



BRISBANE GRAMMAR SCHOOL

Newsletter

Week 8 Term 1

Friday 20 March 2020



BGS First VIII Win GPS Head of the River | Saturday 14 March

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from Headmaster

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Anthony Micallef

Dear BGS Community

Brisbane Grammar School remains open.

The School continues to follow the advice from government and health authorities on the status of our school operations. As announced by the Prime Minister on 18 March 2020, the most recent health advice is that schools remain open.

To date there is no confirmed student or staff case of COVID-19 at BGS; however, the virus continues to reshape our operations. As I walked around the campus this week, I was reminded of the critical role schools play in the wellbeing of communities. There is a different atmosphere here at present – people are nervous, and understandably so.

I want to acknowledge that everyone in the BGS community shares that uneasiness. Recognising that feeling anxious is entirely valid and staying calm is critical to supporting each other through these uncertain times.

I am very grateful to BGS staff for working incredibly hard, through difficult and complex changes. I want to thank the students for their patience and composure; the parents for their measured reaction to this development; and the Board of Trustees for their support of the School's Leadership Team.

We have endeavoured to communicate openly and often. As parents make reasonable decisions regarding school attendance, we are preparing for the delivery of curriculum in an online environment. There are divergent views within our community, and we have been appreciative of the communication with parents, most of which has been characterised by support and understanding.

Curriculum Continuity Plan

On Wednesday afternoon I shared the **BGS Curriculum Continuity Plan**, which outlines the mechanisms used to transition to the delivery of the curriculum online. Learning will continue, but it will be different if the School closes. Specific details of the learning block schedule and student expectations will be shared on Tuesday 24 March.

Your support and understanding are essential to assisting our students in making this transition effectively.

Please note that from Thursday 26 March to Friday 3 April, students have the option to attend school or stay at home and follow the curriculum online.

To facilitate this transition, the next two weeks look like this

Monday 23 March	Normal on-campus classes will continue.
Tuesday 24 March	<p>Years 5 and 6 normal on-campus classes all day.</p> <p>Years 7 and 8 normal on-campus classes Periods 1 – 4, then after lunch on-campus online study skills program.</p> <p>Years 9 – 12 normal classes Periods 1 – 4, then as scheduled Periods 5 – 6 Independent Study Afternoon. Students will be required to work from home. Those unable to go home will work from The Lilley Centre.</p> <p>All Years 9 – 12 students will be required to logon at 2.00pm for the final two lessons of the day, so that we can test systems capability and the boys can practise using Teams from remote locations.</p>
Wednesday 25 March	Normal school day for all year levels.
Thursday 26 March	<p>Normal timetable will cease, and students will change to online learning from home or school. Parents may choose either option for their son(s).</p> <p>Staff will be on-campus to supervise and assist students.</p>

Friday 27 March	Online learning from home or school. Parents may choose either option for their son(s). Staff will be on-campus to supervise and assist students.
Monday 30 March – Tuesday 31 March	Online learning from home or school. Parents may choose either option for their son(s). Staff be on-campus to supervise and assist students.
Wednesday 1 April – Friday 3 April	There will be no online delivery of curriculum from Wednesday – Friday. Students will work independently. Teaching staff will continue to develop the online curriculum for Term 2 in case the School is closed for an extended period. Staff will be on-campus to supervise students.

Parents and students will also appreciate advice regarding assessment. After lengthy deliberations and review of Queensland Curriculum Assessment Authority (QCAA) guidelines, the following decisions have been made:

Assessment: Year 12

- All assignments are still to be submitted by the due date. The School's usual processes for applying for an extension, via an AARA application, must be adhered to.
- Examinations for Mathematical Methods and Geography will be deferred to a date in Term 2 (TBA).

Assessment: Years 5 – 11

- Examinations scheduled up to and including Wednesday 25 March will occur as outlined in the Assessment Schedule.
- Any exams scheduled between 25 March and 3 April for students in Years 5 to 11 will be cancelled.
- Assignments are still to be submitted online by the due date. Any student in Years 5 to 11 requiring an extension for an assignment should contact the relevant Head of Department.
- End of Semester reports will be modified as required to fairly reflect individual circumstances.

For the latest information on how COVID-19 is affecting the different areas of BGS – including event cancellations – please click on the relevant link below:

- [Academic Updates](#)
- [Cocurricular Updates](#)
- [Community Events Updates](#)

If BGS needs to close due to COVID-19, parents and guardians should follow the [BGS Procedure for Shutdown](#).

As we are all aware, the status of this COVID-19 crisis is unprecedented and BGS Senior Leadership will continue to review and update you regularly. We plan to re-open the School at the commencement of Term 2; however, we are prepared to continue the delivery of the curriculum in an online environment if required and advised by government authorities.

To read the School's latest updates on the issue, please visit the [COVID-19 Advice for the BGS Community](#) page on the BGS website.

Deputy Headmaster – Students

David Carroll

Communication

Last Saturday, I had a fantastic day at the GPS Rowing Head of the River spending time with BGS parents and boys who were supporting our crews. I recall a particular conversation with a Year 9 mother who told me she reads my weekly newsletter articles and appreciates their concise nature. I was grateful to receive this feedback, as I consider parents' busy schedules when writing.

The Student Wellbeing Team also recognises parents' busy schedules and has invested significant time discussing parent communication methods over the past year. Head of Year 11 Sharee Verdon has received positive feedback from parents after experimenting with video communications and Head of Year 12 Nick Holland has reviewed parents' preferred communication methods.

For general wellbeing communications, I encourage all parents to explore [SchoolTV](#). This resource is accessible via the parent portal on MyGrammar and offers a variety of information regarding student wellbeing topics.

If you would like to provide feedback about our communication methods, please contact me at dhm.students@brisbanegrammar.com.

The School Window 2019

The School Window 2019 edition is available via MyGrammar > Information > Publications > *The School Window*. We hope you enjoy reading and viewing some of our students' exemplary work from 2019.

Helen Johnson
Dean of Teaching Development

Captain's Corner

A true BGS quality is our willingness to support our community. This quality is openly demonstrated through multiple aspects of our Co-Curriculum program.

Last weekend, many boys made their way to Wyaralong Dam to witness the highly anticipated GPS Rowing Head of the River. The past nine months of dedicated hard work from our rowers culminated in this season-concluding race. To everyone's delight, the BGS First VIII won a heart-stopping race and secured an undefeated season. In a testament to our community, countless BGS boys and parents cheered the First VIII to the end of the race. It was great to see boys' enthusiasm to support our brothers in *light dark blue* throughout their cocurricular endeavours.

Meanwhile, boys were also supporting BGS Volleyball players in fixtures against TGS. They witnessed a five-set nail biter in the First VI match as our boys fought to secure a win. In a statement of our depth and commitment to the program, BGS won 21 of the 23 matches played. This is an astonishing overall result.

While many cocurricular activities have been cancelled or postponed, I encourage all boys to remain active where possible and ensure hygiene is maintained.

Stephen Baronio
Harlin House Vice Captain

Director of Student Services

Dale Nicholas

COVID-19 Anxiety

Information about COVID-19 is everywhere. The coverage on news and social media is constant and it is natural to be concerned. It is important to seek out factual information and to have strategies to cope with the anxiety that can result from a pandemic declaration.

The Australian Psychological Society (APS) have produced a useful [fact sheet](#) providing tips for coping with COVID-19 anxiety. The fact sheet provides information for adults and tips for talking with children about the issue.

Date Claimer | Independent Study Afternoon

An Independent Study Afternoon for Years 9 to 11 will be held on Tuesday 24 March. Please see more information in the lead article.

Director of Boarding

Berian Williams-Jones

Amid the COVID-19 contingency planning, preparations for the new boarding facility in the SW Griffith Building have been progressing well.

The School's commitment to improving boarding facilities is a clear statement of how important boarders are to Brisbane Grammar School. I know they will value the new facilities, and appreciate how it will enhance their experience on campus.

The interior design of SW Griffith Building will provide an innovative living environment that combines communal living spaces with a healthy degree of privacy.

This week, our architect visited the work shop to see the new contemporary bunk modules that are central to this environment. It was great to see how large and robust the bed unit will be and how they create private living areas. The wardrobe door becomes a barrier to each area when boys get changed and the private study. Each boy will also have a private workspace for studying.

It is an exciting time to be a Brisbane Grammar School boarder.



Director of Student Wellbeing Programs

Philippa Douglas

SchoolTV Special Report

SchoolTV has released a Special Report: Coronavirus - a guide for parents. You can access the resource [here](#).

Closing the Gap Committee | Student Voice

This year's National Close the Day theme – *Our Health, Our Voice, Our Choice* – recognises that success for Indigenous health stems from Indigenous-led solutions that consider the unique challenges faced by communities.

Last Tuesday, members of the BGS Closing the Gap Committee were privileged to hear from Ms Maree Perry, who is the only Indigenous researcher at the Australian Red Cross Lifeblood and a BGS Boarding Tutor for Indigenous students. Ms Perry spoke about the unique research she was embarking on for her PhD, which studies how the perception of blood in Indigenous communities prevents the best health outcomes. She is the first researcher to investigate this topic.

Boys were asked to consider what blood meant to us, of which we primarily answered life and family. Ms Perry then explained how Indigenous connections to blood were often spiritual, highlighting examples where some people reject lifesaving transfusions believing that the blood they were receiving contained a piece of another individual's spirit.

She also illustrated how this issue fits in the broader spectrum of barriers to Indigenous healthcare. Examples included a distrust of the medical field due to predominantly white workers and associating hospitals with death as many Indigenous patients wait until it's too late before admitting themselves. Further, the inability to overcome cultural barriers without proper resources, such as Indigenous translators has wide-ranging implications, including lack of informed consent, where patients cannot comprehend the nature of medical procedures.

Overall, Ms Perry's ground-breaking work offered valuable insight and perspective into the complexity of Indigenous healthcare, and the importance of *Our Health, Our Voice, Our Choice*.

Dillon Chiang

Closing the Gap Prefect

Middle School Public Purpose

Save Our Waterways Now Working Bee

On Sunday, the Year 5 Public Purpose Committee participated in their first Save Our Waterways Now (SOWN) working bee for the year. SOWN is a localised environmental group who have been working in the area for nearly 30 years. Brisbane Grammar School has been working with the group for almost a decade now, and the changes we have seen are astounding. This week, we did weeding and mulching and trimmed back a few overhanging branches in a patch of Newmarket bushland.

Thank you to all boys, parents, grandparents and siblings who attended. It was a massive team effort, and we got a lot done. We look forward to completing another working bee in Term 2 to see what other differences we can make to our environment.

Justin Shears

Year 5 Public Purpose Coordinator



Acting Head of Middle School

Rebecca Campbell

Last week, I had the privilege of attending The Surfing Scientist session with our Year 5 students and the Wild Rangers reptile encounters as part of our *Curious Creatures, Wild Minds* themed Book Week. It was wonderful to see the boys' enthusiastic responses to Ruben Meerman's scientific demonstrations and to listen to their insightful questions during the reptile demonstration. Curiosity is an important driver in the learning process, and I was delighted to see our boys authentically engaged. Thank you to Ms Vicki Palmer for organising these enjoyable events.



Despite the recent concerns over COVID-19 and the resulting cancellations of school related activities, Middle School boys have remained in high spirits. I am incredibly grateful for the support of our community during this difficult time. Form Tutors have continued to reinforce with our boys ways to mitigate the risk of infection, such as washing hands thoroughly, bringing their own water bottle and practising good hygiene when coughing or sneezing.

If your son exhibits any concern or anxiety around COVID-19, please do not hesitate to contact his Head of Year or refer to the fact sheet provided by the Director of Student Services. Parents are reminded to keep boys home from school if they are unwell.

This week, Headmaster Anthony Micallef provided information to parents regarding online curriculum delivery to ensure all students remain connected to the academic program. Boys should be familiar with online platforms used to access the curriculum such as OneNote, MyClasses and Teams.

A reminder that all Middle School students will remain on campus during next week's Years 7 to 12 Independent Study Afternoon on Tuesday 24 March. Students in Years 7 and 8 will participate in the Elevate Study Skills sessions, which will now be delivered as online modules.

Art

Australian Animal Illustrations

Last week, Year 5 students proudly displayed their animal collages in Centenary Hall for the Book Week presentation by author Andrew Daddo. The large-scale illustrations were created in preparation for their clay animal totem sculpture project, which will be displayed in the Years 5 and 6 Social Space later in the semester. The student reflections below demonstrate their ability to select an Australian animal they could identify with and their ability to be inspired by an artist's unique techniques and processes.

"The title of my artwork is 'The Loud Devil' and the animal I created is a Tasmanian devil. When I was drawing my artwork, I was inspired by the talented artist Pete Cromer. He loves to draw beautiful Australian animal pictures that are expensive but awesome. I created my artwork using freehand drawing lines and shapes. I used coloured paper as the background and painted the devil before using other painted pieces of shapes to decorate my artwork. The Tasmanian devil relates to me because they are a loud and love to work independently. I enjoyed the fun and joyful environment and enjoyed learning how to make a collage." – Hamish Mackay

"My artwork is a pelican, and the title is 'Jalican'. I was inspired by Pete Cromer's collage and I used paint, pencil and paper. The elements of art are shape, lines and colour. Pelicans relate to me because I am calm, confident and I stand up for myself. I enjoyed sketching, colouring and gluing and I learned how to paint like an artist." – Jacky Chang

Angela McCormack
Head of Art



Middle School Library

Book Week Recap

Last week, our community celebrated Book Week with a myriad of activities to highlight the importance of reading. This year's theme was *Curious Creatures, Wild Minds*.

Australian author and TV personality Andrew Daddo entertained all Middle School boys during a presentation in the Centenary Hall Gallery. He told them to be brave when writing, because no idea is too silly, and to structure their writing by breaking it down into points.

Andrew was also our special guest for parents and boys who attended the Years 7 and 8 Trivia Evening and the Years 5 and 6 Book Week Breakfast. He was an excellent quiz master, and we all enjoyed hearing about his life and writing stories. Thank you to the Middle School community for your wonderful support at both sold out events.

All Middle School boys participated in lunchtime activities throughout the week, including treasure hunts to find book characters which had 'escaped' into the wild, competing in trivia games, decorating cookies to create 'curious creatures' and making even more curious creatures out of origami. A highlight was a visit by Wild Rangers, who brought two snakes, a crocodile and a lizard to the School. Boys queued around the Middle School Amphitheatre to get up close to the creatures.

Year 6 boys were also treated to a visit by author Mark Greenwood who tells stories that bring history to life. His passion for his subject matter is infectious, and he left boys eager to read his books and find the endings of his stories.



Vicki Palmer
Teacher Librarian

Deputy Head – Co-Curriculum

Greg Thorne

GPS Head of the River Champions

On Saturday, the 2020 GPS Rowing season concluded with the BGS First VIII winning the Head of the River and subsequently being awarded the O'Connor Cup. This is an extraordinary achievement, especially after their undefeated season of 10 consecutive wins.

At the end of season function, the First VIII boys, their current and former coaches, parents and the Tipperoo Support Group were recognised for their contributions and achievements this season. We also recognised our many other rowers who worked hard throughout the season to improve, learn and succeed. We hope that others will be inspired by this success and will be back in the boat later this year.

I commend the Director of Rowing Matt Marden for his outstanding leadership of BGS Rowing this season; a season that will be remembered by many, for years to come.



GPS Sports and Activities and BGS Cocurricular Cancellations

Throughout this week, we communicated relevant information regarding cocurricular activity cancellations. We understand that many boys, staff and parents will share a sense of grief associated with not being able to contest fixtures, training, events, and camps. In the Co-Curriculum program, our mantra is 'participation'. It is not easy to counter this mantra, but it is a necessity at this time.

As COVID-19 became a more prevalent concern some time ago, I began working with my team to consider supplying online coaching resources to boys and establishing ongoing connections with programs. At the forefront of our minds was the challenge of helping ordinarily active and connected boys maintain their health and wellbeing without having access to the regular facilities, training or rehearsals.

The product of this work has already been rolled-out to boys and parents via MyGrammar by the Director of PE, Sport & Activities John Clancy. Additional resources will be made available over the coming weeks. I commend the Director of PE, Sport & Activities, Assistant Director of Sport, Head of Activities, the Coordinator of Performance Development and our program leaders for their work.

GPS premiership results for cancelled Term 1 sporting seasons are yet to be determined by the GPS Association. We will advise of these outcomes in due course.

To read the School's latest updates on the issue, please visit the [COVID-19 advice for the BGS Community](#) page on the BGS website.

Cricket

GPS Cricket Round 7 Recap

It was wonderful to see the spirit and sportsmanship displayed by our boys in Round 7 against Gregory Terrace. It was our most challenging round to date, but I am pleased to report BGS had 16 wins and a draw out of 34 matches. This result was a significant improvement, considering BGS secured eight wins against GT last year. I commend the senior program on their success, with all Year 11 teams winning their matches. When combined with Years 10 and 12 teams, we finished the day with seven wins from 10 matches.

BGS had many great team performances when bowling, with 15 teams restricting GT to under 100 runs. We also recorded seven half-centuries, a five-wicket haul and seven three-wicket (or more) hauls.

There were also some extremely close finishes, with the Third XI defending four runs to win off the last ball in their match. The 8A was close to securing their first win of the season but fell short after Nick Scott was caught inches inside the boundary rope. We also saw the 7A team defend 92 runs, the 7C team sneak home by one wicket, and the 7B team go close to winning with one run needed but ending in a draw.

The First XI bowled themselves into a strong position, with GT in trouble at 7/160 in the 38th over. However, some strong running between wickets and power-hitting by their lower order saw them accumulate a challenging total of 215 runs. Our run chase stalled early with only 34 runs off 20 overs, and we were unable to regroup with our boys dismissed for 118 runs.

With the decision to end the GPS season due to COVID-19, congratulations to the 11B, 7C and 5A teams who were undefeated. The following teams finished as competition leaders: 6A, 6B, 7A, 7B, 8B, 9B, 9C, 11C, Second XI and Third XI.

Round 7 Notable Performances			
First XI	Ethan Bartley 4/23 (6 overs)	10B	Kiyan Rahman 3/7 (4 overs)
Second XI	Fin Ross 3/4 (5 overs)	9B	Ragulan Gnanavel 61 not out (34 balls)
Third XI	Tom Appleyard 39 runs and 1/16	9C	Harrison Schultz 3/7 (3 overs)
Fourth XI	Peter Muratidis 38 runs (28 balls) and 3/34 (4 overs)	8A	Lucas Bryan 50 runs and 1/5 (6 overs)
11A	Hugh Couper 67 not out, 4/20 (7 overs); Hugo Malone 63 not out	8C	Zed Lee 59 not out (24 balls)
11B	Lachlan Clayton 52 runs, two catches and one stumping	7D Navy	Oliver Hudson 5/12 (3 overs)
11C	Callan Jorgensen 65 runs (46 balls)	6A	Oliver Dauber 36 runs and 2/0
10A	Charlie Thomas 3/27		

Team of the Week

[BGS 8C 9/128 defeat GT 8/127](#)

Our boys bowled first and managed to restrict GT to 127 runs off their allotted overs. Jim Curley picked up two wickets and many boys added more wickets to the count. BGS then chased down the opposition's total. Tom Siganto notched 22 runs off 15 balls after hitting five boundaries. However, Zed Lee was the key player, hitting a phenomenal four boundaries and clearing the rope six times to make 59 runs off only 24 balls. Congratulations, boys.

Player of the Week

[Hugh Couper \(11A\) - 67 not out and 4/20 \(7 overs\)](#)

In a batting and bowling masterclass, Hugh Couper demolished his opponents with bat and ball in hand. Scoring 67 not out, he stood tall to combine with Hugo Malone (63 not out) for an unbeaten partnership of 119 runs. The 11As stormed to victory after chasing down 162 runs. Hugh was also the main contributor with the ball, taking 4/20 off seven overs. Congratulations, Hugh!

Hugh Couper and Hugo Malone also claimed the partnership of the round.

Rowing

GPS Head of the River Recap

Last Saturday, the GPS Head of the River was held on the waters of Wyaralong Dam. It was a cool and sunny day with a gentle southerly breeze passing over the course, creating a slight tail breeze in racing.

In preparation, we have emphasised the importance of setting the tone for the day with a warcry on arrival. Our Captain of Boats Hugh Weightman and Vice Captain of Boats Jono Cooke called a team meeting and led the loudest, proudest warcry we have heard this season. It was clear they were excited for the day ahead.

BGS boys raced proudly, with excellent performances throughout the year levels. While we did not achieve the overall points we had hoped, our boys had their best overall team performance. They were 'in touch' during every race, with some races coming down to margins of less than a second.

The day finished with success, with our First VIII boys winning the O'Connor Cup for the first time in 13 years, and the 19th time the School has claimed the cup. The First VIII was made up of Jono Cooke (Coxswain), Dan Horsley (Stroke), Hugh Weightman (7), Sam Atherton (6), Drew Weightman (5), Henry Doe (4), Tom Clifton (3), Riley Lockyer (2) and Harry Sirett (Bow).

This success topped off an incredible undefeated season by the First VIII - an achievement that is extremely difficult and very rare to accomplish. Congratulations to all First VIII boys and those who supported them, including coaches Sean Carolan and Lachlan Johnston on their efforts this season.

The day was bookended with wins from the Year 9 9th Quad and the First VIII. Photographs are on the following page.

Old Boys Cup (Overall Points)		First VIII — O'Connor Cup	
ACGS	First	BGS	First
NC	Second	TSS	Second
TSS	Third	GT	Third
GT	Fourth	ACGS	Fourth
BGS	Fifth	NC	Fifth
BBC	Sixth	BBC	Sixth
BSHS	Seventh	BSHS	Seventh

Matt Marden
Director of Rowing



Cross Country

Brisbane Grammar School and the GPS Association have made the following decisions which impact the Cross Country program:

- All Term 1 training sessions have been cancelled.
- All Term 1 GPS meets have been cancelled.
- Easter Camp has been cancelled (Note: the School will be in contact with parents regarding refunds).
- Holiday training at BGS has been cancelled.
- District and regional representative trials and competitions for Cross Country have been cancelled.

To read the School's latest updates on the issue, please visit the [COVID-19 advice for the BGS Community](#) page on the BGS website.

As leaders of the program, we are working on the assumption that the GPS Cross Country Championships will go ahead on Wednesday 27 May. Until we are notified otherwise, we will continue to plan towards this event to give all BGS runners the best opportunity to perform well. With this in mind, runners have been emailed a training program which covers the next two and a half weeks. Updates will be provided as necessary.

The Cross Country program is well placed to minimise the impacts of any interruptions due to the individual nature of the sport. While boys will miss the social interactions of large group training, physical improvements can be maintained by training alone or in small groups.

There are many advantages to training individually until the BGS training sessions resume. Firstly, BGS runners who continue making improvements will be well placed once competition resumes. Secondly, running is a wonderful opportunity for boys to get out of the house and engage in a healthy activity. Parents can also take the opportunity to train with their sons. Finally, training promotes healthy habits such as making positive dietary choices, getting good quality sleep, and increasing mental function. These are all important contributors to overall health and wellbeing which is particularly important given the current COVID-19 situation.

We strongly encourage all boys to continue with their running. If health authorities change their advice, we will change our position accordingly.

We appreciate your understanding of the changes outlined above. If you have any questions about the program, please do not hesitate to contact us.

Nick Holland and Brad Scholes
MiCs Cross Country

Fencing

The BGS Senior Leadership Team has made the following decisions which impact Fencing events:

- Fencing camp (15 – 17 April) has been cancelled.
- Whites hire (23 – 26 March) has been postponed until further notice.
- Welcome to Fencing Evening (24 April) has been postponed until further notice.

We are working with the Queensland Fencing Association to make sensible judgements about the Brisbane School Teams Competition fencing fixtures during Term 2. Parents and fencers will be notified as information becomes available.

Melanie Chin
MiC Fencing

Gymnastics

The BGS Senior Leadership Team has decided to cancel the GPS Gymnastics season launch.

This decision was made following the Prime Minister's latest directives on COVID-19 on Sunday 15 March, which include:

- For non-essential gatherings, consider the need to proceed and the issues of health and hygiene/social distancing as further mitigations to the spread of the virus.

To read the School's latest updates on the issue, please visit the [COVID-19 Advice for the BGS Community](#) page on the BGS website.

BGS will continue to work with relevant governing bodies to make sensible judgements about cocurricular activities and other mass school gatherings.

We appreciate your understanding.

Jack Coates
MiC Gymnastics

Middle School Sport

Cricket

Round 7 — BGS v GT							
Team	Winning Team	Team	Winning Team	Team	Winning Team	Team	Winning Team
5A	BGS	6A	GT	7A	BGS	8A	GT
5B	GT	6B	BGS	7B	Tie	8B	GT
5C	GT	6C	BGS	7C	BGS	8C	BGS
5D	GT	6D	GT	7D	GT	8D	GT
5D Sky	GT			7D Sky	GT	8D Sky	GT
				7D Navy	BGS		

Player of the Week			
5A	Thomas Van der Westhuizen Tom Rollason	7A	Luke Donaldson
5B	Joey Stevenson	7B	Angus McNamara
5C	George Hooper	7C	James Yantsch
5D	Alex Amarasena	7D	Colby Smith
5D Sky	Thomas Pearce	7D Sky	Jai Selva
5D Sky	Thomas Pearce	7D Navy	Oliver Hudson
6A	Oliver Dauber	8A	Lucas Bryan
6B	Jed Siganto	8B	Alex Peters
6C	Arnav Thapar	8C	Zed Lee
6D	Jeric Gao	8D	Tom Chan
		8D Sky	Jordan Donald

Volleyball

Round 7 — BGS v TGS			
Team	Winning Team	Team	Winning Team
7A	BGS	8A	BGS
7B	BGS	8B	BGS
7C	BGS	8C	BGS
7D	BGS	8D	BGS
7E	BGS		

Player of the Week					
7A	Ryan Lam	7D	Fraser Salsbury	8B	Adam James
7B	Max-ze Lee	7E	Ricky Wang	8C	Arthur Hames
7C	Jackson Leung	8A	Nash Furnell	8D	Oliver Peacock

Debating

BGS v BSHS							
Team	Winning Team	Team	Winning Team	Team	Winning Team	Team	Winning Team
8.1	BSHS	7.1	BSHS	6.1	Internal	5.1	Internal
8.2	BSHS	7.2	BSHS	6.2	Internal	5.2	Internal
8.3	BGS	7.3	BSHS				

Player of the Week			
Year 5	Henry Woodward	Year 7	Maxwell Miu
Year 6	Adam Chua	Year 8	Oscar Phillips

Glenn McFarlane
Head of Activities

Volunteer Roster

Week commencing Monday 23 March 2020

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

Grammar Shop hours

Weekdays 7.30am – 11.00am

Tuckshop hours

Weekdays 7.00am – 2.00pm

Week Eight	Tuckshop Breakfast 7.00am – 8.00am	Tuckshop Morning Tea 8.00am – 2.00pm	Grammar Shop 7.30am – 11.00am
Monday 23 March	Sharne Tierney	Jo Waite (Team Captain)	Anna Maria Sciacca
Tuesday 24 March	Helana Barrientos	Judith Edmunds (Team Captain)	Sam Harris
Wednesday 25 March	Vanessa Simpson Leta Dempsey	Catriona Labrom (Team Captain)	Salish Donald
Thursday 26 March	Julia Long Bronwyn Jerrard	Christine Matheson (Team Captain)	Kristine Malone
Friday 27 March	Yeni Cook	Andrea Hurwood (Team Captain)	Janelle Munns

2020 Calendar

Term 1

Wednesday 29 January – Friday 3 April

Term 2

Tuesday 21 April – Friday 19 June

Term 3

Tuesday 14 July – Friday 18 September

Term 4

Tuesday 6 October – Friday 27 November

Upcoming Events

BGS Winter Ball

Saturday 22 August

P&F Auxiliary

Connect – Care – Contribute

The P&F Auxiliary is a subcommittee of the P&F Association that facilitates fundraising and fosters parent fellowship and the sense of strong community at Brisbane Grammar School. All profits are returned to the School to enhance the experience for students and families.

Winter Uniforms

Students in Years 9 to 12 are required to wear senior winter uniforms from Tuesday 5 May 2020. Blazers and white shirts can be purchased at the Grammar Shop.

If blazer embroidery is required, students must collect a yellow awards slip from the Co-Curriculum Office and bring it to the Grammar Shop with the blazer. Blazers submitted before Friday 20 March will be ready for collection on Monday 27 April.

Blazers can still be submitted for embroidery, but we cannot guarantee it will be completed in time for the start of wearing the winter uniform. We recommend that boys only submit blazers for embroidery if they have a second blazer to wear when the winter uniform starts.

If there are any questions regarding the senior uniforms and embroidery, please contact the Grammar Shop at 07 3834 5347.

Hand Sanitiser

The Grammar Shop has received a shipment of small hand sanitisers. They are available for \$2 each and quantities will be limited to two per customer.

COVID-19 Response

In the context of uncertainties relating to COVID-19, the Auxiliary understands some people may have concerns about volunteering in the Tuckshop and the Grammar Shop. Please be assured that the Tuckshop and the Grammar Shop are observing hygiene and social distancing protocols for volunteers and staff, and of course for our boys, in accordance with the School's response to COVID-19.

The Auxiliary is updated regularly on the School's advice relating to COVID-19 and will continue to act on new advice as required.

Joanne Villiers
P&F Auxiliary

BGS150

Light Dark Blue: 150 Years of Learning and Leadership at Brisbane Grammar School is available for purchase. 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 are available.

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

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

BGS150 History Book Purchase now



Did you know?

**All boys benefit from the diversity
bursaries bring to BGS.**

Our
2020
Vision



BRISBANE GRAMMAR SCHOOL

EASTER 2020 SALMON DRIVE

Fresh and Premium Tasmanian Smoked Salmon \$50 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 22 March

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

COLLECTION

3pm - 6pm Wednesday 1 April from the BGS Tuckshop.

ENQUIRIES

Tammy: tamal@bigpond.com / 0409 032 047

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

NAME:

EMAIL:

PHONE:

NUMBER OF PACKS:

@ \$50 each

TOTAL:

PAID BY:

☐

DIRECT DEBIT

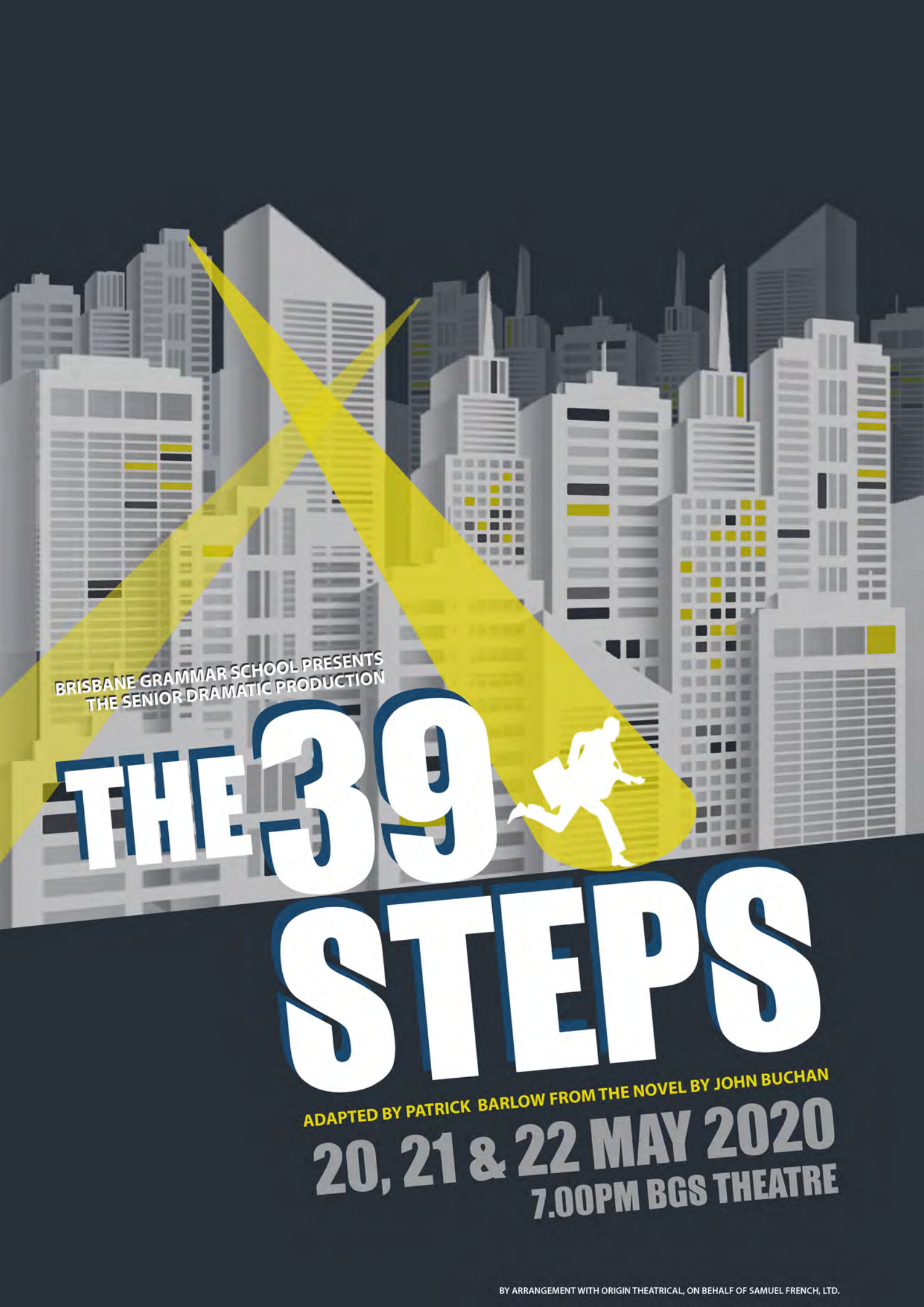
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CHEQUE (returned to music office)

BSB: 014 015 ACC: 3173 00087 Reference "salmonNAME"

NOTE
NEW ACCOUNT DETAILS





BRISBANE GRAMMAR SCHOOL PRESENTS
THE SENIOR DRAMATIC PRODUCTION

THE 39 STEPS

ADAPTED BY PATRICK BARLOW FROM THE NOVEL BY JOHN BUCHAN
20, 21 & 22 MAY 2020
7.00PM BGS THEATRE

BY ARRANGEMENT WITH ORIGIN THEATRICAL, ON BEHALF OF SAMUEL FRENCH, LTD.



Tips for coping with coronavirus anxiety

As the number of coronavirus cases rise across Australia, the level of anxiety within the community is increasing.

Feelings of worry and unease can be expected following a stressful event, such as the recent declaration of a global pandemic, however, it is important that we learn to manage our stress before it turns to more severe anxiety and panic.

This information sheet outlines some useful strategies which can help both adults and children cope with the stress or anxiety experienced as a result of the coronavirus outbreak.

Learn the facts

Constant media coverage about the coronavirus can keep us in a heightened state of anxiety. Try to limit related media exposure and instead seek out factual information from reliable sources such as the Australian Government's [health alert](#) or other trusted organisations such as the [World Health Organization](#).

Keep things in perspective

When we are stressed, it is easy to see things as worse than they really are. Rather than imagining the worst-case scenario and worrying about it, ask yourself:

- *Am I getting ahead of myself, assuming something bad will happen when I really don't know the outcome?* Remind yourself that the actual number of confirmed cases of coronavirus in Australia is extremely low.
- *Am I overestimating how bad the consequences will be?* Remember, illness due to coronavirus infection is usually mild and most people recover without needing specialised treatment.
- *Am I underestimating my ability to cope?* Sometimes thinking about how you would cope, even if the worst were to happen, can help you put things into perspective.

Take reasonable precautions

Being proactive by following basic hygiene principles can keep your anxiety at bay. The World Health Organization recommends a number of protective measures against the coronavirus, including to:

- wash your hands frequently
- avoid touching your eyes, nose and mouth
- stay at home if you begin to feel unwell until you fully recover
- seek medical care early if you have a fever, cough or experience breathing difficulties.

Practise self-care

To help encourage a positive frame of mind, it is important to look after yourself. Everybody practises self-care differently with some examples including:

- maintaining good social connections and communicating openly with family and friends
- making time for activities and hobbies you enjoy
- keeping up a healthy lifestyle by eating a balanced diet, exercising regularly, getting quality sleep and avoiding the use of alcohol, tobacco and other drugs to cope with stress
- practising relaxation, meditation and mindfulness to give your body a chance to settle and readjust to a calm state.

Tips for talking with children about the coronavirus

Children will inevitably pick up on the concerns and anxiety of others, whether this be through listening and observing what is happening at home or at school. It is important that they can speak to you about their own concerns.

Answer their questions

Do not be afraid to talk about the coronavirus with children. Given the extensive media coverage and the increasing number of people wearing face masks in public, it is not surprising that some children are already aware of the virus.

Providing opportunities to answer their questions in an honest and age-appropriate way can help reduce any anxiety they may be experiencing. You can do this by:

- speaking to them about coronavirus in a calm manner
- asking them what they already know about the virus so you can clarify any misunderstandings they may have
- letting them know that it is normal to experience some anxiety when new and stressful situations arise
- giving them a sense of control by explaining what they can do to stay safe (e.g., wash their hands regularly, stay away from people who are coughing or sneezing)
- not overwhelming them with unnecessary information (e.g., death rates) as this can increase their anxiety
- reassure them that coronavirus is less common and severe in children compared to adults
- allowing regular contact (e.g., by phone) with people they may worry about, such as grandparents, to reassure them that they are okay.

Talk about how they are feeling

Explain to your child that it is normal to feel worried about getting sick. Listen to your child's concerns and reassure them that you are there to help them with whatever may arise in the future.

It is important to model calmness when discussing the coronavirus with children and not alarm them with any concerns you may have about it. Children will look to you for cues on how to manage their own worries so it is important to stay calm and manage your own anxieties before bringing up the subject with them and answering their questions.

Limit media exposure

It is important to monitor children's exposure to media reports about the coronavirus as frequent exposure can increase their level of fear and anxiety. Try to be with your child when they are watching, listening or reading the news so you are able to address any questions or concerns they may have.

Seek additional support when needed

If you feel that the stress or anxiety you or your child experience as a result of the coronavirus is impacting on everyday life, a psychologist may be able to help.

Psychologists are highly trained and qualified professionals, skilled in providing effective interventions for a range of mental health concerns, including stress. A psychologist can help you manage your stress and anxiety using techniques based on the best available research.

If you are referred to a psychologist by your GP, you might be eligible for a Medicare rebate. You may also be eligible to receive psychology services via telehealth so that you do not need to travel to see a psychologist. Ask your psychologist or GP for details.

There are number of ways to access a psychologist. You can:

- use the Australia-wide Find a Psychologist™ service. Go to findapsychologist.com.au or call 1800 333 497
- ask your GP or another health professional to refer you.

More information

Australian Government Department of Health

The Department of Health has developed a collection of resources for the general public, health professionals and industry about coronavirus (COVID-19), including translated resources.

<https://bit.ly/38OOWHe>

Centers for Disease Control and Prevention

The Centers for Disease Control and Prevention provides reliable information about the coronavirus such as its symptoms, steps you can take to protect yourself, and what to do if you are affected.

<https://bit.ly/39MEml8>

World Health Organization

The World Health Organization provides information and guidance regarding the current outbreak of coronavirus disease.

<https://bit.ly/3cQUwCw>

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