



## In this issue



Foundation Day



Middle School mural



GPS Music Showcase

# Executive Director – Advancement and Community Relations

Heather Hamilton

After an incredible year of engagement, we are coming to an end of our BGS150 celebrations. The theme for the 150-year anniversary was *Celebrating Our Community* and it has been embraced by the BGS community all over the world.

Our BGS150 celebrations launched this time last year with the Story Bridge and Victoria Bridge lit up in the School's renowned *light dark blue* colours as a symbol of our 150-year history and connection with the community of Brisbane.

Our major events ranged from the Gala Dinner, royal visit and Sports Lunch, to reunions around Australia and overseas. The year saw an incredible 500% increase in the total number of community members attending BGS events.

Today we celebrated our Foundation Day, reflecting on the School's history. This month marks 150 years since Headmaster Thomas Harlin welcomed 94 students and five staff to Brisbane Grammar School, the city's first secondary school for boys.

As Brisbane's first secondary school for boys, BGS educated the colony's homegrown leaders in politics, public service, education, medicine, law, business, the military and the arts. A great many of them became engineers, surveyors and geologists, and played an enormous role in the development of the colony and then the state. To this day our graduates continue to make a difference in the world.

The Foundation Day awards also saw several major scholarships and bursaries presented to recent graduates and to boys beginning their BGS journeys. The awards honour the service to the School of three men – first Headmaster Reginald Heber Roe, Queensland's first Rhodes Scholar Arthur Stanley Roe, and long-serving former teacher AJ Mason.

These BGS icons did much to endorse and sponsor the qualities of character and learning that BGS has always regarded most highly. Between them, they contributed a total of 120 years of service to the School. Congratulations to Anton Vellnagel, Marcus Ray and Eagle Ngo for being awarded these scholarships.



Well done to Lewis Williams for receiving the JG Nowlan award and a Trustees' Scholarship. Trustees' Scholarships were also awarded to James Brough, Jarrah Chien, Edward Cooper, Daniel Luo, Euan Mortimer, Nicholas Silverston and Lewis Williams.

Today's Foundation Day assembly also provided an opportunity for current students to hear from an inspiring graduate, BGS Old Boy Michael Milford '98, as guest speaker. Prof Milford is a multi-award-winning educational entrepreneur with a Mechanical and Space Engineering degree and a PhD in Robotics from The University of Queensland, and currently leads a team at QUT researching the nature of intelligence.



The highly anticipated BGS history book, *Light Dark Blue: 150 Years of Learning and Leadership at Brisbane Grammar School*, will be launched at the final BGS150 event on Saturday 2 March. Drawing on personal stories and extensive scholarly research, author Helen Penrose explores and celebrates the School's distinctive place in Queensland's educational landscape. If you can't attend the event, the elegant 500-page hardcover book can be purchased online [here](#). As well as the standard edition, 150 limited-edition copies of the book are available.

Finally, I would like to draw your attention to a special BGS150 insert publication that will be available in all editions of *The Australian* sold in Queensland on Saturday 2 March. This broadsheet publication will provide a collection of fascinating stories, archive and recent photos, and acknowledgements our BGS150 partners, including gold sponsor ANZ, and red sponsors Audi Centre Brisbane and Morgans.

Brisbane Grammar School gratefully acknowledges our BGS150 Partners

Gold



Red



Light Blue



Dark Blue



In-kind



# Deputy Headmaster – Students

David Carroll

## BGS Student Wellbeing

I mentioned in an earlier newsletter the importance of creating a routine and rhythm for the boys at home and at school at the start of the school year. This has also been a strong focus for staff over the past four weeks and I am pleased with the outcome. I am regularly asked if it has been a good start to the year and I tend to respond that it is too early to say. Given that it is now the end of Week 4, I can confirm that I am pleased with how the boys in the Senior School have settled in and feel that the school year has started well.

The Student Wellbeing Curriculum is an important component of the School's Student Wellbeing strategy. A new program is evolving, and the boys are exposed to important content each Monday. Ms Philippa Douglas has updated the Wellbeing Curriculum section on MyGrammar. The updates identify important year level information from the Wellbeing Curriculum as well as seminars and workshops from outside presenters that complement and enhance the boys' learning. In the same section you will see links to SchoolTV, which is a resource purchased by the School that provides access to up-to-date information on adolescent issues. It is an excellent resource and I encourage you to visit it this weekend.

You will also see invites over the next couple of weeks to a variety of presentations as part of our Wellbeing Series. These presentations give parents the opportunity to hear from experts on aspects of your son's adolescent journey:

- On **Monday 4 March**, Cam Adair, gaming addiction expert, will visit BGS to speak with boys on the issues associated with gaming and will present to parents that evening. An invitation with registration links can be found in the Community section of this newsletter.
- On **Monday 18 March**, Lisa Maltman, sleep health expert, will present to Year 7 students, followed by an information evening open to all BGS parents on the importance of sleep. An invitation with registration links can be found in the Community section of this newsletter.

I hope to see many of you at both presentations.

# 2019 ACER Scholarship Exam

**Saturday 23 February 2019**

The ACER Scholarship Examination will take place at Brisbane Grammar School on **Saturday 23 February 2019**. **Please note that registrations are now closed.** The following information is for students registered for the exam.

## Arrival

Students should arrive at the Great Hall at Brisbane Grammar School at **8.15am** as there are administrative tasks we need to complete prior to the boys commencing the exam at **9.00am**. Signs will indicate the location of the Great Hall and School Prefects will be available to direct you when you enter the School grounds.

## Examination

Once boys have entered the Great Hall for instructions they will be under the direction of supervising staff and parents will not be permitted access to the Hall or the examination centre. **Parents are asked not to remain on campus while the examination is on and should return to collect their sons at 12.00pm.**

It is not necessary for boys to bring anything other than **two blue or black ball point pens, two HB or B pencils and a pencil eraser**. Candidates should **not** bring books, papers, rulers or mathematical instruments of any kind. Your son is not required to bring any form of identification.

There will be a break between papers and light refreshments will be provided for students. Boys should bring their own morning tea if they would like to eat something substantial or if they have a specific dietary requirement. Boys may bring a water bottle to take into the exam if they wish.

Boys are **not required** to wear school uniform for the exam and should attend in neat, casual clothing. This also applies to students who currently attend Brisbane Grammar School.

## Parking

Please note there will be no provision for parking at the School and the parking situation at Gregory Terrace is usually extremely hectic on this day. I would urge you to be aware of this and make arrangements so your son arrives on time.

## Departure

The examination should conclude at approximately **12.00pm** when students may be collected from the Great Hall or surrounds.

## Results

The School does not provide candidates' actual scores or order of merit. However, ACER will provide your son's results online from **Thursday 4 April 2019**. You will need your username and login details to access his results.

**If your son is being considered for a scholarship you will be contacted by the Headmaster's Office as he will be required to attend an interview. Please note that only successful candidates will be contacted.**

**Jamie Smith**  
**Director of Enrolments**

# Director of Boarding

## Berian Williams-Jones

Harlin House ran a successful 'spider' sale in support of breast cancer on Friday afternoon, run by the ever-enthusiastic Mr Christie. Following on from this, our Monday evening formal meal speaker this week was Ms Bec Leslie.

Bec is currently working in the administration department at the Mater Hospital, with her responsibilities including looking after individuals receiving cancer treatment.



In her talk to the House, she didn't simply share with them her daily duties nor the challenges of her job. Bec is a survivor of breast cancer and provided the House with a deeply personal and honest account of the challenges of fighting cancer. Her message was one of hope and how each individual can make a difference in the lives of other people, whether in relation to cancer, or a natural disaster such as is presently affecting Far North Queensland.

It has been heartening to see the response from the boarders. The boys want to make a difference, and to make a statement as a community. While I am able to announce that more spider sales will follow, the significantly more challenging 2019 RACQ International Women's Day Fun Run is also just around the corner.

I hope you will be encouraged by the news that Mr Byron and I are deep in our training regime for the event, with our program combining more exercise than ever before with more measured visits to the food counter in the Dining Room. We are hoping a good number of boys will take part on Sunday 3 March, especially given the efforts of the Director of Boarding and Head of Residence in preparation for the day!

# Director of Outdoor Education

Derek Jervis

7C and 7D participated in their Outdoor Education experience with energy and enthusiasm. They took on the program's focus of endeavour and were willing to develop the five program objectives: to learn everyone's names, connect with a peer they don't know, push themselves mentally, embrace the physical challenge and show respect for others.

7C were faced with some high temperatures on their expedition and therefore completed an alternative program avoiding the heat. The class walked down Reynolds Creek to spend some time cooling down in the natural waterhole and rapids.

Benjamin La showed a willingness to challenge himself on the rock climbing and abseiling activity. Hudson Pherous and William Ewart were engaged in all aspects of the program and kept the group upbeat during the challenges.

7D also had an alternative program due to the high winds on the return paddle to the centre. The class were faced with a strong headwind and it was decided to transport the class back to the centre at the end of the day.

Esa Hussain proved to be a mature student willing to put the needs of his friends first. Miles Tweed showed enthusiasm for all things outdoors and Alexander McFarlane engaged in discussions and developed a great understanding of the program objectives.

Year 12 form seniors Thomas Olsen, Zakhar Kalinin, Will Scott and William Ma guided the boys through the program and were wonderful mentors. The seniors ran activities, organised duty areas and assisted the Outdoor Education teachers with the program.

Form Tutors Mr James Struthers and Mr Hamish Benson joined their classes to share the experience, observe the boys getting to know their peers and develop relationships.

Mr Craig Timms visited the boys on Wednesday to support them taking on the rock climbing, abseiling and prussicking activities. These activities are a great chance for the boys to push themselves mentally, draw on support from their peers and prepare themselves for their next Outdoor Education experience.

Click to view the [7C photo album](#), [7D photo album](#), [7C video](#) and [7D video](#) of the boys' experiences.



# Director of Student Wellbeing Programs

Philippa Douglas

## Parent information evening – boys and gaming

On Monday 4 March, the School will welcome Mr Cam Adair to speak to Years 8 and 10 students on the topic of gaming and gaming addiction. This will be followed by a parent evening on the same day.

Cam Adair is an international speaker and leading expert on video game addiction. He is the founder of Game Quitters, the world's largest support community for video game addiction.

## Key deliverables and learning outcomes – students

- How gaming and social media are designed to keep you hooked
- Warning signs of problematic gaming and social media use
- How to create and change habits
- How to manage stress in healthy and productive ways
- Alternative activities to gaming and social media

## Key deliverables and learning outcomes – parents

- How video games are designed to keep teenagers hooked
- The four emotional needs gaming fulfils
- How to assess at-risk teenagers (including a screening tool)
- Effective communication to build rapport around gaming
- The four key steps and other practical tips to recovery

All parents from all year levels are most welcome to attend this parent information evening, which will be held in Centenary Hall on Monday 4 March commencing at 6.00pm.

[Click here](#) to register for the evening. RSVP required.

More information regarding the evening can be found in the community section of the newsletter and on MyGrammar.

# Important dates for Semester 1

This list has been updated. The Year 8 parent-teacher evening will be on Wednesday 1 May 2019.

## Parent-teacher evenings

Year 8	Wednesday 1 May
Year 9	Tuesday 30 April
Year 10	Tuesday 21 May
Year 11	Tuesday 14 May
Year 12	Tuesday 7 May

## Independent study afternoon (Years 7 to 12)

Term 1	Tuesday 19 March
Term 2	Thursday 23 May

## Public holidays

Anzac Day	Thursday 25 April
Labour Day	Monday 6 May

**Frank McClatchy**  
**Dean of Administration**

# Deputy Head – Co-Curriculum

Greg Thorne

*“Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything.”*

—Plato

## GPS Music Showcase

Most of my working days are uplifted by music. A talented pianist regularly rehearses in the Great Hall adjacent to my office; his skilful use of the 88 keys on a grand piano can elevate moods, leaving me and those nearby with a sense of wonderment and awe. Such is the power of music and the talent of those disciplined enough to perform.

On Monday of this week, the Music Department hosted a group of over 150 students, comprising representatives from each of the GPS schools, for GPS Choir rehearsals throughout the day. At other schools, students rehearsed as members of the GPS Concert Band and GPS Symphony Orchestra. I had the pleasure of sitting in on rehearsals throughout the day on Monday. Our talented Music staff brought their great enthusiasm and energy to each session, adding to the enjoyment for the students present, most of whom had met each other for the first time that morning.

On Monday evening, these rehearsals culminated in these ensembles performing together as part of the GPS Music Showcase concert, held in the Concert Hall at the Queensland Performing Arts Complex. The concert itself carried the audience on a journey through a wide range of repertoire; from contemporary to classic. For our musicians, staff and audience members, this performance was another example of the unique and memorable GPS experiences on offer within our community.

Thank you to Mr Peter Ingram for his organisation and leadership as a member of the GPS Music Subcommittee, to Mr Michael Allport for his wonderful choir accompaniment and to Danny Kim as BGS Captain of Music who, as well as playing flute in the Orchestra, offered a vote of thanks on behalf of the students on the night. Congratulations to Ms Rebecca Thomas who was chosen as Choir conductor, leading those students to great heights across the day.

Finally, congratulations to our more than 50 BGS student musicians involved in the GPS Music Showcase.

## Culture

In an email I received this week, the author used the powerful words of Lieutenant General David Morrison AO to make the valid point that we all must contribute to the establishment of standards and culture: “The standard you walk past is the standard you accept.”

If we take the time to apply ourselves to any worthwhile endeavour, in partnership with a group of likeminded individuals, our efforts are often most successful and enriching if we take the time to align our culture; that is, those behaviours or standards that we will and, importantly, will not accept.

For over 150 years at Brisbane Grammar School, thousands have worked together on all manner of great endeavours. High cultural standards have been set, reinforced and used as a compass when the risk of losing direction has presented. This will continue.

Across our Co-Curriculum program, there are great variations as to purpose, goals and objectives. One constant is the presence of strong elements of culture. As our staff and coaches focus their efforts on our students, these young gentlemen come to learn what they are a part of and what is expected of them as a member of that program. You, our parents, are not excluded from this by any means. You play a vital role in reinforcing our culture and corresponding high standards, through your support of your son as he navigates the physical, social and often emotional learnings that are the product of authentic co-curricular involvement.

As he celebrates victory and reflects on loss, briefly considers giving up, complains about not being selected; please encourage his resilience. Know that this and your positive reinforcement are an integral part of our cultural scaffold for his present and future success.

# Drama

## Senior Dramatic Production — Richard III

*"Now is the winter of our discontent made glorious summer by this son of York"*

We are in full swing with rehearsals of Daniel Evans' reworking of Shakespeare's *Richard III*. The cast of seniors from BGS and QACI have started to build their acting and ensemble skills with enthusiasm, focus and energy. Mastering the Shakespearian language will be a new challenge for our performers and this method of acting requires a great deal of training and diligence.

This week, key cast members were fortunate enough to be involved in a masterclass with a special guest artist. We are thrilled to be working alongside multi-award-winning actor, director and writer Lucas Stibbard. Lucas has been nominated for several Helpmann Awards and has worked in theatre both nationally and internationally for the past thirty years. He has played Richard twice in his career, including a touring production of Bell Shakespeare's *Richard III*. The cast are incredibly grateful for the expertise that he will bring to the development of their performance skills. Lucas intends on visiting our rehearsals at key stages of preproduction.

Tickets will be available in the next few weeks and can be purchased through the BGS website. More information will be published in upcoming articles and bulletin notices.

**Jeffrey Lewis**

**Senior Dramatic Production Creative Team**



Lucas working with cast member, Oliver English, who will play Richard

Photo Credit: Caleb Scott (Year 12 student and Stage Manager)

BRISBANE GRAMMAR SCHOOL PRESENTS ~ WILLIAM SHAKESPEARE'S

# RICHARD III

ADAPTED BY DANIEL EVANS

MAY 22 • 23 • 24

BGS Theatre @ 7pm

TICKETS AVAILABLE AT THE EXTRACURRICULAR OFFICE 07 3834 5256

# Music

## GPS Music Showcase – a magical evening of music

More than 300 choristers and musicians from across the nine GPS schools performed to a packed house at the Queensland Performing Arts Centre (QPAC) last night. The 2019 GPS Music Showcase was an extraordinary day of music making, culminating in a spectacular evening of performances by the Choir, Symphony Orchestra and Concert Band.

The 2019 Music Showcase was a wonderful event celebrating the creativity, talent and dedication of students from across the GPS community. It also provided the opportunity to pay tribute to the leadership and commitment of the teachers and professional musicians who inspire and develop the students, and the wonderful communities of parents and families who provide invaluable support and encouragement.

*Photos courtesy of Brody Grogan Photography.*



# Cricket

Round 3 provided a great opportunity for our boys to test their skills with both bat and ball against rivals BBC. The conditions produced some fantastic matches and for BGS, a successful round of results, winning 18 of the 27 GPS matches played with one match ending in a tie. Of the eight A-level fixtures played, BGS won three. In the First XI, a gritty effort with the ball saw BGS defend 129 runs and in doing so secure a bonus point. Congratulations to the Years 5, 8 and 12 groups on clean-sweeping their divisions.

## Round 3 highlights

- Charlie McCauley (9C) – 74 (35)
- Oliver Spence (8A) – 73 runs
- Isaac Smyth (8C) – 61 runs
- Nick Clegg (10C) – 47 runs
- Kirijan Vijeyakumar (10D) – 50\* runs
- Duncan Feltham (8B) – 43\* runs
- Henry Mercer (7B) – 43 runs
- Nadula Tennakoon – 5/24 (8)
- Harry Logan (11B) – 5/11 (6)
- Will Chapman (11A) – 4/31
- Joshua Smith (7B) – 4/13
- Mitchell Ackerman (5A) – 4/14
- Bailey Curran (First XI) – 3/24 and 1 run out

## Team of the Week

Chasing 119 runs to win, the mighty 10Cs reached 116 runs with just 1 ball remaining. The equation was simple — a boundary to win the game. BBC set all their fielders on the boundary to make the task almost impossible. Enter James Lowe to face the final delivery. He successfully hits the ball (but it doesn't reach the boundary) and with some dynamic running between wickets coupled with some poor throwing at the stumps and sloppy backing up by the BBC fielders, he and Tobias Carter managed to run all of the four runs needed for victory. A victory to savour and a story to tell for many years to come. Congratulations boys!

## Player of the Round

Oliver Spence (8A) – backed up his 49 runs last round with a well-compiled 73 runs to navigate his side to a total in excess of 150. He also bowled well, returning a figure of 0/11 off 5 overs. Well done Oliver!

From a coaching perspective, it was also great to see many run outs executed at the bowler's end which has been our training focus for the last couple of weeks. I encourage our boys to continue looking to be involved when fielding at every possible occasion.

My challenge this week at training has been to practice putting away bad deliveries when batting – especially full tosses. I witnessed many poor deliveries being hit straight to fielders on the weekend costing us valuable runs and building unnecessary pressure on the batsman.

**A reminder it is team photos this weekend. The schedule is on the following page of the newsletter and I urge all players to be correctly attired and punctual.**

Good luck to all teams competing this weekend.

**Trevor Irvine**  
**Director of Cricket**

# Cricket team photos

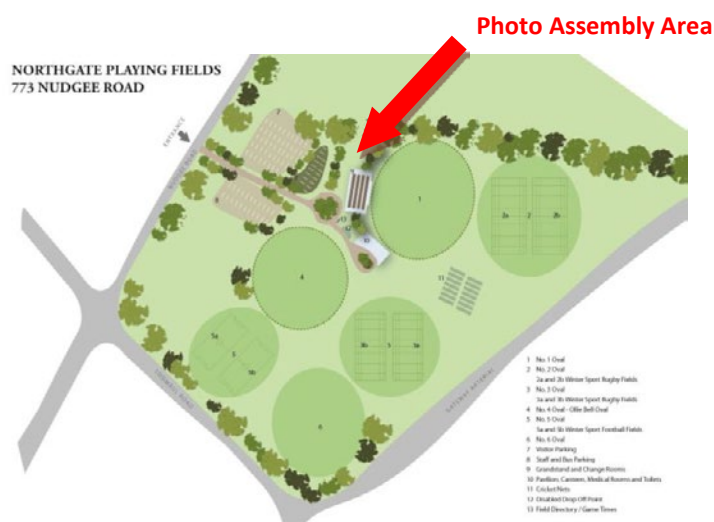
Cricket team photos will be taken at Northgate over the next two Saturdays, 23 February (tomorrow) and 2 March.

Photos will be taken before each team's game. Players should wear full playing uniform and arrive five minutes before their team's photo time.

A schedule for 2 March will be available on MyGrammar early next week.

## GPS Cricket 2019 Team Photographs Saturday 23 February | Northgate Playing Fields

Game Time	Photo Time	Team	Game Oval
8.15am	7.20am	9C	5
8.15am	7.25am	7A	6
8.00am	7.30am	5A	MS #8
8.15am	7.35am	7C	3
8.15am	7.40am	5B	MS #9
8.15am	7.45am	9A	2
8.15am	7.50am	11A	4
8.15am	7.55am	Second XI	1
11.30am	10.30am	9D	5
11.30am	10.40am	8D Sky	MS #8
11.30am	10.50am	7D	3
1.30pm	12.30pm	Third XI	1
1.30pm	12.40pm	11B	4
1.30pm	12.50pm	9B	2
1.30pm	12.55pm	7B	6
2.30pm	1.30pm	11C	3
2.30pm	1.50pm	8D Navy	MS #8



Team photos will be taken at the designated time with very little time to wait for latecomers. Players and coaches are to assemble in the photo assembly area (behind the hill north of the grandstand) where the photographers can easily see you and speak with you – not some distance away (i.e. **do not assemble** directly behind the grandstand or the hill south of the grandstand).

**You are to be ready in full player uniform, neat and tidy, five minutes before your photo is scheduled.**

# Cross Country

## Years 5 to 12 GPS competition

Students who are involved in Cross Country should attempt to make two sessions a week to build a solid aerobic base for the upcoming season.

**Information regarding the Cross Country camp for boys in Years 7 to 12 is available on MyGrammar.**

A reminder that top 10 runners for Years 7 to 12 should review the information on the camp, as attendance is beneficial for a successful season.

## Upcoming Events

Term 1 training	Monday, Wednesday, Friday mornings 6.15am – 8.00am   Cricket Pavilion
Wednesday 3 April	BSHS/BBC Cross Country   Minnippi
Monday 8, Wednesday 10, Friday 12 April	Holiday training 7.00am – 8.00am   BGS
Monday 15 – Wednesday 17 April	Years 7 to 12 BGS Cross Country Camp   Tallebudgera

Information on BGS Cross Country can be found on MyGrammar. This includes information on leadership, BGS selection for the GPS Championship, Age Championship calculation and selection for Met North.

If you have any questions regarding the Cross Country program, please contact Mr John Clancy at [john.clancy@brisbanegrammar.com](mailto:john.clancy@brisbanegrammar.com).

**John Clancy**  
**MiC Cross Country**

# Football

All year group surveys are now closed. Football trials will commence as per the calendar on MyGrammar next week for teams in Years 7 to 11. Players are asked to check MyGrammar for the trial dates to see where and when their trials will take place. Students who did not complete the survey must speak with Mr Di-Losa before they are allowed to attend trials.

All trials will run until the last week of term. Preliminary teams will be selected at the end of Week 9 and a full training schedule will be operating in Week 10. Please note the preliminary A/B squads of Years 8 to 11 will play trial matches against ACGS on **Tuesday 1 April**. The Years 8 and 9 teams will play at ACGS, with the Years 10 and 11 teams playing at Northgate. Buses will be provided for each age group.

This year, for Years 8 to 12, we will be committing to only 5 teams per age group. While every attempt will be made to get senior boys a game, numbers will be limited.

**Greg Di-Losa**  
**Director of Football**

# Rowing

## Director of Rowing update

Last weekend's bye gave the boys a great opportunity for a later training session and an early finish. The weekend off allowed boys to remain on top of their studies and enjoy some downtime with friends and family. Tipperoo used the opportunity to host a community breakfast on Saturday morning, which saw large numbers of parents and family members arrive at the Boatshed for a coffee and a bacon and egg burger.

As the boys build towards the weekend, it has been encouraging to see continued improvement from the squad. Coaches, parents and boys are all looking forward to a positive regatta at Wyaralong Dam this weekend.

## First VIII 2019

I'm very pleased to announce the Brisbane Grammar School First VIII for 2019. These boys will contest the O'Connor Cup in three weeks' time at the GPS Head of the River. Congratulations to all boys on their effort and determination.

### Brisbane Grammar School Open First VIII 2019

Sam Atherton  
PJ Bryan  
Tom Clifton  
Lachie Colledge  
Josh Neil  
George Owens  
Noah Rosemann  
Hugh Weightman  
Jono Cooke (cox)

## End of Season Celebration

Tickets are now on sale for the Rowing End of Season Celebration, to be held on Saturday 16 March from 6.30pm at Souths Leagues Club.

[Click here](#) to purchase tickets.

## 2019/20 Rowing season camp dates

I can now provide some tentative camp dates for the 2019/20 Rowing season:

- **Year 9 camp** | Saturday 30 November – Tuesday 3 December
- **Years 10 – 12 camp** | Monday 2 December – Saturday 7 December
- **High-performance camp (30 boys)** | Monday 13 January – Thursday 16 January
- **Years 10 – 12 camp** | Saturday 18 January – Thursday 23 January
- **Year 9 camp** | Monday 20 January – Thursday 23 January

**Matt Marden**  
**Director of Rowing**

# Swimming

Last week saw the BGS Swimming squad complete a very busy week of competition and training. After some outstanding swims at the School Championship and City District Trials, many boys backed up to compete on Friday at the third GPS lead-up meet at Chandler. With only two weeks remaining in the GPS season, it is crucial that boys continue to attend regular training sessions. Race practice and relay changeovers will be a high priority during the coming weeks.

## Grammar Only Night – Friday 1 March 2019

The Grammar Only Night will be held at BGS next Friday 1 March starting at 3.30pm. This event provides an excellent opportunity for the BGS Swimming community to come together one last time before the GPS Championship. The focus will be on building team spirit, connecting with our rich swimming history and having one last hit-out in the pool before the big day. Swimmers are to register for this event via the survey on MyGrammar. More specific information regarding the Grammar Only Night can be found in the flyer in the community section of this newsletter, or via MyGrammar.

## Swimming Presentation Evening – Friday 8 March 2019

After the conclusion of the GPS Championship on Friday 8 March, we invite all swimmers (Years 5 to 12) and their families to join us for a celebration of the 2019 GPS Swimming season. This will be held at the BGS Middle School Amphitheatre from 7.00pm. This important occasion allows us to recognise the achievements of the team and to gather as a community one last time at the end of a busy yet rewarding GPS Swimming season. Food and drinks will be provided at this event. Please see the flyer in the Community section of this newsletter for further details.

**Note that payment for Presentation Evening is required by Wednesday 6 March, so we can finalise numbers for catering purposes.**

**Matt Logan**  
**MiC Swimming**

# Tennis

## School Championship

Registrations are now open for the BGS Tennis School Championship. This is important for GPS team selection. [Click here](#) to register.

The format this year will be a main draw of singles and a consolation draw of singles. There will not be doubles matches during the championship. This is to give the coaches a better understanding of the level of each player and is based on feedback received from players, parents and coaches from 2018.

## Tennis information evening

A Tennis information evening will be held on **Wednesday 27 February at 6.15pm**. If you would like to learn more about the GPS Tennis season, this is a great opportunity get information and ask questions of the coaches of the Tennis program.

**Michael Fancutt**  
**Director of Tennis**

# Volleyball

Last Saturday, Brisbane Grammar School took on Nudgee College in what was an impressive performance across all year levels. BGS claimed 17 wins from 19 matches against quality opposition teams. The buy-in across the program has been empowering, as junior and senior teams continue to develop the technical and tactical abilities required to compete in matches. The teams' focus and competitive intent is reflective of quality preparation as all training squads begin to unify.

The BGS First VI were again found wanting on Saturday against a strong Nudgee College First VI team. Following a strong start to the match, taking out the first two sets 25-23, 25-21 respectively, a wave of complacency swept through the BGS camp. An uninspiring third set and costly errors at crucial moments in the fourth set saw Nudgee equalise the match two sets all (23-25, 26-28). The fifth set was merely a formality for the Nudgee First VI, as they capitalised on a deflated BGS outfit, running out eventual winners three sets to two, 9-15 in the fifth. The First VI will look to realign with their mission as they continue the hunt for their first win of the season. BGS were on the receiving end of a tough lesson in sport last week. However, the GPS Volleyball competition continues to roll on, as do we.

Last week also saw the start of a new season of Blue League Volleyball. This internal competition continues to grow in popularity, as students from all year levels, from BGS and BGGS, staff and Old Boys and even parents, compete for a cause. After a successful 2018 campaign, raising over \$2400 for Rural Aid, I can announce that in 2019 we have connected with Cystic Fibrosis Queensland with a target of \$1000 for the Term 1 competition. If you would like to help support this initiative, please reach out via email. More details about Blue League Volleyball can be found on MyGrammar.

This week we host our first home game of the season. All matches are being played at BGS, this is a great opportunity to rally as a community to continue to build on strong performances so far this season and show our support to all BGS teams. I encourage all community members to stay back / come in early / spend the day supporting BGS teams as we battle it out against a traditionally strong Ipswich Grammar School Volleyball program.

The canteen will be buzzing once more, offering delicious brekky burgers and much-needed coffee. The canteen is always on the lookout for extra helpers. This is a great opportunity to connect with fellow volleyball enthusiasts while your sons have duty. Feel free to pop in and say hello.

## Coxy's three talking points from Round 2:

- **Highlight** – BGS winning 17 out of 19 matches against Nudgee College
- **Lowlight** – 7E and Third VI missing out on a game last Saturday
- **Team of the Week** – 7C (amazing War Cry to cap off a great win)

Good luck to all BGS teams tomorrow. Remember to check the team lists and draw carefully. As this is a Home fixture all BGS teams have duty this week. It is an expectation that all team members are present for duty.

**Please arrive at least 30 minutes prior to your first commitment, remembering it might be a duty!** All students staying back to support must change into full school uniform.

**Save the Date: Sunday 24 March – End of Season Presentation Afternoon and Kerridge Cup**

**Rhys Cox**  
**Director of Volleyball**

# Acting Head of Middle School

Rebecca Campbell

Throughout 2018, our Year 6 cohort worked with Ms Karen Hannay to produce a beautiful mural to commemorate the BGS sesquicentenary. Each student designed a leaf that represented their time in the Middle School. Yesterday our Year 7 boys presented the symbolic birthday gift to Chairman of the Board of Trustees, Mr Howard Stack and Headmaster, Mr Anthony Micallef. Highlighting the symbolism behind the design, Max Balthes and Ed Nelson explained that the tree was chosen to symbolise community and growth, and how students in the Middle School come together to build friendships and grow through learning. The mural resides in the Years 5 and 6 social space for all to enjoy. I sincerely thank Ms Hannay and the boys for creating such a special piece to commemorate this milestone in the School's history.



In keeping with the theme of creativity, six Year 8 boys recently participated in the GPS Music Showcase culminating in a concert at QPAC. Several workshops took place throughout the day and students performed in a 120-voice massed choir. The boys are to be congratulated for the focus, enthusiasm and musicianship demonstrated throughout the day and for graciously hosting the visiting musicians from other GPS schools.

Thank you to Ms Thomas and our Music department for assisting the boys at this event. You can read more about the GPS Music Showcase in the Co-Curriculum section of this newsletter.

# Middle School Library

## Library Lovers' Day

Last week, boys in Years 5 and 6 celebrated Library Lovers' Day. This is a global event that falls on Valentine's Day and is a day to honour libraries, librarians, teacher librarians, bookworms and all the library lovers in our lives.

This year, the celebrations took the form of rescuing 'lonely books' and making them feel happy by borrowing them. These books were specially chosen as, despite being great stories, they had not been borrowed for a while. A small advertisement was created for each title. This included a special description of their unique qualities, and a listing of their 'likes' and 'dislikes'. Boys enjoyed perusing the titles and some were also very keen to locate other lonely books and have them added to the selection. Most of the books were borrowed during the week, which was very satisfying.

Middle School teachers did not miss out and were offered the same opportunity at their morning tea. They were able to enjoy the special red velvet cupcakes on offer as they made a selection.

## Middle School Book Week Celebrations | 18 - 22 March 2019

Book Week celebrations will take place later this term with boys already getting into the spirit of this year's theme: Book Feast. The week beginning Monday 18 March will see teachers and boys enjoying a range of activities at lunchtimes and in classes to mark the occasion.

In addition there will be two high-profile events to which members of the broader school community are invited:

- The **Book Week Breakfast** is for boys and parents in Years 5 and 6. It will take place on Thursday 21 March in Centenary Hall. A mixture of hot and cold food will be available as well as some great entertainment.
- The **Trivia and Author Evening** is for boys in Years 7 and 8. It will take place on Wednesday 20 March in The Lilley Centre. There will be light refreshments and food available. Prizes will also be up for grabs. Trivia teams will be organised on the night so you do not need to have this done before the event.

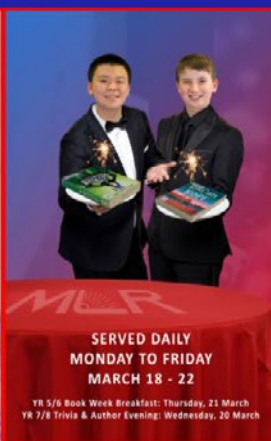
The special guest at each of these events will be author Mick Elliott. The very funny characters who inhabit the pages of Mick's series *The Turners* have proved extremely popular with our boys. Mick has visited our school in the past and we are very happy he is returning for Book Week. Visit his website at [mickelliott.me](http://mickelliott.me).

Please note that you must purchase tickets to these events. Information regarding ticketing will be sent to all parents in the coming week.

Please look at the flyers on the following page of this newsletter which have more information. If you have any questions, please contact Vicki Palmer at [vicki.palmer@brisbanegrammar.com](mailto:vicki.palmer@brisbanegrammar.com).

**Vicki Palmer**  
Teacher Librarian





Cost \$15 per student  
and \$15 per adult.

Drinks and nibblies included.

Books will be available.

# Book Week Trivia Night

## Guest: author Mick Elliott

Wednesday, 20 March 6.00 - 8.00pm

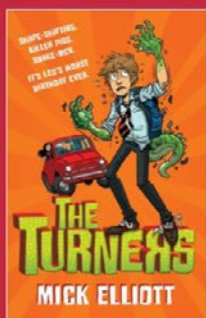
Years 7 and 8 The Lilley Centre

RSVP: Wednesday, 13 March

Great prizes!



Special Guest:  
Mick Elliott



# Book Week Breakfast

## Thursday, 21 March 7.00—8.20am

### Years 5 and 6

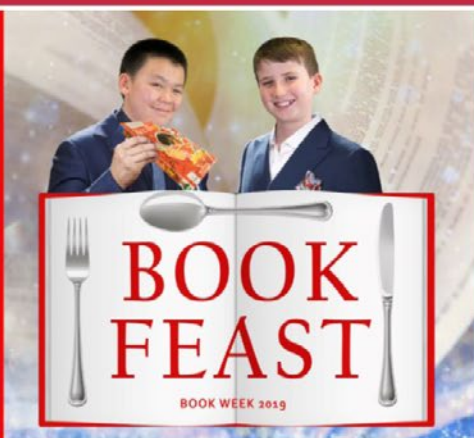
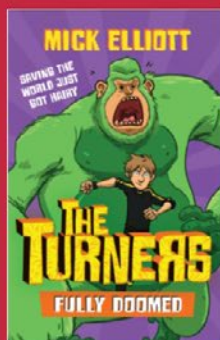
Centenary Hall

Cost \$20 per student and \$20 per adult.

Books will be available for purchase and signing.

RSVP via MyGrammar by Thursday, 14 March.

Places are limited.



# Middle School Sport

Next week we will begin to advertise the nomination process for the Interwing Track and Field Carnival to be held at UQ on the last day of Term 1. As this is a participation-focused event, I would encourage all parents to check to ensure that their son has nominated for a number of events.

## Middle School Cricket

Last Saturday's round of fixtures against BBC showed that we are performing very well at this point of the season. At the top end of some year levels we are close to performing as we would hope, but require further refinement of our performances to win these matches.

With the help of many of our supportive parents, we were able to have 100% of all matches contested scored on the MyCricket platform. Boys interested in viewing their weekly statistics should visit this site to monitor their progress.

Photos will be held for all teams playing at Northgate this Saturday. Please check the photo schedule on MyGrammar or under the Cricket section of this newsletter, and make sure all players are present and ready to have their photo taken at the appointed time.

Team	Won by	Team	Won by	Team	Won by	Team	Won by
5A	BGS	6A	BBC	7A	BBC	8A	BGS
5B	BGS	6B	BGS	7B	BGS	8B	BGS
5C	BGS	6C	BGS	7C	BGS	8C	BGS
5D	Internal	6D	BGS	7D	BBC	8D	BGS
5D Sky	Internal	6D Sky	GT	7D Sky	BGS	8D Sky	BGS
				7D Navy	TGS	8D Navy	TGS

Team	Player of the Week	Team	Player of the Week
5A	Archie Boorer	6A	Vishnu Kangatharan
5B	James Butler	6B	Bas Stoneley
5C	Matthew Amato	6C	Tom Harris
5D	Isaac Reid	6D	Nick Carroll
5D Sky	N/A	6D Sky	Salvatore Leotta
Team	Player of the Week	Team	Player of the Week
7A	Nick Scott	8A	Oliver Spence
7B	Henry Mercer and John Smith	8B	Morgan Jury and Duncan Feltham
7C	Hugh Andrews	8C	Isaac Smith
7D	Jashin Premraj	8D	Sam Cameron
7D Sky	Lewis Williams	8D Sky	Nicholas Fasone
7D Navy	Lucas de Zubicaray	8D Navy	Noah Davis

## Middle School Swimming

The GPS swimming season has just one more Friday night lead-up meet at Chandler. This meet is one of the final opportunities for boys to register times and bid for selection in the 2019 Championship team. The following Friday night is our Grammar Only Evening in the ISC, followed by the GPS Championship on 8 March. Invitations for the end of season function, which will be held the evening of the Championship, can be found on MyGrammar and in the Community section of this newsletter.

Age	Swimmer of the Week	2019 Champion Swimmer
<b>13 years</b>	Reid Keeley	Mitchell Ackermann
<b>12 years</b>	Jenson Harding	Cashy Luo
<b>11 years</b>	Max Gao	Charlie Lutton
<b>10 years</b>	Jasper Chen	Lachlan Elliott

## Middle School Volleyball

The Year 7 cohort had an excellent round against Nudgee College last Saturday with all teams winning their matches. Unfortunately, the 8A team were unable to secure a victory to achieve a clean sweep for all of our Middle School teams.

This Saturday we play Ipswich Grammar School in the main draw and have several supplementary games for many of our lower teams. All matches will be played in the BGS Indoor Sports Centre but all students should check MyGrammar for team lists and match details.

Team	Player of the Week	Team	Player of the Week
<b>7A</b>	Alec Fitzgerald	<b>8A</b>	Weili Cao
<b>7B</b>	Adam James	<b>8B</b>	Ronan Mellick
<b>7C</b>	Andrew Bade	<b>8C</b>	Seth Fidler
<b>7D</b>	Hudson Wraight	<b>8D</b>	Sam Fancutt
<b>7E</b>	No game		

Team	Won by	Team	Won by
<b>7A</b>	BGS	<b>8A</b>	NC
<b>7B</b>	BGS	<b>8B</b>	BGS
<b>7C</b>	BGS	<b>8C</b>	BGS
<b>7D</b>	BGS	<b>8D</b>	BGS
<b>7E</b>	No game		

## Middle School Debating

The GPS Debating season continued for our Year 8 teams with last Friday night's round against Churchie. For our Years 5 to 7 boys it was the season-opening debate, and for many it was their first debate in BGS colours. Our teams performed admirably to win seven out of the 12 debates contested.

This Friday night sees the much-anticipated round of Debating against Gregory Terrace. Good luck to all teams.

Team	Won by	Team	Won by	Team	Won by	Team	Won by
<b>8.1</b>	BGS	<b>7.1</b>	ACGS	<b>6.1</b>	BGS	<b>5.1</b>	BGS
<b>8.2</b>	BGS	<b>7.2</b>	BGS	<b>6.2</b>	ACGS	<b>5.2</b>	ACGS
<b>8.3</b>	ACGS	<b>7.3</b>	BGS				
<b>8.4</b>	BGS	<b>7.4</b>	ACGS				

Debaters of the Week			
Year 8	Year 7	Year 6	Year 5
Alex Crethar	Matthew Sebastian	Samuel Chan	Chase Sheather

**Glenn McFarlane**  
**Director of Middle School Sport**

# Volunteer Roster

Week commencing Monday 25 February 2019

Tuckshop (07) 3834 5229 | Grammar Shop (07) 3834 5347  
Roster Secretary Wendy Smith — email [wsmith@visis.com.au](mailto:wsmith@visis.com.au)

## Grammar Shop hours

Monday, Wednesday and Friday 7.30am – 11.00am

Tuesday, Thursday 7.30am – 9.00am

## Tuckshop hours

Weekdays 7.00am – 2.00pm

Week One	Tuckshop Breakfast 7.00am – 8.00am	Tuckshop Morning Tea 8.00am – 2.00pm	Grammar Shop
<b>Monday</b> 25 February	Sharne Tierney	Louise Rosemann (Team Captain)	Anna Maria Sciacca
<b>Tuesday</b> 26 February	Helena Barrientos	Judith Edmunds (Team Captain)	Sam Harris
<b>Wednesday</b> 27 February	Vanessa Simpson Leta Dempsey	Catriona Labrom (Team Captain)	Fiona Brockhurst
<b>Thursday</b> 28 February	Julia Long	Christine Matheson (Team Captain)	Alison McConaghy
<b>Friday</b> 1 March	Alice Chiang Yeni Cook Helen Dobson Sirie Pamos	Andrea Hurwood (Team Captain)	Janelle Munns

## 2019 Calendar

### Term 1

Tuesday 29 January – Friday 5 April

### Term 2

Wednesday 24 April – Friday 21 June

### Term 3

Tuesday 16 July – Friday 20 September

### Term 4

Tuesday 8 October – Friday 29 November

## Upcoming Events

### BGS150 Book Launch

Saturday 2 March

# Grammar Shop Assistant Convenor

To apply for this position, [click here](#) to see the listing on Seek.

Brisbane Grammar School is a non-denominational boys school of about 1700 students (Years 5-12) that overlooks the Brisbane CBD. The School maintains a strong tradition of academic excellence and operates extensive extracurricular and student wellbeing programs.

The P&F Auxiliary is underpinned by approximately 300 volunteers who support the enviable educational and social outcomes of Brisbane Grammar School. The P&F Auxiliary turns over almost \$2 million annually, which helps to fund the School's infrastructure projects, student prizes, bursarial assistance, and community social events.

Brisbane Grammar School P&F Auxiliary is inviting applications from interested parties for the position of Grammar Shop Assistant Convenor.

The Assistant Convenor plays an important role in support of the Convenor to facilitate the efficient operation of the Grammar Shop. The incumbent will work closely with the Convenor and volunteers to maintain efficient procedures in a friendly environment.

If you are seeking the challenge offered by this opportunity to work within a collaborative, proactive and professionally rewarding environment at Brisbane Grammar School, please click the APPLY button. You will be directed to our website where you can download the full description.

The Brisbane Grammar School P&F Auxiliary believes in the value of diversity and inclusion and works hard to create a workplace where every person's voice is heard.

**Applications close – 4.00pm on Friday 1 March 2019.**

# Art Support Group

The Art Support Group meets on Friday 1 March at 9.00 am in the Woolcock Room. The group organises the Annual Art Show and raises funds to develop and maintain the School's art collection and support the Art Department.

All interested members of the community, especially new parents, are welcome to join. For further information please contact [art.committee@brisbanegrammar.com](mailto:art.committee@brisbanegrammar.com).

**Kylie Tolhurst**  
**Secretary, Art Support Group 2019**

## P&F Auxiliary Annual General Meeting

The P&F Auxiliary AGM will be held on **Wednesday 6 March 2019** in the Great Hall, starting at 9.00am.

All voluntary positions will be declared vacant. Nomination forms are available from Main Reception and need to be returned to the P&F Auxiliary office by Friday 1 March. Morning tea will follow the AGM in the Woolcock Room and all current BGS parents and friends are welcome to attend.

Further enquiries may be directed to Auxiliary Secretary Kate Rutter at [katerutter@optusnet.com.au](mailto:katerutter@optusnet.com.au).

## BGS150 History Book on sale now!

*Light dark blue: 150 years of learning and leadership at Brisbane Grammar School* has arrived and is **now on sale**. Drawing on personal stories and extensive scholarly research, this book explores and celebrates the School's distinctive place in Queensland's educational landscape, and considers the effects of political, social and economic change during its 150 years.

**[Click here to order.](#)**

BGS will be holding an event to launch the book at the School on Saturday 2 March. Please see the following page for details and the link to book your place.

# Invitation

BGS150 History Book Launch

# LIGHT DARK BLUE

*150 years of learning and leadership at  
Brisbane Grammar School*

## Date

Saturday 2 March 2019

## Time

5.30pm to 7.30pm

## Venue

The Lilley Centre Precinct, Brisbane Grammar School

## Cost

\$60 per person

## Tickets

<https://payments.brisbanegrammar.com/OneStopWeb/BGS150HistoryBookLaunch>

## RSVP

Monday 25 February 2019

## Dress

Smart Casual

**Brisbane Grammar School**

Gregory Terrace Brisbane QLD 4000

**T** +61 7 3834 5200 **E** [communityrelations@brisbanegrammar.com](mailto:communityrelations@brisbanegrammar.com) **W** [brisbanegrammar.com](http://brisbanegrammar.com)

# Year 10 Parent–Son Kokoda Trek

**Aurora Adventures'** representatives provided an interesting and informative presentation to parents and their sons at the BGS Parent and Son Kokoda Information Session on Monday evening.

An extract from their follow up communication is below, along with [this link](#) to the online booking form. A copy of the Kokoda Trek brochure can be found on the Year 10 section on MyGrammar.

“We look forward to taking BGS parents and sons on an amazing journey. In addition to the remarkable physical challenge there will be a sense of standing ‘in history’ while hearing the stories of the Australian Diggers back in 1942. This trip provides a remarkable opportunity for parents and children to strengthen bonds with each other, and with other participants, building memories that will last a lifetime.

As with all Aurora Kokoda Treks there will be an opportunity for the BGS team to assist the people along the Track as we collect, then deliver, educational supplies and sporting equipment as part of our ‘Kokoda Life’ charitable incorporated association. This year’s Kokoda Life project aims to build and stock the Menari School Library to assist Menari village children with their educational needs. This adds a memorable community dimension for those interested in taking part.

Questions or requests for further information from those who attended the information session, and also from interested trekkers who were unable to attend, can be directed towards Mary Smith or Evan Donoghue:

**Mary Smith**

**Managing Director – AURORA HQ**

**T 0410 608 800**

**E [mary@auroraadventures.com.au](mailto:mary@auroraadventures.com.au)**

**Evan Donaghue**

**Operations Manager – AURORA HQ**

**T 0413 974 601**

**E [evan@aurorahq.com.au](mailto:evan@aurorahq.com.au)**

To speak to someone at BGS about this trip please email Petrina Gilmore at [petrina.gilmore@brisbanegrammar.com](mailto:petrina.gilmore@brisbanegrammar.com) or call 3834 5748.

# BGS Parent & Son Kokoda 2019



**Departing:** 21 September to 29 September 2019  
(subject to 10 participants minimum departing)

**Price:** \$5,890pp\*

\*single supplement available

Students are not permitted to attend unless a parent is present.

**Are you up to the challenge of walking in the footsteps of heroes as we retrace an epic chapter in Australian military history? Journey with Aurora Adventures to tackle the Kokoda Track and be a part of the BGS Parent and Son team as we explore a truly extraordinary part of this beautiful & remote country and a very special part of Australian history.**



## IN THEIR FOOTSTEPS

The Kokoda Track is regarded as one of the toughest tracks in PNG and holds an extremely important place in Australia's history. From July 1942, the route over the Owen Stanley Range witnessed the battle hardened Japanese war machine encounter young, unprepared, untrained, unproven and hopelessly outnumbered Australian soldiers. It was on the Kokoda Track that the myth of Japanese invincibility was broken for the first time. It was on the Kokoda Track that these young men held off the enemy and then mounted an assault worthy of legend.

The track stretches 96 kilometres through what is some of the most rugged and wild jungle in the world. It is a primal track, built over 200 years ago as a commuting route between villages before it became the scene of bitter fighting between Australian and Japanese soldiers.

Retrace the soldiers' footsteps and you can not help but be in awe of the Australian troops who were able to fight and succeed in such intense terrain under trying circumstances. This is the stuff of legend so join Aurora Adventures on this life-changing journey through history.

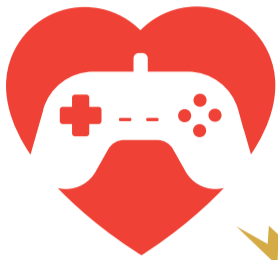




BRISBANE GRAMMAR SCHOOL

# Cam Adair

Parent information evening



## Boys and gaming

**Key deliverables and learning outcomes – students**

- How gaming and social media are designed to keep you hooked
- Warning signs of problematic gaming and social media use
- How to create and change habits
- How to manage stress in healthy and productive ways
- Alternative activities to gaming and social media

**Key deliverables and learning outcomes – parents**

- How video games are designed to keep teenagers hooked
- The four emotional needs gaming fulfils
- How to assess at-risk teenagers (including a screening tool)
- Effective communication to build rapport around gaming
- The four key steps and other practical tips to recovery



### Cam Adair

He’s the founder of Game Quitters, the world’s largest support community for video game addiction, serving members in 95 countries.

His work has been published in Psychiatry Research, and featured in two TEDx talks, NPR, BBC, Forbes, ABC 20/20, CNN, VICE, and Bloomberg, among many others.

He has spoken at the Mental Health Commission of Canada, the American College Personnel Association, the May Chidiac Foundation in Lebanon, and the Nevada State Conference on Problem Gambling where his keynote in 2017 was voted best presentation of the conference. He speaks regularly around the world at high schools, universities, parent education nights and addiction conferences.

Cam is signed by CAMPUSPEAK, a higher education speaking agency. His keynotes combine deep and meaningful personal insights with lessons on addiction recovery, leadership, social entrepreneurship, and psychology.

His videos on YouTube have been seen over two million times.

***Date***

Monday  
4 March 2019

***Time***

6.00pm  
to 7.15pm

***Venue***

BGS Centenary  
Hall

**RSVP here**

**Brisbane Grammar School**

Gregory Terrace Brisbane QLD 4000

**T** +61 7 3834 5200 **E** reception@brisbanegrammar.com

**W** brisbanegrammar.com

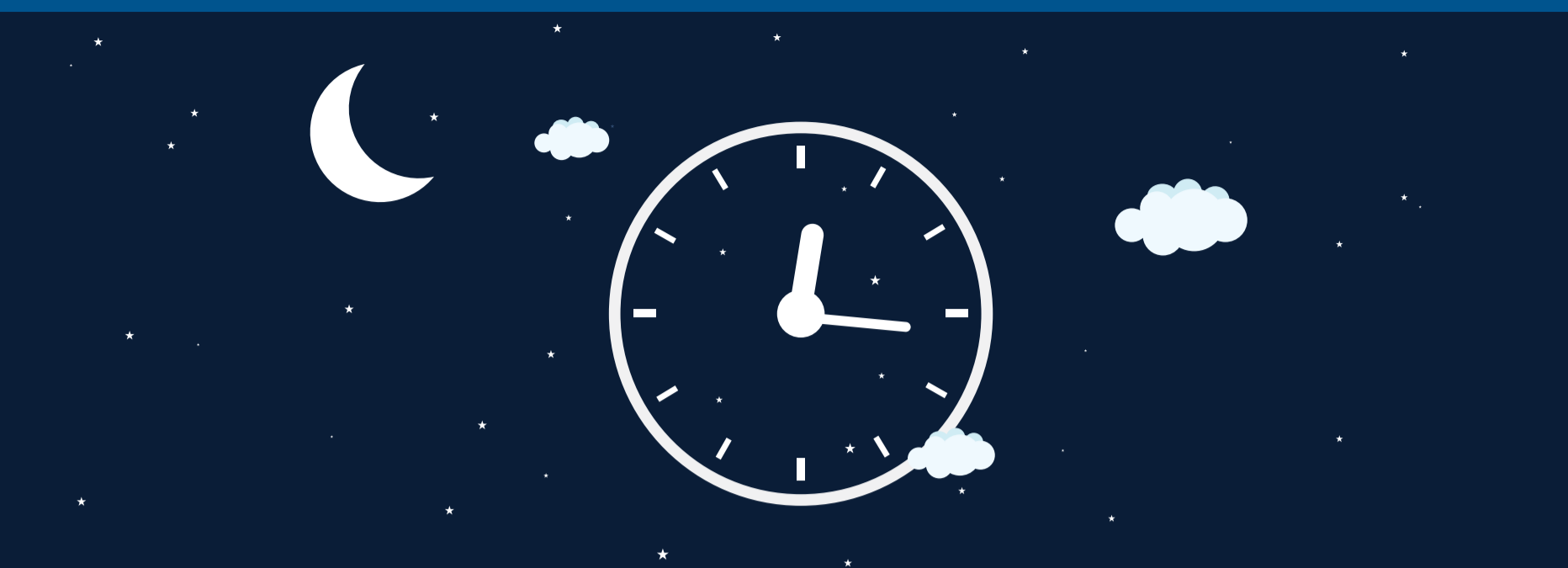




BRISBANE GRAMMAR SCHOOL

# Lisa Maltman

## Parent information evening



## Sleep for better health, resilience and performance

**Approximately 30% of primary school children and 70% of teenagers are sleep deprived. This is having significant consequences on many areas of their lives such as:**

- Learning and academic performance: sleep helps concentration and motivation along with consolidation and strengthening of new information and memories
- Emotional and mental health: studies show students who are sleep deprived are more likely to suffer from depression, anxiety, negative body image and low self-esteem
- Behaviour and decision making: sleep deprivation affects decision-making capacity, has a negative effect on behaviour and relationships, and increases risk of accidents
- Body systems: sleep deprivation affects children's physical growth, brain development, immune system and plays a key role in weight gain

### **The aims of the evening include:**

- Creating an awareness of the current level of sleep deprivation among students and the effect this is having on all aspects of their lives
- Empowering parents with the knowledge, practical strategies and tools to make informed decisions regarding sleep health for all members of their family
- Providing information for parents regarding options for professional help where required

### **Topics covered:**

Further details via the following link: [The Sleep Connection: Program Overview](#)

- Why do we need sleep?
- What happens to our brain and body when we sleep?
- How much sleep do we need to function optimally?
- Effects of sleep deprivation on our learning, emotional health, behaviour and body
- Causes of sleep deprivation including physical, psychological, habits and lifestyle
- Impact of electronic devices on sleep
- Signs of sleep deprivation
- Smart sleep habits
- Access to sleep diary
- Where to get further information and/or professional help



### **Lisa Maltman**

Lisa is passionate about healthy sleep and concerned about the fact that over 30% of primary school children and 70% of teenagers are sleep deprived. This is having significant consequences on many areas of their lives such as learning and academic performance along with their emotional and mental health.

*The Sleep Connection* was established by Lisa to meet the growing need to educate students, teachers and parents in schools on the importance of sleep health.

Lisa collaborates with key Australian adolescent sleep specialists and psychologists from the Woolcock Medical Institute in Sydney, which is world renowned in the area of sleep research.

Lisa is trained as a registered nurse and has spent much of her career in business development, corporate and sleep health. She is married with two daughters in high school.

Lisa looks forward to sharing the *Sleep for Better Health, Resilience and Performance* message with you.

### **Date**

Monday  
18 March 2019

### **Time**

6.00pm  
to 7.00pm

### **Venue**

The Lilley Centre  
Forum

**RSVP here**

### **Brisbane Grammar School**

Gregory Terrace Brisbane QLD 4000

**T** +61 7 3834 5200 **E** [reception@brisbanegrammar.com](mailto:reception@brisbanegrammar.com)

**W** [brisbanegrammar.com](http://brisbanegrammar.com)





BRISBANE GRAMMAR SCHOOL

# Grammar Only Night and Induction of Old Boys into BGS Legends Swimming Hall of Fame



**Friday 1 March 2019**

**3.30pm | The Gun Courtyard**

Whole Team Photo and Afternoon Tea

**4.00pm – 4.45pm | Great Hall**

Legends of BGS Swimming

**5.00pm – 6.00pm | Indoor Sports Centre**

BGS Pool Swim Session

**6.00pm**

Old Boys v Students 6 x 50m Relay

We kindly ask that all boys bring a plate for the afternoon tea.  
Food is able to be dropped at the Tuckshop in the morning.

- Years 5 to 7 — sweet (e.g. cupcakes, muffins)
- Years 8 to 10 — savoury and fruit platters
- Years 11 and 12 — soft drink

**For more information please contact**

**Louise Evans – PA to Deputy Head Co-Curriculum**

**T 07 3834 5256 E [louise.evans@brisbanegrammar.com](mailto:louise.evans@brisbanegrammar.com)**



BRISBANE GRAMMAR SCHOOL

# BGS Swimming Presentation Evening



**Please join the BGS Swimming community in celebrating the 2019 GPS Swimming season.**

***Date***

Friday 8 March 2019

***Time***

7.00pm to 9.00pm

***Tickets***

\$35 pp  
(Including students)

***Venue***

Brisbane Grammar School, Middle School Amphitheatre

**RSVP here**

by Wednesday 6 March 2019

**For more information please contact  
Louise Evans – PA to Deputy Head Co-Curriculum**

**T** 07 3834 5256 **E** [louise.evans@brisbanegrammar.com](mailto:louise.evans@brisbanegrammar.com)



BRISBANE GRAMMAR SCHOOL

# Year 7 Parents Morning Tea



**You are invited to join fellow Year 7 parents  
for morning tea at Victoria Park Bistro,  
Herston on Friday 1 March.**

***Date***

Friday 1 March 2019

***Time***

8.30am to 10.30am

***Tickets***

\$21.50

***Venue***

The Orchard Function Room, Victoria Park Bistro, Herston

**RSVP here**

by Friday 22 February 2019

**For more information please contact  
Year 7 Parent Representative, Rachel Emery**

**T** 0409 470 973 **E** [rachelemery@optusnet.com.au](mailto:rachelemery@optusnet.com.au)



BRISBANE GRAMMAR SCHOOL

# Year 9 Parent Cocktail Evening



**You are invited to join fellow Year 9 parents  
for a cocktail evening at The Paddock Bar,  
Rydges Hotel, Bowen Hills.**

## ***Date***

Friday 1 March 2019

## ***Time***

7.00pm to 9.30pm

## ***Tickets***

\$41.00 inc. welcome drink,  
canapes and fork dish

## ***Venue***

The Paddock Bar, Rydges Hotel, 601 Gregory Terrace, Bowen Hills

**RSVP here**

by Tuesday 26 February 2019

**For more information please contact  
Year 9 Parent Representative, Wendy Ricato  
wendy.ricato4@outlook.com**



BRISBANE GRAMMAR SCHOOL

# Year 12 Parents Cocktail Event



**You are invited to join fellow Year 12 parents  
for a cocktail event at The Verandah Bar,  
The Lord Alfred Hotel on Friday 1 March.**

## ***Date***

Friday 1 March 2019

## ***Time***

6.30pm to 10.00pm

## ***Tickets***

\$60.00 includes welcome  
drink and canapes

## ***Venue***

The Verandah Bar, The Lord Alfred Hotel, 68 Petrie Terrace, Brisbane

**RSVP here**

by Friday 22 February 2019

**For more information please contact  
Year 12 Parent Representative, Jo Mower**

**T** 0419 233 787 **E** [jomower@me.com](mailto:jomower@me.com)



BRISBANE GRAMMAR SCHOOL

# Year 5 and 6 Welcome Morning Tea



**You are invited to join fellow Year 5 and 6  
parents for morning tea at Victoria Park Bistro  
on Thursday 7 March 2019.**

***Date***

Thursday 7 March

***Time***

8.30am to 10.30am

***Tickets***

\$21.50

***Venue***

Victoria Park Bistro, Victoria Park Golf Complex, 309 Herston Road, Herston

**RSVP**

by Friday 1 March 2019

**For more information please contact**

**Year 5 Parent Representative, Rachael Dauber** [rachaeldauber@hotmail.com](mailto:rachaeldauber@hotmail.com)

**Year 6 Parent Representative, Palingu Aponso** [palingu@gmail.com](mailto:palingu@gmail.com)



BRISBANE GRAMMAR SCHOOL

# Year 10 Parent Morning Tea



**You are invited to join fellow Year 10 parents for morning tea at The Terrace, Victoria Park Golf Complex on Friday 8 March 2019.**

***Date***

Friday 8 March

***Time***

9.00am to 11.30am

***Tickets***

\$21.50

***Venue***

The Terrace, Victoria Park Golf Complex, 309 Herston Road, Herston

**RSVP**

by Tuesday 5 March 2019

**For more information please contact**

**Parent Representatives Gemma Ruddell and Melina Vrettos** via  
gemmaruddell@hotmail.com



BRISBANE GRAMMAR SCHOOL

# Year 8 Parent Morning Tea



**You are invited to join fellow Year 8 parents for morning tea at The Orchard Marquee, Victoria Park Golf Complex on Wednesday 13 March.**

## ***Date***

Wednesday 13 March

## ***Time***

8.30am to 10.30am

## ***Tickets***

\$21.50

## ***Venue***

The Orchard Marquee, Victoria Park Golf Complex, 309 Herston Road, Herston

**RSVP**

by Thursday 7 March 2019

**For more information contact**  
**Year 8 Parent Representative, Berthine Ommensen**  
0449 880 220 or [berthine@bigpond.net.au](mailto:berthine@bigpond.net.au)



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