



BRISBANE GRAMMAR SCHOOL

Newsletter

Week 6 Term 1

Friday 8 March 2019



In this issue



Northgate renovations



Middle School Outdoor Ed



Easter fundraising

Chief Financial Officer and Secretary to the Board of Trustees

Mark Corgat

Last year I shared an overview of the School's masterplan for the next 20 years, which includes a number of important capital projects to sustain our exceptional educational, wellbeing and co-curricular outcomes.

Since then, a few milestones have been reached that confirm the commitment of the Board of Trustees to the BGS masterplan.

Those of you who have visited Northgate in recent months would have noticed the construction activity currently in progress. The improvements include the refurbishment and expansion of the canteen block, the construction of new amenities block (including state-of-the-art medical centre, administration office and player change rooms), and a much-needed standalone toilet block. The user groups for Football, Cricket and Rugby all contributed to the design of the project, and donations from support groups enabled a better outcome than the original proposal.

Following a lengthy town planning process to extend our Pepperina Hill outdoor education program to our recently acquired sites (Pulpit Rock and Mt Alford), we have been able to establish new campsites, develop improved road access, and kick off an environmental sustainability program to ensure these assets are enjoyed by many BGS generations to come.

Recently, the Board confirmed its commitment to sustain BGS boarding over the longer term. A new project has been launched to refurbish and expand the accommodation in Harlin House and to preserve the quality of the School's boarding program. The project aims to provide private accommodation for each boarder, with the additional backing of philanthropic support from BGS Old Boy Matt McLennan '86.



The highly anticipated STEAM project is gaining momentum. We are currently in the final stages of an architectural competition, which will culminate in the appointment of the preferred architect for this pivotal project in the School's immediate future. The project will integrate the disciplines of science, technology, engineering, art and mathematics across an entirely new dedicated precinct in the School. 2019 will see much of this project's efforts devoted to complex town planning, detailed design, traffic engineering and the securing of funding.

On the topic of funding, it is helpful to remind our community that BGS operates as an autonomous economic unit without the financial backing of a broader educational or church system. As a not-for-profit institution, all funds generated by the School must be used to fulfil and further the School's educational mission to its students.

The School generates underlying income principally from tuition and boarding fees. Tuition fees are set to allow the School to trade in a solvent position and over time generate capital to sustain the School in supporting contemporary educational needs. The School also receives funding from the Commonwealth and State Governments in accordance with their respective funding models. The School's largest operating cost is employee expenses, which accounts for more than 70% of cash operating costs. Energy, insurance and regulatory compliance costs are significant overheads, and they continue to rise at a rate well above inflation.

From year to year, the School's operating surplus or deficit may vary due to debt interest and other expenses, depending on what stage the School is at in its long-term strategic building and curriculum-planning cycle. Having recently repaid the debt associated with The Lilley Centre, the School is presently in a cash accumulation phase in preparation for STEAM.

Like all independent schools, BGS is continually investing contributions received from parents over many years in new infrastructure and maintenance of existing infrastructure. This process is continuous and to some extent intergenerational. All current students enjoy the benefit of the School's existing infrastructure, much of which was originally funded by contributions from the parents of past generations of students.

A surplus in the independent school sector is considered good financial practice. It gives parents and the community confidence that these schools are financially viable and responsibly managed. BGS will soon report a surplus to Parliament for the year ended 31 December 2018, and we consider it important that our community understands the context outlined above when reading any media coverage regarding the School's financial results.

On a concluding note, last weekend I attended the launch of *Light Dark Blue: 150 years of learning and leadership at Brisbane Grammar School*, the School's 500-page, beautifully bound chronicle of its first 150 years. The book launch brings to a close a year of extraordinary and fitting celebrations of the School's sesquicentenary, thoughtfully arranged by the Advancement and Community Relations team under the leadership of Ms Heather Hamilton.

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

Boys, gaming and sleep

On Monday night, over 500 parents attended a presentation by Cam Adair, gaming addiction expert, on the issues of gaming and its impact on adolescent boys. This is the second year that he has presented to the BGS community. This year, students in Years 8 and 10 received presentations from Mr Adair. This will continue to be our approach in the years ahead.

This week was also the Whole School Sleep Study, with students in Years 5 to 12 surveyed about their sleep patterns. This is the second such study and will form an important tracking tool regarding any changes in sleep patterns, combined with the findings of the education program commenced in 2017. Lisa Maltman has been an important supporter of our work and will be at BGS on Monday 18 March to work with Year 7 boys. She will also be speaking to parents that evening. I encourage you to sign up and attend her presentation — [click here](#) or see the flyer in the Community section of this newsletter.

The link between gaming and sleep is straightforward. Boys who spend too much time gaming sacrifice their sleep time and hence there is an impact on their learning effectiveness. The importance of the quantity and quality of sleep and its impact on our daily functioning is very clear. Gaming is one of the many issues that detract from effective sleep patterns. Regardless of the distraction, the outcome is an impact on a student's learning. We know that diet, exercise and sleep are all important, but I believe it is sleep that is the key. I am also aware that it is not just our children that are opting out of sleep; it is a significant issue for adults as well. If you could do one thing to assist your son, addressing your own sleep habits would be an excellent starting point. Model good practice for your son.

Without wanting to simplify the issue, I offer the solution of balance as the answer to many adolescent issues. Boys can become overly focused on most things if you let them. I suggest as a project for the weekend to note down how much time your son spends on various activities. There should be a range of activities allowing him to experience what adolescent boys should be experiencing. If you find that his life is out of balance, then I encourage you to focus on this and assist him to address the issue.

Director of Boarding

Berian Williams-Jones

On Monday of this week, Brisbane Grammar School welcomed Cam Adair to speak to parents about gaming and gaming addiction.

This is one of the first events that we have streamed live to our boarding parents. I hope that this is a welcome development and if you have any feedback regarding this initiative, please do not hesitate to contact us.

I attended the majority of the presentation around my duty in The Lilley Centre and the information surrounding the nature of gaming as a means of social connection, as well as the inevitable pitfalls it presents, provided a great deal of food for thought.

How we manage access to gaming, and indeed to technology, is a topic we regularly discuss in Harlin House. Our present arrangement is to provide boys with access to consoles in the two Common Rooms and to manage access to those rooms. It is an approach that is generally in keeping with most of our fellow boarding schools and one that has seen greater socialisation, rather than boys keeping to their own areas. It is great to see boys laugh and joke as they gather around the screen playing FIFA 19 on a Saturday evening, although I have yet to succumb to the temptation of joining in.

Those of you who have been boarding parents for some years will also have seen a phased introduction of a process of managing mobile technology. It is, of course, a proverbial minefield and while accepting that our position will not suit all, there is a definite correlation between bedtime routines and the quality of sleep that the boys enjoy. It will no doubt be something we discuss moving forward as we seek to provide an environment that ensures boys are ready for the technology-rich working environments that await them.

As ever, any feedback you may have about our arrangements regarding technology or gaming consoles would be greatly valued.



Director of Outdoor Education

Derek Jervis

7G and 7H had ideal conditions at Moogerah last week. The cooler temperatures made the bushwalking and physical challenges much more enjoyable. They boys were ready to embrace the challenges and pushed themselves on the morning run, Mt Edwards hike and during the height activities.

Rupert Thynne and Sam Smith had plenty of energy for the program. They were ready for everything put in front of them and their enthusiasm had a great impact on the rest of the class. Oliver Cray was keen and motivated to take on the rock climbing and abseiling. Oliver was focused and in control during the height activity and maintained his positive attitude all week.

George Collins showed his cross country skills during the morning run. All students complete the 2.2km loop around the property boundary with a focus on putting in effort, enjoying the outdoors and being healthy and active with their peers. George ran hard and set a record time for the year. Jack Webb was also a motivated runner. Jack decided to run the optional second lap of the course and set a great time for the 4.4km loop.

The boys reflected on their experiences around the fire on the second night. They appreciated the options given to them and enjoyed learning about the local Indigenous Ugarapul culture.

Form Seniors Louis Cardell-Ree, Luciano Sarri, Oscar Mower, Luca Gerbino were great role models for the Year 7 boys during the program. Prefect Yazgi Sato joined 7H for the three days and proved to be a strong leader, making connections with the boys and assisting the teachers to run the program.

Form Tutors Mr Simon Canfield and Mr Ian Fardon joined the boys and had some great insights into the class as they completed the program. Ms Mel Eveleigh enjoyed a day walking on Mt Edwards and the boys encouraged her to join them in cooling down in the creek after their walk.

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



Director of Student Services

Dale Nicholas

Year 12 Studies and Tertiary Information Evening | Monday 11 March

The Year 12 Studies and Tertiary Information Evening for Year 12 parents is next week, Monday 11 March commencing at 6.00pm in The Lilley Centre Forum. This session is for parents only.

The schedule is as follows:

- Deputy Headmaster – Teaching and Learning, Steve Uscinski will provide an overview of the senior program including assessment, the Queensland Core Skills Test and issues related to OP calculation.
- Director of Student Services, Dale Nicholas will provide an overview of the tertiary preparation program at Brisbane Grammar School including information on services available to students and parents.
- Ms Jennifer Roush from the Queensland Tertiary Admissions Centre (QTAC) will outline the process Year 12 students should follow when submitting their applications to QTAC for admission to Queensland institutions.

Parents of students in Year 12 who plan to attend are asked to RSVP by email to Rochelle Lynch, PA to Deputy Headmaster – Teaching and Learning at rochelle.lynch@brisbanegrammar.com.

Medicine Information Evening | Wednesday 27 March 2019

To assist Years 11 and 12 students and parents with the complexities associated with recent changes to Medicine entry at The University of Queensland, Brisbane Grammar School has arranged a presentation by Sebastian Marx, Manager School Engagement at The University of Queensland. Sebastian will cover information on the change from UMAT to UCAT and the published changes on entry to Medicine at UQ. Years 11 and 12 students and parents from Brisbane Girls Grammar School have also been invited to attend this evening. Students should have an academic record suited to Medicine entry.

The schedule is as follows:

- 5.00pm to 5.10pm: Introduction by Ms Dale Nicholas, Director of Student Services, Brisbane Grammar School
- 5.10pm to 6.10pm: The change to UCAT and Medicine entry at The University of Queensland. Sebastian Marx, The University of Queensland
- 6.10pm to 6.20pm: The perspective of an MMI interviewer. Ms Jan Cowen, Director of Post-Secondary Planning, Brisbane Girls Grammar School
- 6.20pm to 6.30pm: Questions and closure

Bookings will be via Eventbrite and limited to 2 per family, allowing for attendance by students accompanied by 1 parent.

Date Wednesday 27 March

Time 5.00pm – 6.30pm

Venue The Lilley Centre Forum

Audience Years 11 and 12 BGS and BGGS students/parents interested in medicine

RSVP <https://www.eventbrite.com/e/changes-to-medicine-entry-ucat-and-uq-tickets-58194861397>

Password BGSMEDEVE

Director of Student Wellbeing Programs

Philippa Douglas

Student Wellbeing Curriculum

On Monday, students in Years 8 and 10 attended a keynote presentation by Cam Adair on gaming and gaming addiction. With his knowledge and personal experience, Cam challenged boys to consider making healthy choices about their own gaming habits. Sharing reasons why people game, identifying the warning signs that gaming is becoming a problem and providing strategies to manage gaming habits were perhaps the most valuable takeaways from the presentation.

[Click here](#) for more information about the presentation and additional resources for families.

Students will continue discussions during their weekly student wellbeing lessons. We are looking at a deliberate approach to implementing a student wellbeing curriculum that aligns with the developmental stages of boys. This will allow for complex issues such as gaming and gaming addiction to be explored further.



World's Greatest Shave

BGS is once again taking part in the Leukaemia Foundation's big fundraiser, World's Greatest Shave, with our official shave and colour day on the last day of term, Friday 5 April. Students who wish to shave or colour their hair can join the Brisbane Grammar School 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](#).

This month on SchoolTV - Grief and Loss

Grief is a natural response to loss. It might be the loss of a loved one, a relationship or even a pet. The more significant the loss, the more intense the grief is likely to be. Children and adults grieve differently due to their developmental stage, and this can prove difficult for parents to understand.

Young children fluctuate in and out of the stages of grief rapidly, as they may not comprehend the permanency of death. They express their grief more physically. Teens on the other hand may not know how to express their grief and will need some space to process their loss. Some may choose to grieve alone, not wanting to stand out or be seen as not coping. While others, who may have a greater understanding, can start to question their own mortality.

In this edition of SchoolTV, parents can learn how to acknowledge their children's feelings and the best ways to support them through the grief.

[Click here for this month's edition of SchoolTV.](#)

Public Purpose | Kids4Kids

Years 8, 9 and 10 boys are running several fundraisers to support rural communities recently affected by the floods in north-west Queensland. For a small donation of \$1, Middle School students wore their PE uniform on Thursday and raised \$1311 for the **Sisters of the North** charity. This will be followed by two Easter egg raffles, one in the Senior School and one in the Middle School, with all proceeds going towards Mt Isa School of the Air, as part of our Kids4Kids program. The money raised will provide financial assistance for families who are struggling to send their children on school camps to Magnetic Island and Canberra. I am most impressed that the boys have led these fundraising activities, illustrating our values of community and leadership. More information regarding the Easter egg raffle can be found in the Community section of the newsletter, or contact Ms Ragen for Middle School enquiries or Ms Verdon for Senior School.





FUTURE PROBLEM SOLVING PROGRAM AUSTRALIA

Future Problem Solving

Future Problem Solving Competition Signup | Years 7 to 9

This year BGS is competing in Future Problem Solving (FPS). FPS is an international academic competition that runs all year. It teaches students to think creatively about the future as students research and analyse the topics set each year. This is a combined activity with Brisbane Girls Grammar School.

Meetings will be held **Tuesday afternoons from 3.15pm to 4.15pm in H301, starting Week 7**. Places are limited and competitive.

We are focusing on Year 8 students but experienced FPS students from Year 7 and Year 9 are also encouraged to apply. Interested students should look at the [FPS Australia website](#) and explore the Global Issues Problem Solving (GIPS) program for more details.

[Click here to apply.](#)

If you have any questions, please contact Mr Simon Canfield at simon.canfield@brisbanegrammar.com.

Simon Canfield
Convenor – Future Problem Solving

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 Noël 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 activities that 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.

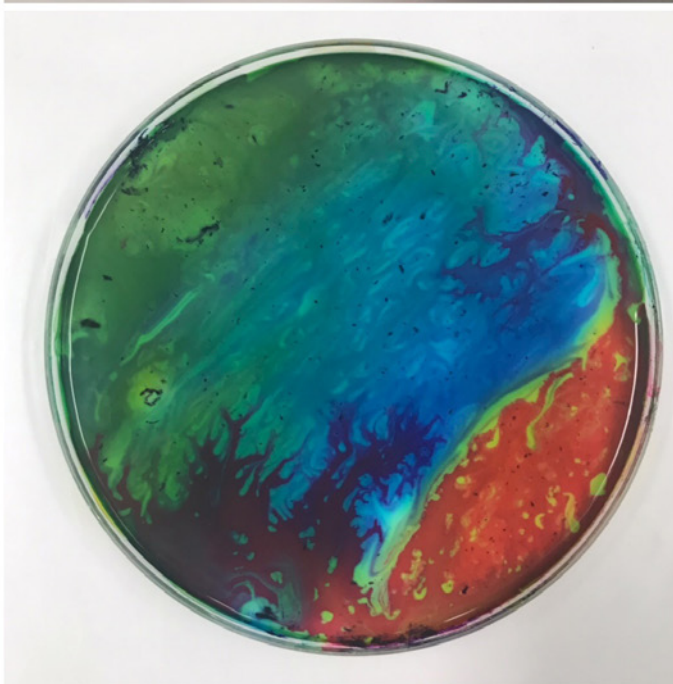
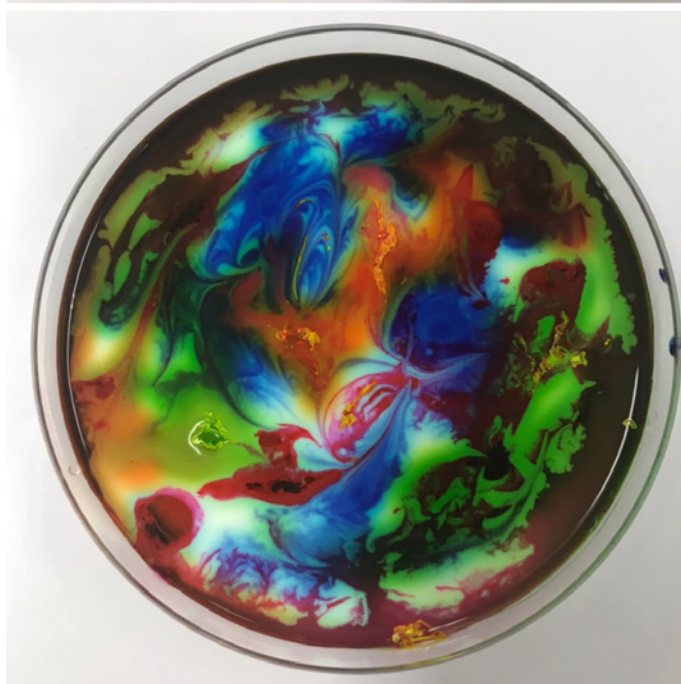
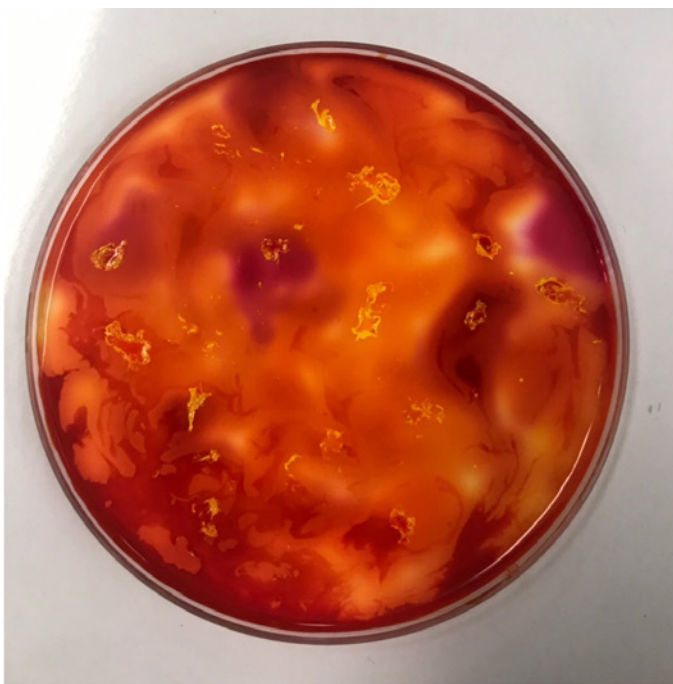
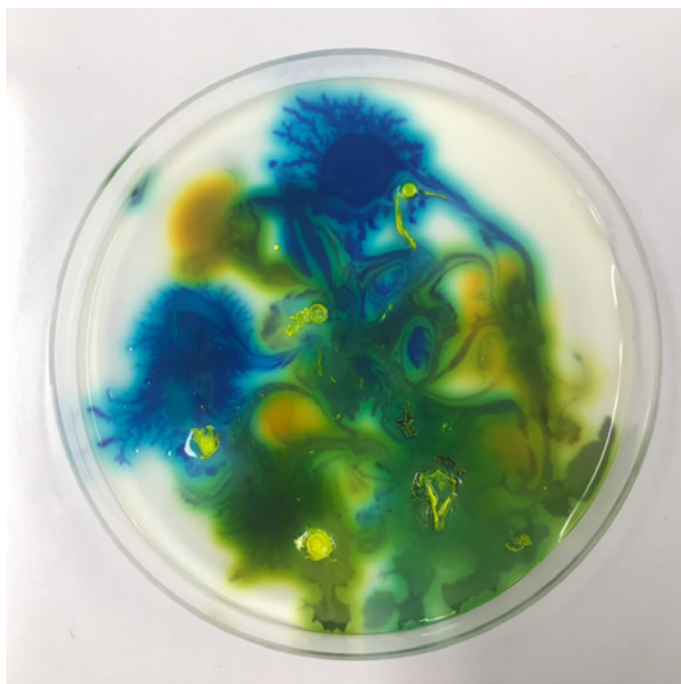
Forms with camp details have been distributed through tutor groups, but can also be obtained from Ms Chan or Mr Grice in person or by email. Forms should be returned by Tuesday 26 March. Further details, permission forms and medical details will be finalised during the last two weeks of term.

Ian Grice
Middle School ISCF Coordinator

Art Department

6A and 6C Art students are currently working on a unit combining both art and science, looking at the natural environment from a microscopic perspective. They have been working as artists and scientists, drawing their interpretations of botanical species, creating ink designs using petri dishes and developing observational drawings looking through microscopes. The boys will then develop their scientific studies into a printmaking series exploring colour, line, shape and space.

Lauren Edwards
Teacher of Art



Deputy Head – Co-Curriculum

Greg Thorne

GPS Swimming Championship

It was a privilege to attend Grammar Only Night with our Swimming community last Friday evening. This experience immersed the entire team in the history, traditions and characters of BGS Swimming. In the busyness of life at a school such as this, it would be easy to let the names, records and achievements wash away with the years. I am thankful for the efforts of many in not taking the easy path here, having spent time recording our relevant achievements over many years, keeping our history alive.

On Friday evening, in the presence of BGS Swimming greats, our squad connected with the past. They will carry this legacy with them as they compete at the 2019 GPS Championship this week.

Both our Junior and Senior teams have been expertly prepared for their respective meets. The focus for our 10 to 12-year-old competitors is participation, being part of the team and doing their best. That said, I am sure every BGS boy will be looking to do his best and edge out his opposition on the day.

The GPS Swimming Championship (13 years to Open) is one of the great spectacles of GPS and school sport. The Brisbane Aquatic Centre at Chandler will be filled on Friday afternoon and early evening with student supporters from the nine GPS member schools, cheering on their teams, witnessing decades-old records fall and the uniqueness of events such as the 6x50 relay; a GPS special.

Thank you to our lead staff who have expertly prepared our team ahead of these Championships: Director of Swimming Coaching, Mr David Lush; MiC of Swimming, Mr Matt Logan; National Age Head Coach and Coordinator of Middle School Swimming, Mr Bobby Jovanovich; and Director of Athletic Development, Mr Jamie Youngson have all worked with our boys, in partnership with a committed group of staff, coaches and managers, across this season. We wish all a successful championship meet on Friday.

As the team take to the blocks, they will receive overwhelming support from their Brisbane Grammar School peers, many of whom travel to the venue to add their voice to this wonderful event. Thank you to the many teaching staff who have facilitated this support for our team, especially the Heads of Year and Assistant Heads of Year.

Rugby Review

In the coming weeks, I will provide an update on the recent progress of those working diligently at BGS and across the GPS Association, to address the findings of the recent rugby review. We are committed to the provision of a safe, competitive environment for our students and thorough preparation. It is important that we let our parents, and our entire community, know of the significant work being undertaken in this regard.

Richard III

This week I had the opportunity to visit a rehearsal for the Senior Dramatic Production, William Shakespeare's *Richard III*, as adapted by Daniel Evans. Cast, crew and staff were all deep in their creative process and it was clear from the short time I was with them that they are crafting an outstanding production, which we will all be able to enjoy in full from 22 – 24 May.

Music

Music Soiree and Welcome Function | Friday 22 March

Are you looking for a pleasant late afternoon of excellent music? Are you new to the BGS Music community and keen to find out more about what will be on offer in 2019? Would you like to share a drink and some conversation with friends while being entertained by our wonderful student musicians? If this is the case, set aside **Friday 22 March** and be a part of our **Music Soiree and Music Support Group Welcome Function**.

This free event will begin in the **Great Hall at 5.00pm** with performances from some of our choirs — **Grammar Vocal Ensemble, Grammarphones, Grammar Singers and Vocal Group**. There will be a variety of ensembles featured at this year's concerts with **Chamber Strings and Guarneri Strings** also 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 serve drinks and other refreshments in what will be a delightful informal gathering. The Head of Music will share some information about the music program making this event **perfect for families new to the BGS Music program**. This event is not just for new families; it is important for continuing Music families to connect and share. Everyone is invited so we hope to see you there!

Entry to the 5.00pm concert will be free and open to anyone keen to enjoy some good music. The welcome function that follows at 6.00pm is also free of charge but you will need to register to attend so catering can be organised. We sincerely hope everyone can simply move from the Great Hall to The Lilley Centre and enjoy the company of families, both those new to the program and those who have been involved for years. [Click here to register](#) by no later than **Tuesday 19 March**.

Other Upcoming Events

In early Term 2 there will be a number of events involving our intermediate ensembles. More information will be coming with specific details but here are some important dates for your family diaries:

Junior Music Retreat | Sunday 28 and Monday 29 April

This will be a day camp for students in Vocal Group, Paganini Strings, Corelli Consort, Sousa Band and Junior Band. Specific invitations will soon be distributed to students in these groups. Activities (both musical and social) will take place at BGS and at The Old Museum throughout both days, culminating in a concert at 4.00pm on Monday 29 April at The Old Museum.

Intermediate Concert 1 | Wednesday 8 May (6.00pm, Centenary Hall)

This will feature the following groups: Locatelli Strings, Stradivari Strings, Williams Concert Band, Philharmonic Orchestra and Parker Jazz Band as well as Junior, Boom and Crash Percussion Ensembles

Intermediate Concert 2 | Thursday 9 May (6.00pm, Centenary Hall)

This second concert will involve: Chamber Choir, Grammar Voices, Vivaldi Strings, Holst Concert Band, Grainger Concert Band, Morrison Jazz Band and Basie Jazz Band

Grammar in Concert

And don't forget the big musical event of the year, Grammar in Concert. The 2019 edition of this wonderful event will be held on Sunday 19 May (4.00pm) in the Edmund Rice Performing Arts Complex (St Laurence's College). On show will be our top ensembles: **Grammarphones, Symphony Orchestra, Symphonic Band, Grammar Singers, Vocal Group, Grammar Vocal Ensemble, Senior Percussion Ensemble, Chamber Strings and Big Band**.

We look forward to seeing you at many of these events throughout 2019.

Peter Ingram
Head of Music

Cricket

Round 5 of the GPS season started with rainy skies above; however, these soon disappeared and thankfully play was able to start without any loss of time. Credit must go to both sets of groundsmen, with plenty of water removed from fields to ensure safe playing conditions.

TSS are always a formidable opposition and I am pleased to report that out of the 25 GPS matches contested, BGS won 13, with a tie recorded in the 9As. We shared the honours at 'A' level, but TSS were too strong in the First XI, strangling our batsman with disciplined bowling early and then scoring the required runs with 10 overs to spare. Congratulations to the Year 11 age group for a clean sweep of all their matches and special mention to the Second XI, Third XI, 11B, 9C, 8B, 8C and 8D Sky teams on keeping their undefeated records in GPS fixtures. This weekend will be our biggest test with all fixtures being played against Gregory Terrace.

Round 4 highlights

- Alec Bodimeade (Second XI) – 78 runs
- Jack O'Brien (Second XI) – 4/7
- Angus Tolhurst (9A) – 56 runs
- Will Motley (9D) – 5/22
- Max Clarke (8A) – 53 runs
- Ragulan Gnanavel (8B) – 76 runs
- Sam Wallwork (7A) – 50* runs
- Mitchell Ackermann (5A) – 4/22

All-round performances

- Aschel Perera (Third XI) – 53* runs and 3/26
- Will Chapman (11A) – 5/21 (8) and 21* runs
- Lochie Steedman (11B) – 5/17 and 20* runs
- Max Sawley (10A) – 4/12 (7) and 27 runs



Team of the Week

7D Navy – BGS 1/96 def BBC 3/91

Choosing to bowl first, our boys did well to restrict BBC to 91 runs off their 20 overs, with Akira Chang and Tom Kelly each picking up a wicket. At the halfway point in our run-chase, we were 41 runs and slightly behind the run rate. However, some excellent running by Akira Chang and Lucas De Zubicaray combined with some big hitting by Aiden Xiao saw our boys sneak past the BBC total with an over to spare. Congratulations boys on your first victory this season and hopefully many more to come.

Player of the Round

Will Chapman (11A) – 5/21 (8) and 21* runs

With only a moderate start to his 2019 GPS season, it was wonderful to see Will contributing heavily to his team's victory over the weekend. He single-handedly dismantled the TSS top order taking five of the top seven batsmen's wickets and then responsibly ensured the runs were picked off, remaining not out on 21 runs as our boys passed their total with 13 overs to spare. Well done Will!

As mentioned earlier, this weekend we take on arch-rivals from down the hill in Gregory Terrace. All 36 matches will be against them which will truly define our program's position within the GPS competition. During the week I encouraged all boys to show more intent when they bat and keep working on rotating the strike. I also emphasised the importance of encouragement on and off the field and urged our boys to sit as a team and celebrate the successes of their teammates throughout the entire match.

Good luck to all players and coaches this weekend.

Trevor Irvine
Director of Cricket

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 BGS 7.00am – 8.00am
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

Fencing

BGS Fencing Parent Information Evening

BGS Fencing will be holding an information session, primarily for parents new to the school and parents with boys new to fencing.

Wednesday 13 March 2019

6.00pm – 7.00pm

The Lilley Centre Forum

Parking is available with entry via College Road (eastbound).

For more information contact Louise Evans at louise.evans@brisbanegrammar.com.

Rowing

Congratulations to the BGS Rowing community on a successful regatta on Saturday. BGS hosted the fourth GPS regatta of the season, and the overwhelming support from the community made it a successful day. Thanks must go to our Tipperoo support group and parent network for their organisation of and preparation for the regatta. Without your support these events would not be possible.

In the morning, there was light drizzle and a tail breeze across the rowing course, making for cool and beautiful rowing conditions. By mid-morning, the sun had appeared from behind the clouds. With only light winds present, this made for the best racing conditions of the GPS season thus far.

The boys used the energy of the community to put together some strong performances on the water. While some injuries and illnesses persisted, it did not deter the boys from giving their best.

On Saturday, BGS finished fifth on projected Old Boys' Cup and fourth in the Open First VIII race. Congratulations to the boys on a positive and purposeful regatta. Every week is about small improvements — finding those small additions to our performances that can impact on the overall result.

Good luck in the final two regattas of the 2019 season.

Regatta 4 results – Saturday 2 March 2019

Points scored

School	Points
ACGS	102
GT	94
NC	88
TSS	81
BGS	58
BBC	40
BSHS	5

Open First VIII

School	Points
NC	1st
TSS	2nd
GT	3rd
BGS	4th
BBC	5th
ACGS	6th
BSHS	7th

Head of the River

On Saturday 16 March, the boys will be taking to the water for the Head of the River race; a culmination of all their effort these past six months. The Rowing community would appreciate the support of peers, friends and families as the boys represent BGS for the final time this season.

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

As you read through this week's newsletter, the 2019 GPS Swimming Championship will be underway. The team has prepared thoroughly and are expecting a very tight competition with the other GPS Schools this year. Good luck to all swimmers in both the Junior and Senior divisions of the GPS Championship.

Last Friday saw the annual BGS Swimming 'Grammar Only Night' held in the Great Hall. This event brings together the entire Swimming community to celebrate the past, present and future of BGS swimming. This year, Old Boy, Andre Cois '09 and the five-time record-breaking 6x50m freestyle relay team from 2005-2009 were inducted into the Hall of Fame and were presented with a poster to be displayed alongside other BGS Swimming legends at the ISC pool. In 2008 Andre won the Open 100m breaststroke and 50m freestyle. He successfully defended his 50m freestyle title in 2009 in a winning time of 24.14 seconds. Andre was also a member of the GPS record-breaking 6x50m freestyle relay team that won the event from 2005 to 2009. They still hold the GPS record in the 15, 16 and Open age groups for this relay event. Other members of this team included Ned McKendry, Will Schoch, Ben Hewitt, James Thompson, Max Evans, Shane Wacker, Ben Edwards and Duncan Scott.

We congratulate these gentlemen on their outstanding achievements and contribution to BGS Swimming and thank them for sharing their experiences with this year's GPS team.

I look forward to reporting on our successes at this year's GPS Championship in next week's newsletter.

Matt Logan
MIC Swimming



Volleyball

Last Saturday, Brisbane Grammar School lined up against Brisbane State High School for Round 4 of the GPS Volleyball competition. I am delighted to report BGS were once again able to secure 20 wins from 21 matches. A shout out must go to the BGS 7D team who narrowly went down in a supplementary fixture against Toowoomba Grammar School 8D team, 15-13 in the third set — a fantastic effort against an older team. I was also impressed by the 'As One' mentality adopted by all teams as players, friends and families stayed back to support other BGS teams. I am honoured to be a part of the BGS Volleyball community and continue to be humbled by the spirit and support offered throughout the week and on match days.

Some of you may have noticed a few BGS Volleyball cameras filming matches over the last two home games. Video footage is an incredibly powerful tool for improving technical abilities and tactical understanding. My mission is to collect video data for at least one match per team this season. I will endeavour to turn this footage around quickly for review by players, coaching staff and parents. Understandably, this is much easier said than done, but I am persisting. I am hopeful that by the end of the next home round I will have at least one match archived for each team.

The GPS association recently updated the official results page on their website. I am aware of some significant gaps in the results and know students (and parents) become anxious about inaccurate records of matches. I can assure you, all Directors/Coordinators of Volleyball, across all schools, are working collaboratively to ensure online ladders and results are updated to be a full and correct record of each match. Our collective patience and understanding will be required here.

The First VI were able to secure another convincing win against BSHS, making it two in a row. The style and flow of each match has been reflective of a focused, determined and committed playing group. Our student leaders Hugh Neville and Thomas Olsen have been tremendous ambassadors for the BGS Volleyball program, on and off the court. I encourage all players to take the time to speak with Hugh and Thomas about their volleyball story.

This Saturday we face another emerging volleyball program in Toowoomba Grammar School. Please remember to check the playing venue carefully as there are two venues at TGS. All students catching the bus are advised to meet at the front of the School at 6.00am in PE uniform — an early breakfast prior to arrival is highly recommended. All students returning on the bus will also need full school uniform, as the bus will return after the First VI match.

Coxy's three talking points from Round 4:

- **Highlight** – BGS have won 71 from 82 matches over the last four rounds
- **Lowlight** – Some players playing with volleyballs during other matches instead of supporting
- **Team of the Week** – 8D (amazing win against TGS 9E)

Good luck to all BGS teams tomorrow, and remember to check the team list and draw carefully. As this is an away fixture, there are no duty commitments this week. Please arrive at least 30 minutes prior to your first commitment – the drive to Toowoomba can sometimes take up to 2 hours. All students staying back to support must change into full school uniform.

Head of the River v Volleyball

BGS Volleyball players are expected to be present at Volleyball and not an 'unexplained absence' for matches on Saturday 16 March (Head of the River). Any player who chooses to push aside their Volleyball commitment to attend Head of the River will be stood down for the remainder of the season. This is also photo day for BGS Volleyball, and absences will be noted and actioned appropriately.

Rhys Cox
Director of Volleyball

Middle School

Years 5 to 7 three-way conferences

Three-way conferences for Years 5 to 7 will take place in the final two weeks of Term 1, from **Monday 25 March to Friday 5 April**. These conferences provide an important opportunity for parents of boys in Years 5 and 6 to meet with their sons' Core Teachers to discuss their progress to date. For Year 7, interviews will be with the Form Tutor only. Further details regarding these conferences will be sent to parents on Monday 11 March. This email will also outline the process for booking an interview time.

Greg Tier

Head of Middle School Administration and Events

Middle School Library

Middle School Book Week Celebrations | 18 – 22 March 2019

There are still spaces available for the Trivia and Author Evening, Thursday 21 March in The Lilley Centre, with special guest Mick Elliott. Parents and boys in Years 7 and 8 are encouraged to attend. Teams can be organised on the night and will comprise up to 6 members maximum.

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

If you have any questions, please contact Vicki Palmer at vicki.palmer@brisbanegrammar.com.

Vicki Palmer

Teacher Librarian

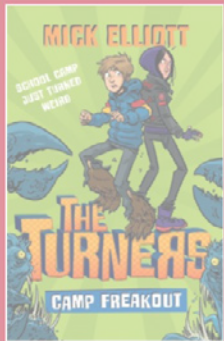


Book Week Breakfast

Thursday, 21 March 7.00 – 9.20am



SOLD OUT



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

Drinks and nibbles included.

Books will be available.

Book Week Trivia Night

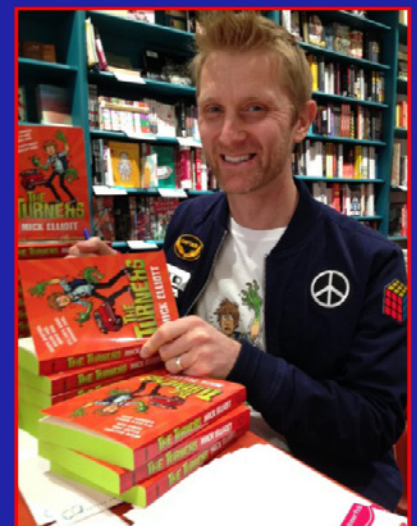
Guest: author Mick Elliott

Wednesday, 20 March 6.00 - 8.00pm

Years 7 and 8 The Lilley Centre

RSVP: Wednesday, 13 March

Great prizes!



Middle School Sport

Our Interwing Track and Field Carnival will be held at UQ on the last day of Term 1. This is the first of our significant community interwing events and attendance is compulsory for all boys in Year 5 through to Year 8. The focus of this carnival is participation and all boys are expected to nominate for as many events as they can manage. All students have been sent a link for the nomination survey and they must use their own BGS email address, not one belonging to their parents, to complete the survey before it closes this Sunday at midnight.

Middle School Cricket

Despite heavy early morning showers and some delayed starting times, all Middle School Cricket teams took to the field last Saturday in matches against TSS and GT. Our Year 5 teams led the way last week with strong performances throughout the cohort.

This Saturday's round of fixtures against Gregory Terrace should provide great interest with all teams playing in the regular draw for the first time this season. From what we have seen in the supplementary draw this season, GT have depth across their program and our teams will need to perform at their best to beat them.

Team	Won by	Team	Won by	Team	Won by	Team	Won by
5A	BGS	6A	TSS	7A	TSS	8A	TSS
5B	TSS	6B	TSS	7B	TSS	8B	BGS
5C	BGS	6C	BGS	7C	BGS	8C	BGS
5D	BGS	6D	GT	7D	BGS	8D	BGS
5D Sky	BGS	6D Sky	NC	7D Sky	TSS	8D Sky	BGS
				7D Navy	BGS	8D Navy	BGS

Team	Player of the Week	Team	Player of the Week
5A	Ned Horton	6A	Alex Spence
5B	Henry Kerrigan	6B	George Swan
5C	Zach Meerten	6C	Hunter Neep
5D	Hugo Smith	6D	Tom Clayton
5D Sky	Shubh Garg	6D Sky	Salvatore Leotta
Team	Player of the Week	Team	Player of the Week
7A	Sam Wallwork	8A	Max Clarke
7B	Alex Peters	8B	Ragulan Gnanavel
7C	Hugh Andrews	8C	Ronit Relan
7D	Sam Klaassen	8D	Ed Thomas
7D Sky	Tristan Sims	8D Sky	Hugh Bunce
7D Navy	Aidan Xiao	8D Navy	Perry Irwin

Middle School Swimming

Last Friday evening saw our 'Grammar Only Night' in the ISC. This annual event celebrates the past and present of BGS swimming with significant Old Boys, BGS Hall of Fame inductees and the 2019 Swimming team all competing on the night. There was even a rare glimpse of current MiC, Mr Matt Logan, competing in a relay with a team of Grammar greats. Thanks to everyone involved in putting together such a wonderful and inspiring night for our swimmers.

Our teams for both the Junior and Senior GPS Championships were named on Monday and I would like to congratulate all swimmers and wish them the best in their bid to win the championship for the third time in as many years. Thanks also to those who were named as reserves. Your efforts throughout the year are integral to any success we may enjoy.

Age	Swimmer of the Week
13 years	Tobias Dunglison
12 years	Aidan Lee
11 years	Salvatore Leotta
10 years	Buddy Matthews

Middle School Volleyball

Last Saturday our Middle School Volleyball teams achieved a rare clean sweep against BSHS.

This week our focus turns to Toowoomba Grammar School in the main draw with some supplementary matches scheduled against Nudgee College. As all games will be played away it is critical that each player is aware of match details and all those travelling to Toowoomba honour their commitment and make the journey.

Team	Player of the Week	Team	Player of the Week
7A	Oliver Tu	8A	Rudy Dempsey
7B	Spencer McPherson	8B	Henry Wang
7C	Bowei Chen	8C	Harry Douglas
7D	Ben Springall	8D	Henry Rodda
7E	Daniel Martin		

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

Last Friday night saw an even distribution of wins and losses when our Years 7 and 8 teams debated against Brisbane State High School at South Brisbane.

No teams are competing this week due to the GPS Swimming Championship at Chandler and I'm sure the boys will appreciate the opportunity to prepare for the weeks ahead. The season will resume for all teams with a prepared debate against Ipswich Grammar School here at Spring Hill on Friday 16 March.

Team	Won by	Team	Won by	Team	Won by	Team	Won by
8.1	BGS	7.1	BSHS	6.1	No debate	5.1	No debate
8.2	BGS	7.2	BGS	6.2	No debate	5.2	No debate
8.3	BSHS	7.3	BSHS				
8.4	BSHS	7.4	BGS				

Debaters of the Week			
Year 8	Year 7	Year 6	Year 5
Alan Zhao	Jack Anderson	NA	NA

Congratulations

Congratulations to the following boys on progressing through to represent Met North at the Queensland Schools Swimming Championship later in the year: Kyan Bigby, Charlie Lutton, Archer Boorer, Max Gao, Cashy Luo and Charles Nelson. Well done boys on an outstanding effort.

Glenn McFarlane
Director of Middle School Sport

Volunteer Roster

Week commencing Monday 11 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 Three	Tuckshop Breakfast 7.00am – 8.00am	Tuckshop Morning Tea 8.00am – 2.00pm	Grammar Shop
Monday 11 March	Jo Beach	Carol Taylor (Team Captain)	Jude Mertiny
Tuesday 12 March	Helana Barrientos	Karen Randall (Team Captain)	Elizabeth Giles
Wednesday 13 March	Maria Carter	Janine Atherton (Team Captain)	Merissa Seymour
Thursday 14 March	Ceri Jury Tabitha Goodreid	Simone Muller (Team Captain)	Wendy Ricato
Friday 15 March	Helen Armstrong Helen Dobson Sirie Palmos Angela Buddee	Cindy Dean (Team Captain)	Susan Deuchars

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

Professional Networking Finance Event

Thursday 14 March

Grammar in Concert

Sunday 19 May

P&F Auxiliary Moogerah Excursion

Thursday 23 May

Melbourne Community Event

Tuesday 28 May

Sydney Community Event

Thursday 30 May

Art Show

Friday 19 July

BGS Open Day

Saturday 20 July

BGS Golf Day

Friday 23 August



BGS MUSIC 2019 Welcome Event

Friday 22 March

Music Soiree

5.00pm

Great Hall

Music Support Group Welcome Function

6.00pm

The Lilley Centre

RSVP:

Tuesday 19 March

<http://bit.ly/msgrsvp>



Are you looking for a pleasant afternoon of excellent music? Are you new to the BGS Music community? Would you like to find out more about what will be on offer in 2019? Would you like to share a drink and some conversation with friends?

The Music Support Group invites you to join us to meet other Music program parents, hear what is planned for BGS Music in 2019 and enjoy the performances of our wonderful musicians.

The event begins with the Music Soiree concert in the Great Hall including performances from choirs and string ensembles. The entertainment continues with chamber music performances in The Lilley Centre while you mingle with Music staff, the Music Support Group and other Music families.

Food and drinks will be provided during the evening.
RSVP via MyGrammar | Music or <http://bit.ly/msgrsvp>

The Music Support Group is made up of volunteer parents who assist and support the Music Department and Music participants at the School. This includes assisting at performances, running Music events and raising funds throughout the year to contribute to the Music Department to purchase much-appreciated resources.



BRISBANE GRAMMAR SCHOOL

Year 11 Cocktail Evening



**You are invited to join fellow Year 11 parents for
a cocktail evening at Green Beacon Brewing Co
on Friday 22 March.**

Date

Friday 22 March

Time

From 6.30pm

Tickets

\$35.00

Venue

Green Beacon Brewing Co, 26 Helen Street, Teneriffe

RSVP

by Monday 18 March 2019

**For more information contact
Year 11 Parent Representative, Wendy Keir
0418 797 145 or dwkeir@bigpond.com**



BRISBANE GRAMMAR SCHOOL

BGS Cricket

End of Season Function



Please join us in celebrating the 2019 GPS Cricket Season Year 5 - 12

Date

Sunday 31 March 2019

Time

12.30pm to 3.30pm

Tickets

\$45 adults
\$15 students

Venue

Queensland Cricketers' Club, 411 Vulture St, East Brisbane QLD 4169

Dress

Smart Casual *students to wear summer unifrom

[RSVP here](#)

by Monday 25 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

BGS Sailing End of Season Function



Please join us in celebrating the 2019 GPS Sailing Season

Date

Thursday 28 March 2019

Time

7.00pm for 7.30pm

Tickets

\$70 per person

(2 course meal, adults' drinks not included)

Venue

Queensland Cricketers' Club, 411 Vulture St, East Brisbane QLD 4169
QC Club private, secure car park located at 87 Linton Street, East Brisbane –
street parallel to Vulture Street

Dress

Smart Casual *students to wear summer uniform

[RSVP here](#)

by Thursday 21 March 2019

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

T 07 3834 5256 E louise.evans@brisbanegrammar.com



Get creative and learn to code at Australia's highest rated school holiday camp!

More than 50,000 Aussie boys and girls have loved Code Camp so far.

Sponsored by



Powered by



Why kids & parents love Code Camp!

Rated 4.9 on ProductReview.com.au with over 400 5-star reviews!

"Was tentative to do it at first, but after the first day was absolutely in love with code camp. Insisted on wearing hat and t-shirt for the next 2 days. Post-camp, he has continued to build on his game and now shares it with his school friends and family."

Stuart, Melbourne



"My daughter loved her code camp and will be back for more... The experience was great, teachers were fantastic and the follow up emails with more activities has been unbelievable..."

Katie, Sydney



"The end result is far and away the best programming teaching environment I have ever seen. Seriously now my primary school child can program in JavaScript."

Jeffrey, Melbourne



Book with confidence

We are so sure your kids will love Code Camp, if they don't want to come back after Day 1, we'll refund the remaining days!



16-18 April
8:30 AM - 4:00 PM



Brisbane Grammar School



Computers Provided

www.codecamp.com.au/brisbanegrammar

Alternate dates and locations available (no camps on public holidays)

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) _____

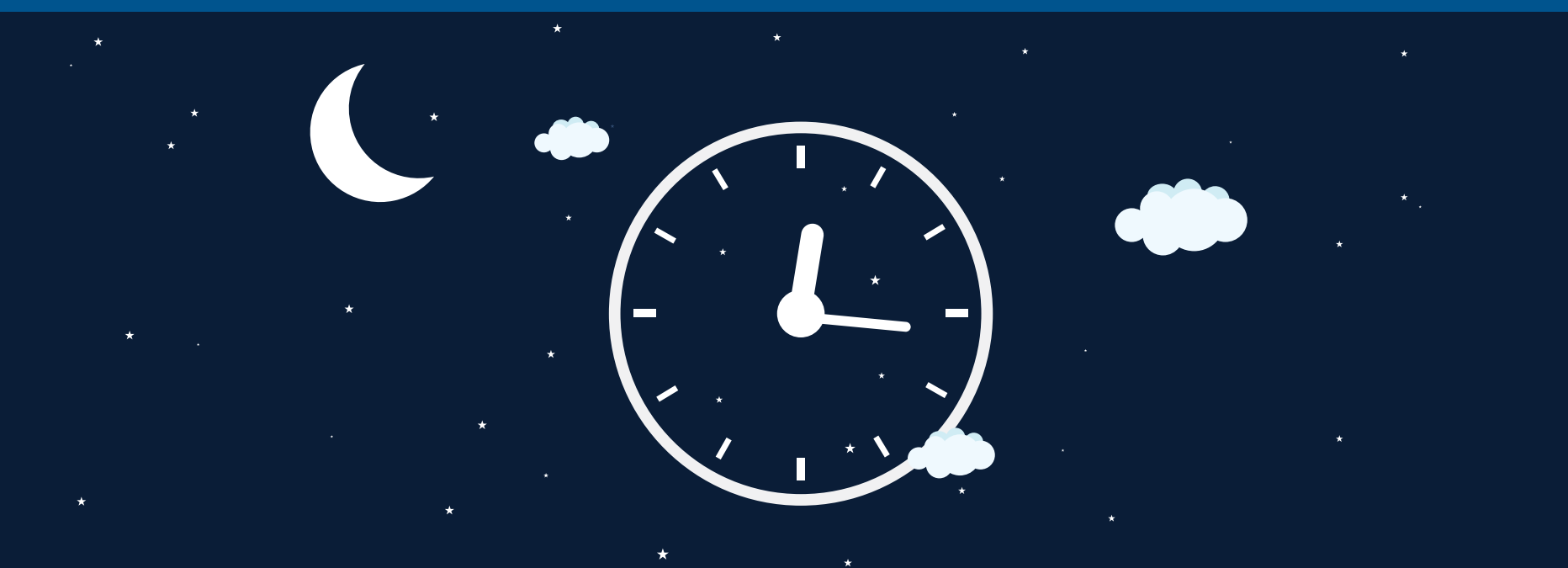
Please forward to: Kristine Luke
Secretary, P & F Association (Inc).
C/- Administration BGS
Or email to kristine.luke@gmail.com
By 5.00pm, 6 March 2019



BRISBANE GRAMMAR SCHOOL

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 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"



HAPPY EASTER!



Year 10 Public Purpose Easter Egg Raffle



- When:** Throughout Term 1. Drawn in Week 10 of Term 1.
- Where:** Year 10 Public Purpose members will be visiting all year level social spaces and outside of The Lilley Centre at lunchtimes.
- How:** Bring cash or coins to school and purchase a raffle ticket from the Public Purpose members.
- Cost:** \$1/ticket; \$2 for 3

BGS150 memorabilia

Light Dark Blue: 150 Years of Learning and Leadership at Brisbane Grammar School is available for purchase now. The beautiful 500-page hardcover book updates the BGS story with previously untold anecdotes, rare photographs and illustrations. With a limited print run, it is sure to become a sought after collector's item. Standard edition and limited editions available.

[Click here](#) to order *Light Dark Blue*.

[Click here](#) to view all BGS150 memorabilia – limited stocks remain.

BGS150 History Book Purchase now





BRISBANE GRAMMAR SCHOOL

Brisbane Grammar School

Gregory Terrace
Brisbane QLD 4000

T +61 7 3834 5200

E communications@brisbanegrammar.com

W brisbanegrammar.com

CRICOS Provider Number 00489C