



TRINITY COLLEGE

Albury • Wodonga

Newsletter 8

22 May 2015

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EARLY LEARNING CENTRE WODONGA

6049 3485

From the Principal

Susan McLean: Cyber-Safety Sessions

Earlier this week the College engaged Susan McLean to present informative and powerful sessions on cyber-safety to students from Years 4 through to Year 12. Susan McLean is regarded as Australia's leading voice on cyber-safety and is highly sought after by schools across the country to present the latest up-to-date material and strategies regarding social networking and media sites to school communities.

Susan worked as a member of the Victoria Police for 27 years and as a result of her work in the area of cyber-safety became known as the 'cyber-cop'. In recent years, Susan has worked with various government departments and agencies, police forces, schools and numerous universities in Australia and overseas in this important area. She has successfully completed several qualifications in the area of cyber-safety and this, added to her professional experience makes her a unique resource in this field. Consequently, Susan is a highly sought after presenter and works not only with schools but with elite sporting organisations such as the AFL and Cricket Australia. Susan also regularly advises various State and Commonwealth governments on the area of cyber-safety.

In her sessions this week with our students, Susan spoke at length about the importance of all students (regardless of their age) using the internet and social-networking sites *appropriately and safely*. She framed her presentations around what she referred to as 'The Three Rs':

- Respect
- Responsibility and
- Reputation

All students were advised to ensure that all material posted to any social networking site must be respectful and that it was unacceptable to post or receive material which was not. Students were encouraged to speak out to parents and/or teachers if they received disrespectful messages on any device. As well, students were reminded that they have a legal and moral responsibility to use social networking respectfully. Susan outlined various laws which clearly make it an offence to bully others via social media, as well as the criminal implications of 'sexting' and posting or receiving inappropriate images of oneself or others on devices. Susan also explained that the digital footprint that people create when they use ICT devices and social networking apps and sites will be there forever and can be traced right down to every message and image ever received or posted by the individual.

Susan also explained that students should allow parents to have access to their log-ins and passwords for the devices and social networking sites. The purpose of this, she explained, was not so parents can log-in and check what is happening all the time, but rather, it provided them with access if and when a cyber-safety issue became apparent; such as bullying or if their son or daughter felt that they were being stalked or groomed by someone.

Each of the sessions was forthright and informative and Susan did not try to hide anything from students about the pitfalls and potential dangers when using these resources. It was quite astonishing to see so many Trinity students indicate the social networking sites they are using when asked by Susan. *Too many of them are clearly using 'Kik' (including students in Yr 4 – 6) even though the age requirements for this site is clearly 17!* Susan spoke strongly about 'Kik' as being the **worst and most dangerous** of the social networking sites and that law enforcement agencies found that the majority of predators they apprehended preferred to use this site to contact and groom their victims; Instagram, according to Susan, was a little better but it also had aspects which were less than satisfactory when it comes to cyber-safety.

Tip of the day to students and parents – delete the Kik account and do not use it!

Susan McLean has a very informative, practical and useful website and I would encourage all parents to visit this website and read through the material on it. The website address is: www.cybersafetysolutions.com.au Again, the key messages on this website are framed by the important themes of Respect, Responsibility and Reputation.

I include just one of the many resources from Susan's website – a fact sheet for parents and guardians – below:

Internet Safety Tips for Teachers, Parents and Carers:-

- *All internet enabled devices (iPad, phone, iPod, Xbox) SHOULD be in a common area of the house NOT IN THE BEDROOM! Need an alarm - buy a clock radio!*
- *Parental monitoring is vital – walk past and see what your child is doing, who they are talking to and what sites they are on....be aware if their mood changes. This is NOT invading their privacy at all...it is parenting in the digital space*
- *Make sure there is no response to rude or harassing comments. (Keep a record in case of further investigation)*
- *Advise your student/child to immediately exit any site that makes them feel uncomfortable or worried. Basic protective behaviour principles apply.*
- *If harassment continues....the current accounts can be deleted and a new one started. The new account details should only be given to a selected few.*
- *If receiving harassing messages on social media - have the sender blocked & report to the site.*
- *If you have found inappropriate content about your child or one in your care on a website or are informed about this situation please contact the ISP and or Police or advise the parent to do so a.s.a.p.*
- *Have a family internet contract and set house rules about what information your child can put onto websites or share with others, where they go online and what they do. You (adult) need to be in charge.*
- *Be aware the majority of children WILL NOT tell a parent/teacher if bullied or harassed online for fear that they will lose internet access!! NEVER threaten total disconnection!*
- *Make sure that your children understand that they will not get in trouble if they tell you about a problem.*
- *Parents must learn about the internet with their child – get students to share their knowledge of the internet with their parents in a fun environment*
- *Spend time online with children, just as you would with many other activities such as sport, board games and walking the dog - learn and explore together*

- *Install filters and other monitoring/blocking software to minimise dangers. This is already done in schools but homes should have up to date filtering software installed at home.*
- *Know the sites they are accessing to ensure suitability. Filters CAN sometimes fail to protect and can be bypassed by a 'tech savvy' child.*
- *Learn the lingo so that you can decipher some of the content if required. Advise parents to do the same.*
- **ABSOLUTELY NO EXCHANGE OF PERSONAL INFORMATION!**
- *Children under 13 ARE NOT ALLOWED on Facebook, Instagram, Kik, SnapChat, iTunes and many more. Don't support your child to break the rules & they won't be the only one without these accounts. Learn to say NO!*
- *Social Networking Profiles MUST BE SET TO PRIVATE. Use all the security settings available to make the site as safe as possible.*
- *Social networking site friends should be people that your child knows in real life. This is one way to reduce possible risks. Anyone can be anyone online.*
- *Teach children that information on the internet is not always reliable.*
- *Very close supervision for young children is recommended. There should be a limit to the number of people kids talk to online and the parent/carer should know who they are too and approve of them.*
- *Whatever your children use, you must use as well. Set up accounts on the same sites to ensure that they are suitable and the interactions appropriate. Engage with them online. This also allows you to know how these applications work.*
- *If your child is playing online games it is YOUR responsibility to make sure that YOU know how to play the game too in case of problems. Play online games together.*
- *Do not let young children 'google' aimlessly with no supervision. Children need to be taught about search engines and how they work.*
- *The internet and the various applications are a lot of fun and a wonderful tool...maximize the benefits and surf safely together! Please note that this list is by no means exhaustive and that there is no guarantee that adherence to these tips will provide 100% protection or safety for those using the various applications of the internet.*

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I am conscious that some of the material presented by Ms McLean was perhaps confronting for a few students. Whilst we do not want to routinely upset or confront our students, this is such an important and potentially very dangerous area, that I feel that it is better to be a little confronted or taken aback by the material presented at a cyber-safety session at school rather than become entrapped by an online predator or be the victim of a cyber-bully and not know what to do about any of this!

I found this week's sessions incredibly useful and I am sure that our students and teachers also took away some useful strategies and themes about how to avoid finding themselves in a confronting and dangerous situation when using social-networking sites. Susan's presentation affirmed the College's stance on cyber-safety very clearly and I am pleased that we were able to secure her services for our students this week!

Appointment of new Director of Pastoral Care

Following the resignation of Mrs Ren Lefevre as the College's inaugural Director of Pastoral Care, I am pleased to advise the Trinity community that I have appointed Ms Angela Lum to this senior leadership role at the College.

Ms Lum is an experienced professional and has been for a number of years, the School Counsellor and Head of Pastoral Care at The Scots School, Albury. Along with her educational qualifications, Angela will bring to the role formal qualifications in Counselling and Psychology.

Ms Lum is very excited about taking up her role as Director of Pastoral Care at Trinity from the commencement of Term 3, 2015 and to continuing the good work of Mrs Lefevre in this important area of the College. I look forward to working with Ms Lum and am sure that she will be made to feel very welcome by students, staff and parents as she begins her work at Trinity next term.

Steven J O'Connor
Principal

From the Director of Studies

Half Yearly Exams – Years 7 – 10

There is a buzz about the College as the students are preparing to undertake the important assessment items that make up the half yearly assessment period.

For students in Years 7 and 8, these tasks will take place across Wednesday and Thursday (27-28 May) of Week 6. All tasks will be of one hour duration. Students in Year 7 will undertake tasks in English, Mathematics, Science, History and French. Year 8 students will undertake tasks in English, Mathematics, Science, Geography and French.

Students in Years 9 and 10 complete their exams from Monday to Thursday (25-28 May) of Week 6. The exams for Year 9 are primarily of 90 minutes duration; some subjects with practical elements will have a shorter exam time. Whilst this is also the case for Year 10 exams, the core subjects of Maths, English and Science are assessed via two hour exams, and other elective subjects are of 90 minutes duration.

The timing of the exams for each year group is detailed in the table below. For specific times, please consult the detailed timetables available on the College website. These have been distributed to students.

Date	Year 7 Exams	Year 8 Exams	Year 9 Exams	Year 10 Exams
Monday 25 May	Normal Lessons		Drama Engineering English	Maths Commerce Visual Art Music
Tuesday 26 May			Photography French Geography	Science PDHPE
Wednesday 27 May	Maths French Science	English Maths French	Maths PDHPE	Electronics Elective History PASS Drama Engineering Photography French
Thursday 28 May	English History	Geography Science	Commerce Music Science	English Mandatory History

Please contact me at the College if you have any queries.

Kym Armstrong
Director of Studies

From the College Chaplain

Toxic Friends

Jesus had many friends who he made himself known to. However, not all the people he called friends reciprocated. There are times in life where we wonder about how helpful some of our friendships may be. Those times are when you start to believe your friends are

doing you more harm than good. Psychologist Jocelyn Brewer says that these people can actually be toxic.

Brewer says the psychological effects of toxic friendships can include self-doubt, lowered self-esteem and confidence.

The question is how to pick those people. You could turn to technology; there is a new app that monitors your heart beat and physical response when talking with particular people on your contact list, alerting you to the toxic people in your life. That's impressive but surely we can do better than that!

Friends can be a gift from God. Pray for your friends and their wellbeing. Graciously confront those who regularly hurt you and when necessary, choose to distance yourself from those who are breaking your spirit.

Rev Lee Weissel

College Chaplain

From the Junior School

The 3 R's

At a number of Assemblies and Chapel services the Junior School has been made aware of the importance of these to our learning. Respect for Self, Respect for Others and Respect for our Environment. It is interesting to reflect on these each week. Given that we have a very strong focus on the importance of respecting our Environment in the SHINE program which takes place during week 6, where many classes are focussing on respecting and appreciating others, the students are living these aspects as part of their learning. The first and foremost though is to respect Self. To value our contribution, to take pride in our involvement and, when things do not go well, to forgive ourselves these mistakes and to bounce back after challenges.

Water bottles

Just a reminder that we encourage all students to maintain their water intake during the day, even in the cooler months. Water bottles should be as malleable as possible given the day they experience at school. For obvious safety reasons students should not bring any glass water bottles to school.

College Events

It is an exciting time at the College with a number of events occurring over the second half of the semester.

Public Speaking: Week 7 sees the finals of the Public Speaking. The staff are looking forward to hearing these speeches as the end product of much hard work.

SHINE: All students will be immersed in the program over the 27th of May.

Life Education: The Life Education Van will be visiting the College to work with students over the next 4 weeks.

Cross Country success

A wonderful performance from a very strong and very committed team. Well done and well done to the Captains Evie Nelson and Lucas Bladwell.

Athletics Carnival

This promises to be a great occasion. Hopefully on reading this the weather has been kind and the results will be published in the next Newsletter.

Steven Armstrong

Head of Junior School

Wodonga Campus News

Campus Improvements

The Campus has been a hive of activity these last few weeks as we settle into the repositioned classrooms and see a new fence-building project across the front of the school. We've also installed new lights in the car park, all of which will improve the security and aesthetics of the school.

Mothers' Day Stall and Chapel Service

Thank you to all those who attended the Chapel Service to give thanks for the gift of mothers. Thank you also to all those who provided donations to enable students to purchase a gift. It was a tremendous display, and a special thanks to Karen, Donna and their willing band of helpers for wrapping and pricing and ensuring an excellent day was had by all.

Cyber Safety: Years 4-6

All students from Year 4-6 participated in a Cyber Safety Presentation on Monday. The students learnt about how to keep themselves safe while in the digital world. One of the strategies to assist with cyber safety includes that all devices, particularly the mobile varieties, are used in full view of the family. This means no devices in bedrooms. Setting up a central charging area within the home is also a great way to keep the devices in check.

Athletics Carnival

Congratulations to all the students who participated in Wednesday's Athletics Carnival. I was delighted to see everyone having a go and doing their best. Participation and doing your best were the goals for the day. The winners from the various events will be selected to represent the College at the next level of competition.

Years 3-6 Public Speaking Competition

The classroom rounds for the Public Speaking Competition are well underway with the students presenting their speech to their classmates. Good luck to all!

The Years 3 and 4 students are presenting on the topic, Our Helpers. They are to elaborate on, "There are many people in our community who help others when problems occur. You need to imagine that you are one of these people. Tell us about what you do, why it is important and why the government and community should support you."

Years 5 and 6 are speaking on the topic, A Major Natural Disaster. They are to present on, "You are a member of the United Nations Disaster Committee. You will undergo a time travel experience to sometime in the past. You will be present at the site of a major natural disaster. You will prepare and present an on the spot report of the disaster so that Governments can decide what help is needed."

Once the classroom rounds are complete, the winners from the classroom rounds from both campuses will speak-off for the Junior School Champion. The School Champions from both sections will then represent the College at the Lions Public Speaking competition later in the Term.

Hume Division Cross Country

Congratulations to the students who have been selected to represent the College at the Upper Hume Cross Country on 22 May:

Year 3

1. Lucy Pirkola
2. Mark Baker
3. Jacob Campbell
4. Sienna Plested

Year 4

1. Samuel Chase
2. Joshua Nelder
3. Hogan Locke
4. Lucas Honeychurch
5. Tiahn Myles
6. Georgia Stefaniak
7. Jana Geerling
8. Emily Franolic
9. Darrah Andrews

Year 5/6

1. Ashton Myles
2. Zac Reid
3. James Plested
4. Connor Campbell
5. Daniel Honeychurch
6. Mitchell Arcus
7. Elouise Watkins
8. Indriel Dudenas
9. Emily Bath
10. Grace Pretty
11. Jessica Baker

Queen's Birthday – Public Holiday

A reminder to all parents that Monday, 8 June is the Queen's Birthday Long Weekend and as such there will be no classes on this day.

Calendar

Friday, 22 May	Upper Hume Cross Country, 11:00am-3:00pm
Tuesday, 26 May	The Roald Dahl Show, 11:30am-1:00pm
Wednesday, 27 May	Enviro Day
Thursday, 28 May	Hot Lunch Day (TBC)
Monday, 1 June	Trinity Sunday Service, Albury Campus
Wednesday, 3- 5 June	Years 3-6 Public Speaking Finals
Monday, 8 June	Queen's Birthday Public Holiday (Albury & Wodonga)
Friday, June 26	End of Term Assembly, 11:50am Term 2 Finishes, 3:10pm

Chris O'Loan
Head of Wodonga Campus

From the Director of Sport & Co-curricular

BISSA Cross Country

Trinity red - the colour of the new running singlets stood out on the wet, windy day of the BISSA Cross Country. A team of 63 committed students and two enthusiastic teachers set off for the 2015 event on the morning of Monday, 11 May. The bus arrived at the Narrandera race course in plenty of time for the team to walk the course and talk tactics. Some of the team had clear goals, 'I want to come first', 'I want to finish the course', 'I want to beat.....' but, the one common goal was to make Trinity proud.

The seniors started the event, 6km through grass, mud and clay. The Trinity team certainly made themselves known in the 17-year-old boys with Josh Holland achieving a cool first, followed closely by a smooth second from Sean Nielsen. The 17-year-old girls were not to be left behind; third was Caitlyn Bishop and fourth, Caroline Lowe. Matilda Trebilcock, achieved her goal of a first in the 16-year-old girls and Maggie St John came third in the same category. Leighton Coe came third in the 16-year-old boys. Alexandra Freire took on the field in the 13-year-old girls and achieved a third placing.

The rain was determined to make its mark at this event, however, the Trinity team did not back down. At the end of the day Trinity was third overall, and was awarded the aggregate trophy for 2015. The goal of making Trinity proud was smashed by this talented and passionate group of students. A huge well done to the entire team. Congratulations!

BIPSA Cross Country

Following in the success of the Senior School BISSA Cross Country team earlier in the week, our Junior School students set out on Friday, 15 May to compete in the BIPSA Cross Country, held at the Jindera Golf Course.

The team of 40 students led by Captains, Evie Nelson and Lucas Bladwell arrived focused and set out to achieve their best. Under the Captains' leadership the College team ran out some of their nervous energy in a pre-race warm up.

With the competition between other Riverina Independent Schools getting tighter each year the team realised it was going to have to be a team effort to win their third Overall Champion School in a row. The Under-9 students led the way on their 2km course.

The pre-race talk resinated with all students; to try their best and be supportive of one another. This was best highlighted by Mattea Kelly, who stopped to support a fellow team mate, accompanying them to the closest course marshall. Her unselfishness epitomised the spirit of the College team. Mettea did a wonderful job, going on to run tenth in her age group.

The results highlighted a tremendous team effort. Zoe Goldsworthy was awarded Age Champion with Lachlan Elgin, George Flanagan and Lucas Bladwell achieving Runners-Up Age Champion placings. These placings along with the spirited efforts of the whole team saw the College once again successful in winning the overall title of Champion School. Well done!

NSW Netball Cup

On a day better suited to arctic sailing, four College netball teams travelled to Wagga to compete in the initial round of the NSW Netball Cup. The College was proudly represented by two Year 5/6 teams and two Year 7/8 teams.

All games were played competitively and in a good spirit. The College teams were competitive in all their high quality matches, with our two First teams winning all of their pool games. These two teams will now travel to Wagga on Tuesday, 28 July to compete in the Riverina finals.

Thank you must go to Elyshia Poidevin, Georgie Cavanough, Maggie St John and Shaylah House for umpiring our teams throughout the day and to Ruth Trevaskis for coaching a Year 5/6 team. The girls' hard work and commitment to the College netball program is paying off. Thank you to their coaches, Mrs Bradbury and Mrs O'Connor, for their hard work also. Finally, our thanks to the family members who assisted with transporting the teams and supporting them throughout the day.

Junior School Athletics Carnival

Due to the inclement weather forecasted the Junior School Athletics Carnival has been postponed to **Wednesday 3, June**. The carnival will go ahead as per the program your child has already received.

Basketball

Thank you to all the families who have indicated their child's interest in joining a College basketball team or to continue playing in their current team. New members will be finalised prior to the end of the term, when teams are confirmed.

This week the College hosted Cathedral College, Wangaratta Year 7 basketball team in a friendly match. Cathedral, a member school of the ASC were too strong in the end, though fortunately this week's game will no doubt be the first of many in the years to come.

Well done to the College boys who did a wonderful job, improving throughout game. Thank you to Jeremy Smith, Year 10 for umpiring the game and the parents who were able to get along to support our boys.



Around the Grounds

Congratulations to **Darcy Harrington** for his selection in the CIS 15 Years AFL team. The College was represented by four students, with the majority of these students eligible to trial again in 2016. Darcy's efforts in being selected were especially impressive as he is currently bottom age. We wish Darcy all the best for the NSW All Schools AFL Championships later in the year.

The College was fortunate to be represented by **Mackensy House** at the CIS Secondary Swimming Championships in Sydney earlier this term. Mackensy achieved a range of fantastic results, with four, top eight finishes in the 14-years age category. Mackensy highlighted the versatility of her sporting prowess by being awarded Runner-Up Age Champion in BISSA Athletics a week later.

Rostrum Public speaking

Congratulations to the following Trinity students who achieved fantastic results for the College at the Rostrum Voice of Youth Public Speaking Competition on Monday last week:

- Ella Mather (Year 9) won the Junior Division and will now represent the Albury area at the ACT/NSW championships in Yass on 14 June.
- Zoe Twist (Year 10) was runner-up in the Senior Division.

Scots Interschool Equestrian Event 2015

Trinity was proudly represented at the Scots Equestrian Challenge on Saturday, 16 May, by Ruby Kearney, Grace Arney, Chloe Voss, Megan O'Reilly, Sophie Buckley and Sidney White.

It was a perfect sunny day and the girls displayed lots of talent in a range of events from dressage to show-jumping with some receiving first, second and third places. Well done to these girls!



Pictured from left to right: Sidney White and Ruby Kearney

Nash Clark

Director of Sport & Co-curricular

Stephanie Alexander Kitchen Garden

This week we have joined forces with the Jamie Oliver Food Revolution program. The global program was started to educate students about the importance of eating a wholesome, nutritious diet.

This week Jamie Oliver guided the students via a web link on how to make a simple, tasty 'Squash it Sandwich' the step, by step instructions supported the students to making a scrumptious sandwich. The students are looking forward to helping pack their families' lunches with their new skills.

Oliver says, 'educating children about food in a fun and engaging way, we can equip them with the basic skills they need to live healthier, happier lives, for themselves and their future families.

The recipe for the Squash it sandwich, as well other easy recipes like, chargrilled kebabs, vegetable egg fried rice, shepard's pie, tomato and basil omelette, spaghetti bolognese, tomato soup and soda bread can be found on the website.

www.foodrevolutionday.com/recipes

Planting your own garden

What seeds do I sow in June?

Asian greens, broadbeans, garlic, Jerusalem artichokes, lettuce and salad greens, and snow peas.

What seedlings do I plant in June?

Asparagus, globe artichokes, onions, rhubarb, snow peas, spinach, spring onions, strawberry runners.

Karla Horn

Kindergarten Teacher

From the Canteen

Please remember to check the new Canteen prices, available on the College website or the College smartphone app. The menu was published on the back page of the first Newsletter this Term also.

Unfortunately, the pasta on our menu is currently unavailable from our supplier. If pasta is on a lunch order, we will make a substitution. I will advise via the Newsletter when this item is again available. Our own "in house" pasta is available on Tuesdays for only \$4.

Please note the Slushy has been turned off for the winter!

Many thanks to our volunteers Ellen Uniacke, Jana Kondacs, Mary Rama and Lauren Cleaver.

Week 6 Term 2	Helper	Week 7 Term 2	Helper
Monday, 25 May	<i>Volunteer Required</i>	Monday, 1 June	<i>Volunteer Required</i>
Tuesday, 26 May	<i>Volunteer Required</i>	Tuesday, 2 June	<i>Volunteer Required</i>
Weds, 27 May	Ellen Uniacke	Weds, 3 June	Ellen Uniacke
Thursday, 28 May	Prue Hutchinson	Thursday, 4 June	<i>Volunteer Required</i>
Friday, 29 May	<i>Volunteer Required</i>	Friday 5 June	<i>Volunteer Required</i>

Margaret Cochrane
Canteen Manager

Mothers' Day Stall 2015 – Albury Campus



The Annual Mothers' Day Stall was held on Wednesday, 6 May and I am relieved and extremely happy to say it was once again a great success.

Special thanks go to the following staff for their assistance; Leanne Nixon, Kathy Offner, Steven Armstrong, Rob Childs, Janelle Parker and Greg Davis. Thank you to you all for your help. A very huge thank you goes to the fantastic volunteers who helped wrap gifts and assisted with the stall; Liz Fagence, Megan Salan, Kelly Thomson, Reeny Matthews, Letitia Harrington, Stella Lee & Natasha Harrington. Your help was invaluable!

Thanks must also go to all the exceptionally generous families who donated wonderful gifts.

I certainly hope all Mothers, Grand Mothers or special friends had a relaxing day and enjoyed receiving their specially selected gift/s. I know I certainly did and I have a wonderful new scarf to add to my collection.

Kind Regards

Michelle Densley