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Mufti Day Participants: Back row: Chryshani Kroone, Tom Curran, Monique Kellond, Stefanie Schultz, Thomas Hughes, Alexandra Bird; Front: Annie Broad, Angus Inwood, Samuel Pateman

To Ponder . . .

In our Chapel service on Sunday we considered the question, "Would you know God?"

There were two parts implied in this question. The first, 'How do we know God?' the second, 'Do you want to?'

After the service a third and significant question was raised to me.

"Would you know love?"

My dear friends, we must love each other. Love comes from God, and when we love each other, it shows that we have been given new life. We are now God's children, and we know him. God is love, and anyone who doesn't love others has never known him.

1 John 4:7-8

...Chaplain

Lithgow School visited the Bill's Old Fashioned Cake Shop this week. An informative and YUMMY time was had by all! Thanks to the staff at Bill's for having our students



Monique Parlevliet and Edith Lennon on Mufti Day. Love the sox!



From the Headmaster . . .

Thank you to all our students and families for giving so generously to the Bushfire Relief Appeal on our non-uniform day last Wednesday and also at the Chapel Service on Sunday. I know Mr Dawes, who coordinated the operation so expertly, will give you details of the total raised but it is quite a remarkable effort given the size of our school. The money raised will be going directly to the Presbyterian Church of Victoria, along with funds raised by other Presbyterian organisations, to be distributed by Presbyterian Ministers from parishes in the effected areas. We know that the funds will go quickly and directly to people in immediate need. In this way the people who have suffered so much will know that they are being supported and thought about by others.

Congratulations to the Preparatory School leaders for the excellent manner in which they conducted themselves at the Induction Ceremony on Thursday. It was a privilege to hear them speak so thoughtfully and confidently in their acceptance speeches. It augurs well for the rest of the year for the Preparatory School and the future of the Secondary School that we have another talented year moving through the School.

Thank you for Mr Adams for his organisation of the Swimming Carnival on Friday, which despite the inclement weather was a very enjoyable and exciting event. Congratulations to all members of the Secondary School for their enthusiastic participation and support of their respective Houses.

To the P & F Committee led by Ross Andrew, thank you for your organisation of Saturday evening's function which was enjoyed by all who attended. Similarly the Year 7 dinner for students and parents was a very enjoyable occasion.

Thank you, Moira Robertson and her kitchen staff, Adrian Lee, Megan Greig and Jenny Donnelly for their efforts to ensure everyone enjoyed the evening and met as many people as possible. Also, I appreciate the willingness and cheerfulness of our student helpers at each of these functions.

Finally, to Mr Gittins, Mrs Garland and the students who contributed to the Chapel Service on Sunday, thank you for making the occasion a memorable one. Although I am sure Timothy William Gittins (age 1 week) will not remember much as I think he slept through most of the proceedings. No, reflection on his father, I am sure.

—Tim Richards

BLUE BLACK & GOLD BALL CHANGE OF DATE

Please mark in your calendars the Ball will be held on **Saturday, 14th November 2009.**

The second Saturday in November has been the traditional date for the Scots Ball and thanks to Ball co-ordinator Mrs Janelle Matus, we have been able to secure this date.

PARENTS - WE NEED YOU!!!

The Highland Gathering is the P&F's major fundraising activity each year.

How can you help????

- Your child/rens House will be running stalls which will need your assistance.

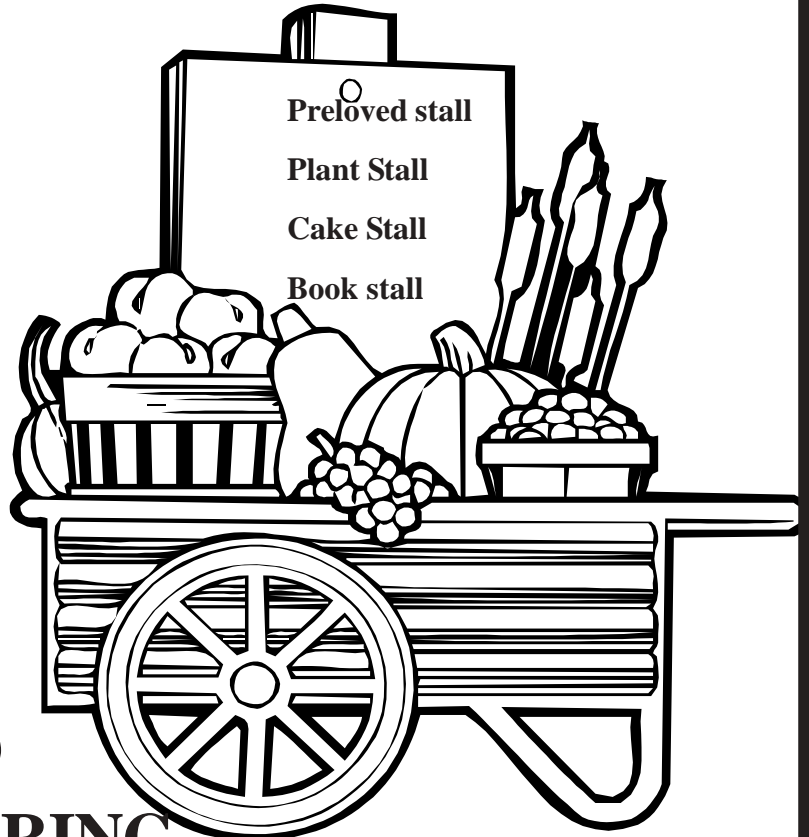
- Donations of goods for stalls including:

Volunteers will be needed to:

- co-ordinate and "man" stalls
- sell raffle tickets
- assist with carparking
- assist setting up and packing up

If you would like to help out please contact Gillian Shannon on 63312340 or email skags@aapt.net.au.

Watch this space for weekly updates.



29th March 2009

HIGHLAND GATHERING

Is your house or business on a main/busy road?

Would you be prepared to place signage on your fence, or in your yard to advertise the Highland Gathering?

If you can assist please contact Gillian Shannon on 63312340 or e-mail skags@aapt.net.au

Parents: If you would like to receive your copy of the Highlander emailed on Monday afternoons (and in colour!!), please let us know your email address.

You can ring the school or email Mrs Shillabeer at mjshillabeer@scots.nsw.edu.au

From the Deputy . . .

I wish to thank students and their families for their wonderful participation in last week's Swimming Carnival and Parent Weekend. Despite the inclement weather the participation level in all of the events was high. Spectator involvement was enthusiastic and supportive. The Year 7 Dinner was a relaxed, community-building occasion. The P&F Welcome Function on Saturday night was well attended and convivial. Chapel attendance on Sunday was excellent. It is indeed a privilege to work in a school where students and their families show such high levels of commitment and loyalty.

I wish to congratulate Mr Dawes and the SRC team for their coordination of the fundraising efforts for the Victorian Bushfire. The Mufti Day raised \$2750 for the appeal and this amount was substantially increased through the collection at Chapel on Sunday.

Assessment booklets for Years 7-11 will be issued to all students this week. These are very important documents for parents and boarding house staff as they enable pacing of homework and assignment preparation. Could I urge you to discuss the assessment booklets with your children and encourage them to appropriately manage their time?

With the cooler weather coming as a great relief to us all, I wish to draw your attention to the rules for presentation of our students on excursions and in the street on afternoon leave. These rules apply equally to boarding students and to day students (either alone or accompanied by their parents).

- *the blazer is compulsory
- *the tie must be pulled up and the top button done up
- *the shirt must be tucked in
- *the trousers or kilt must be clean and pressed
- *hair for boys must be neat and above their collar
- *hair for girls must be tied back with a blue or black ribbon
- *make-up and jewellery (apart from plain stud or sleeper earrings) is **not** appropriate
- *shoes should be clean and polished

We have a fantastic school. Appropriate presentation of our uniform is an expression of pride in our school. Students who cannot abide by these uniform regulations will not attend excursions and should change entirely into civilian clothes before visiting town.

-- Mrs Lynne Fleming

BLAYNEY BUS TIMES

Leaving Scots:

Monday	3:30 pm
Tues - Wed - Thurs	3:00 pm + 5:00 pm
Friday	3:30 pm

**Last day of school before holidays:
one bus only at 3:30 pm**

**Pick up in mornings: For any changes
please contact Mr Kevin Wren at school or
parents contact the Blayney bus driver directly:
Mr Doug Cotteral 0406 769 091**

Young Country Achievers Bathurst Royal Show 2009

Students wishing to enter the Young Country Achievers competition at the Bathurst Royal Show should collect an entry packet from Mrs Dawes. The competition is designed to foster and encourage an active participation in country shows. Scots Agriculture students have always been well-represented in this competition. Please note: you are expected to spend a minimum of two days at the Royal Bathurst Show. Entries close on Feb. 20.

Bringing Up Boys -- HE'LL BE OK!

Growing Boys into Good Men -- with Celia Lashie

Celia is recognised as leading authority on strategies to turn 'boys into good men'. She has had a distinguished career working with men and boys and was the first woman in NZ to be appointed to a custodial role in a male prison. Since then she has gone on to instigate the 'Good Man' project in 25 schools across New Zealand. Her books have been international bestsellers.

The forums and workshops will focus on how adolescent boys seem to disappear into another world where they barely communicate, and where fast cars, alcohol and drugs are constant temptations. She asks the question – will they survive to become good men? She will focus on the skills adults need to understand the male adolescent and how they can be helped though the difficult and dangerous time of adolescence. Her workshop and public speaking engagements are events NOT to be missed.

Bathurst **Public Forum** – 18th March 09. 7.30pm to 9.30pm
Centacare 107 William Street. Cost \$10.00 per head
[Tickets are available from Centacare at 107 William St.](#)

Professional Workshop - 18th March 09. 9am to 2 pm
Centacare 107 William Street. Cost \$80.00 per head. Lunch supplied. Payment must be received prior to attending.
**Email registration to terri@bathurst.catholic.org.au or
FAX to: Centacare Bathurst 6331 8021
Enquiries to: 6331 8944 Bookings are essential.**

Scots Cadet Unit . . .

Scots Cadet Unit - Happenings

The Scots Cadet Unit commenced their first meeting with a warm welcome to all new students to the unit, especially year Eight. This was followed by the introduction of the unit's key personnel and a brief description of their roles.

The 2009 Scots School Cadet Unit Commanding Officer (OOC) is Mr. Robbie Potter. He will be ably assisted by two year 11 students - Cadet Under Officer (CUO) Cameron Beer who is responsible for the overall program for the Unit including administration, and Warrant Officer 2nd Class (WO2) Jessica Spence who will be in charge of the 'day to day' running of the unit. Jessica will have the assistance of a number of Sergeants, each with their own Platoon.

Links with the Bathurst Army Reserve Unit were reinforced as the Scots Cadets were introduced to three guest speakers from this Unit. They spoke of their experiences in the Army Reserve including deployment as part of Australia's peace keeping forces in East Timor and the Solomon Islands. Time was also given to questions from the students.

Initial tasks for the Scots Cadet Unit include uniform outfitting. Sergeant Quarter Master (SQMS) Georgia Brancourt is in charge of the Stores and has already begun to outfit the new Cadets. Fitness assessments including swimming are currently being undertaken and will continue for the next few weeks.

Ms Susan Cameron

Lt Simon Dundon

Sydney Morning Herald Subscriptions

The Sydney Morning Herald will be available at school to students who wish to subscribe. They are delivered Mon-Fri during term time only, and a full year's commitment is required (Year 12 may exit Term 4). This is at a bargain cost of \$18-20 per term (approx. \$70-80 per year) depending on numbers of subscribers. Please complete the subscription order form below and return to Mr Doney by Friday, 20.2.09.

SYDNEY MORNING HERALD **School Subscription** **Terms 1-4, 2009**

I give permission for my son/daughter _____ to subscribe to the Sydney Morning Herald during term time only, delivered to school during 2008.

I understand the cost (depending on numbers) will be billed to my account each term.

I acknowledge the subscription commitment is for Terms 1-4 inclusive, school terms only, Monday-Friday papers only.

Parent's Name: _____

Parent's Signature: _____

Date: _____

The Scots Preparatory School

Congratulations

To the school leaders who were inducted at a special assembly on Thursday. School captains Zoe Behrendt and Zachery Telfser, Vice Captains Lucille Vance and Benjamin Druitt, House captains Lachie Dawes, Hollee Simons, India Toole and Luke Newman. They are an outstanding group of students who I am sure will lead the Preparatory School with distinction this year.

School Leaders Induction

Parents, relatives and friends joined us for a special assembly in the Aikman Hall on Thursday to induct our elected leaders and celebrate their achievement.

Each captain had selected a quality which they felt was particularly relevant to them and their leadership and presented a speech to the school explaining the word and how it would apply to our school and guide them throughout the year. The words, speeches and a photo of each student will form the leadership display at the top of the stairs in the Preparatory School.

Qualities chosen by the leaders were: - Believe Encouragement, Influence, Humility, Journey, Perseverance, Honesty and Vision.

Mr Richards shared his thoughts about leadership in his address and following the making of the pledge, parents or special guests pinned on the leader's badges.

The final part of the formalities required the student body to pledge their support and cooperation to their elected leaders. The leaders and special guests then enjoyed morning tea.

A special mention should be made of the bagpiper Matthew Gervasoni who played magnificently to lead the official party to and from the hall.

Thank You

The heartfelt generosity expressed by our students and families in response to the Victorian bushfire disaster was enormous. We raised approximately \$2 800 to assist families affected. We hope to continue our support throughout the year.

Swimming Carnival

Long term weather predictions suggest a fine and sunny 30 degrees on Friday for our swimming carnival and sprinkler fun day. The day commences at 9am with all children being involved in a house cheering/war cry

competition. All students should wear their house coloured T-shirt and any other suitably coloured items that will add to the atmosphere. Coloured hairspray is not permitted however coloured zinc cream is fine. The houses met on Friday to discuss plans for the cheering and will continue to meet each day next week to polish their performance. We hope that Mr Richards will judge the competition to officially start the day.

Children in K/1/2 will visit the carnival as appropriate throughout the day and also participate in the sprinkler games. Infants children will not go into the pool unless they are competent swimmers who turn 8 this year.

Parents are welcome to join us and assist where possible. Please let us know so that catering for the barbecue lunch can be finalised.

Swimming Training

Qualified swimming instructor (and parent) Mrs Raewyn Simons has generously offered to coach our WAS and HICES teams leading up to the carnivals.

Swimmers should bring their gear everyday to train at lunch time 12:45 to 1:30pm. Children would eat lunch during quiet reading time. We appreciate the time and effort Mrs Simons is giving to our swimming team, I am sure it will benefit all students as they can practice starts, entry dives, turns and stroke correction.

Assembly Item

Unfortunately Mrs Hallahan was sick on Friday. The Year 2 assembly item will now be on Friday 27th February at 10:15am in the Aikman hall.

Punctuality

It is most important that children arrive at school in time for the 9am assembly held under the shade cloth beside the pool. Daily routines and changes are announced, messages given, birthdays recognised and achievements applauded. This is part of children taking responsibility for themselves by listening carefully to messages and responding appropriately. It gives them security in knowing about any changes etc Please encourage children to put their bags outside classrooms and proceed promptly to the playground where there is a teacher on duty.

Pedestrian Crossing

Please ensure that all children use the designated crossing and that younger children hold your hand. It is essential that children enter and exit the car on the oval side NOT the road side. The school is currently looking at ways to

decrease the congestion on the front drive and changes will be announced in the Highlander.

Prep P and F

Our first meeting will be held on Tuesday 24th February at the new time of 5:30pm. We have some important discussion to be held about our participation in the Highland Gathering and fundraising and expenditure. I hope the new time will suit working parents. We hope as many people as possible will attend the meeting in the classroom adjacent to the Music Room.

Information Sessions

Classroom information sessions were well attended and positively received. If you were unable to attend on the night and would like copies of information distributed please advise teachers via the diary.

Assembly

Belinda Kidd was deemed by Scotty the Bear as the steadiest child at assembly last week and the class cup was awarded to Mr Alexander's class for conscientious work habits that are developing well.

SunSmart

Our campaign to be recognised as a SunSmart School is continuing with classroom programs and the dissemination of important facts. K/1 and Years 3 to 6 have made posters advertising various aspects of Sun safety which will adorn the walls of the Prep School this week. This week's fact file pertains to tanning and associated dangers. Our action plan will be tabled at the Prep P and F and a request for community support and commitment made.

Library Bags

The school shop is currently out of stock for library bags. We are in the process of ordering a new more sturdy and protective bag. Children cannot borrow without a bag. An environ bag is suitable or even a sturdy plastic bag will suffice until stocks arrive or a favourite aunt or gran sews an individual bag.

Absence Notes

It is a legal requirement that all absences are explained by a written note separate from the diary. If children are away from school for any reason please write a note of explanation and send it to school on the same day they return. If children are late to class or leave early then they must be signed in or out of the school. A clearly labelled book can be found on the table in the foyer. We would appreciate your assistance with these matters.

Highland Dancing

Lessons commenced today with Miss Johnson.

It is encouraging to see so many girls and boys continuing on, or taking up this opportunity for the first time. I am sure our end of term performance will very special indeed.

*Mrs Kerry Robinson
Head of Preparatory School*

HICES LEADERSHIP DAY

Nearly three hundred student leaders met in the hall at Blue Mountains Grammar on Thursday 5 February. The music was loud and boppy, the students excited and the day began with uncertainty about what would come next. Rising Generations who specialise in presentations and training of students in areas such as peer support, leadership and communication ran the day like a well oiled machine. Activities were challenging but not too challenging to empower all the students present. They learnt about qualities of leaders through a variety of activities and games that motivated and enthused the students to leave on a high, planning what they would implement when they were back at school. The Scots team consisted of Zach Telfser, Zoe Behrendt, Lucy Vance, Ben Druitt, India Toole, Hollee Simons, Luke Newman, Lachie Dawes, Jack Rowlandson and Putri Moran, who presented a 30 second 'tv commercial' of their motto at the end of the day. It was a fabulous day for all concerned and we would like to thank Mr and Mrs Behrendt for assisting with transport on the day.

SCHOOL SHOP HOURS TERM 1 2009

Monday	8.30 - 11am	1pm - 2pm
Tuesday		1pm - 2pm
Wednesday	8.30 - 11am	
Thursday		1pm - 2pm
Friday	8.30 - 11am	1pm - 2pm

Mrs Kathy Weal is in charge of the school shop.

Pre-Prep

Sounds Program

This week Pre-Prep start learning their sounds. The focus sound for this week is the letter 'a'. Your child will learn songs, rhymes, craft and tracing all about the letter 'a'. So expect to see some apples, aeroplanes, ants, alligators. Our rhyme is "Ants in the apple a, a, a"

Victoria Bushfire Fundraiser

A big thank you to all our generous Pre-Prep families, who supported our Mufti Day last Wednesday. Pre-Prep raised \$150 to put toward our school donation. We offer our thoughts and support to all affected by such a loss and hope our small donation will help those in need.

Sprinkler Day

On Friday, 20th February Pre-Prep will join Kindergarten in a fun Sprinkler Day. Please send children in their uniform and we will participate between 11:30 - 12:30 pm. You will need to send a towel, hat and swimmers. We shall provide sunscreen. A plastic bag for wet swimmers would be appreciated.

Scripture

Pre-Prep enjoyed their first scripture day on Wednesday. Mr Tim Abbey from the Presbyterian Church takes our 1/2 hour lesson. These consist of singing, a short bible story and a colouring activity. The children very much enjoyed their first lesson, and we are grateful to Mr Abbey for giving of this time each week.

Sun Smart

We have now had 2 big lessons from our Sun Smart Program. The first was learning about the sun and its heat. The second was about the importance of wearing hats while in the sun. This week we will participate in a practical experiment with bread and butter in the sun, the shade, etc. Please ask your children what they learned this week.

Labelling Clothes

Please label all your child's clothes they they weare to Pre-Prep. In particular, their hats and jumpers as they come on and off, and all look the same. If they have the correct name in them, we can ensure they go to the correct owner.

Craft Materials

We would appreciate any material off cuts, egg cartons, toilet rolls, magazines, empty margarine containers, glass jars, buttons, alce, ribbons, wool, etc. Please leave any spare items with Mrs Weal. Thank you.

Pedestrian Crossing

Please remember the importance of using the Pedestrian Crossing. You need to teach your children the safe way to cross the road. Buses, cars and children are contributing to making our driveway busy -- we **need** to use the **Pedestrian Crossing**.

Lithgow School

P and F meeting

Our meetings this year will be held every second Tuesday of the month and are open to all families and friends of the school (both Prep and Pre-Prep). We would love to see new faces come and join us each month. The next meeting has been scheduled for Tuesday March 10th straight after school.

The P&F are currently looking into the purchase of new lunch tables for the children to sit on.

Shade Sail

There should be a replacement for our damaged shade sail in the next 2 weeks.

Highland Dancing

Lessons have begun for term one. These lessons are conducted after school on Tuesdays with Mrs Kim Drury and are open to both Prep and Pre-Prep students. Anyone interested can speak to their teacher for extra details.

Outdoor Equipment/Resources

This year we are excited that we are able to take advantage of Galloping Gumnut's Toy Library Service, which will mean a wider selection of both indoor and outdoor equipment available to the children at Scots. Toys/equipment will be delivered and changed at regular intervals, and will be most useful in our Healthy Bodies Awareness Program.

Prep News

Workers in our Community

Stage one students have begun the HSIE unit "Workers in the Community". As part of this unit we have begun mini excursions each Monday to visit local businesses. In week 2 we visited the Westpac Bank where Rachael's Aunty Mrs. Lovett gave us a wonderful tour. We learnt about how the money is kept safe, what it is like to serve behind the counter and what happens at the back of an ATM. Last week we visited Bills old fashioned Cake Shop with Mrs Dowler. Here we also got to go behind the counter to the kitchen where we



learned how to make sausage rolls with Dave and Erin, and helped to decorate a sponge cake with Deb. We were also lucky enough to taste the sausage rolls and take our cake back to school to eat. Both visits have been exciting, interesting, educational and FUN!! We would like to thank both businesses for the effort they put into making our visits so special and we look forward to visiting other businesses over the coming weeks.



eating healthy options makes your child more likely to do so. **It is also a good idea to place a frozen drink or mini freezer block in lunchboxes during hot weather to keep food fresh and at a hygienic temperature.**



Weather Watchers

Stage 3 students have become meteorologists this term measuring temperature, wind direction and rain after having made the necessary instruments themselves. They have also begun recording results on spread sheets they have designed and are collating a digital record of the sky and clouds we see each day.

Pre-Prep News

It is wonderful to see that all our new Pre Preps have settled well, are making friends and enjoying challenges.

Alphabet Sounds

This week we are beginning to learn our Alphabet sounds. We are learning about Aa, so look out for alligators, apple trees, aquariums and more! We are investigating astronauts, apples, All About Me and much more! As well we are starting to learn our Ants in the Apple song.

Healthy Eating Program

To reinforce our Healthy Bodies Program, please send a selection of healthy food in your child's lunchbox. Suggestions include sandwiches, wraps, rolls and salads for lunches, plus fruit, vegetables, cheese and yogurt for snacks. Children are far more likely to make healthy food choices if other less healthy options are unavailable. Also, seeing other students

Library

Please make sure that your child is a member of Lithgow Library and Learning Centre if they attend on a Monday. To borrow a book your child will need to bring a library bag each Monday too thanks.

Pillows

Please remember to bring a pillow or small cushion for your child each time they attend.

About Me Sheets

If you have not already done so, please return your child's sheet as soon as possible so it can go into their Portfolio thank you.

Mrs Erika Pringle and Mrs Di Moore

Be sure to check out the Sun Smart pages at the back of this *Highlander*. SunSmart Program: The first in a series of fact sheets which complement the work don by children in all classes from Pre Prep to Year 6 in our endeavour to be recognised as a SunSmart school.

Sport at Scots

Sports Bulletin Week 4 Term 1

TSS Swimming Championships

Despite the inclement weather last Friday we successfully completed the Inter House swimming championships. The day began with showers of rain and a cool breeze and after some consultation with the weather maps and radars it was decided to delay the start of the carnival until after recess and to modify the program of events.

To the surprise of most students the water temperature was quite nice compared to the ambient temperature out of the pool. We began the day with the butterfly events and our first record was set in the very first race by Felicity Walker (Year 7) who went on to set many new 12 year old records. The freestyle events again attracted the greatest number of participants as the students rallied in support of their houses. A hot pie from the dining hall helped to warm the students up and keep them energized for the afternoon session. The records continued to be broken during the breaststroke with Aidan Rieri smashing the 17 years record with a fantastic swim.

Our carnival concluded with a series of house relays with some of the closest finishes in a number of years. The vocal support from the crowd inspired the senior girls Flynn team to re-write the record book taking several seconds off the previous time.

At the presentation ceremony the parents of our swimming captains presented the awards to the age champions. We wish to thank Mrs Lee, Mrs Hodges and Mr Hodges for their support and assistance during the presentation. Mr Richards had the pleasure to present the Inter House Cup to the Ives House captains, Ben Riley and Emma Clarke who narrowly won the day over Flynn House.

Finally, I would like to thank all the students who competed on the day, all the students who cheered and supported their peers on the day, all the students who assisted with the set up and pack up of the carnival, the staff for their contribution and officiating and to the parents who came along and supported the students. Our age champions are listed below.

Age Champion

	Girls
12	Felicity Walker
13	Meredith Spence
14	Laura Wright
15	Anne Christie
16	Kaitlin Wright
17	Meg Eisenhauer
Senior	Rebecca Lee

Boys

Marcello Casti
Jonty Boshier/Cameron Chew
Lachlan Conyers
Lachlan McDevitt
Chris Dove
Aidan Reiri
Cameron Hodges

Runner Up

	Girls
12	Mollie Harley
13	Maddison Hohnberg
14	Samantha Cowan
15	Caitlin McDermid
16	Madeleine Conyers
17	Brooke Cowan
Senior	Keira Pollard

Boys

Gulliver Newell
Angus Inwood
Jock Sinclair
Hugo Newell
Lachlan McDermid
Matthew Gervasoni
Luke Ryan

New Swimming Records Set

At the Swimming carnival on Friday we had five new records set. They are as follows.

Felicity Walker (12 Year Girls) 50 m Butterfly - 44.12 sec, 50 m Freestyle – 37.09 sec and 50 m Breaststroke 48.26 sec.

Aidan Reiri (17 Year Boys) 50 m Breaststroke – 36.35 sec.

Senior Girls Relay (Flynn House) 2 min 41.50 sec.

WAS Swimming Carnival

This Friday the Western Associated Schools (WAS) swimming carnival will be held at St Stanislaus College from 4.00pm. Our team of swimmers will be transported from Scots at 2.45pm. The entries for each team member will be placed on the notice board near the library.

The team is made up of the following students.

Girls

A. Christie
B. Cowan
C. McDermid
C. McFawn
E. Crozier
F. Walker
K. Pollard
K. Wright
L. Woods
L. Wright
M. Conyers
M. Eisenhauer
M. Harley
M. Hohnberg
M. Spence
R. George
R. Lee
S. Cowan
S. Weekes

Boys

A. Inwood
A. Lennon
A. Reiri
C. Chew
C. Dove
C. Hodges
G. Newell
H. Newell
J. Boshier
J. Sinclair
K. Ball
L. Conyers
L. McDermid
L. McDevitt
L. McLeod
L. Ryan
M. Casti
M. Gervasoni
T. Gibson
T. Hughes

Netball and Rugby Tours

Students and parents are reminded that the second instalment is due at the end of the month. Please forward payments to the school office with the instalment notice. Students can collect the instalment notices if they do not have one from Mr. Adams (netball) or Mr. Bailey (Rugby).

Sport Events in the next few weeks

WAS Swimming Carnival 20th of February

WAS Diving Carnival 21st of February

NSW All Schools Triathlon 5th of March

ISA Swimming Carnival 6th of March

Mr. Justin Adams (Sports Master)

Cricket - - -

Scots 15's v. All Saints 15's

Last Tuesday we went to All Saints after school to finish off our game against All Saints. Resuming at 0-43, we continued our run chase. We had a plan to score enough runs as quickly as we could so that we could send All Saints back in and go for an outright victory. With the game running on time we decided to bat until drinks and then retire and send them back in.

At the drinks break we were 3-174, a lead of 109 runs. After a short drinks break we sent All Saints back in to bat. We didn't end up getting All Saints all out, but they ended up at 3-117 after 24 overs. A victory no the first innings but not an outright which we had hoped for.

Best batting performances from Angus Lennon with 50 not out, Elliott Chew with 41 not out and Ben Spence with 23. Best bowling performances from Millaine Longmore with 4 overs/2 wickets for 0 runs; and Sam Ireland with 2 overs/1 wicket for 20 runs.

Overall this was a good finish for the first game back this year. Man of the match goes to Millaine Longmore with bowling figures of 6 overs, 5 maidens, 5 wickets for 2 runs, with that hat trick last week.

Well done boys. Looking forward to a strong finish to the year.

Angus Lennon (Captain)

Scots U13's v. St Pats

The Under 13's have enjoyed great success over the past week. With two matches played, two decisive victories were recorded. Pleasingly, all players made great contributions to these victories and the standard of our play is constantly developing.

On Tuesday we played a 24 over match v. St. Pats. Batting first, we made a moderate 71, with Kieran Ball and Ben Vance 14, major contributors. A complacent and over confident St Pats never threatened our total, collapsing to be all out for 50. Ben Kroone (2 for 6), Kieran Ball (3 for 12) bowled well, with Nathan Gervasoni proving the real destroyer capturing 5 for 7 with his deceptive left arm seamers. Two outstanding catches by Ben Kroone at mid-wicket proved decisive -- one catch came from a powerful pull which Ben secured one handed. A great effort by all the team and a real morale booster.

Following our mid week victory we played Stannies on Saturday in another limited overs match. The weather was most unpleasant with persistent drizzle throughout the morning, making conditions difficult, especially bowline with a wet, slippery ball.

After 24 overs Stannies reached 6 for 110, with Oscar Sobalirov (3 for 11) our best bowler. In reply we reached 3 for 113, with several overs left. The victory was secured by Stuart Marshall 40 not out and Jock Sinclair 15 not out.

We look forward to our remaining matches, hoping to secure further victories.

-- Mr B.J. Mair

The Scots School Summer Sport Weekly Schedule 2009

Sport	Team	Coach	Date	Opposition	Time	Venue	Transport
Basketball	Highlanders	Mr Lee	Thursday 9.2.		4:15 pm	Bx Stadium	see coach
	Chieftains	Mr Lee	Thursday 9.2	Scots Terriers	5:05 pm	Bx Stadium	see coach
	Terriers	Mr Hayward	Thursday 9.2	Scots Chieftains	5:05 pm	Bx Stadium	see coach
	Lion	Mr Hayward	Thursday 9.2	ASC Snr Red	5:05 pm	Bx Stadium	see coach

No FRIDAY basketball games this week due to WAS swimming carnival

Cricket	12s	Mr. Chew	21/02/09	St Pats Blue 11	8.20am	Scots Top Oval	
	13s	Mr. Mair	21/02/09	Bye			
	15s	Mr. James	14/02/08	Stannies Blue	8.30am	Main Oval	
Tennis		Mr. Matus	21/02/09	KWS	8.30am	TSS	
Water Polo		Mr. Adams	No game this week due to WAS swimming carnival				
Year 7 Sport		Mr Adams	Wednesday			Basketball in Sports Barn	3.40 to 4.40pm
		Mr Christie	18/02/09				

WAS Swimming Carnival this Friday 4.00pm until 7.30pm approx. Parents are most welcome to come along and support.

Water Polo . . .

Senior Water Polo

In our first game of the year we played All Saints College at ASC pool. After settling back into the season we regained our strengths in both attack and defence. Other than some issues with figuring out our positions at the start we managed to play a good game and the end score was 9-5 their way. The Scots goals were scored by Saranne Weekes, Cameron Hodges and Luke Ryan (3). The other players that stood out on the day were Rebecca Lee as a centre, Nick Matus as a back and Josh Bayliss as our stand in goal-keeper. But overall, it was a good game and everyone had a good time.

by Luke Ryan

Diving . . .

The diving schedule for Term 1:

Prep Diving Mondays 3:50 - 4:50 p.m.

Senior Diving Fridays 3:50 - 4:50 p.m.

Additional Senior Diving on Wednesdays
by arrangement with Mr Doney.

Information Sheet



Being SunSmart in the Snow

Australia has the highest rate of skin cancer in the world. Most of us now know how important it is to protect our skin from the effects of the sun in summer. However it can be just as important to be sun smart in winter - especially if you're heading to the Snowy Mountains.

Getting sunburnt at the snow, even when conditions are cold can be an easy thing to do. Sunburn is not only painful and embarrassing while it lasts - it can cause long-term damage to your skin such as wrinkling, blotchiness and premature ageing. More importantly, sunburn is a significant risk factor for skin cancer. The more exposure you get to ultraviolet (UV) radiation - whether it's at the beach or on the slopes - the greater your risk of developing skin cancer.

Key Points

- UV radiation levels are higher in alpine regions than at sea level

- UV radiation cannot be seen or felt - even when the temperature is low, UV radiation is present and can cause sunburn and skin damage

- Exposure to UV radiation - especially in childhood - can significantly increase the risk of skin cancer

- Apply SPF30+, broad spectrum, water resistant sunscreen, wear goggles or wraparound sunglasses, cover your head and ears and wear tops with long sleeves and high neck or collar

Why is UV radiation a risk when at the snow?

The risk of sunburn and skin damage from UV radiation is high in alpine regions for a number of reasons:

- UV radiation levels are more intense at high altitude than at low altitude (sea level) because the air is cleaner and there is less atmosphere to absorb the harmful UV rays. UV levels increase by 10 to 12% with every 1000 metres increase in altitude. The summit elevation of Mt Perisher (2054 metres) and Thredbo (2037 metres) can have up to 30% more UV radiation than at sea level.

- Snow is highly reflective. On a sunny day, clean fresh snow can reflect as much as 80% of UV radiation. This means that not only does UV radiation reach you directly from above but also indirectly - scattered and reflected by the snow.

Protect your skin

Most ski gear is already designed to cover most of your body in order to keep you warm. But don't forget the bits that aren't covered! Remember these tips:

- UV levels are usually highest in the middle part of the day. Think about taking a break from the slopes to go indoors or into the shade.

- Keep your head covered with a balaclava or a beanie with flaps to cover your ears.

The Cancer Council New South Wales 153 Dowling Street Woolloomooloo 2011 Ph: (02) 9334 1900
ABN 51116463846



Protect your skin

Apply a generous quantity of SPF 30+, broad spectrum, water-resistant sunscreen to all exposed areas of skin (face, throat, back of the neck, ears and backs of hands if not wearing gloves) 20 minutes before going outside. Remember the reflective nature of snow and make sure you apply sunscreen under your chin, beneath the tip of your nose and behind your ears.

Apply protective lip balm or zinc cream to lips.

Carry small tubes of sunscreen and lip balm so you can reapply every 2 hours throughout the day.

During spring skiing when conditions begin to warm up and it's tempting to dispense with hats and jackets, remember to apply sunscreen liberally to all exposed skin and wear tops with long sleeves and high neck or collar.

Many people confuse sunburn for windburn. Windburn can occur when strong wind strips the skin's natural oils. Windburned skin may feel red and irritated however windburn is not associated with long-term skin damage and skin cancer. The moisturisers in sunscreen may help reduce the effects of windburn.

Protect your eyes

'Snow blindness' – sunburn on the surface of the eye is a real risk at the snow. The condition is usually temporary and may last only a few days, however it can be very painful and contribute to long-term damage such as cataracts.

Always protect your eyes from glare and reflected UV radiation:

Wear wrap-around sunglasses or snug fitting goggles. Check the swing tag to ensure glasses or goggles meet the Australian Standard AS1067.

Eyewear for children and adolescents should also meet the Australian Standard. Toy and/or fashion spectacles may not provide adequate protection.

If you wear prescription glasses talk to your optometrist about getting prescription lenses fitted in your sunglasses or goggles.

SunSmart Kids

Exposure to UV radiation in the first 15 years can greatly increase a child's risk of developing skin cancer later in life.

Apply sunscreen liberally to children's exposed skin 20 minutes before they go outside. Provide children with small tubes of sunscreen/lip balm for reapplication throughout the day.

Ensure children's eyes are protected by good quality goggles or glasses. For safety, children's glasses/goggles should be fitted with plastic, not glass lenses.

If the weather is warming up and children are wearing lighter clothing, make sure they still have long sleeves and high necklines.

Children's headwear should provide protection for their ears as well as their heads.

Be a good role model for children. Actions speak louder than words.

For more information on skin cancer prevention and sun protection

www.cancercouncil.com.au/sunsmart

For your diary or calendar and reserve the date

Curry Night

Saturday, 28th March 2009

5:30 pm

Scots School Dining Hall

**Gather with friends and family to enjoy
a delicious meal
and fabulous music presented by the**

Scots School Pipes & Drums

Keep watching the Highlander for more details

Drama . . .

Excursion to "On Stage"

On Friday 6th February, drama students from years 10, 11 and 12 were whisked off to Onstage, at the Seymour Centre in Sydney. This was a presentation of HSC Drama work from 2008 and was a great chance for the students to see the quality and variety of creative theatre in the HSC program. The crowd-favourite performance was an individual piece, about a manic, obsessive maid who struggled to maintain control of her feather duster. The Year 12's have used this experience as a springboard to the development of their individual and group work.

Mr Christie

My Day at CSU

CSU -- your university for a day!!!

On Tuesday, 24th March Charles Sturt University School of Communications is hosting an information day. Students from Years 10, 11 or 12 who are interested in careers in:

Theatre/Media

Commerical Radio

Advertising

Advertising/Marketing

Journalism (print & broadcast)

Public Relations

Public Relations/Business

are invited. The Scots School has 10 places only, and will be filled with the first 10 people to apply to Mrs Fleming. See Mrs Fleming immediately if you wish to attend this event.