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Beginning of Year Service

All students travelled to St Stephen's on Wednesday morning for our traditional beginning of year service. Mr Gittins is pictured here with the 2009 student leaders.



Introducing . . .



Rebecca George (Y7), Mollie Harley (Y7), Maddison Hohnberg (Y7) aren't the only new girls starting at Scots from West of Dubbo in 2009. Our new Enrolments and Promotions Officer, Megan Greig, is also from out West.

Megan grew up on a mixed farming property on the Nyngan side of Tottenham before embarking on her own boarding school

journey. Megan has a degree in Public Relations and Organisational Communication and comes to Scots from the Marketing Division of Charles Sturt University.

Megan's family has had a long association with The Scots School, her Father, George, Uncle Keith and Brothers David and Wesley are all Old Boys of the School.

From the Headmaster . . .

The year has commenced very well with both staff and students getting started with the work for the year very quickly, despite the hot weather we are experiencing at the moment.

The pool has been in use constantly. The boarders had a barbeque dinner near the pool on Saturday and then watched a movie on an outdoor screen set up by Mr Bailey in the cool of the evening. The Prep School start their Swimsafe swimming lessons this week which will extend over the next two weeks. The Secondary School Swimming Carnival will be on 13 February with the Prep School Carnival following a week later. All families are invited and there should be some competitive swimming as well as keen support for each of the Houses

Can I remind parents of Year 7 students of the dinner for parents and students in the Dining Hall on the evening following the Swimming Carnival, commencing at 6.30 pm. I encourage all parents to renew old friendships and make some new ones at the P & F Beginning of Year function at 5.30 pm in the Main Quad.

This year we have some wonderful new students joining our talented existing students, and the manner in which the School has started the year has great promise of a memorable year.

-- *Tim Richards*

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 begin by congratulating all students on the presentation and enthusiasm they demonstrated last week. It was a hot and busy week with lots of new routines to master. All students were resilient and resourceful. 2009 will be a wonderful year if the present attitude of the student body is maintained.

In the present hot weather it is vital that:

- Students remain hydrated. All students should bring a water bottle with them to school.
- Students must wear a hat or sit in the shade.

I ask parents to ensure that all hats and school equipment are clearly labelled. All possible attempts are made to return lost equipment to its rightful owner. Lack of clear labelling sometimes makes this difficult.

Term 1 is a very busy term and the following dates are for family diaries:

| | |
|--------------------|---------------------------------------|
| 13 February | TSS 7-12 Swimming Carnival |
| 15 February | Chapel Service 9:30 am |
| 20 February | WAS Swimming (4 pm @ Stannies) |
| 20 February | Prep K-6 Swimming Carnival |
| 4 March | Prep WAS Swimming at Kinross |
| 10 March | SCHOOL PHOTOS |
| 26 March | TSS 7-12 Cross-Country |
| 29 March | Highland Gathering |

Interim reports on student progress for Years 7, 11, 12 and all new students will be posted in Week 8.

Mrs Garland and Mr Mackenzie are busily organising peripatetic music teachers and the schedule of Pipes & Drums lessons. Remember, if you never try anything new, you will not fail, but you may be neglecting a great undiscovered talent! Have a go! Ask questions! Put your name down!

On Wednesday, February 4th, Outdoor Education and Cadets will commence for all students in Years 8 and 9, and continuing Cadets from Year 9-2010. This is a compulsory activity. Remember to bring your equipment and be on time.

Finally, I urge students to ASK THEIR TEACHERS if they are unsure about routines or equipment needs. Our staff are always eager to provide assistance for each individual child and to assist students to demonstrate responsibility for their own learning.

-- Mrs Lynne Fleming

Friends of the Pipes & Drums Meeting

**Monday, February 2nd
5:00 p.m. in the school library**

Hoping to see everyone there!

--Mrs Cheryl Gilbert
Secretary

YEAR 12

Lion's Club Youth of the Year

Expressions of interest are being sought from current Year 12 students to compete in the Lion's Club Youth of the Year Quest.

Anyone wishing to be considered as the Scots School nominee, please see Mrs Fleming as a matter of urgency.

The competition judging will be held on Thursday, 19th February 2009. The student successful at this level will also need to be available at the district judging on 7th March, 2009.

Mrs L. Fleming

P&F MEET AND GREET FUNCTION

The P&F will be hosting their annual "meet and greet" function on

Saturday 14th February

in the senior school quadrangle, commencing at 5.30pm.

Cost is \$15.00 per person with drinks and nibbles provided by the P&F.

This is usually a very relaxed and enjoyable evening, concluding when darkness takes over.

Please RSVP to the school office. Payment on the night is ok. I look forward to seeing you there.

Ross Andrew
0427 294 869

COMPULSORY DATES 2009

The following list of events are compulsory attendance for senior school students. Non-attendance will result in an after school detention. Any student requiring permission to absent themselves from a compulsory event must present a request in writing to the Headmaster well in advance.

These dates are also listed on the small school calendar and in the diary.

| | |
|-------------|--|
| 13 February | TSS 7-12 Swimming Carnival |
| 15 February | Chapel Service 9:30 am |
| 20 February | WAS Swimming (4 pm @ Stannies) |
| 20 February | Prep K-6 Swimming Carnival |
| 10 March | SCHOOL PHOTOS |
| 26 March | TSS 7-12 Cross-Country |
| 29 March | Highland Gathering |
| 16 May | Chapel Service 9:30 am |
| 12 August | TSS 7-12 Athletics Carnival |
| 30 August | Foundation Day Service 9:30 am |
| 1 November | Prefect Induction Service 9:30 am |
| 6 December | Ceremonial Parade 4:30 pm Carol Service 6:00 pm |
| 7 December | SPEECH 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.

MUSIC NOTES

1. Music ensembles will commence this week and are as follow:

- Stage Band- 8am Thursday
- String Ensemble- 8am Friday
- Concert Ensemble- 3.30pm Monday
- Choir- Monday lunch- Week B
Wednesday 8am – Week A

****New students will be welcome at all ensembles.**

2. **PRIVATE MUSIC LESSONS-** see Mrs Garland for details. Lessons will resume asap. If you would like to learn an instrument this year please see Mrs Garland at the Music Centre.

Mrs D Garland
Head of Music

Education Tax Refund (ETR)

In last week's *Highlander* we printed the following information from Bob Debus, MP, Federal Member for Macquarie:

“The Australian Government is introducing the Education Tax Refund (ETR) to help families to meet the costs of educating their children through assistance with certain education expenses. The ETR takes effect from 1 July 2008.

Under the ETR, eligible families or independent students will be able to claim:

*a 50 per cent refundable tax offset every year for expenses up to \$750 for each child attending primary school (that is, a refund of up to \$375 per child per year); and

*a 50 per cent refundable tax offset every year for expenses up to \$1500 for each child undertaking secondary school (that is, a refund of up to \$750 per student per year).

Eligible school expenses include:

- *laptops, home computers and associated costs, including leasing;
- *home internet connection;
- *printers and paper;
- *education software;
- *school textbooks, learning materials and stationery;
- *prescribed trade tools.

Parents should keep their receipts for education expenses to make the most of the benefits available under the ETR. First claims for the refund of education expenses can be made from 1 July 2009 using the 2009 individual tax return.

Further information about the ETR can be found on the Treasury website at www.treasury.gov.au

The Scots Preparatory School

Congratulations

To all students in Prep for a sensational start to the school year, especially Kindergarten who experienced so many new things and coped with the heat to complete their first week of 'big school'.

Settling In

All classes have begun the year with a conscientious approach to their school work, smart presentation, a welcoming attitude towards new students and best of all, a beautiful smile.

Our first assembly was well conducted by captains Lucy Vance and Zoe Behrendt. Kindergarten enjoyed the occasion receiving special applause for earning their gold cards this week. Scotty the bear who watches for well mannered steady children throughout the assembly, decided that Sebastian Colley was a deserving recipient and therefore Scotty will spend this week in K/1.

Homework will commence this week and I refer you to the Homework Policy and guidelines in the parent information handbook. If there are specific questions in relation to homework please contact class teachers.

Book Covering

Books will be sent home on Friday to be covered with the covers provided and clear contact. Pride in bookwork is a focus at Scots and the development of this begins with the preparation of covers and careful covering of the book. I understand the frustration of working with contact and I wish you well and thank you for your support!

Welcome

To Miss Kim and the small group of Keystone students from Korea who have joined classes today. The students participate in intensive English lessons every morning and join classes after recess. We hope their time at Scots will be happy and that friendship and the sharing of culture will continue to be a feature of this program.

HICES Leadership Day

Our school leaders are looking forward to attending the HICES Leadership Day at Blue Mountains Grammar

School on Thursday this week. This is a wonderful opportunity for our students to mix with leaders from other schools and share ideas, as well as work in groups to complete leadership challenges. Another component of the day is the exploration of the theme 'Agents of Change'. The presentation will explore how a leader, through their service of others and being a good role model can be a catalyst for change amongst a group. The final session will provide time for our students to discuss their leadership vision and hopes for 2009 and come up with a presentation which promotes their leadership motto for 2009, the type of leaders they desire to be and the values which will underpin their leadership.

WAS Swimming Carnival

An enthusiastic group of swimmers took to the crystal clear waters of the pool on Friday to trial for the WAS carnival. **There has been a late change of date: The WAS Carnival will now be held on 4th March at Kinross.** Please mark this change in your calendars.

Best wishes to all students who have been selected to compete at this event.

Swimsafe

Lessons commenced today with children keen to be involved because of the favourable weather we are experiencing at the moment. Ty Malone will be the instructor on Monday and Tuesday and then Rennae Abberley will complete the program.

It is essential that children are fully prepared in terms of sun protection i.e. Hat, sun shirt and sunscreen.

The incidence of lost clothing during this time will be minimised if all items are clearly labelled (this includes shoes and socks).

Please ensure children have a plastic bag for wet items and a bag in which to put their uniform whilst swimming.

*Mrs Kerry Robinson
Head of Preparatory School*

NAPLAN

National Assessment Program Literacy and Numeracy

Students in Years 3, 5, 7 and 9 will be assessed in writing, reading, language and numeracy. Testing will be held Tuesday, 12th May through Thursday, 14th May. Please mark these dates in your calendar as it is important that students not have conflicting appointments on these dates.

Pre-Prep

Welcome

We welcome all the new children and families starting at Pre-Prep this year. We also welcome back a few students from last year, who are enjoying helping all our new children settle in. We had a wonderful start to our year last week -- no tears at all, and each child was happy, enthusiastic and settled. It should prove to be a great year.

Welcome Afternoon Tea

This Friday, 6th February we are holding a Welcome Afternoon Tea for all parents of Pre-Prep children. This is an opportunity to say hi to your child's teacher and to meet other parents. It will be held in Mrs Chapman's classroom between 4 and 5 o'clock. We look forward to meeting as many of you as possible.

School Shop

Pre-Prep uniforms, library bags, paint smocks are all available from the Uniform Shop. The shop is open Monday, Wednesday and Friday between 8:30 am and 11:00 am, and again between 1:00 pm and 2:00 pm.

Sun Smart

The Scots Prep School is a registered Sun Smart School. This means that in the next 4 weeks your child will be participating in the Cancer Council's Sun Smart lessons in class. They will learn the importance of hats, sunscreen, shade, etc.

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 done by children in all classes from Pre Prep to Year 6 in our endeavour to be recognised as a SunSmart school.

ROAD SAFETY MESSAGE

This Road Safety Message applies to Scots Bathurst and Scots Lithgow

Children's safety to and from school is an important road safety issue; please remember on school days that 40km/h speed zones operate between 8 and 9:30 in the morning and 2:30 and 4 in the afternoon.

The speed limit in school zones is 40km/h during these times. If you are caught travelling at more than 40 km/h in a school zone at these times it will cost you a minimum fine of \$128 and 4 demerit points. 40km/h school speed zones operate across NSW at all school sites on gazetted school days.

A road safety message brought to you by Lithgow City Council's Road Safety Officer or the Midwestern Regional Council's Road Safety Officer.

Absence

If your child is absent from Pre-Prep teachers would appreciate a quick phone call to the school office on 6331-2766.

After School Care

Mrs Fran Weal conducts After School Care in the Pre-Prep classrooms between 3:20 pm and 5:00 pm. Most families have sent back their registration note. If you have not done so, could you please do so as soon as possible.

Our School is Nut Free

In Pre-Prep we have an Anaphylaxis Policy to assist any child that may have any allergies -- especially to nut products. Please do not send any form of nuts, including peanut butter to school with your child.

Information Letters

Please make sure you obtain a copy of the Pre-Prep 2009 Information Letter this week. It will outline Library Days, Scripture Days and equipment your child will need for the year.

Town Library

For children attending on Thursdays, please return your permission note to your teacher before Thursday, 5th February. This Thursday is our first trip to the Town Library for 2009. Children do not borrow books on these visits. Instead we participate in stories, singing and craft provided by Natalie and Jane, especially prepared for us.

-- Mrs Chelsea Chapman and Mrs Jennie White

Lithgow School

Book Club

The first book club order for the term has been sent home. These can provide great reading material for your child or wonderful presents. Orders are due back to the school no later than Friday 13th. Thank you.

P and F meeting

A short meeting has been scheduled for Tuesday 10th February after school at 3:00pm. This meeting is open to both prep and pre-prep parents and any new faces are most welcome.

Highland Dancing

Commences in week 3 on Tuesday 10th February. Both Prep and Pre-prep students can attend these after school lessons. More information can be obtained from your teacher.

Prep News

Summer Reading Challenge

Students were asked to catch the Summer Reading Buzz to keep up their reading skills over the summer holidays and participate in our Summer Reading Challenge. Congratulations to our ripper readers; Elly Baxter, Danika Tanning, Breeana Jenkins, Shalyn Davies and Stephanie Arpasi who took this challenge and enthusiastically kept a log of all of the books they read over the holiday!! (Photo of the Summer Reading Challenge participants)

Smart Board

The smart board is now up and running in Lithgow. Students and staff would like to thank both Mr. Cameron and Mr. Mackenzie for installing this new technology. In the small time that it has been installed we have played online interactive Indonesian language games, used the interactive dice to play circle champ, used the coloured pens and had spelling lists on the board. Parents had a little fun trialling the new equipment this week too. (Picture to be inserted here of Danika using the smart board for interactive Indonesian games)

Parent Information Afternoon

Parents are invited to attend a general information afternoon about routines, needs and topics being studied this year on Tuesday 10th Feb after school from 3:15pm-4pm approx. (This will follow on after the P&F meeting)

Parent Letters and Surveys

Thank you to the parents who have returned any surveys, the information they have provided has been very

valuable. Any outstanding surveys would still be greatly appreciated.

Pre-Prep news

It is wonderful to see that all the new students are settling in well, and enjoying their Pre Prep experience. New friendships are being established as children get to know one another.

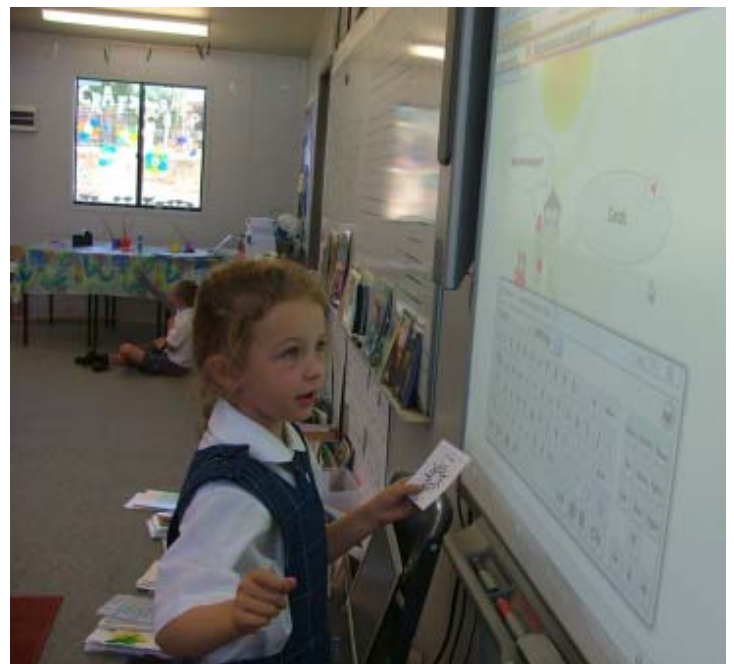
Healthy Lunchboxes

Please remember that we are learning about, modelling and encouraging healthy eating. Many pre packaged items are high in sugar, fat and salt. Fruit, vegetables, fruit yogurt and cheese are all healthy, tasty and nutritious lunchbox choices. **It is also a good idea during this very hot weather to either freeze an extra drink or a mini freezer block and put it in your child's lunchbox to keep food at a hygienic temperature until lunch time. Children also require extra drinks on these very hot days please.** For healthy food ideas please see your child's teacher.

Hand towels/ Pillows

Please make sure your child has a hand towel and pillow each time they attend. These will need to be hung up each morning and taken home of an afternoon.

Mrs Erika Pringle and Mrs Di Moore



Danika on the new interactive "Smart Board" at Lithgow school

Boarding at Scots

The boarding year began happily with a great barbecue cooked by our CELEBRITY CHEFS (students!!!), enjoyment in the pool to cool down and a tough game of water rugby. Capping off the evening, Bulkeley House hosted the outdoor cinema. What a great idea!

Here are some photos taken by Senior Resident Mr Maher.



Angus Dunn launched by Josh Bayliss and Lewis Mcleod.



Ben the reso scores the first try





Bulkeley House open air cinema -- open for business!



Sport at Scots

Sports Bulletin Week 2 Term 1

Rugby & Netball Tours 2009

The Rugby and Netball Tours for the Mid Year holiday (July) in 2009 to the Gold Coast (QLD) will be going ahead. The 2nd instalment letter will be sent home with students this week requesting that the 2nd instalment of \$500 be paid before Friday the 27th of February. We will be busy planning the finer details of the tour such as additional activities and team uniforms in the next few weeks. I encourage all students who are interested in contributing to speak to Mr. Bailey or Mr. Adams.

Beat the Heat

Students are reminded to try to prepare for the hot weather that we are experiencing at present by wearing the appropriate headwear and taking regular drinks breaks. All students are encouraged to bring a water bottle to training sessions. Coaches have been briefed on stopping for drink breaks every 20 to 30 minutes of vigorous exercise.

Sports Training Arrangements

Tuesday and Thursday training sessions will continue as normal this week for all students in years 8-12.

Year 7 Sport will be on Wednesdays between 3.30pm and 4.40pm beginning in week 2. All Year 7 students will be given a schedule of sports for the term so that they can dress appropriately for each sport session. Weeks 2 and 3 will be swimming based activities in the school pool.

The 15s Boys cricket team will have their deferred match versus All Saints played on this Tuesday and Next Tuesday from 4.00pm at All Saints.

The 13s Boys cricket team will have their deferred match versus St Pats played next Tuesday (10th February) on the schools main oval from 4.00pm

Specialist Swimming Races for the TSS Carnival

The 100m Individual Medley and the 200m Freestyle races will be held on Tuesday the 10th of February and the 100m freestyle race will be held on Thursday the 12th of February. All races will be held in the school pool from 3.40pm during sport training.

Sport Events in the next few weeks

TSS Inter House Swimming Carnival 13th of February

WAS Swimming Carnival 27th of February

ISA Swimming Carnival 6th of March

Mr. Justin Adams (Sports Master)

The Scots School Summer Sport Weekly Schedule 2008/9

| Sport | Team | Coach | Date | Opposition | Time | Venue | Transport | |
|--------------|------------|--|------------|---|--------|----------------------|---|--|
| Basketball | Lions | Mr. Hayward | 06/02/09 | The Knights | 8.20pm | Court 4 | Please confirm transport arrangements with your coach | |
| | Terriers | Mr. Hayward | 05/02/09 | Spider Pigs | 5.05pm | Court 4 | | |
| | Chieftains | Mr. Lee | 06/02/09 | ASC Jnr Blue | 6.40pm | Court 1 | | |
| Highlanders | Mr. Lee | 06/02/09 | Planeteers | 7.30pm | | Court 3 | | |
| | Blue Bells | Mrs. Davis | 06/02/09 | The Cougars | 5.50pm | Court 3 | | |
| | Angels | Mrs. Davis | 07/02/09 | ASC Snr Red | 6.40pm | Court 3 | | |
| Cricket | 12s | Mr. Chew | 07/02/09 | Collegians 11 | 8.20am | Scots Top Oval | | |
| | 13s | Mr. Mair | 07/02/09 | Rugby Union | 8.20am | Scots Main Oval | | |
| | 13s | Advance Notice of Make up game vesus St Pats – Tues 10th Feb @ 4.00pm on Main Oval | | | | | | |
| | 15s | Mr. James | 03/02/09 | All Saints –Deferred Game from 2008, | 4.00pm | at ASC Bus at 3.30pm | | |
| Tennis | | Mr. Matus | 07/02/09 | Stannies | 8.30am | Stannies | | |
| Water Polo | | Mr. Adams | 06/02/09 | All Saints from 4.00pm – Bus leaves Scots at 3.35pm | | | | |
| | | | | Training on Tuesday & Thursday at School Pool - 3.40 to 4.40pm | | | | |
| Year 7 Sport | | Mr Adams | Wednesday | Swimming in School Pool 3.40 to 4.40pm | | | | |
| | | Mr Christie | 04/02/09 | | | | | |

Equestrian . . .

Are you a keen equestrian? Do you have your own horse? Would you be interested in joining The Scots School Equestrian Team? Would you enjoy taking part in training clinics, representing the school at Interschool Competitions and organising some Scots Interschool Comps?

If this interests you, then please contact me by email ldawes@scots.nsw.edu.au or on 0418 432 882 and let me know the following:

- *Your age and year at school (both Prep and Secondary students welcome)
- *Details of your horse(s)
- *Details of your experience (how long have you been riding and whether you are a beginner or competent rider)
- *What you like doing (dressage, eventing, sporting, Pony Club, campdrafting, polocrosse or just riding around, etc.)
- *Do you have a float?
- *Where to you live?

-- Mrs Libby Dawes

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.

Cricket . . .

U12 Cricket

A very hot Saturday morning heralded a great all-round effort from our team against Collegians. We bowled first with wicket taking performances from Jack Bird, Zac Telfser, Cameron Chew (1 wicket each) and Jonty Boshier (2 wickets). After 20 overs Collegians were 5 for 76. All players fielded well, especially our wicketkeeper Sam Andrew. Special note should be made of Lochie Dawes, our newest player, who fielded with enthusiasm and skill.

When we batted, all players showed great determination, especially Jonty Boshier, Gulliver Newell and Aiden Telfser. Top scorers were Cameron Chew (15) and Luke Newman (10). At the end of our first 20 overs we were 7 for 64 and we are looking forward to more runs next week.

Special note should be made of our enthusiastic crowd support, in stifling conditions. Every run and wicket produced a big cheer. Drinks and sausage sandwiches at

the break fortified our players. At one stage though, some of our parents produced water pistols and proceeded to have a water fight. The noise produced by this episode even disrupted play on the field, and prompted our assistant coach to implore parents to clam down! I am reliably told that the instigations of this episode were Mrs Shannon, Mrs Gervasoni and Mrs Chew. It is great to see the enjoyment that Saturday morning cricket brings to our players and parents.

Geoff Chew (Coach)

Under 14 Cricket

The U13's commenced 2009 with a close loss in their match v. SSC. Batting first we scored 83 off our 24 overs, with the major contributors being Jock Sinclair (23) and Oscar Sobalirov (17).

In a tight finish Stannies reached our total with 8 wickets down and one over remaining. All boshers performed very well, with Kieran Ball and Nathan Gervasoni the best. In the field Iori Hashida led the way taking 3 catches in a generally sound team effort.

Whilst the heat was stifling, the boys enjoyed the thrill of playing on the main over which was greatly appreciated. We look forward to our next match again on the mail over -- hopefully the weather will have 'cooled off' a little by then.

-- Mr B.J. Mair

School Uniform and Personal Property

With the start of the school year most students have acquired new uniform items, and other personal property.

Please be sure to mark **EVERYTHING** with the student's name. Hats are particularly subject to being left behind when moving between classes.

Items with names securely attached or written on them can easily be returned to the owner.

Senior School students can check with Mrs Shillabeer if they are seeking lost items. The Prep School maintains a lost property box near Mrs Weal's office.

Basketball . . .

Blue Belles Return to the Court

After a refreshing summer break, the Blue Belles took to the court on Friday night to face the polished outfit of All Saints College Junior Blue. In sweltering heat, the team of Jessica Spence, Holly Kristensen, Ashlee Hedrick, Emma Clark, Emma Butler, Georgina Porter, Hilary Stevens and Nikki Butler displayed enthusiasm and commitment until the final minute. Holly Kristensen was tireless in defence while Emma Butler and Georgina Porter were consistent in their pursuit of the turn over. Nikki Butler and Emma Clark covered the court consistently but despite the unflagging efforts of the entire team and the hard earned baskets of Jess Spence and Hilary Stevens, the All Saints Girls snatched the first victory for the resumed season. The Blue Belles are set to continue their hunt for victory this Friday.

Angels Produce Stellar Team Effort

The Angels met the Mini Miners on Friday night, producing an impressive display of team work and on court focus throughout a game that was tightly contested. The team of Megan Bennett, Samantha Cowan, Alyssa Weekes, Caitlin McDerimid, Jessica McGrath, Laura Pollard, Shernae Woolley and Laura Wright combined to produce some exciting plays and spectacular baskets. Jessica McGrath came away with six baskets while Shernae Woolley illustrated her increasing confidence in the key by adding a further two. Alyssa Weekes' enthusiastic court coverage was rewarded with two baskets while Caitlin Mcderimid's persistence was repaid with an addition to the score board. Megan Bennett and Samantha Cowan proved invaluable in defence executing a number of turn overs. Laura Pollard and Laura Wright kept the ball heading in the right direction, consistently driving the ball down court. The girls were unlucky to let the game escape them in the dying moments but the promise they displayed left all supporters with the feeling that a win is just around the corner.

-- Mrs Angela Davis (Coach)

Scots Highlanders v. Eagles

A good first up performance by Highlanders. This was a close game where we led throughout until the last seconds. The team became very keen to score while neglecting to defend, allowing the opposition a shift towards the end. The boys are playing well and beginning to anjoy their basketball. Well done.

Best performances for this match: Ben Spence and Alastair Fisher. Final Score: TSS 25 to Eagles 26.

Mr Adrian Lee (Coach)

Trials . . .

BATHURST DISTRICT SOCCER

Under 12's Girls team second round of trials will be held on Sunday, February 8th at Police Paddock at 9:00 a.m.

BATHURST DISTRICT HOCKEY

On 15/2/09 there will be a selection trials for U11/ U13, U15 and U17 for boys district hockey teams at the Bathurst Hockey Complex. If you are interested but cannot attend this trial, or you want more information, please ring Barry Cartwright on 6331-3385.

Basketball continued . . .

Scots Chieftains vs. Silverminers

This was a strong performance against the top team. We pushed them throughout the game, although our fitness told towards the end of each half, especially in the heat. A good game by a team that is really improving. Well done boys.

Best players this match: Dong Jun Lee, Horace Hou.

Final Score: Chieftains 23 to Silverminers 38

-- Mr Adrian Lee (Coach)

Lions v. BFG

A slow start to the game saw the Lions concede a 10 point lead for much of the first half. The second half finally saw the team start to lift the tempo and claw back to within one point. A good start to the year, but still much to work on. In the end, a very close 36-38 loss.

-- Mr G. Hayward (Coach)

Terriers vs. ASC Junior Blue

A great start to the season. Whilst a little rusty, the boys did start to show some excellent team work. With the extreme heat of the stadium, it was good to see the team utilise their passing skills to conserve energy and move the ball efficiently.

The reward: A 45-8 win! Congratulations!

-- Mr G. Hayward (Coach)

SunSmart Program: This is the first in a series of fact sheets is published in this weeks Highlander. This complements the work done by children in all classes from Pre Prep to Year 6 in our endeavour to be recognised as a SunSmart school.

Information Sheet



Sunscreen

Key Points

1. Sunscreen provides protection against the damaging effects of ultraviolet (UV) radiation from the sun by reducing the amount of UV rays reaching the skin.
2. Sunscreen does not provide 100% protection against UV radiation.
3. Sunscreen should always be used in conjunction with other sun protection measures such as spending less time in the sun when UV radiation is highest, seeking shade, and wearing clothing and hats.
4. The Cancer Council NSW recommends using broad-spectrum SPF30+, water resistant sunscreen and reapplying at least every two hours.

Why use sunscreen?

Australia has the highest rate of skin cancer in the world. Nearly all skin cancers are caused by ultraviolet (UV) radiation in sunlight. By taking steps to reduce exposure to UV radiation, you can reduce your risk of developing skin cancer.

Sunscreen reduces the amount of damaging UV radiation reaching your skin and the regular use of sunscreen can help reduce the risk of sunburn. Long-term exposure to UV radiation (as may be experienced by outdoor workers) and high levels of intermittent exposure (during outdoor recreation or on sunny holidays) and sunburn are significant risk factors for skin cancer.

What is the best way to protect my skin?

- Spend less time in the sun, particularly at times when UV radiation is highest (10am-2pm or 11am-3pm during daylight saving time).
- When you are outdoors, seek shade.
- Wear protective clothing such as long sleeved shirts, a broad brimmed hat and sunglasses that meet the Australian Standard AS1067.
- Sunscreen can be used in addition to these methods, particularly to protect areas such as your face and hands.
- Always protect your skin when the UV Index is 3 (moderate) or above. You can find the SunSmart UV Alert on the weather page of most Australian daily newspapers or go to www.cancerCouncil.com.au/sunsmart

How does sunscreen work?

Sunscreen works by filtering (NOT blocking) UV radiation with a chemical barrier that absorbs and/or reflects the UV rays away from your skin. No sunscreen product provides 100% protection against UV radiation. Some UV radiation will always reach the skin causing damage to the cells below. This damage will build up over time and can increase your risk of skin cancer.

What's in sunscreen?

Sunscreen contains chemicals to filter UV radiation as well as other ingredients such as preservatives, moisturisers and fragrance. Not all sunscreens contain the same ingredients and different brands use varying amounts and combinations of chemicals. For this reason, one brand may suit your skin better than others.

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Sunscreen Information Sheet (continued)

Chemicals in sunscreen are divided into two types:

- Chemical filters that work by absorbing UV radiation before it can damage the skin;
- Physical filters containing micro-fine particles that sit on the surface of the skin and act as a physical barrier.



Sunscreen can contain either chemical or physical filters and many contain both.

All chemicals have been tested and approved as being safe and there is no scientific evidence showing any health side effects from using sunscreen.

What does 'broad-spectrum' mean?

UV radiation comes in different wavelengths called UVA and UVB. Both UVA and UVB contribute to sunburn, skin ageing, eye damage, melanoma and other skin cancers.

Sunscreens that are labelled 'broad-spectrum' filter out some of the UVA as well as UVB radiation.

What do the SPF numbers mean?

SPF stands for sun protection factor. The SPF protects against UVB radiation.

A sunscreen is given an SPF number (of between 4 and 30+) after strict laboratory testing. The testing compares the time it takes for patches of skin with sunscreen to show redness with the time it takes to produce the same amount of skin redness without sunscreen. The higher the SPF number, the more protection a sunscreen provides against sunburn.

The length of time it can take for skin to burn can depend on a lot of factors:

- Person's skin type
- Season and geographic location
- Time of day
- Amount of cloud cover
- Nearness to reflective surfaces (such as water, sand and snow)
- Correct application of sunscreen
- Contact with water, sand, sweat or clothing
- Whether the product is past its use by date

Can sunscreen cause skin allergies?

Some people may develop an allergic reaction (such as a rash or a stinging sensation) after using sunscreen. Allergic reactions to sunscreen are usually caused by perfumes and/or preservatives in the product and not the chemicals that work to filter UV radiation.

If you experience an allergic reaction to a sunscreen you should try another brand or speak to your doctor or a chemist about choosing another product with different ingredients.

Sunscreens containing titanium dioxide or zinc oxide as the main sunscreen agent are usually suitable for sensitive skin.

Sunscreens manufactured in Australia do not contain para amino benzoic acid (PABA) and Cancer Council sunscreen does not contain peanut or any tree nut oil. If you are concerned about nut or any other types of allergies it is recommended you contact the manufacturer to discuss any ingredients in the sunscreen you are planning to use. Current regulations only require that preservatives and active ingredients are listed on the label.

Should I use sunscreen on my baby or child?

There is no evidence that sunscreen is harmful to babies or children but it is preferable to keep babies out of the sun.

When outdoors, protect your baby/child with clothing and hats and keep them in the shade. Sunscreen may be applied to any small areas of your baby's skin that cannot be protected by clothing. Reapply sunscreen regularly if children are swimming or sweating.

If your baby or child's skin reacts to your sunscreen, try another product or speak to your doctor.

Sunscreen Information Sheet (continued)

How should sunscreen be applied?

- Always follow the manufacturer's instructions when applying sunscreen.
- To be effective, sunscreen must be applied generously, rubbed in lightly and used with sun protection.
- Most people apply too little sunscreen, getting significantly less protection than the SPF number on the label. The Cancer Council NSW recommends that adults use about half a teaspoon for the face, neck and ears, a teaspoon for each arm and leg and a teaspoon each for the front and back of the body.
- Apply 20 minutes before going in the sun, to allow it to bind to your skin for maximum effectiveness. Sunscreen should then be reapplied every two hours in case it has been wiped or washed off during activity such as exercising, swimming or towelling. Reapplying regularly also means you are more likely to cover any parts of the skin you may have missed.

Why can't sunscreen be used to increase time spent in the sun?

An SPF30+, broad-spectrum sunscreen filters approximately 96.7% of UV radiation. This means that over 3% of UV radiation is still transmitting through to your skin. Even when sunscreen is regularly reapplied this small amount of UV is causing damage to your skin and increasing your risk of developing skin cancer in the future.

Can you get sunburnt when using sunscreen?

Yes you can still get sunburnt using sunscreen by:

- Spending time in the sun in peak UV times or when the UV Index is 3 or above.
- Not using other sun protection measures such as seeking shade and wearing clothing and hats.
- Not reapplying sunscreen every two hours or when it has been washed or wiped off.
- Using insufficient sunscreen.
- Using sunscreen that is past its use by date.

Do expensive sunscreens give the best protection?

Price is not always an indication of quality. Any broad-spectrum sunscreen with an SPF30+ rating, if applied correctly, will give good protection.

Does sunscreen prevent vitamin D production?

Sunscreen filters out most but not all UV radiation. Regular use of sunscreen when the UV Index is 3 or above during normal daily activity should not stop you getting enough vitamin D.

If you have any concerns about vitamin D talk to your doctor.

Are 'natural' sunscreens effective?

There are a number of sunscreen products available labelled as being 'natural' and/or 'chemical free'. There is no scientific evidence to support 'natural' sunscreen products as being any safer or more effective than sunscreen products that are not promoted as 'natural'.

To be sure that your sunscreen will provide effective protection against UV radiation always check on the label that the product complies with the Australian Standard AS/NZS 2604:1998 and has an AUSTL number.

What is DEET?

DEET is an insect repellent. Sunscreens containing DEET are most appropriate for use in areas and/or times where there are a lot of mosquitoes or other insects (especially if there are mosquito borne diseases in the area).

Sunscreen containing DEET should be clearly labelled as such, as should the amount of DEET in the product. When using sunscreen containing DEET always follow the manufacturer's instructions. Speak to your doctor about using sunscreen containing DEET if you are pregnant or intend using it on young children.

Does sunscreen have an expiry date?

All sunscreen must be labelled with an expiry date and storage instructions. As a general rule keep sunscreen out of the sun and stored at temperatures below 25°C as much as possible. If you keep sunscreen in the glove box of your car or sitting by the pool it may deteriorate more quickly.

