From the Deputy Principal
How to Help Your Child Succeed
For parents, the start of a new school year is filled with anticipation, we are attentive to the hopes and dreams we have for our children as we set goals and make promises to ourselves and to others. Wanting our children to reach their full potential and be successful in something they feel passionate about is foremost in our minds. As an educator, I recognise that the most successful students are often the ones well supported in their academic journey at home. Over the summer, reporter Elisabeth Tarica noted in The Age newspaper that the key to students’ academic success is their parents. Psychologist Evelyn Field stated that a successful academic journey starts at home and is built upon valuing learning and setting expectations. Interestingly, new research shows that students start engaging with the idea of going to University in Primary School.

How as parents can we help our children succeed? One key factor is to build confidence. Child Psychologist, Andrew Fuller, reflects that families that work well tend to praise each other when positive efforts are made. Parents, he suggests, should treat mistakes as opportunities for learning. For example a child who makes a comment such as I am no good at English should be asked to articulate why they have these feelings, the fact they are struggling should be acknowledged, and then a solution can be worked on together.

Evelyn Field’s research shows the positive effects that fostering a dedicated partnership between home and school can bring. Children, she believes need to be part of an involved family; talking, laughing, arguing, so that the whole family is engaged in what the children are doing. Parents can stay connected to a school by attending school events, volunteering, reading newsletters and publications and forming a relationship with teachers.

Another critical factor in student learning is the ZZZ factor, as solid research links success in school to a good night’s sleep. Andrew Fuller says that teenagers need nine hours of sleep a night with eight as minimal for optimal brain functioning. A difficulty for parents of course, is the time teenagers spend watching TV, playing computer games, texting and using social networking sites.

Fuller recommends a half hour a night for television as most appropriate. He warns teenagers not to get drawn into the time wasting aspects of social networks such as Facebook where the pressure of replying to messages can be overwhelming.

While there may be a plethora of books on parenting and raising successful children, common sense prevails. A good night’s sleep, everything in moderation and working as a family unit to nurture a child is the recipe for success. As a school we are here to work with you as a family to ensure your child succeeds.

Mrs Cawley Farrell
Deputy Principal

Collegiate Fair
Chocolate Wheel and Other Donors to Date
Our sincere thanks to
- Harry and Gina Souvleris - Food Stop
- Rob Mollross - Island Curries
- Halcyon Hairdressing Salon
- Oakley Textiles - Newton family
- Dr Joe Chau - teeth whitening voucher
- Term 2 swimming lessons, Collegiate Pool
- Edwards Windsor marquee - Colin Fulton
- Forget-me-not Children’s Boutique - Alex Johnson
- Brown Brothers Wine - Fiona Lowe
- Sandy Robinson - Ministore vouchers
- George Humphrey - hand woven scarf
- Coombes family - hamper
- Gavalas family - horticultural landscape supplies/garden products
- Hodge family - slushie machine and ingredients
- Entertainment Books
- Accommodation at St Helens shack - sleeps 10
- Dogs Business - grooming voucher
- Myana Boutique - $50 voucher
- Hobart Golf Club Pro Shop - 1 hour golf lesson
- Mountain Creek - a tent

There are quite a few more donations in the pipeline but we still need more! If you have a business, this is a sure way to increase your customers whilst at the same time giving to the School community. With over 1000 people expected at the Fair, your donation will be acknowledged through Ancanthe, on a site plan flyer that everyone will receive on arrival and on a donors noticeboard at the Chocolate Wheel site.

We are looking for services such as house cleaning and maintenance, gardening, beauty treatments, or even tax returns, as well as small electrical goods, restaurant, clothing and accommodation vouchers, computer items - whatever you have to offer!

Please contact Jenny Coombes: 0407 247 006 or email cpa@collegiate.tas.edu.au.

Mrs Jenny Coombes
CPA President

Week 2 Term 1, 18 February 2011

After School Ballet / Dance Classes
To be held at the McNeill Performing Arts Centre, Davey St
Ballet Classes commence Monday 28 February
Jazz classes commence Tuesday 22 February

10 classes per term
Monday 3:45pm - 4:15pm Ballet - tiny tots ballet
Monday 4:15pm - 4:45pm Beginner pointe work
Tuesday 3:45pm - 4:30pm Tap Jazz Vocal 5yrs and up
Wednesday 3:45pm - 4:30pm Ballet
Wednesday 4:30pm - 5:30pm Jazz Tap Vocal 9yrs and up

For more information please contact:
Jazz / Tap / Vocal teacher Mrs Ireson on 6223 4090 AH
Ballet teacher Mrs Sandy Robinson on 0429 850 800

Ancanthe, on a site plan flyer that everyone will receive on arrival and on a donors noticeboard at the Chocolate Wheel site.
Traffic and Parking - Junior School
Welcome back to the 2011 School year. In the interest of safety of our children and consideration for our fellow community members would you please observe the parking signs in Macquarie Street and Anglesea Street and keep all driveways to the homes accessible by the owners at all times.

Parking in the South Hobart Primary School is not available for Collegiate parents.

Mrs Angie Dixon
Head of Junior School

Music News
All Senior School and Middle School co-curricular music rehearsals will commence next week. Band and Orchestra on Monday afternoons, Collegiate Singers on Wednesday, Bell Ringers on Tuesday afternoons and Choirs and Marimba Ensemble in lunch times.

The Instrumental Program in Years 3, 4, 5 and 6 got off to an exciting start last Friday, and many students were privileged to participate in a special performance from the Conservatorium Staff String Quartet, all of whom teach at Collegiate. We are indeed lucky to have teachers/performers of this calibre.

2011 will be another exciting year of music making at Collegiate.

There are still some vacancies for instrumental/vocal lessons on all three campuses. Most lessons will commence next week. Please contact the Music office on 6211 4948.

Mrs Anne Morgan
Head of Expressive Arts

From the Faculty of English
The start of a new academic year is upon us and it is my pleasure to be writing for Ancanthe on behalf of the English Faculty.

We are very excited in implementing a draft program of the Australian Curriculum in Years 7 to 10 and we expect to refine this program during 2011 so we are super-ready to tackle the Australian Curriculum when it is implemented in earnest in 2012! Our Collegiate English programs fulfil all the requirements of the Australian Curriculum for English, and I feel they are more rigorous and exciting; catering to the full cohort of our wonderful students.

We are all saddened by the serious and sudden illness of Ms Andrea Collins who will not be teaching this year. We all wish her a speedy recovery and look forward to seeing her ebullient self back next year. Mrs Margaret Neilsen, who had been a long serving teacher at The Friends’ School, has kindly agreed to teach the Writing class for us this year. Ms Neilsen is an amazing educator and she has been the Chief Examiners for this subject for the TQA.

TCE Results: the English students performed exceptionally well in the pre-tertiary courses last year. Over 50% of students were placed in the High and Exceptional Achievement bands for English Studies. Congratulations to the following students whose score was greater than 20/20: Gabriella Adams, Rubee Dano, Imogen Moore, Sally Moore, Caitlin Paul and Sophia Powell. Students who studied English Communications also performed exceptionally well and the School scored 10 High Achievements and 6 Exceptional Achievements, which was most pleasing. Congratulations to Katelyn Barry, Grace Fulton, Annika Wilson, Stephanie Irwin, Kirsten Sugden, Grace Constable, Brooke Franklin-Paddock and Serena Davies for scoring above 20/20. English Writing students also performed exceptionally well with more than 65% of the class scoring a High or an Exceptional Achievement. My thanks to their teacher, Andrea Collins, for this excellent result.

TCE Requirements: All students should be aware of a major change in the examination procedures at the end of the year. Students will no longer be able to take any of their texts into the examination room. It is, therefore, doubly important for students to be memorising key quotes from their texts because this is an indisputable way in which they can substantiate their assertions and a vital aspect of critical analysis.

Writing competitions: Apart from national testing, participating in competitions is an invaluable way to find an authentic audience for one’s writing. I will let everyone know of the writing competitions available for Tasmanian students as the year progresses. Entry forms for these competitions are available from me in L1. The 2011 Australian Christian Teen Writer Award is now accepting entries and a $1,000 prize is up for grabs for the best unpublished manuscript by an Australian student under the age of 18. The winning work will explore a Christian perspective and explore Christian values. If your daughter is interested in entering please let me know: william.simon@collegiate.tas.edu.au

Cate Kennedy: We are pleased to announce that this great Australian writer will be visiting Tasmania soon and our English teachers as well as the TCE English Writing class will have an opportunity to meet her and share her insights about the magical process of writing.

Wide Reading: Reading widely is one of the most successful ways to improve classroom performance. To assist the girls in their wide reading, we have published a list of recommended titles for each Year from 7 to 10. These titles should provide alternative views that echo, challenge and/or contrast the views emanating in the texts the girls are studying in the classroom. I will publish these lists in an upcoming edition of Ancanthe.

Mr William Simon
Head of English

Cyber Safety Tips For Internet Use at Home

from Mrs Janene Crowle, Middle School ICT Coordinator

Cybersafety Brochures
The following cybersafety brochures are available from the Middle School office. They cover the following specific cybersafety issues.

• Say no to cyberbullying
• Sexting
• Socialising on the internet
• Dealing with offensive content
• Mobile phone safety

The Conversation
Read these brochures with your daughter. Discuss the themes as a family. Ask your daughter about her internet use, talk to your daughter about how to take steps to protect herself online, talk to your daughter about the sort of things that can go wrong. Develop a family contract, come up with a set of guidelines that the family will follow, make sure internet use takes place in an area of the house that you can see what your daughter is doing and talk to your daughter about what she and her friends contribute online.

You will find further tips in Ancanthe each week.
For more tips and information go to:
http://www.cybersmart.gov.au

Green thumbs!
It’s not too late to get busy for the plant stall at the Fair. You can donate a tray of seedlings or those lovingly hand-raised cuttings from your own garden.

Contact Georgina Lierent on 0418 825 574 for more information. Plants can be delivered to Anglesea Campus on Thursday 3 March and Friday 4 March.

Mrs William Simon
Head of Expressive Arts

Music News

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This year at Collegiate – we’re gonna get happy!

Very recently, my wife and I were delighted to receive a farewell gift from Miss Katie Stanley. Katie is a woman who cares about people so well that she had managed to purchase the perfect gift for the Bennetts – a book called *The Happy Economist*. It combined the Bennett’s love for the science (yes, science Mr Bester!) of Economics with our shared faith-based passion for taking the pursuit of a meaningful life seriously. Katie knew this! I am still reading this book and I will get back to you on it, but the book is in a significant trend of books that are based on, or inspired somewhat by, the Positive Psychology movement, founded by Dr Martin Seligman, Fox Leadership Professor of Psychology at the University of Pennsylvania. The Positive Psychology movement takes seriously the notion that happiness is worth studying rigorously and actively pursuing by all of us. Seligman takes the view that psychology has too long been preoccupied with the chronically unhappy – the depressed and anxious. It would be valuable if psychology were to study ‘the happy’, work out what qualities or ‘habits of mind’ they possess that contribute to their happiness and then worked out how to acquire such qualities or habits (if this were at all possible). The studies of Seligman and others like him have inspired the following conclusions.

Firstly; it is too simple to talk about ‘the pursuit of happiness’. It is useful to divide happiness into three types: gratuitous pleasure, engagement and meaning. Those people with more enduring happiness tend to spend a lot of their time pursing the latter two types of happiness – maybe better referred to as ‘wellbeing’ or ‘fulfilment’. Gratuitous pleasure is fine and gives us a quick ‘happiness high’ but it too soon dissipates and, if not carefully managed, can turn into a craving to stave off unhappiness. As a person of faith I am comforted to find that the ‘hard science’ of happiness is remarkably consistent with being the way that our scriptures have been urging us to be for thousands of years! It’s about joy; being fully human and flourishing!

Secondly; much of our happiness is beyond our control – it is determined by our inherited disposition and the unavoidable circumstances we find ourselves in. However a good proportion of it is within our control and we can be taught how to control it! Seligman’s techniques of controlling our wellbeing are rigorous and well researched and Collegiate has decided that our pastoral care responsibilities challenge us to take them seriously. To this end, Collegiate will be implementing a wellbeing programme in our Senior School Mentor time. From time to time over the course of the year our Mentors will be introducing ideas and exercises that, if pursued with commitment, will improve wellbeing; themes such as gratitude, forgiveness, altruism, habituation, savouring, mindfulness flow, virtues and signature strengths. Students will be challenged to assess their happiness levels and their ‘habits of mind’ and may even be given challenges to take home and pursue. These challenges won’t change people’s lives as ‘one off exercises’ but, just like healthy eating or a fitness plan – if they are taken seriously and built into one’s lifestyle they very well might. Parents are urged to encourage their daughters to be open to these ideas and exercises and to talk about them as a family. Indeed, we look forward to working with our students on what we hope will be a long term and significant addition to the Collegiate culture!

Mrs Alycia Brown
Year 4 Teacher

Unwanted School Uniform - Queensland Natural Disasters Fund

The start of the year is upon us and with so much talk about new friends, new responsibilities and fellowship; it is hard not to think about those affected by the recent Queensland natural disasters. In devastating circumstances, new friendships were formed and the ever present Australian camaraderie was highlighted numerous times. Year 4 would like to help. An initiative from Mee-Yeon and her mum, Pam, will be set up in the coming week to raise money for those in need. We are asking you, the students, and your parents to look through your cupboards and find any pieces of school uniform you no longer need and donate them to the school. All items will be placed in a central location in the Junior School where people are invited to choose items they need and make a donation. The proceeds will go to the Queensland Natural Disasters fund.

Mrs Alycia Brown
Year 4 Teacher

Confirmation of Student Details

Parents are reminded to please return the Confirmation of Student Details form to either the Junior, Middle or Senior School Office as soon as possible.

Mr Simon Bennett
Coordinator of Faith and Life

Barbie, Bratz, Beanie Kids and Make-up Stall at the Fair

Don’t forget to go through those old toy boxes and donate your pre-loved and no longer required, good condition Barbies, Bratz and Beanie Kids as well as make-up to the B.B.BK and M stall! Donations to all Campus offices please. Or contact Tash Smyth: 0404 982 504

Make-up Stall at the Fair

Don’t forget to go through those old toy boxes and donate your pre-loved and no longer required, good condition Barbies, Bratz and Beanie Kids as well as new make-up to the B.B.BK and M stall! Donations to all Campus offices please. Or contact Tash Smyth: 0404 982 504

Collegiate Fair

Fri 4th March
Anglesea Campus
4 - 8pm

Entertainment
Rides
Stalls
Food
Family Fun
**School Calendar**

### Week 3 Term 1

**Sunday 20 February**
*Seventh Sunday after Epiphany*
**Monday 21 to Wednesday 23 February**
- **Years 7 and 8 Settling Interviews**
**Monday 21 to Thursday 24 February**
- **Kindergarten to Year 4 Settling Interviews**
**Monday 21 February**
*Chapel: Kilburn/Rivers, 8:30am to 8:45am*
**UCANDO Year 10**
**Year 9 Resume Classes**
**Kindergarten Parents Welcome, Anglesea Village, 5:30pm for 6:00pm**
**Music:**
- Marimba Ensemble, Middle School, 12:30pm to 1:15pm, String Quartet, Broughton, 12:30pm to 1:15pm, Orchestra, McNeill PAC, 4:00pm to 5:30pm, Middle School Band, Middle School, 3:45pm to 5:00pm
- **Tennis:** 1st Col v SMC at SMC, 4:15pm, 2nd Col v SMC at Col, 4:15pm
- **Soccer:** Yr 10 Col W v SHC at Col, 4:15pm, Yr 10 Col R v MKC at MKC, 4:15pm, Yr 9 Col Bye

**Tuesday 22 February**
*Collegiate Swimming Sports, Years 5 to 12, Hobart Aquatic Centre, 8:45am to 3:30pm*
**Music:**
- Years 5/6 Choir, Middle School, 1:15pm to 1:50pm, Senior Choir, McNeill PAC, 12:45pm to 1:15pm, Bell Ringing, Middle School, 3:45pm to 4:30pm
- **Years 2 to 4 Soccer Clinic** at Anglesea, 3:30pm to 4:30pm

**Wednesday 23 February**
*Chapel: McPhee/Monty, 8:30am to 8:45am*
**Junior School New Parents Welcome, Café 1892, 6:30pm for 7:00pm**
- **continued**

**Wednesday 23 February continued**
**Music:**
- Musical Vocal Rehearsal, Middle School, 12:30pm to 1:15pm, Col v SMC at SMC, 4:15pm, Col v FAH at FAH, 4:15pm
- **Tennis:** 3rd Col v SMC at SMC, 4:15pm
- **Soccer:** Yr 8 Col W v SHC at Col, 4:15pm

**Thursday 24 February**
*Chapel: Middle School, 8:30am to 8:45am*
**House Barbecues**
**Junior School Photos**
**Music:**
- Years 7/8 Choir, Middle School, 12:30pm to 1:15pm
- **Middle School Musical Rehearsal, 4:00pm to 6:00pm**
- **Orienteering at the Domain, 3:45pm**

**Friday 25 February**
*Chapel: Reibey/Dundas, 8:30am to 8:45am*
**Middle/Senior School Photos**
**Music:**
- String Quartet, Broughton, 12:30pm to 1:15pm, Senioe Choir, McNeill PAC, 12:45 to 1:15pm, String Quartet, Broughton, 4:00pm to 5:30pm

**Saturday 26 February**
**Southern Schools Rowing Regatta**

**Coming Up**

**Monday 28 February**
*College Parents’ Association Meeting, Cananore, 7:30pm, All Welcome*
**Year 6 Day Walk**
**Thursday 3 March**
**Year 5 Challenge and Camp, Ham Common**
**Friday 4 March**
*College School Fair, Anglesea Campus, 4:00pm to 8:00pm*

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**From the Chaplain... Suffering**

Just before his death the famous 20th Century preacher Dwight Moody said, *Someday soon in the papers you will read that Moody is dead. Don’t believe a word of it. At that moment I will be more alive than I am now.*

I have just spent two Sundays visiting and preaching at a local church whose minister was on long service leave. I chose to address the issue of suffering and chose as my text Romans 8 where Paul gave much comfort and hope to the early church who were themselves suffering terrible persecution and hardship. Paul wrote that *all things work together for the good of those who love God and have been called by him.* In other words God can and often does bring good from bad. The way the nation has rallied behind Queensland recently is perhaps a good example of this principle. Paul also reminded the Church in Rome that God gave Jesus up to the cross for their benefit. By doing so Christianity became unique from the other great world faiths. In our despair and agony we can cry out to Jesus who is the crucified God and who knows what it is to suffer. Paul also writes, *consider that our present sufferings are not worth comparing with the glory that will be revealed in us.* Paul is reminding the Church that suffering will end, when we leave our mortal bodies to inherit our heavenly bodies in that place the Bible describes as being without pain, death, grieving or despair. Jesus never promised a life devoid of suffering. What he promised was his comforting presence thoughout all of life. Knowing this Paul tells the Church in Rome that nothing (not trouble, hardship, persecution or even death) can separate them from the love of God as revealed and experienced in Christ.

Moody knew this and that is why he also said, *Death be the King of terrors, but Jesus is the King of Kings.* Shalom (Peace),

Scott Sargent
School Chaplain

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**Dental lecturer to his students:** “I want you to remember that every time you touch a tooth... there’s a patient on the other end of it!” *(There’s a person on the other end of everything we do!)*