teacher. In the last couple of weeks I have witnessed these things which have

really made me stop and think about just how powerful the influence of parents is on their children.

My family and I enjoyed a meal at a local restaurant recently – good food, great company (of course!) and an opportunity for Mum and Dad to catch up with the children, enjoy some good, uninterrupted conversation and a laugh about all sort of things! During the course of the evening I could not help but notice four different family groups at tables around the room, each there as a unit, independent of any other people in the restaurant. Unfortunately, I could not help but notice that the parents at these tables were not actually engaging with their children or with each other. Sadly, these parents, these adults appeared to be absolutely engrossed with their smart phones and/or devices sending countless text messages, emails and taking calls or perhaps just playing games – all at the expense of their children and each other. How very sad! Not surprisingly at a few of these tables, the children acted out in attempts to get their parents' attention.

Late last week I travelled to Newcastle north of Sydney to attend the funeral of my Godfather, my uncle. Again, along the way, particularly at Sydney airport I witnessed similar scenarios – adults engrossed in their devices, basically ignoring the attempts of their young children to gain their attention and to engage in conversation and interact with them.

I am concerned about how all of this might translate in the years to come. How will these sad situations and poor examples influence the core values of our next generation of adults? What value or importance will our children place on the relationships with their own children? How will our next generation of adults communicate with each other?

At Trinity we very much believe that the primary educators of young people are their parents. Mums and Dads lay the foundations of so many core values which if done well, will assist each child as they make their way through their educational journey and maturation. If the foundation is poor, then this so often plays out at various stages during their schooling and adult lives.

I am also very conscious of the research which indicates that the second most influential set of adults in the development of young people is their teachers. In this context, the partnership between home and the school is crucial. The core values which we believe are so important to the College: Justice, Commitment & Endeavour, Respect, Honouring Diversity, Responsibility, Compassion, Honesty & Stewardship are a strong foundation which is first laid at home by parents through their example and then hopefully, regularly reinforced via a Trinity education.

As the adults who influence our young people so strongly, I hope that we are mindful that this can so easily be a negative if we allow ourselves to get distracted by smart phones, devices and a whole myriad of other things. Our sons and daughters need the love, care and attention of both their parents and their teachers. Be mindful of this and don't take for granted the power of the influence you have on your children!

International Tours at Trinity

As the Senior School continues to grow at Trinity, we are keen to provide opportunities for our students to broaden their experiences and outlooks via optional study tours to international destinations. Our previous trips to Noumea and Europe have been very successful and beneficial for our students and therefore, I am pleased to announce that the College plans to offer the following biennial pattern of international study tours and opportunities.

In 2014 we will offer two trips to students in the Senior School – the first a language study trip for students who are studying French and keen to develop their skills – an immersion trip to Noumea during the June/July semester break. Madame Bennett has commenced the process of gathering the relevant information and quotes and these will be made available to interested students and parents soon. The opportunity for students to immerse themselves in a French speaking culture is hugely beneficial and great fun – Noumea continues to be a very popular venue for these types of tours for all sorts of reasons!



Stay tuned for further information which will be available to interested students and their parents at an information session which will be advertised in the College newsletter.

Also in 2014, the College plans to offer an international tour with a clear and strong focus on community service and outreach. One of the aspirations of our holistic and values based educational offerings at Trinity is the development of a strong sense of social justice in our young people. The 2014 tour to Thailand will provide students with a wonderful opportunity to not only think about these social issues but more importantly, it will enable students to actually reach out and contribute positively in response to these.

Rustic PathwaysTM

The tour will take place via a highly regarded and respected agency operating as 'Rustic Pathways'. This agency is one of Australia's leading providers of service-

learning programmes for secondary school students. The agency have been offering and running these programmes for well over a decade. The trip to Thailand will take place over 2 weeks during the semester vacation period and will provide powerful and meaningful opportunities for up to 15 students and 2 teachers to contribute to a few Thai villages and communities during this period.

Mrs Lefevre is liaising with Rustic Pathways and I hope that an information session will be offered to students and parents who might be interested in this type of powerful opportunity. Students should keep an eye out for notices on the daily student bulletin, as well as this newsletter for details of this session.

And in 2015 the College will run a study tour to Europe. The success of the inaugural European study tour in 2012 has assured generations of Trinity Senior School students similar opportunities in the years ahead. The College will not necessarily use the same itinerary as 2012 (although it proved to be very popular and successful) but certainly the focus will be on areas such as English, Geography, History and Visual Arts to form the itinerary for the 2015 tour. Further information will be made available to interested students and parents about the 2015 study tour to Europe during the course of 2014 but certainly the trip will take place during the semester break in June/July.



So, in summary, the College has decided to offer the following pattern of international tours to its students:

- 2014 French Immersion tour to Noumea, and
 Rustic Pathways trip to Thailand (community service)
- 2015 Study tour to Europe
- 2016 French Immersion tour, and
 Community Service trip
- 2017 Study tour to Europe – and so on.

It is envisaged that this pattern of offerings will repeat itself so that each of the tours will be offered biennially or every two years.

Please do not hesitate to contact me, the Deputy Principal or the Head of Senior School if you have any questions regarding the study tours we plan to regularly offer to students in the Senior School.

Steven O'Connor
Principal

From the College Chaplain

Whoever wants to be my disciple must take up their cross daily (Luke 9:23)

An army lieutenant called his platoon together and spoke: 'Ok boys, I'm looking for volunteers. Chances are, this mission won't succeed and many of you won't come back. If you are interested, step forward.' Just about the entire troop took a collective step backwards, leaving one unsuspecting 'volunteer' standing alone. God is not looking for 'involuntary volunteers' like that poor soldier.

Jesus said, 'if anyone would come after me, he must deny himself and take up his cross daily'. He wants people who are willing to leave their comfort zone; to give up their expectations that life be lived on their terms; to sacrifice everything for people who may never know they did it; to pay the price so that God's purposes can be fulfilled. And what's more, he expects us to do it 'daily'.

When Jesus said, 'Whoever does not carry his own cross ... cannot be my disciple' (Luke 14:27). He wasn't asking us to do something he himself hasn't done. Oswald Chambers said, 'If we are devoted to the cause of humanity we will be crushed and broken hearted, for we shall often meet with ingratitude ... but if our motive is love for God, no ingratitude will hinder us from serving our fellow man'. John says, 'We understand what love is when we realise ... Christ gave his life for us'. (1 John 3:16). Think about how you can show people love today. You might not get thanks, but remember, it's for your love of God.

Rev Lee Weissel

College Chaplain



French News



Saturday 9 November was a Red Letter day for three enterprising Year 8 girls who had sufficient faith in themselves and their abilities to put them to the test in an international forum.

The DELF exams were being offered again. This is an opportunity to complete testing in French at a level common to all European countries. Entry level, A1, is the same level in French,

Italian, Portuguese, German, etc and English, for non-English speakers. The qualifications are valid world-wide and are an excellent addition to any CV.

Gracie Eade-Smith, Ema Souness and Zoe Twist joined Clare D'Arcy from the Alliance Française to go through the testing on Saturday in the library at Trinity College. Jenny

Desjardins and Claire Rogers, both accredited by the Alliance Française, acted as Jury and Mme Zitzlaff came to help with administration of the testing.

All three girls were successful but will have to wait until the results are ratified by Canberra to hear about individual results and receive their Certificates.

I am delighted that the three girls took part in the examinations but surprised and disappointed that more of our students did not take part in such a valuable opportunity, offered so locally and conveniently in our own College. Levels A1, A2, B1, and B2 fit within our curriculum and are a very valuable additional examination practice for languages students as well as the other obvious advantages.

Congratulations to Ema, Gracie and Zoe on their achievements. Felicitations! Chapeau!

Soirée Française: Thursday 28 November, Year 8 and 9 will present a wonderful hour of humour and song in French (with subtitles/translations!) so please plan to come along and support the students.

Mme Bennett
Head of Languages

From the Junior School - Albury

Dear Parents/Guardians - Please be aware that cases of chicken pox have been reported to the College. As chicken pox is a highly contagious disease can I ask you to be mindful of the advice from the Health Department for its prevention, detection and treatment.

NSW Health Factsheet Last updated: 01 July 2012

Chickenpox and Shingles

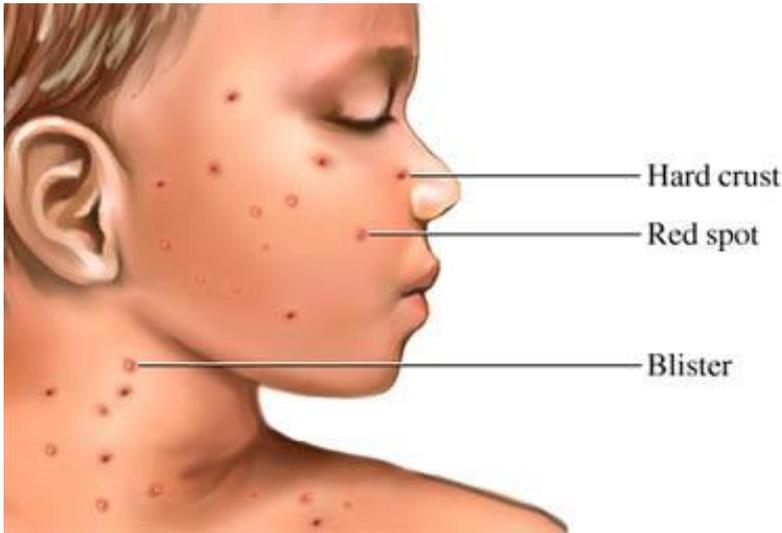
Chickenpox is a common viral infection that can reappear later in life as shingles. A vaccine is recommended for all infants and non-immune adults.

What is Chickenpox?

- Chickenpox is a viral illness caused by the herpes zoster virus (also known as the Varicella-Zoster virus).
- In children it usually causes a relatively mild illness.
- Chickenpox in adults and immunosuppressed people can be severe.
- Infection in pregnancy can cause foetal malformations, skin scarring, and other problems in the baby.
- Before routine vaccination began in November 2005, chickenpox was a very common illness. The incidence of chickenpox appears to have decreased as more people receive the vaccine.

What are the symptoms?

- Chickenpox begins with a sudden onset of slight fever, runny nose, feeling generally unwell and a skin rash.
- The rash usually begins as small lumps that turn into blisters and then scabs.



- The rash appears over three to four days. At any one time, the lesions of the rash vary in stages of development.
- Symptoms usually occur two weeks after exposure to the virus.
- Most people recover without complications, but sometimes the infection can lead to serious complications, such as pneumonia and inflammation of the brain. Rarely, the infection can be fatal.

How is it spread?

- Early in the illness, the virus is spread by coughing.
- Later in the illness, the virus is spread by direct contact with the fluid in the blisters.
- The infection is highly contagious to people who have never had chickenpox or who have not been immunised.
- People are infectious from one or two days before the rash appears (that is, during the runny nose phase) and up to five days after (when the blisters have formed crusts or scabs)
- Chickenpox infection triggers an immune response and people rarely get chickenpox twice.

Who is at risk?

- Anyone who has not had chickenpox or been vaccinated in the past can get chickenpox.
- People with a past history of chickenpox are likely to be immune to the virus. Even adults with no history of chickenpox have a chance of being immune (because of past infection that was mild). Doctors sometimes perform a blood test to see if these people need a vaccination.

How is it prevented?

- A free vaccine is now recommended for all children at 18 months of age and for children in their first year of high school who have not received chickenpox vaccine and who have not had chickenpox.
- The vaccine is also recommended for persons 14 years and over who are not immune. This involves 2 doses, 1 to 2 months apart. It is especially recommended for people at high risk, for example, health care workers, people living with or working with small children, women planning a pregnancy, and household contact of persons who are immunosuppressed.

- **People with chickenpox should avoid others (and not attend childcare or school) until at least five days after onset of the rash and all the blisters have dried.**
- People with chickenpox should cover the nose and mouth when coughing or sneezing, dispose of soiled tissues, wash their hands well and not share eating utensils, food or drinking cups.
- Pregnant women should avoid anyone with chickenpox or shingles and should see their doctor if they have been around someone with these illnesses.
- Children with an immune deficiency (for example, leukaemia) or who are receiving chemotherapy should avoid anyone with chickenpox or shingles as the infection can be especially severe.

How is it diagnosed?

Most cases can be diagnosed based on the symptoms and by appearance of the rash. Sometimes the diagnosis is confirmed by testing samples taken from the rash or from blood.

What is Shingles?

- Shingles is caused by the reactivation of the virus that causes chickenpox, usually in adulthood and many years after the initial chickenpox illness.
- The illness is characterised by a painful chickenpox-like rash on a small area of skin, usually on one side of the body.
- Pain and tingling associated with the rash may persist for weeks or months after the rash has cleared. This is called post-herpetic neuralgia.
- The virus can be spread by direct contact with the skin rash of infected people. This causes chickenpox in people who are not immune.
- Shingles develops more commonly in people who are immunosuppressed.

How is it treated?

Shingles can be treated with special antiviral drugs such as acyclovir. Your general practitioner can advise on ways to minimise the discomfort associated with the symptoms of infection. Chickenpox infection usually resolves without treatment.

What is the public health response?

Chickenpox is not currently notifiable in NSW but the incidence is monitored through the number of patients attending emergency departments and the number of patients who are hospitalised with chickenpox or shingles.

- The vaccine prevents chickenpox, even if given up to five days after exposure.

Short-term immunisation with varicella-zoster immunoglobulin (VZIG) - which is made from antibodies in donated blood - can prevent illness in people at high risk of complications. This needs to be given within 96 hours of exposure to the virus to be effective. People at high risk of complications following exposure include pregnant women who have not had chickenpox and who have not been immunised, newborn babies, and some immunosuppressed patients. Should you have any concerns do not hesitate to speak with your doctor.

Chris O'Loan

Head of Junior School

From the Junior School – Wodonga

Junior School Awards - Congratulations to students who received Junior School awards at last assembly for making a significant difference inside and outside the classrooms:

Name	No. of Merits	Name	No. of Merits
Cameron Deval	45	Cassie Pausic	90
Lily Brunec	45	Riley Koestveld	90
Hannah Pretty	45	Roy Costello	90
Zoe Hague	75	Kingston Scanes	90
Mark Baker	75	Samuel Chase	90
Kyan Ross	75	Lochlan Clarke	90
Adam Smith	75	Indriel Dudenas	90
Maeve Boyle	75	Sara Halligan	90
Chloe Donovan	75	Tyla Pratt	90
Indriel Dudenas	75	Gabrielle Richardson	90
Lillian Mumbler	75	Chad Klippel	90
Tanish Patel	75	Kyan Ross	90
Grace Pretty	75	Riley Koetsveld	105
Elouise Watkins	75	Sara Halligan	105
April Monte	75	Hogan Locke	105
Charlotte Halligan	75	Paris Morgan	105
Tygalilly Clark	75	Elissa Vincent	105
Lucinda Frantti	90	Mackensy House	135
Fallon Locke	90	Lucy Elderfield	135
Adam Smith	90	Isaac Delcour	150

Deputy Principal Awards - Congratulations to the following students who received Deputy Principal Awards at the last assembly in recognition of excellent application to studies, community service and positive behaviour:

Student	Class	No.	Student	Class	No.
Luken Hadley	Prep	1 st	Lauren Brawn	Yr 1	2 nd
Ignatios Kamberos	Prep	1 st	Penrose Delcour	Yr 2/3	2 nd
Tygalilly Clark	Yr 1	1 st	Paris Morgan	Yr 2/3	2 nd
Maeve Boyle	Yr 2/3	1 st	Regan Jeffs	Yr 4-6	2 nd
Sarah Chase	Yr 4-6	1 st	Jacqueline Halligan	Yr 4-6	2 nd
Shelby Vincent	Yr 4-6	1 st	Ella Baker	Yr 4-6	2 nd
Gabriella Toal	Yr 4-6	1 st	Jessica Baker	Yr 4-6	2 nd
Sari Lyons	Yr 1	2 nd	Campbell Clarke	Yr 4-6	2 nd
Lucy Pirkola	Yr 1	2 nd			

Simon Fairall
Campus Coordinator

Music News

Year 3 Strings End of Year Performance

On Tuesday, 26 November, the Year 3 Strings classes will be holding their end of year concert. The concert will commence at 2:20pm in the Multi-Purpose Hall. The students would very much appreciate your attendance in supporting them in this performance.

Brett Spokes
Music Teacher

Sports News

Triathlon News



Congratulations to Ella MacLean and Tom Frere who competed in the first of the state schools selection races, Team Tri Series, at Brighton on the weekend. The event took less than 39 minutes as they were lightning! Tom and Ella both came third in their respective age groups and will be trying for a place in the School Victoria State team to compete in the National all schools event in April 2014.

Ella and Tom already are seasoned performers – they were selected earlier as part of the Victorian triathlon squad and train more than 10 hours per week. They are very excited to represent Trinity College at their next events!

Ella is sponsored by FUNKITA/FUNKY TRUNKS bathers and using her code you can get 25% off: FTEAM543.

Volleyball Report

As the season goes on, Trinity's volleyball team continues to improve, with a well-played match on Monday. The team learnt a lot of good skills, and worked well together, eventually winning a set at the end against a vastly more experienced team. It was a fun match all round, lots of laughter and cheering was present. Special mentions go to Brontee Lawson, Georgia Gogoll and Eliza Thomas for their excellent gameplay. If there is anyone currently in, or will be in, years 7-12 and is interested in playing volleyball on Monday nights, please contact Mr Larsen or Greg Andronikos, or just show up on Monday lunchtimes at the MPH!

Well done to everyone who played this week. The team-play demonstrated was flawless and was one of the team's best games by far! Georgia Gogoll and Brontee Lawson have improved immensely and made valuable team members this week. Ella Corbett, Louis Walsh and Sarah Jasper kept the team strong up front and helped put the ball deep in the opposing court.



The team also experienced some great spike shots from both Semin An and Louis Walsh. Greg Andronikos played a Captain's knock and was a steady influence for the team. This was the first game the students were able to put pressure on the opposition, create forced errors and come close to some fantastic wins. Trinity Infinity

will be a force to be reckoned with as time goes on. Well done team!

Congratulations to Sarah-Jane Male who qualified for the Victorian State Swimming Championships last weekend at the ANL Open. Her time in the 100m butterfly (1.26.00) was 5.5 seconds under the qualifying time. Sarah-Jane will compete at MSAC on 18 December.

Nash Clark

Head of Sport

SRC Report – It's all happening!

Week 8 of this term shall be an exciting week for the College SRC. Please find the planned events listed below.

Casual Clothes for Anglicare - Thursday 28 November is the day that all students are invited to wear casual clothes. Students are asked to be conscious of the clothing they wear. Shoulders must be covered, shorts/skirts must be of an acceptable length (mid-thigh), no offensive logos and a hat must be worn outside.

We are asking that each student, on this day, bring in a donation of a non-perishable item which will make up the College donation to the Anglicare Christmas Appeal. Items could include: Tea bags, tinned fruit or vegetables, mince pies, baked beans, dry or sweet biscuits, tinned salmon, soup, coffee, lollies, crisps, jam, UHT milk or pasta shapes.

Junior School Disco - Friday 29 November is the evening of the SRC Junior Disco. Students from Kinder to Year 6 are invited to attend. The entry cost is \$5. The disco will run from 4.30-6.30pm and will be fully supervised by teachers. Drinks (water and cordial) will be provided free of charge. Money raised will go towards St John's Anglican School in Israel. Thank you so much for your ongoing support.

The Junior and Senior SRC

Community Announcements

Tackers is a Yaching Australia programme aimed at getting kids aged 7-12 into sailing. Each programme includes 20 hours tuition from qualified YA Instructors & Assistant Instructors, fun on-water and off-water games and a Tackers Kit and Certificate. Commencing Sunday 17 November at the Albury Wodonga Yacht Club – 0467 355 258 or awyc.training@gmail.com



Canteen News

Thank you to volunteers Lisa Brown, Vanessa Matthews and Ellen Uniacke.



Tuesday – roast vegetable salad
with cous cous \$4

Wednesday – sushi \$3



Roster Week 7, Term 4

Month	Day	Helper
November	Monday 18	Linda Garoni
November	Tuesday 19	Volunteer Required
November	Wednesday 20	Ellen Uniacke
November	Thursday 21	Volunteer Required
November	Friday 22	Volunteer Required

Margaret Cochrane

Canteen Manager

Uniform Shop

 **6049 3440**

Dress Orders

Final cut-off date for ordering of new dresses has now passed; for all other uniform pieces the cut-off date is **Thursday 21 November**. This will ensure that all stock is available prior to school starting back in 2014.

The Uniform shop also stocks a range of second hand uniforms for sale. Please note that payment for second hand items is by cash or cheque only.

Uniform Shop Operating Hours During School Terms		
Mondays	8:30 – 10:00 am 2:30 – 4:30 pm	Cathy Katsoolis
Tuesdays	<i>Closed</i>	
Wednesdays	8:30 – 10:00 am 2:30 – 4:30 pm	Cathy Katsoolis
Thursdays	8:30 – 10:00 am 2:30 – 6:00 pm	Cathy Katsoolis
Fridays	<i>Closed</i>	

Cathy Katsoolis

Uniform Shop Manager

After School and Vacation Care

Application forms for vacation care in the December and January school holidays are now available from After School Care (ASC) or from the front office. ASC runs from 8am to 6pm from 9-18 December and 20-24 January.