



In this issue



Student Rep Body



Grammar Man awards



Happy Birthday BGS

Executive Director – Educational Innovation

Jacqui Zervos

This week, the Student Representative Body (SRB) marked the end of a wonderful year of sesquicentenary celebrations. During Friday's assembly, the 2019 President of the SRB, Chris Sole, thanked our community for their efforts in raising funds for a gift from students to the School. He then invited the Headmaster and School Captain to cut a birthday cake (creatively assembled in the shape of the Great Hall) organised especially for the occasion.

In the final term of 2018 the members of the SRB, which are drawn from all year levels, ran a number of fundraising activities to provide a BGS crest in the centre of the main court of the Indoor Sports Centre. The boys were unanimous in their desire to purchase a present that would be lasting, and also display their school pride within the community and to external visitors. Their choice of gift was thoughtful and most appropriate. As the crest could only be installed at a time when routine maintenance was being conducted to cut back the floor, it wasn't until the summer holidays that the work could be carried out. When school resumed in January, staff and students were greeted by a large bold BGS insignia on display.

I thank and commend the SRB for their effort and school spirit. I must also acknowledge last year's senior students for initiating what became known as the 'birthday project' and leading it so successfully and enthusiastically. Although fundraising was very much a Year 5 to Year 12 effort, the seniors kept everyone on track to ensure the project delivered a great outcome for our community.

Our sesquicentenary brought a rare and valued opportunity for our community, in its widest definition, to reflect on many decades and generations of effort, achievement and contribution. An important part of this celebratory process has been a deep examination of the core values that have led us to this point in our history. With this in mind, I very deliberately chose to focus my assembly address this week on the core value I believe fundamentally underpins our 150-year journey, and is embodied so simply but proudly in our School motto, *nil sine labore*.

I chose to do so in a way that I hoped extended their understanding of 'endeavour', asserting to the boys that 'nothing without work' must necessarily embrace discomfort, unfamiliarity and failure in the pursuit of happiness and success. This disposition is called self-regulation.

Our boys are well used to the BGS maxim that effort equates to progress, success and character building. We are surrounded by and celebrate stories of past and present students who exemplify this proven formula. What I put to the boys is that while I respect and believe deeply in the lifelong benefits of embracing endeavour, I want to dare them to take nothing without work to its uppermost limits. The greatest learning, the truly satisfying rewards and the most substantial achievements come from not only embracing challenge, but from developing the skills and dispositions to push oneself well beyond our comfort zone; both intentionally and with commitment to the process.



What I posed is perhaps not what some boys want to hear because they seek learning experiences that are made as easy and painless as possible.

This is certainly not what we promote or accept at BGS. It is not what has kept our teaching and learning at the forefront of education in this state for 150 years. I put to our assembled students that teachers who make the learning journey a challenge, who cause a bit of brain pain, or even a lot of brain pain, are actually nurturing enormous lifelong benefit that may not be fully realised until well into adult life.

Effective learning does not simply involve filing knowledge and skills in our brains. To memorise without understanding builds no meaning, and with no meaning there is little acquired value. A plethora of research studies show that when students feel a task is easy, their ability to retain knowledge and skills is reduced, and their capacity to use it minimised. An easy, over-scaffolded journey through the learning process also brings an increased risk of overconfidence. Novelist EM Forster summarised this concept so well: 'Spoon feeding, in the long run, teaches us nothing but the shape of the spoon'.

Our students need to be encouraged to develop their self-regulatory ability to manage themselves through challenging times, in the formal classroom and outside of it. In her book *Mindset: The New Psychology of Success*, Carol Dweck encourages teachers and parents to think carefully about how they view learning, and to move away from expectations of the teacher as the sage on the stage, or a guide who makes learning easy. In fact, she argues that teachers who make it easy for students will cause more suffering in the long run than the discomfort of a challenging learning experience. Students need to be routinely stretched beyond their comfort zone to grow cognitively, metacognitively, socially and emotionally.

The challenge for teachers and parents is helping students understand that while this is our goal and hope for them, they must choose the challenging journey over a comfortable one. We need to join efforts in showing them that a self-regulating mind is an outcome of a focus on their investment in the process of learning, rather than the final grade they achieve.

Parents play a very significant role in opening their sons' eyes to the benefits of self-regulatory behaviour in the short term, and its importance in preparing for life beyond the school gates. Not saving boys when they are in the midst of hardship, but embracing the opportunity presented and coaching them through the experience is critical. 'Pain' in the learning process is a valuable predictor of learning, and of growth. I encourage parents to recognise that allowing our students to experience discomfort, frustration and failure offers enormous opportunity, and by nurturing their capacities to persist and manage themselves, we are promoting an optimal embodiment of *nil sine labore*.

BGS Parents and Old Boys: We need your advice

The last year has been a special time for Brisbane Grammar School. We have celebrated 150 years since our School was founded and take great pride in fostering an environment where boys pursue their talents and realise their potential.

Over the past 12 months we have had an opportunity to connect with and learn more about Old Boys and parents like you.

There is more we want to do and we have some thoughts about how best to support our boys.

But we need your feedback — your thoughts and opinions will shape our communications, how we engage with you and, most importantly, what key initiatives we undertake for BGS students today and for the future.

Working with Engagement Analysis Inc., an independent research firm, we have prepared a survey for parents and Old Boys. The survey should only take about 15 minutes and will be emailed to members of our community in the week commencing **Monday 11 March**.

Please take a moment to participate; your contribution is important.

Heather Hamilton
Executive Director – Advancement and Community Relations

Deputy Headmaster – Students

David Carroll

The Bonsai Parent

I have written before about my family and for those who are new to our community – I am a father of four children. My family, alongside my profession, have led me to want to keep abreast of current child and youth wellbeing information.

The latest article that has caught my attention is titled *Bonsai parenting: Why so many children end up in therapy*, by Cosima Marriner, a senior writer for the Sun Herald. I have included a link, should you wish to read the full version. [Click here](#) to read the article.

Based on the work of Clinical Psychologist and Researcher, Judith Locke, the article outlines the identification of a new breed of ‘therapised children’, created by parents’ desires to ensure their children are happy. Locke has observed the ‘overparenting phenomenon’ emerge in the 15 years she has been treating children and teenagers as well as through her university research, and she ‘believes many parents had become amateur psychologists on a mission to see what’s wrong with their child’.

There were many other interesting points, but it was clarity of actions from parents that particularly captured my attention. Marriner articulates a series of actions that I have included below as the type of actions that she finds concerning:

Signs you're a helicopter parent:

- You pack your child's school bag each night, so they don't forget anything
- You spy on your child at lunchtime to see if they're playing with others
- You email your child's school to demand your child doesn't have to do a detention
- You lobby the school to get your child into a particular class/sporting team/drama production
- You set up play dates for your child even when they're a teenager
- Every morning you ring your uni student offspring who has moved out of home to wake them up for class
- You edit your child's uni assignments
- You complain to your child's boss about them being passed over for promotion or subject to critical feedback

As we move into the Parent Wellbeing Series of guest speakers I thought it might be useful for other parents to see. It has certainly made me think about my practices as a parent.

Captains' Corner

Today at assembly, I attempted to put into words something that is ultimately difficult to define.

In my address I referenced comments made in 1800 by American Civil War general Gouverneur Warren on what defines a nation as great. Warren concluded that quantifiable factors like wealth, power, or scientific and artistic advancement were the by-products of greatness, rather than its causes. Instead he proposes the defining characteristic of greatness to be something less tangible: national spirit.

I applied this concept to BGS, reminding the boys that it is not the brick and mortar of the buildings that make our school great, nor is it the rich history of academic achievement. It is the intangible, ever-present spirit that unites us, that guides us, and that has endured since the day this school was founded.

Spirit is at the core of our traditions and is the origin of our success. I encouraged the boys to embrace and appreciate this spirit, not just on the sporting fields, or in the classrooms, but in every aspect of our school lives. This intangible elevates what we take part in at BGS to something greater than any one boy, greater even than the sum of our collective efforts.

With the term well underway, and a number of big events on the sporting calendar approaching, there is no better time to demonstrate our resolve to truly unite, *As One*.

Tim Weber

School Vice Captain

Director of Boarding

Berian Williams-Jones

One of the key features of any successful boarding community is how well it meets the needs of individual students, no matter how large or small the boarding house.

At Harlin House we meet the needs of each boy in a number of ways. These range from the Senior House Tutor overseeing the progress of our Middle School boarders or the role of the morning or evening Housemother in providing parental input, to the hugely important contribution made by each of the Harlin House Prefects in helping with the lights out routine.

Since 2016 we have focused on creating eight small groups where each boy can feel a part of the team, while making important connections with both older and younger boarders. At some schools these small groups may be called tribes, cells, or tutor groups. At Harlin House we call our small groups House Families.

Each member of the family meets with his Boarding Tutor over the course of the week. My contribution to the House Family concept is to meet with each group at least once a term. This week we started meeting over a lunchtime, and it was my great pleasure to meet with the Milton House Family over the ever-popular beef lasagne. It was good to receive feedback from each boarder, and to build a relationship where we can harness the student voice in the residential community.



Director of Outdoor Education

Derek Jervis

The build up of Tropical Cyclone Oma had an impact on Outdoor Education this week, creating strong winds unsuitable for paddling. Both 7E and 7F experienced alternative programs to avoid the strong south-easterly winds on the lake.

Both classes were energetic and keen to be involved in the outdoor program. Kobi Griffiths and Andrew Bade took every opportunity to push themselves. Kimihiro Kamori and Darcy Carroll-Kirkwood kept a light-hearted approach to the challenges and their energy had a positive impact on the class.

Benji Edwards was recognised by his peers for the effort he put into the program and his willingness to push himself during the vertical activities. Omar Abiad was a considerate and hard-working student who showed concern for his peers and Thai Bui maintained high paced enthusiasm for the whole program.

Year 12 Form Seniors Timothy Carius, Tony Liu, Oliver Cafferky, Joshua Wu and Tom Meutermans led the Year 7 program and guided the boys through the challenges. The form seniors are an integral component of the program and these leaders were wonderful role models for the Year 7s. They ran an evening of activities to bring their classes together and facilitated duties and activities throughout their stay. Tom Meutermans spend the whole week at Moogerah to complete the residential component of his Gold Duke of Edinburgh Award. We look forward to seeing Tom complete the Gold Award before the end of the year.

Form Tutors Mr Adam Delroy and Ms Carla Salmon joined their classes for the program and helped to support the boys facing new and exciting challenges. Their care and attention to the boys makes a big difference to their experience.

Mr Craig Timms joined the classes on Wednesday for the vertical activities and saw the boys supporting each other and pushing themselves.

Click to view the [7E photos](#), [7E video](#), [7F photos](#) and [7F video](#) of the boys' experiences.



Director of Student Services

Dale Nicholas

Applications for Access Arrangements and Reasonable Adjustments (AARA)

AARA are practical adjustments made to student programs or assessment conditions for students who have specific educational needs and/or exceptional circumstances that may affect their participation in assessment or prevent them from demonstrating their current knowledge or skills. This was previously known as Special Provisions and we have adjusted our processes and language to be consistent with the Queensland Curriculum and Assessment Authority (QCAA)

The School must ensure that AARA do not provide unfair advantages to any student and that actual achievement is assessed, not perceived ability or potential. In making a decision about AARA, the School is required to consider what adjustments to student programs and assessment conditions are reasonable in the circumstances. To be considered, students and parents must complete, sign and email the attached form (on the following page of this newsletter) to the AARA email address at aara@brisbanegrammar.com. The form must be accompanied by appropriate documentation and cannot be assessed without this information. Examples of appropriate documentation are those provided by external practitioners holding AHPRA registration (e.g. Doctor, Specialist, Psychologist).

When students reach Year 11 a formal application for AARA has to be made to the QCAA for any adjustments to any assessment in Units 3 and 4 from 2019 onwards. This application is made by the School and will require up-to-date documentation as outlined in the QCE Policy and Procedures Handbook. Documentation depends on the specific condition. This application is made by the School on behalf of the student and requires statements from the student, the School and AHPRA-registered practitioners. Additionally, we are required to provide functional evidence that students have previously required and used AARA for long-term conditions.

Year 12 Studies and Tertiary Information Evening | Monday 11 March

The Year 12 Studies and Tertiary Information Evening for Year 12 parents only is on Monday 11 March commencing at 6.00pm in The Lilley Centre Forum. Full details will be in next week's newsletter.



Application for ACCESS ARRANGEMENTS AND REASONABLE ADJUSTMENTS (AARA)

AARA are practical adjustments made to student programs or assessment conditions for students who have specific educational needs and/or exceptional circumstances that may affect their participation in assessment or prevent them from demonstrating their current knowledge or skills. The School must ensure that AARA do not provide unfair advantages to any student and that actual achievement is assessed, not perceived ability or potential. In making a decision about AARA, the School is required to consider what adjustments to student programs and assessment conditions are reasonable in the circumstances.

To be considered please complete and email this form to the AARA email address at aara@brisbanegrammar.com. The form must be accompanied by appropriate documentation and cannot be assessed without this information.

DATE OF REQUEST: _____

STUDENT NAME: _____ **STUDENT ID:** _____ **YEAR LEVEL:** _____

Please describe the reason for your application in the box below.

Documentation supporting the application

I understand the following:

- All applications must be accompanied by documentation from an external practitioner holding AHPRA registration (eg Doctor, Specialist, Psychologist). The documentation must substantiate your application. Examples of documentation are external educational testing reports and medical certificates.
- Applications for a reduction in load due to high-level sporting commitments must be accompanied by evidence from the relevant sporting body.
- Applications will be assessed jointly by Student Services and the Studies Directorate based on the information provided and on the attached supporting documentation.
- Decisions made about the nature of AARA granted if an application is approved will be in accordance with the principle of "reasonable adjustments" to ensure equity.

☐ Documentation attached (Please cross to confirm)

Student Signature: _____ **Parent Signature:** _____

Director of Student Wellbeing Programs

Philippa Douglas

Parent information evening – boys and gaming

A reminder that Cam Adair will be speaking to Years 8 and 10 boys on Monday 4 March on the topic of video games and gaming addiction. This will be followed by a parent information session that evening. [Click here](#) for information regarding the evening.

Cam's keynote presentation empowers students with knowledge and practical strategies to help them make good decisions regarding their gaming habits. He will unpack the techniques used in gaming and social media that keep players hooked, as well as identify the warning signs of addiction. Boys will be given strategies to create and change habits along with alternative activities to gaming and social media.

Cam is the founder of [Game Quitters](#) and his website provides information and resources your family may find valuable.

Public Purpose | Flood Appeal

The Years 8 and 10 Public Purpose Committees are teaming up to support rural communities recently affected by the floods in Northwest Queensland. The committees are connecting with Sisters of the North to raise funds over the medium and long term to help farmers get back on their feet, and with the Mt Isa School of the Air to alleviate the disruption to children's learning in the region. Funds are needed to re-establish communications and to provide financial assistance to families who are struggling to afford to send their children to camp. These camps are a welcome and significant opportunity for the children and their families to find some connection, respite and joy from the trauma of this natural disaster.

For more information about our flood appeal please contact Ms Ragen for Middle School enquiries and Ms Verdon for senior school enquires.

World's Greatest Shave

BGS is once again taking part in the Leukemia Foundation's big fundraiser, the World's Greatest Shave, with our official shave and colour day on the last day of term, Friday 5 April. Student who wish to shave or colour their hair can join the Brisbane Grammar 2019 team and encourage sponsors to support them. Students and family members can also support the cause by raising funds without having to shave or colour.

Join the Brisbane Grammar School World's Greatest Shave Team — [click here](#) to sign up.

Leadership – Disaster Master

Boys in Year 7 continue to enjoy their seminars with Peer Power. Below are some photos of boys in 7G and 7H flying their paper aeroplanes. The paper plane activity enables students to experience the principle of 'try-fail, try-succeed'. One doesn't make a workable paper plane on one's first attempt, but through 'try-fail, try-succeed', learning from their mistakes and successes, they can improve, moving from disaster to master.



Boys and sleep

We are pleased that Lisa Maltman from The Sleep Connection will be presenting *Sleep for Better Health, Resilience and Performance* on the evening of **Monday 18 March**.

Sleep is a major issue for school children, with 30% of primary school children and 70% of teenagers thought to be sleep deprived. This has significant effects on:

- 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.

If you would like more information on the program, along with helpful tips and resources for parents please visit: [The Sleep Connection](#) to view the [program overview](#).

The Sleep Connection presentation is part of a wellbeing series available to parents each year. We hope to see many of you there.

If you wish to attend this information evening, please register via the attached invitation in the Community section of this newsletter.

ISCF camps in 2019

This year the annual Senior School ISCF camp will be held at Somerset Dam during the first week of the upcoming Easter holidays from Tuesday 9 April 8.30am to Friday 12 April 5.00pm. The camp caters for students in Years 9 to 12. Middle school camps will also be held at Moogerah during the first week of the September holidays, with further details to be provided closer to the date. Senior School ISCF is run by Ms Noel Chan (noel.chan@brisbanegrammar.com) and Middle School ISCF by Mr Ian Grice (ian.grice@brisbanegrammar.com or phone 3834 5318).

ISCF is an interdenominational Christian group (not affiliated with any particular church). It aims to give students the opportunity to learn and think about the spiritual dimension of life, and what Christians in particular believe. Lunchtime meetings on Tuesdays (Senior School) and Fridays (Middle School) involve fun activities with a purpose. Students do not need to formally join the group but can take part in any activities which take their interest, no matter what their beliefs. As many students are busy during the term, the ISCF camps give students the chance to join in a fun activity with other students during the holidays.

Forms with camp details have been distributed through tutor groups, but can also be obtained from Ms Chan or Mr Grice in person or by email. Forms should be returned by Tuesday 26 March. Further details, permission forms and medical details will be finalised during the last two weeks of term.

Ian Grice
Middle School ISCF Coordinator

Year 7 Tablet PCs

Year 7 students who have completed the tasks in their Tablet Passport are permitted to take their Tablet PCs home this weekend for a trial 'sleepover'.

Students and parents are reminded that the device inside its black tablet bag must be carried to and from school in a BGS school bag. (This includes pick up and drop off by car.) The black tablet bags must not be visible at this time. Students must also ensure that the device is returned to school fully charged on Monday ready to start the school day.

Parents are encouraged to have their sons demonstrate some of the ways they use the Tablet PCs in the classroom. Students will be able to show their digital notebooks to their parents. They will use the device increasingly as the year progresses.

All going well, students will be able to take their devices home daily from next Friday 8 March.

Greg Dabelstein
Dean of Curriculum

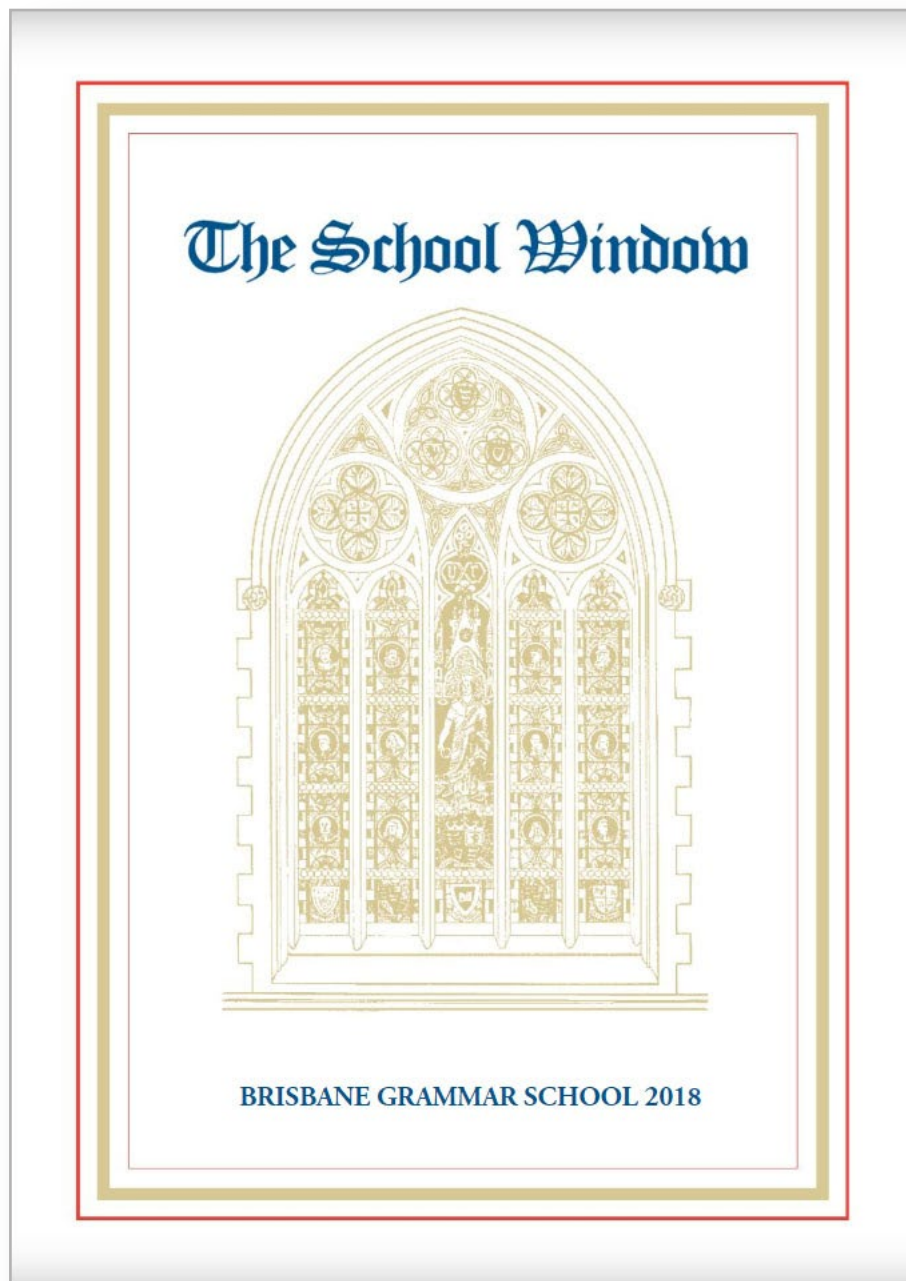
The School Window 2018

This week, all students were advised that the 2018 edition of *The School Window* is accessible electronically on MyGrammar. Under the Information menu item, click on Publications and scroll down to *The School Window* to access the link.

You can also access *The School Window* directly by [clicking here](#).

We hope that students enjoy reading and viewing the journal, which was first published in 1941.

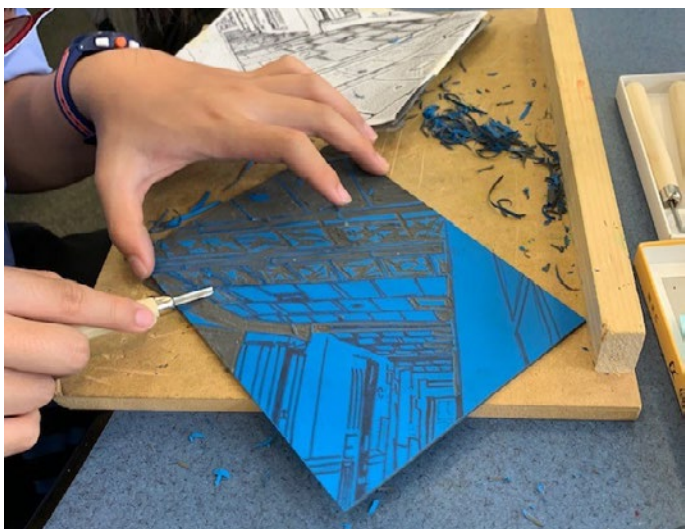
Helen Johnston
Dean of Teaching Development



Art Department

Year 10 students are now transforming their photographs of BGS architecture to lino prints. We are looking forward to seeing the incredible results from this project in the coming weeks.

Sandy Elliott
Teacher of Art



Deputy Head – Co-Curriculum

Greg Thorne

The strong winds caused by Tropical Cyclone Oma provided some challenges over the weekend. Indoor activities were unaffected; however, our cricketers faced some adverse conditions and our rowers ultimately were unable to get on the water.

Regarding our attendance at the GPS Rowing regatta at Wyaralong, much had been done to monitor the weather, assess and manage the risks and maintain our preparedness to row. Knowing this, I was intrigued to overhear the remarks made by two spectators standing nearby after it was announced over the PA system that the regatta was being cancelled: “Well, that was a big waste of time!”

Was it really? I did not think so. I share the view of many involved in our program; that this adversity provided a teachable moment. A great life lesson, well worth the time. Our boys may not have made it onto the water, but they did go through their regatta routines, they worked together with their crew to rig and unrig boats and ultimately, they presented; ready to compete. The prevailing weather conditions cut the day short, but that was out of their control; much like the many variables faced in any good competition or performance. It is good to learn to focus on those variables which can be controlled and managed, letting go of those that cannot.

In GPS Rowing, each school hosts a regatta each season. In doing so, member schools support each other with their presence and sharing of the load.

This weekend Brisbane Grammar School will host the regatta, taking the lead in providing support for Rowing Queensland and hospitality for rowers, coaches, officials and spectators. This is no small undertaking, and it is only through the generous support of our parents involved in BGS Rowing and Tipperoo that we are able to do contribute in this way.

In advance, I wish to thank those parents who are giving up time to support this endeavour. I also wish to acknowledge the many involved in contributing to other co-curricular activities across the School this weekend. Whether standing at a canteen or recording the runs on MyCricket, we appreciate your support.

Time Management

1440: the number of minutes in one day.

At this point in a busy term, each one of these minutes is precious.

If we set aside time for sleep, classes, meetings, meals, travel and study, it is little wonder our students and each of us feel as if we are under time pressure. Even subtle variations to our good routines can feel like a nuisance when we are under such pressure.

At every level, we seek to promote good decisions around time management through co-curricular involvement and most often, busy students find they make better use of the limited time they have available than they might with more time at hand.

Thankfully, we have tremendous support networks and structures which help boys develop good time management strategies. Setting and keeping a weekly schedule, including rehearsals and training times, is a positive step for any young man. I enjoy seeing our staff work with the busy, talented and time-efficient young gentlemen at Brisbane Grammar School, leading them in making the most of every available minute.

Drama

Richard III is one of Shakespeare's earlier plays, and its eponymous lead is one of his first attempts at a compelling anti-hero. Richard openly conspires with the audience, who can see how he's manipulating all the other characters. Shakespeare's original production made a long and confusing journey out of a straightforward story: a two-faced man plots and murders his way to England's throne. To save confusion, many adaptations of *Richard III* are heavily edited to keep the thread of the plot and accelerate the tension in the play.

The BGS Drama Department has commissioned award-winning playwright Daniel Evans to reimagine, fragment and deconstruct Shakespeare's play. Our version takes the original narrative and places it firmly in the 21st century. Think *House of Cards* meets modern royalty! In emphasising the vicious nature of Richard's plotting, the production raises questions about the complacency of people who are unable to resist weak leaders. Historians say Shakespeare's version may have exaggerated Richard's crimes, but his theatrical incarnation is one of the great villains of the stage. This version captures Richard's villainy and is a perfect lens for our senior actors to explore the relevance of Shakespeare's themes with physically demanding fight sequences and a cannon of gruesome deaths.

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

Jeffrey Lewis
Senior Dramatic Production Creative Team

Music

Music Soiree and Welcome Function | Friday 22 March

Parents new to BGS are particularly welcome to join the BGS music community for the Music Soiree – a pleasant late afternoon of excellent music, followed by light refreshments. Our wonderful student musicians will entertain as you find out more about the Music Program in 2019.

This free event starts in the **Great Hall at 5.00pm** with performances from Grammar Vocal Ensemble, Grammarphones, Grammar Singers and Vocal Group. This year there will be a variety of ensembles featured at our concerts, and Chamber Strings and Guarneri Strings will also be performing. The music will continue as you move to **The Lilley Centre for the Welcome Function at 6.00pm**. While mingling with other BGS music families, various brass and woodwind chamber ensembles will provide musical entertainment. The Music Support Group will provide drinks and other refreshments for this delightfully informal gathering. This is not just for new families, as we hope continuing music families will come and share their experiences. Everyone is invited, and we hope to see you there.

For catering purposes, please register if you will be staying for the Welcome function after the concert. We hope concert goers will move from the Great Hall to The Lilley Centre and enjoy the company of other music families, both new to the program and those who have been involved for years. [Click here](#) to register by **Tuesday 19 March**.

Peter Ingram
Head of Music

Cricket

With Tropical Cyclone Oma threatening Round 4 fixtures, it was wonderful to wake up to blazing sunshine. I am pleased to report that all 31 GPS matches between BGS and Anglican Church Grammar School were played. Of these, BGS won 11 matches, with two of these at A level. In the First XI, our boys started extremely well to have Churchie on the ropes at 6/60, but a rear-guard action by their tailenders enabled them to score 161 runs. Our boys were able to build a platform reaching 3/65 in reply, but a middle order collapse saw us bowled out for just 116. Congratulations must go to the Years 8 and 10 age groups for a clean sweep of all their matches.

Round 4 highlights

- Declan Harte (Second XI) – 81 runs
- Alex Lu (10B) – 5/14 (including 4 wickets in an over – all bowled)
- Alec Bodimeade (Second XI) – 54* Runs
- Max Clark (8A) – 54 runs
- Bailey Dangerfield (10D) – 53* runs
- Connor Nowlan (10A) – 49 runs
- Nick Fasone (8D Sky) – 42 runs
- Ryley Anderson (Third XI) – 41 runs
- Nicholas Jones (10C) – 40 runs
- Lachlan Mackay (9A) – 21 runs and 3/17
- Bailey Curran (First XI) – 3/26 and 15 runs
- Tom Heading (11A) – 36 runs and 2/24



Team of the Week

With the sun setting on Northgate and the final matches for the day all but finishing, there was one match still hanging in the balance. Our 11B team were never really in the hunt during their match having been bowled out for just 97 runs. Churchie seemed to have the match sewn up with only 20 runs required to win and five wickets in hand. However, our boys had other plans, and with two outstanding catches and a run out by Louis Quin, Churchie capitulated to 9/97. With the match tied, Harry Chapman delivered the final blow trapping their last batsman in front LBW to secure the result. Congratulations boys!

Player of the Round

An exhibition of power-hitting was on display on Northgate No.1 oval as Declan Harte launched the Churchie bowlers to all parts of the field. He blasted 81 runs off just 77 balls (including 10 fours) as he and Alec Bodimeade (54*) shared in a partnership of over 100 runs. Well done Declan!

This weekend we take on TSS. I encourage all boys to keep working on rotating the strike, as dot balls seem to be inhibiting our ability to build momentum in our batting innings.

A reminder of the second round of 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 players and coaches this weekend.

Trevor Irvine
Director of Cricket

Cricket team photos

Cricket team photos will be taken at Northgate tomorrow, Saturday 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.

GPS Cricket 2019 Team Photographs Saturday 2 March | Northgate Playing Fields

Game Time	Photo Time	Team	Game Oval
8.00am	7.15am	10C	3
8.00am	7.20am	8C	5
8.00am	7.25am	6A	6
8.00am	7.30am	6B	MS #8
8.00am	7.35am	6C	MS #9
8.15am	7.40am	10A	4
8.15am	7.45am	8A	2
11.30am	10.40am	8D	6
11.30am	10.45am	7D Navy	3
11.30am	10.50am	6D	8
11.30am	10.55am	6D Sky	9
1.30pm	12.45pm	10B	4
1.30pm	12.50pm	8B	2



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. With only four weeks until our first meet, it is important to be training well and ready for the competition.

Upcoming Events

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.

John Clancy
MiC Cross Country

Rowing

The Rowing team were well prepared for the third regatta of the season to be held on Saturday last weekend. Unfortunately, due to the strong winds associated with Tropical Cyclone Oma, the regatta was called off early in the morning with no races completed. Despite this, the BGS rowers had turned up in force, rigging their equipment and preparing to race. I applaud the boys on their resilience in the face of adversity — they showed the true spirit of the GPS brotherhood. Thank you to our coaching staff for their positive outlook and to our parents for attending and supporting despite the difficult conditions.

The boys have completed some difficult sessions this week, testing their endurance and fitness, alongside excellent technical improvement on water. Crew seating combinations are beginning to settle with some small tweaks that aim to improve overall boat speed. Rowing is a sport of inches and the smallest gains may mean the difference between first or second.

We wish the boys all the best this weekend as they endeavour to improve their performances from three weeks ago. It is now three weeks until the GPS Head of the River (16 March). Please support the rowers in their final weeks of the 2019 season.

Rowing Photos

A reminder to parents that crew photos are to be taken next week during training.

All boys need to have their zoot suits and rowing cap on their allocated morning. Please take the time to purchase the correct attire ready for the photos.

Year 10	Monday 4 March
Year 9	Tuesday 5 March
Years 11 and 12	Wednesday 6 March

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.

Matt Marden
Director of Rowing

Swimming

GPS Swimming

With only one week until the GPS Swimming Championships, an air of excitement is building among our swimmers. The team has prepared well and there seems to be a lot of positive energy moving forward into the final week. I wish to remind all swimmers it is essential to continue to thoroughly prepare both physically and mentally for the event ahead. Team announcements will be made on Monday 4 March for the Junior GPS team at morning tea (10.20am) in the Gallery and the Senior GPS Team at morning tea in the ISC grandstand (10.20am). Further information regarding training times, tickets for the Championship and specific GPS day arrangements are available on MyGrammar. We look forward to seeing you at the GPS Championship next week.

Swimming Presentation Evening Years 5 to 12

After the GPS Championship on Friday 8 March, we invite all swimmers and their families to join us for a celebration of the 2019 GPS Swimming season at the BGS Middle School Amphitheatre at 7.00pm. This important occasion allows us to recognise the achievements of the team and to gather as a community at the end of what has been a busy and rewarding GPS Swimming season. Food and drinks will be provided. Please see the flyer in the Community section of this newsletter for further details.

To finalise numbers for catering, payment for Presentation Evening is required by **Wednesday 6 March**.

Matt Logan
MiC Swimming

Tennis

Wimbledon Club Meeting

The Wimbledon Club is the support group for BGS Tennis. The first Wimbledon Club meeting for 2019 will be held Wednesday 6 March at 6.15pm at the BGS Tennis Centre. All are welcome to attend for information on and input into the BGS Tennis community.

School Championship

Registrations for the BGS Tennis School Championship are closing soon. 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.

School Championship times for each age group:

Saturday 9 March

6.00pm – 9.00pm Open preliminary rounds

Sunday 10 March

8.00am Year 5

11.00am Open and Year 6

1.00pm Year 7

Sunday 17 March

8.00am Year 8

11.00am Year 9

1.00pm Year 10

3.00pm Year 11

Sunday 24 March

Open Day Barbecue

Times TBA All age group finals

Michael Fancutt

Director of Tennis

Volleyball

Last Saturday saw Brisbane Grammar School host our first home game of the 2019 GPS Volleyball season against Ipswich Grammar School. I am proud to report BGS were able to secure 20 wins from 21 matches throughout the day. All matches were played with a perfect balance of sportsmanship and competitiveness as all BGS teams flourished in a familiar playing environment. It was fantastic to see the entire community rally as all 21 BGS teams took to the court at the same venue. I was particularly impressed by the energy and enthusiasm the junior teams brought to the court, making for exciting matches all day.

In what can only be described as an emotional rollercoaster of a sport, it is amazing to watch players experience genuine fun and happiness as they represent BGS. It is clear the entire Volleyball community has bought into the BGS Volleyball vision: for Brisbane Grammar School to be recognised as the leading Volleyball school in the GPS association.

As we approach the halfway mark of the season, I encourage all teams to celebrate, communicate and commiserate together as we line up against traditionally strong volleyball schools over the remaining rounds. The First VI adopt an 'each week is a Grand Final' mentality. All teams must focus on preparing well and executing the game plan, as we aim to produce our best performance possible.

Australian Volleyball Schools Cup

Planning has commenced for the annual Australian Volleyball Schools Cup (AVSC) tour. This event is the largest school-based sporting event in the Southern Hemisphere, attracting teams from across Australia as well as international teams. AVSC has seen tremendous growth since its inception, with 551 teams from 150 schools from across Australia and New Zealand competing in 2018. This unique event has delivered almost all national players (beach and indoor) for the last three decades and will continue to provide opportunities for the next generation of national, international and potentially Olympic athletes.

The AVSC is the marquee junior participation event in the national events portfolio, bringing together hundreds of secondary school teams annually in December. Students enjoy an introduction to volleyball, camaraderie and enthusiastic competition among the nation's school community.

In 2019, the competition relocated from Melbourne to the Gold Coast. Preparations have commenced to participate in this event, in what will be the 19th year of involvement for Brisbane Grammar School. The mission is to enter six teams to represent BGS, in Years 7 to 11, to provide greater opportunities for players to compete and prepare for GPS Volleyball. More information and expression of interest forms will be available in the coming weeks, including costs and selection criteria.

Tour Dates: Friday 6 December to Saturday 14 December (note that this is during December school holidays)

Coxy's three talking points from Round 3:

- **Highlight** – All 21 BGS teams playing at the same venue
- **Lowlight** – Team members arriving late or leaving early to avoid duty
- **Team of the Week** – 11B (for doing a double duty)

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.

Toowoomba Reminder: On Saturday 9 March, BGS will travel to Toowoomba Grammar School to compete. Bus transport will be provided for students. Keep an eye out for sign-on information.

Rhys Cox
Director of Volleyball

Acting Head of Middle School

Rebecca Campbell

For those who attended Presentation Afternoon last November, you may recall me speaking about Sir Ken Robinson's notion of the 'element'. Robinson describes somebody's element as the place where the things we love to do and the things we are good at come together — it is the meeting place between natural aptitude and personal passion.

In the last two weeks, our Middle School boys have been fortunate to hear from two Old Boys who have discovered their element in their field of work. At our Foundation Day assembly, our Year 7 boys heard from Professor Michael Milford '98, who currently leads a team at QUT researching the nature of intelligence. Professor Milford recollected how his keen interest and passion for robotics and coding was ignited during his time at BGS, and reflected on how fortunate he was to attend school with peers who both supported and challenged him.

At today's assembly, we welcomed Dr James Fielding '04, founder and CEO of Audeara, creators of the world's first full-fidelity headphones with a built-in hearing test. Dr Fielding shared his educational journey and the reasoning behind his decision to follow his passion and start his own company. Combining his love of music, medicine and business, Dr Fielding left full-time clinical medicine to focus on making his dream a reality. Our Year 5 boys took the opportunity to participate in hearing tests utilising this groundbreaking technology.

Both stories were incredibly inspirational, and both gentlemen embodied virtues such as perseverance, curiosity and creativity — learning virtues we aspire to develop through our Effective Thinking Cultures. As educators, one of our greatest joys is seeing students, both past and present, find their element and use their passion for helping others. I thank Professor Milford and Dr Fielding for sharing their stories with our students. If you are interested in finding out more about Dr James Fielding's work, please visit audeara.com.





At today's assembly, we also presented our first Grammar Man awards for 2019. Each month, Heads of Year present this significant award to a student who exemplifies our School values and acts as a positive role model to others. I congratulate the recipients of our first Grammar Man awards and commend the boys on their very positive start to the year.

This morning we also hosted our first Parent Morning Tea at Victoria Park. These events are a wonderful way for parents to connect in a relaxed and informal setting. Upcoming dates include:

- **Years 5 and 6:** Thursday 7 March
- **Year 8:** Wednesday 13 March

Invitations for all parent events can be found in the Community section of this newsletter.

Thank you to our year level parent representatives for organising these special events.

Middle School Library

Middle School Book Week Celebrations | 18 – 22 March 2019

Bookings are now open for both Middle School Book Week events:

- 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.

Special guest will be Mick Elliott, author of the humorous series *The Turners*. Visit his website at mickelliott.me.

We would love to see boys attending these events with their parents or another adult. We do understand, however, that this is not always possible. If your son would like to attend but you are unable to accompany him, please ensure that another parent will be able to look after him. This will mean that he will be able to enjoy the event while sitting with a friend and his parent. Note that there is a charge for each boy and parent who attends these functions. Please see more details for these events on the flyers on the following page of this newsletter. Emails with details were sent out last Friday to all parents.

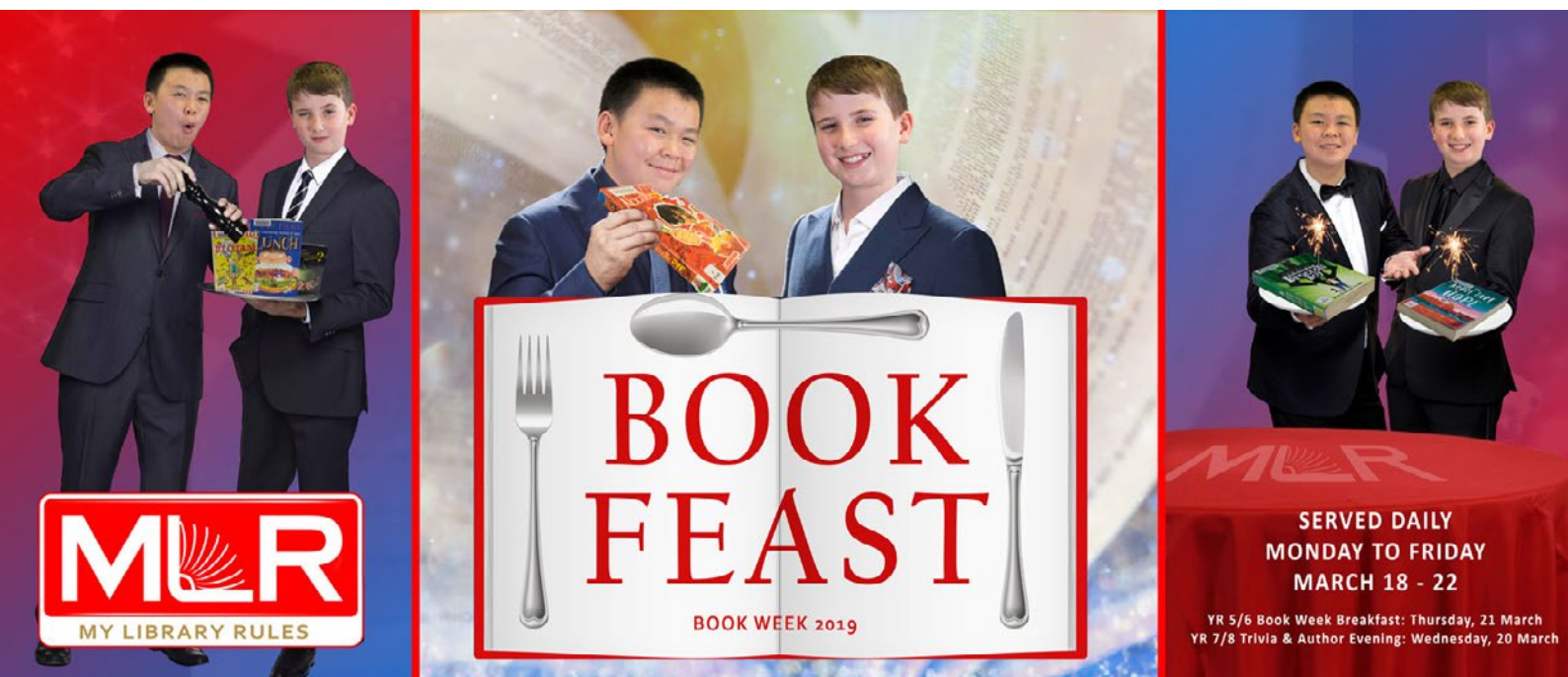
Boys who have sports training or musical rehearsals on Thursday mornings can attend the breakfast. This is a special annual event, and coaches and ensemble leaders have excused boys to miss their session to attend.

Event booking

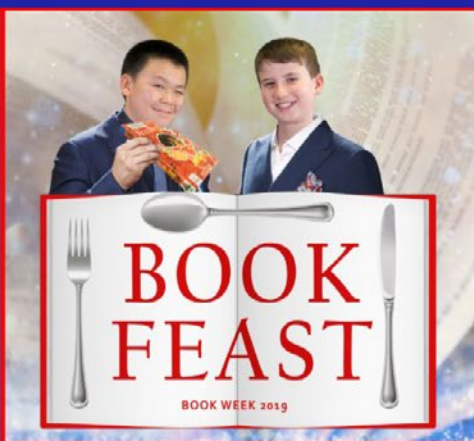
- [Click here](#) to book for Book Week Breakfast
- [Click here](#) to book for Trivia and Author Evening

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.

Vicki Palmer
Teacher Librarian



YR 5/6 Book Week Breakfast: Thursday, 21 March
YR 7/8 Trivia & Author Evening: Wednesday, 20 March



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

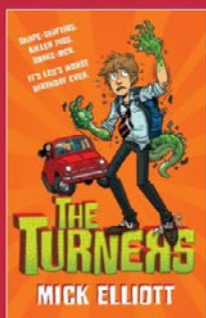
Years 7 and 8 The Lilley Centre

RSVP: Wednesday, 13 March

Great prizes!



Special Guest:
Mick Elliott



Book Week Breakfast

Thursday, 21 March 7.00—8.20am

Years 5 and 6

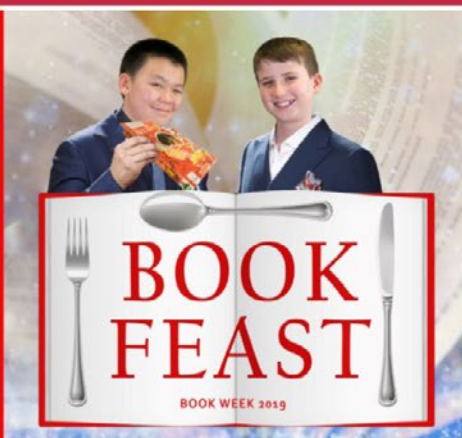
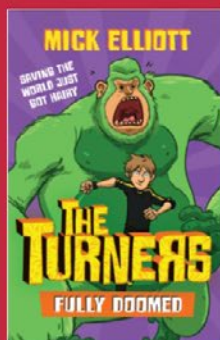
Centenary Hall

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

As we pass through the term's halfway mark, I ask all Middle School parents to assist us with the appearance of our sporting teams and PE classes. Some of our boys are mixing and matching hats, socks and shorts from one uniform to another. Please remind your son that these items are not interchangeable and that the entire uniform for each activity should always be worn when representing the School.

Middle School Cricket

Our Years 5, 6 and 7 Cricket teams had a reality check last Saturday when they were comprehensively outplayed by Churchie. However, the Year 8 cohort were outstanding with strong performances across all teams. Boys now face the challenge of recovering from the disappointments of last weekend, and preparing well for The Southport School this Saturday.

Please note some Middle School fixtures this Saturday are at the TSS Prep School in Lupus Street, while others are at the main campus at Winchester Street. These two venues are quite a distance apart and I do not encourage boys to be walking between the two venues.

Team photos are being taken for our 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	ACGS	6A	ACGS	7A	ACGS	8A	BGS
5B	ACGS	6B	ACGS	7B	ACGS	8B	BGS
5C	ACGS	6C	ACGS	7C	ACGS	8C	BGS
5D	ACGS	6D	ACGS	7D	ACGS	8D	ACGS
5D Sky	ACGS	6D Sky	No game	7D Sky	ACGS	8D Sky	BGS
				7D Navy	ACGS	8D Navy	ACGS

Team	Player of the Week	Team	Player of the Week
5A	Angus McNeill	6A	Alex Spence
5B	Lachlan Baker	6B	George Swan
5C	Rohan Morris	6C	Marcus Forbes
5D	Nick Kelso	6D	Alec Bunce
5D Sky	Isaac Reid	6D Sky	No game
Team	Player of the Week	Team	Player of the Week
7A	Nick Scott	8A	Max Clarke
7B	Josh Smith	8B	Jonathan Neep
7C	Bede Stuckey	8C	Chester Battley
7D	William Zillmann	8D	Tom Nolan
7D Sky	Adriano Gianfelici	8D Sky	Nicholas Fasone
7D Navy	Lucas de Zubicaray	8D Navy	Simson Thomas

Middle School Swimming

Last Friday evening saw the last of the lead-up Chandler meets for our GPS swimmers. Middle School boys have attended these meets in solid numbers this term and I hope all swimmers have their effort rewarded by being named in the Championship team.

Tonight is our Grammar Only night at the ISC pool and we are looking forward to naming some new Legends of BGS Swimming, as well as watching some of our past swim stars competing in the relay against our current Open squad.

At the time of writing, a number of our boys were contesting the Met North Swimming Championships at Lawnton Pool. Early reports suggest they have performed well but we will report in more detail on this next week.

Age	Swimmer of the Week
13 years	Ryland Malone
12 years	Henry Slatter
11 years	Will Quinlan
10 years	Max Nakasoto

Middle School Volleyball

Our Volleyball teams had an excellent round against Ipswich Grammar School and several other supplementary opponents last weekend. It was one of my first opportunities to see the early morning matches this season and I would like to congratulate all players on the way they conducted themselves both on and off the court.

This Saturday our boys play BSHS in the main draw and TGS for supplementary matches. All games will be played at BGS in the ISC. Students should check MyGrammar for team lists and match details.

Team	Player of the Week	Team	Player of the Week
7A	Nash Furnell	8A	Rudy Dempsey
7B	Oliver Larsen	8B	Josh Stamatellos
7C	Jack Webb	8C	Jo Gehrmann
7D	Jasper Gottliebse	8D	Ben Bryant
7E	Archie Wong		

Team	Won by	Team	Won by
7A	BGS	8A	BGS
7B	BGS	8B	BGS
7C	BGS	8C	BGS
7D	BGS	8D	BGS
7E	BGS		

Middle School Debating

I had the opportunity to watch the Years 5 and 8 Debating teams compete against Gregory Terrace last Friday afternoon. I was fortunate enough to see two of our winning teams in action and I was particularly impressed with the standard of our rookie Year 5 debaters and the more polished and very convincing Year 8 boys.

Our Years 5 and 6 teams have this week off to prepare for their next debate, which will be on 15 March against IGS. Our Years 7 and 8 teams will debate BSHS this Friday night. Good luck to all teams.

Team	Won by	Team	Won by	Team	Won by	Team	Won by
8.1	BGS	7.1	GT	6.1	BGS	5.1	BGS
8.2	GT	7.2	BGS	6.2	BGS	5.2	GT
8.3	BGS	7.3	GT				
8.4	N/A	7.4	GT				

Debaters of the Week			
Year 8	Year 7	Year 6	Year 5
Andrew Beckingsale	Dom Forrest	Max-ze Lee	Joel Wu

Congratulations

Congratulations to Jordan Donald on his selection in the City District Hockey team.

Glenn McFarlane
Director of Middle School Sport

Volunteer Roster

Week commencing Monday 4 March 2019

Tuckshop (07) 3834 5229 | Grammar Shop (07) 3834 5347

Roster Secretary Wendy Smith — email 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 Two	Tuckshop Breakfast 7.00am – 8.00am	Tuckshop Morning Tea 8.00am – 2.00pm	Grammar Shop
Monday 4 March	Cecilia Chan	Bronwyn Stilwell (Team Captain)	Tomomi Tanowaki
Tuesday 5 March	Florence Tiong	Jenny Talbot (Team Captain)	Rachel Moss
Wednesday 6 March	Helen Webster Virginia Bowdidge Angela Buddee	Fiona Brockhurst (Team Captain)	Cathy Carew
Thursday 7 March	Wei Shi Palingu Aponso	Gabby Elliott (Team Captain)	Allison Kay
Friday 8 March	Natasha Kalinina Nicola Rahman Sirie Pamos	Jo Wong (Team Captain)	Jodie Curtis

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

Men's Artistic Gymnastics Supporters (MAGS)

Parents of BGS Gymnasts are warmly invited to attend the next meeting for the Men's Artistic Gymnastics Supporters (MAGS) group. The meeting will be held in the Seminar Room (opposite the Weights Room) in the Indoor Sports Centre on **Tuesday 5 March at 5.30pm**.

For further information about the group and this meeting please contact

Niki Wylde (Secretary)

P 0432 563 054

E nikiwylde@hotmail.com

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.

Parents and Friends' Association Notice of Annual General Meeting

The Brisbane Grammar School Parents' and Friends' Association (Inc.) ("BGS P&F") AGM will be held on **Wednesday 20 March 2019** in **The Lilley Centre Function Room, Brisbane Grammar School, 24 Gregory Terrace, Spring Hill** commencing at **6.30pm**.

Parents or guardians of students currently attending Brisbane Grammar School and Friend Members are members of the BGS P&F and are entitled to attend and vote and are eligible to nominate for positions on the Management Committee.

Election of Management Committee

The voluntary positions of President, Vice President, Secretary and Treasurer will be declared vacant.

Nominations must be returned by email to Kristine Luke, Secretary, at kristine.luke@gmail.com by **5.00pm Wednesday 6 March 2019** for the nomination to be proposed at the AGM. Nominations forms for these positions may be obtained from the **P&F Association section on MyGrammar**, or attached on the following page of the newsletter.

Light refreshments will follow the AGM and all current BGS parents and friends are welcome to attend.

Further enquiries should be directed to the P&F Secretary, Kristine Luke, at kristine.luke@gmail.com.

Kristine Luke

Secretary, The Brisbane Grammar School Parents' and Friends' Association (Inc.)

BRISBANE GRAMMAR SCHOOL
Parents' & Friends' Association (Inc.)

NOMINATION FOR OFFICE 2019
NOMINATIONS ARE CALLED FOR ALL VOLUNTARY POSITIONS ON THE
MANAGEMENT COMMITTEE
WHICH ARE DECLARED VACANT AT THE AGM

I _____ wish to nominate
_____ for the position of

(President-Vice President- Secretary-Treasurer)

Signed: _____

I _____ second this
nomination.

Signed: _____

I _____ accept this nomination
of _____

(President-Vice President- Secretary-Treasurer)

Signed _____ date / /

Address _____

Email address _____

Telephone (H) _____ (M) _____

Please forward to: Kristine Luke
Secretary, P & F Association (Inc).
C/- Administration BGS
Or email to kristine.luke@gmail.com
By 5.00pm, 6 March 2019

Brisbane Grammar School Music Support Group

EASTER 2019

SALMON DRIVE

**Fresh and Premium
Tasmanian Smoked Salmon
\$49 per 1kg pack**

Each resealable pack contains a salmon fillet of exactly 1kg that is pre-sliced and vacuum-sealed to ensure absolute freshness. Salmon can be refrigerated for up to 3 weeks or frozen for up to a year.

ORDER NOW

ORDERS CLOSE: Sunday 24 March

Payment by direct debit or cheque made payable to "BGS Music Support Group"

COLLECTION

3pm - 6pm Tuesday 2 April from the BGS Tuckshop.

ENQUIRIES

Tammy: tamal@bigpond.com / 0409 032 047 or Karen: ktseifert@hotmail.com / 0437 551 861

Return the form below to the music office OR by email to tamal@bigpond.com

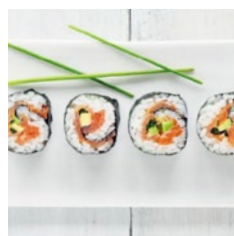
NAME:

EMAIL: PHONE:

NUMBER OF PACKS: @ \$49 each TOTAL:

PAID BY: ☐ DIRECT DEBIT ☐ CHEQUE (returned to music office)

BSB: 484 799 ACC: 00016 0631 Reference "salmonNAME"

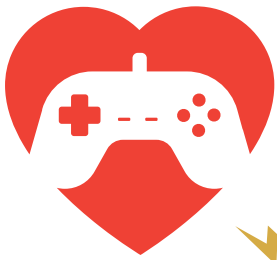




BRISBANE GRAMMAR SCHOOL

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

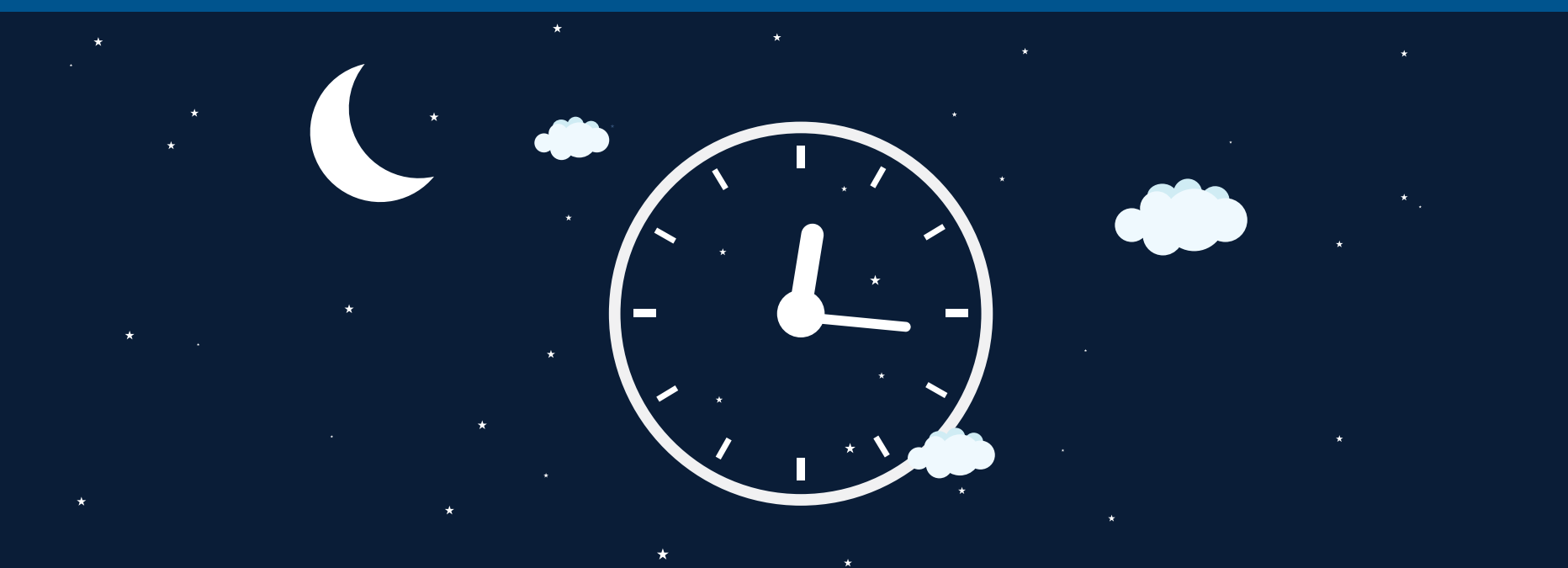




BRISBANE GRAMMAR SCHOOL

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

W 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



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

Year 6 Parent Representative, Palingu Aponso 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



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