



Weekly News

2 March 2009

INSIDE THIS  
ISSUE:

Prep  
Swimming



## Toponder . . .

My struggle and striving is brought to naught, when final breath it leaves me. Yet in He who death dethrones... a clean slate, a new script, a story beyond the grave is given me.

*Praise God, the Father of our Lord Jesus Christ. God is so good, and by raising Jesus from death, he has given us new life and a hope that lives on.*

1 Peter 1:3

...Chaplain

## Friends of Pipes & Drums Meeting Notice

Monday, 2nd March -- 5:00pm  
in School Library

Topics of discussion will be the Curry Night and Highland Gathering. All are welcome.

*Cheryl Gilbert*

## Prep Swimming Champion House Lang House



Highland  
Gathering  
Multimedia  
Stall

GAP Placement

Reminder:  
SCHOOL  
PHOTOS  
Next Tuesday  
10.3.09

Regular Features:  
Weekly Sport  
Sport Results  
Preparatory School  
Pre-Prep  
Lithgow Prep

## SCHOOL SHOP

Pre-Prep jumpers in sizes 4 and 6 have arrived, so visit the school shop to purchase your jumper. Long sleeved shirts and track suit tops have also arrived (which will be available for sale from Wednesday). Reminder, too, that the Scots blue jumpers arrived last week.

The shop is open Mon-Wed-Fri from 8:30-11:00 and also at lunchtimes Mon-Tue-Thu-Fri from 1-2pm

## Prep School 2009 Leadersat their induction ceremony



## From the Headmaster . . .

Congratulations to the Tennis players who competed in the WAS Championships last Saturday. The efforts of Aidan Reiri in winning the Senior Boys Championship, is particularly noteworthy. I understand Aidan played excellent Tennis to win in a thrilling tie-breaker. Thomas Curran, Jason Newman and Lachlan Conyers also performed exceptionally well with Thomas winning the Senior Plate, Jason the Intermediate Plate and Lachlan similarly securing the Plate in the Junior Division.

Our swimming teams from the Prep School and Secondary will be competing this week at the WAS Carnival at Kinross and ISA event at Homebush respectively. Good luck to both teams, I know each one of you will represent the School with pride and distinction.

In a new venture this year, Mr Adams has entered several teams in the NSW All Schools Triathlon Championships at Penrith which takes place on Thursday. I am sure this will be an enjoyable occasion for all and gives an opportunity for some of our talented cyclists to compete in an inter-school event.

You may have noticed that the lower oval has been improved with new gates and improvements to the fencing in preparation for the Highland Gathering, as it will be used as a parking area, and also to improve access to this area of the School. Thank you to Mr Grahame Edgell for all your work in improving the area so dramatically and Mr Geoff Porter for assisting with digging postholes and smoothing the walkway. Your assistance is greatly appreciated.

Good luck to the students who are exhibiting cattle and sheep at the Bathurst Show, this coming weekend. Thank you Mrs Dawes and Mr Matus for your work in assisting students to participate, and gain experience in this important and enjoyable activity.

*-- 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](mailto:mjshillabeer@scots.nsw.edu.au)**

# Highland Gathering Help Needed ...

Donations are being sought for the

## New and used Book and MULTIMEDIA stall

New and used:  
Books \* CD's \* DVD's  
Computer Games  
PS2, DS, PSP etc.  
even good old vinyl

Donations can be left at Thompson  
House  
(boarder families can drop donations  
off on Saturday or Sunday  
28th/29<sup>th</sup> March)

Do you have a folding/trestle table  
or

A garden setting that is easily transported?

The Highland Gathering needs your tables to  
help provide seating in the food area.

These will need to be dropped off on the  
Saturday afternoon/first thing Sunday and can  
be collected at the conclusion of the gathering  
on Sunday.

Please contact Gillian Shannon on 63312340 or  
e-mail [skags@aapt.net.au](mailto:skags@aapt.net.au) if you assist.

Volunteers for all stalls on the day are still  
required.

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# 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**

## *From the Deputy . . .*

This week sees the commencement of the House Debating Competition. All houses enter teams in Junior, Intermediate and Senior Divisions. I commend this competition to students and their families. It is very important that maximum participation in this public speaking opportunity be afforded. All students at Scots should have the opportunity to participate and achieve individual excellence.

**Highland Society Ball** -- Girls wishing to make their debut at this year's Highland Society Ball on Saturday, 9th May 2009 are invited to give their names to Mrs Fleming as soon as possible. Mrs Fleming will provide information and contact details.

### **GAP Year Placement**

Today, 2nd March, Up and Under Gap are visiting the school to give a presentation to Year 12. They will assist Year 12 in the preparation of gap applications for the schools Up & Under represent.

On Monday, 9th March Antipodeans Abroad will visit the Scots School to speak to students in Years 11 & 12 who might be interested in doing a GAP year through their organisation. This visit will take place during tutor time.

In the last five years the school has also assisted in the placement of students through Tutors Worldwide [www.tutorsworldwide.org](http://www.tutorsworldwide.org). and Latitude Global Volunteering [www.latitude.org.uk](http://www.latitude.org.uk) (formerly GAP Activity Projects). Applications for Tutors Worldwide close on the 17th April 2009 and Latitude Global Volunteering Wednesday, 20th May 2009.

Parents and students please feel free to contact me for advice, application forms or assistance in the application process. [lfleming@scots.nsw.edu.au](mailto:lfleming@scots.nsw.edu.au) or by telephone on 6333-4757.

**Flickerfest**, a short film festival, will give a presentation to Year 11 in Period 3 on Monday, 9th March. We are indeed fortunate to have the opportunity to have this presentation at our school.

On Tuesday, 10th of March Advanced Photographics will come to the school for the annual School Photographs. **All students will required FULL TOWN LEAVE UNIFORM.** There will be no exceptions. Hair must be neatly presented and of regulation length, "without product". I seek parental support in an excellent standard of uniform presentation for photo day.

-- Mrs Lynne Fleming

## *The Bookworm Column. . .*

### **New Computer Desks**

Mr. Cameron and Mr. Mackenzie were in the Library on Friday making a great deal of noise, but they were allowed to because they were installing new desks for the Library computers. The desks have required some changes to the Library. Part of the Fiction section was removed to another room last year to make way for the new furniture. The changes will create a bit more room in the lower area of the Library which will be used to display more Library items.

### **History Projects**

Assessable projects are in the process of being set for Years 7 and 8. Over the years, we have acquired a number of books at various levels of ease and difficulty that give information for these tasks. Students should be able to find ample information in these books. Books will be put on 2 day loan to ensure they are circulated around. The Library is trying to acquire resources for projects so that the students can find all the information they need in the Library without having to look elsewhere.



*Mr. Cameron and Mr. Mackenzie installing the new computer furniture in The Library.*

### **New Books**

Graham Freudenberg's recent book *Churchill And Australia* has been bought for Year 10 students. This book traces the relationship between Churchill and Australian Prime Ministers Menzies and Curtin during World War II. My father read much of it to me over the phone when he got a copy over Christmas! My mother's reading group in Canberra has been studying Haiku, and a book of Haiku poems has come into the Library after she had finished with it. For the lunchtime readers, there is the latest edition of The Guinness Book of Records. Arachnophobes are warned not to open this book at the title page!!

*A. Maher  
Librarian*

## Scots Cadet Unit . . .

### THE SCOTS SCHOOL CADETS – SCOTTISH DRESS

The Scots School, along with many other schools offering both cadets and Pipes and Drums have a number of things in common. They include being founded by Scotsmen, being Presbyterian and their cadet units being based on the Scottish regiment of the Australian Army based in that state.

The formal dress of these military units is the Black Watch tartan kilt; also know as the 'Government sett', 'Universal' or the Campbell tartan. It has been worn by the 42<sup>nd</sup> Black Watch Regiment since 1739. The 'Watches' were a system of policing to prevent cattle lifting and the Black Watch tartan was suitable in this role.

A Kilt is basically a pleated, wrapped skirt. The back half of the kilt is pleated, the front half (apron) is made of two overlapping panels. A true kilt is completely handmade and should in imperial measurements be an inch and a half from the floor when kneeling.

A small number of The Scots School kilts date back to the late 1940's, initially travelling from the Scots School in Sydney and so it is feasible to assume that they may be even older again! At least a dozen are labeled with the Department of Defence logo circa 1957. Given the history and tradition of the school cadets each kilt has its own story to tell and many have the name tags of past wearers sewn into the lining. Who were the men and more recently the women who have worn these kilts on such occasions as ANZAC Day or Ceremonial parades? Where are they now? What stories would they have to tell the current cadets about their life and times at Scots? Are current students wearing the same kilt a family member has worn in the past?

Over many years of constant use a number of the school kilts have fallen into a state of disrepair. They are currently being assessed with the intention to have any repair work completed and suitable storage facilities provided to ensure their use for many more years to come. Mr. Allan Buckley of MacQueen's Kilts has begun this job. His training in kilt making includes schools and workshops in Sydney and Aberdeen, Scotland. He is also a member of the Kilt Guild of Scotland.

Scottish items of dress are always worn in accordance with the customs and traditions of the Scottish units. Scottish dress includes the Bonnet Balmoral, Gaiters highland (spats) designed to protect ankles of the soldiers when operating in rugged terrain. These should be a firm fit close to the ankle and calf. The points of the gaiters are to be worn in line with the rear seam of the hose (centre of the leg). Footless hose tops are worn with the gaiters highland. The folded upper edge should be 8cm below the knee cap and the seam worn in the centre rear of the leg. Flashes are designed to support the hose tops. The leather sporran (traditionally carrying ammunition/rations) is fitted snugly into the groin and worn uniformly at the same distance from the top of the kilt. A black belt and brass is also worn.

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***All Cadets are requested to bring their Scottish Dress to school on Wednesday to allow for a stock take of such items and complete any repairs required. Items will then be reissued to the students with the exception of the school kilts.***

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*Ms Susan Cameron  
Lt Simon Dundon*

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## From Sister . . .

### **2009 Vaccination Schedule**

Vaccinations for 2009 are scheduled for the following dates. Parents are urged to avoid making any other appointments for these dates if your child is required at school for the vaccination programme:

- 19.3.09 Hep B Dose 1 (Year 7)  
Gardasil Dose 1 (Y7 girls only)  
Boostrix (Tetanus, Diptheria & Whooping Cough) (Year 10)
- 21.5.09 Varicella (Year 7)  
Gardasil Dose 2 (Y7 girls only)
- 15.9.09 Hep B Dose 2 (Year 7)  
Gardasil Dose 3 (Y7 girls only)

## Drama .... Drama.....Drama

For the school production this year, Mr Christie is staging “*Lockie Leonard - Human Torpedo*”. He is looking for the donation of some items to make the production a success:



**broken surfboard (or one that can be broken)**  
**fishing nets -- tennis nets -- volleyball nets**  
**(In fact, nets of any kind would be great!)**  
**buoys -- surfing posters -- milk crates**  
**Australian police hat (any state)**



If you are able to lend/donate any of these items, please let Mr Christie know. [bchristie@scots.nsw.edu.au](mailto:bchristie@scots.nsw.edu.au)

*Kind regards,  
Mr Byron Christie*

## Thank you . . .

Thank you **Mr and Mrs Wedlock** for the donation of a wireless microphone system for use with our productions. We are looking forward to using it!



Thank you to Sally Rosin, Narelle Druitt, Sharon Callan and Natalie Cranston for organising **Apple Slinky Day!**

## From the Bursar . . .

This new tax deduction is not means tested. It is available to all.

### **Education Tax Refund**

Schools are reminded that the Education Tax Refund (ETR) came into effect from 1st January 2009. The ETR provides refunds of up to \$375 (for expenditures up to \$750) per primary school student and \$750 (for expenditure up to \$1,500) per secondary school student for the purchase, lease, hire or hire-purchase costs of some of the most common school-related costs including laptops, home computers, home internet connections, printers, education software, trade tools for use at school, school text books and stationery.

Some expenses that are not eligible include school fees, school uniform expenses, costs of excursions, tutoring costs, game consoles and school subject levies.

Full details about the ETR including information about eligibility, frequently asked questions and examples of claimable expenditure, are available from the Australian Taxation Office website at [www.educationtaxrefund.gov.au](http://www.educationtaxrefund.gov.au)

-- Mr N. Eveleigh (Bursar)

Submit news articles and notices of events and/or meetings for the *Highlander* by Friday lunchtime to Mrs Mary Jo Shillabeer by email at [mjshillabeer@scots.nsw.edu.au](mailto:mjshillabeer@scots.nsw.edu.au)

## The Scots Preparatory School

### Congratulations

To **Harry Broad** who recently competed in the Little Athletics Regional Championships at Wollongong. Harry gained 10<sup>th</sup> in the Shot Put, 9<sup>th</sup> in the 1500metres and 3<sup>rd</sup> in the 1100metre Walk in which he will now compete in the State Finals.

To all students who received their first Gold certificate for 2009 at assembly on Friday.

To **Mrs Hallahan** and **Year 2** students for a wonderful play presented at assembly. The play was a fitting conclusion to the work we have been doing on becoming a SunSmart School. They were awarded the class cup this week.

To **Evan Smith** whose beautiful assembly manners earned him the privilege of looking after Scotty the Bear this week.

### Clean Up Australia Day

Our school grounds are looking clean and tidy following the Clean Up Australia Day campaign on Friday. Rubber gloves and garbage bags were used to pick up and collect the rubbish we found, which I am glad to report was not major as we pride ourselves on making this a regular part of what we do at Scots. However it was good to devote some time to the task allowing us to get into all those tricky spots often overlooked.

### Apple Slinky Day

Our special morning tea of water melon and a slinkied apple was enjoyed by all on Thursday. An enthusiastic group of mums provided this special treat and there were many irregular fruit beaters who were pleasantly surprised to find that an apple was delicious!

Thank you to Sally Rosin, Narelle Druitt, Sharon Callan and Natalie Cranston for organising this fundraiser for the P & F.

### What's for Lunch?

Teachers shared the contents of their lunch boxes at a special gathering this morning to launch our 6 week focus on eating a healthy lunch. We classified items as healthy and not healthy and students accepted our challenge to make healthy lunch box choices, leaving some of the 'yummy' snack foods for the weekend and special occasions. Students are at school more than at home over the course of a year and it is vital that their ability to choose healthy foods is established early to put them in good stead for the future. We will attempt to provide ideas to parents for healthy lunch boxes over the coming weeks via the Highlander and we appreciate your support in discussing food with your child. We will invite a nutritionist to speak with the children. The challenge will culminate in a healthy lunch prepared by the children to celebrate Vannida's birthday. (Our sponsor child) This will be coupled with Jump Rope for Heart which we have commenced training for.



Apple Slinky Day .... Harrison Broad enjoyed his slinky!

### New Student Reports

Parents of new students will receive an interim report from classroom teachers this week to inform you about how your child has settled into the school, socially, academically and emotionally. If you have any queries about the report please do not hesitate to contact the school and schedule an interview.

### WAS Swimming Carnival

Our squad is trained up and rearing to go to Kinross on Wednesday for the WAS Swimming carnival. Parents are welcome to join us on the bus departing at 10:30am. It promises to be a good lead up to the HICES Carnival at Homebush next week when we hope to repeat our previous high achieving performances.

### P and F Meeting

Our P and F meeting was well attended on Tuesday where we had several members of the Highland Gathering Committee informing us of the final plans for the day. The Pre Prep and Prep School will be coordinating several stalls and we hope as many parents as possible will get behind this major fundraising project for the year. A note from the P and F will be sent home this week letting you know how you can help on the day. Please check the stall reminders for items that can be contributed now. These include trash and treasure, books, plants. Home baked goodies such as cakes, biscuits and slices will be very much appreciated on the day. The Prep and PrePrep will be coordinating the Cake Stall, Book Stall and the Potatoes and Pavs so we will be busy on the day!

### SunSmart

Our SunSmart action plan has been finalised and was shared with parent representatives at the P and F meeting on Tuesday. The commitment agreement was signed by Mrs Kerry Chew on behalf of the school community and the paperwork will be posted off to the cancer Council this week so that we can be recognised as a SunSmart School.

*Mrs Kerry Robinson  
Head of Preparatory School*

## Pre-Prep

### Sounds Program

This week Pre-Prep is learning all about the letter 's'. Our song will be "Soft Snakes Sliding, s, s, s" and in Letterland we will meet Sammy Snake. Expect to see some seals, spiders, snakes, squirrels, scarecrows, snowmen and much more.

### Special Hat Day

On Tuesday this week we are wearing 'crazy' hats to school. You may have one in the cupboard or be clever enough to make one. A gold coin donation would be appreciated, which will go to the King Lake Centre in Victoria to help re-build their pre-school. This is an initiative of all the pre-schools combined in Bathurst to do our bit!

### Chapel Service

On Thursday at 11:30 am Pre-Prep will join Kindergarten and Years 1 and 2 for our once a term Chapel Service. This will be held in Room 9 in the high school and taken by our School Chaplain, Mr Samuel Gittins.

### Sun Smart

Pre-Prep has finished our unit on being Sun Smart. We have concluded our lessons with an experiment where the children compared a slice of buttered bread left in the sun to one left in the shade. We are sure they now understand how strong the sun's rays are and the need for a hat, sunscreen and to play in the shade.

### Healthy Eating

For the rest of Term 1 our PD/H/PE focus will be on healthy eating. This will kick off today, when the whole prep school takes a look inside all the teachers' lunch boxes!

### Coming up Next Week . . .

On Wednesday, 11th March Pre-Prep will be having a Teddy Bear's Picnic. Children are asked to bring their favourite teddy to school (just one per child). We will have a picnic somewhere in the school grounds where we can find some shade. Activities and songs will be related to teddy bears on this day!

*Mrs Jennie White & Mrs Chelsea Chapman*

## Lithgow School

### Farewell to Mrs Moore

All parents have received news that Di Moore will be leaving at the end of this term to go travelling. She will greatly miss all the children and their families.

### New Seating

Special thanks to Mr. John Baxter, grandfather of Jack, Lars and Elly, who has remodelled a new outdoor picnic table and also remade another for the Prep School students' use. He has done a wonderful job and the seating will be most gratefully used by the students.

### Clean Up Australia Day

Last Friday Mrs Pringle led the Prep and Pre Prep students on our own clean up campaign. The students were most enthusiastic all did a wonderful job.



**Kindergarten 2010 Afternoon Tea**

Last Wednesday some of the families who are considering Scots for kindergarten next year, joined the Headmaster Mr Richards, our Enrolment Officer Ms Megan Grieg and Mrs Pringle and Mrs Moore for an informal but informative afternoon tea. Some families were unable to attend, but we shall be having another during the year.

**P&F**

Our next P&F meeting is Tuesday 10<sup>th</sup> March 09 at 3pm. Both Prep School and Pre Prep parents are most welcome to attend these informal meetings.

Progress is being made on the erection of the garden storage shed, and we thank all families who have given so generously of their time.

**The Highland Gathering 29.3.09**

This busy day of activities is held at the Scots School in Bathurst and is a wonderful day out. All students, including those in Lithgow, will be designing an Art Work which will be available for purchase on the day. The children and teachers put a lot of work and enjoyment into these, so look out for more information as the date gets closer.

**Bookclub**

Orders are due back on Monday 9<sup>th</sup> March . Bookclub items are well priced, often educational and make excellent gifts. In addition, our school receives points from all sales, which can then be used to add to our growing Library resources.

**Nut Free School**

A reminder that we are a nut free school as we have students at our school with nut allergies. Please be careful not to send any products that contain nuts to school. Products to be mindful of include nutella, peanut butter, picnic/snickers/boost bars etc, nut muesli bars etc. Also any Birthday cakes or treats for our end of term BBQs must be nut free. We thank you for your understanding. Please see teachers if you require more information.

**Prep School News****Science and Technology- What's the Weather**

In addition to continuing to take photos for our digital cloud collage and observing daily changes in temperature and weather conditions, stage one students have also been creating artworks that represent the changing of the seasons and investigating the water cycle. This week we created a simple water cycle model to watch how water moves and changes with the heat of the sun. In addition to this, stage three have been investigating cyclones and in particular Cyclone Tracey and its effects.

**HSIE- Workers in the Community**

We have continued our visits to local businesses to look at the roles different workers play in our community. We have toured Woolworths where we saw how a modern register works just like our smart boards, and visited the

bakery, deli and meat departments as well as spoke with a rep who showed us how they use department shelf graphs to organize all the shelves in the shop.

We have also visited the post office where we followed the path of a letter. We looked at the old fashioned post box (one of only 3 left in NSW), saw inside the modern post boxes, looked at how they sort the mail, saw behind the black post office boxes and got to wave to people collecting their mail, as well as seeing how stamps arrive at the post office. We were then treated to a special sample bag full of stamps and which showed us ways we can become stamp collectors. We were then invited to design our own stamp for display in the post office window. We hope one of our ideas might come to life!! We had a great time at each visit and look forward to the visits ahead.

**Pre Prep News****Alphabet Sounds**

Last week our sound was Mm and we made moon charts, masks, marble paintings and learnt all about manners, about me, where milk comes from and much more.

This week we are learning about Ss and using scissors, making spiders, enjoying sewing, sandpaper painting and learning about the sea, the sun, staying safe and more!

We are all doing a wonderful job of learning our Alphabet 'Ants in the Apple' song!

**New Student Reports**

Next week all new students will receive a report letting families know how they have settled into Pre Prep. This is the first of 3 reports your child will receive during the year.

**Student Portfolios**

Could all students returning to Pre Prep this year bring back their black Portfolios so Mrs Moore can continue adding to them. This will make them a reflective record of your child's whole time in Pre Prep.

**Hand towels & Pillows**

Hand towels may be left at Pre Prep for the week and taken home on your child's last day, but pillows need to be taken home daily please. We do not have enough storage room in our classroom.

**Spare Clothes**

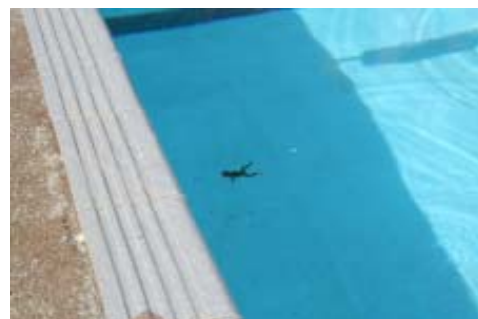
Could all parents please ensure that their child has a spare pair of undies and socks in their school bags at all times. Even children who have not needed them for a long time can have 'accidents' at school and we do not carry spares.

**Tissues**

Thank you to all the families who have sent in a box of tissues for our classroom

*Mrs Erika Pringle & Mrs Di Moore*

# Prep Swimming Carnival 2009



Our smallest competitor!  
Winner of the breaststroke!  
(And I must say, in perfect form!)



# Prep Swimming Carnival 2009

And, our top Prep swimmers this year are .....



Senior Champions Zach Telfser and Hollee Simons (centre);  
Runners-up India Toole and Jack Bryant-Rolandson



11 Years Champion William Brancourt; Runner-up Harrison Broad



Junior Champions Aiden Telfser and Francesca Costi (centre);  
Runners-up Andrew Knox and Gabbie Boshier



## Sun Safety for Sport and Recreation

### Key points

- Ultraviolet (UV) radiation from the sun causes sunburn, skin damage, skin cancer and eye damage.
- Outdoor sport and recreation activities usually happen during the peak UV times.
- All sport and recreation administrators have a legal responsibility, or duty of care, to provide a safe and healthy environment for everyone involved in their activities. Providing a safe environment includes protecting people from the harmful effects of UV radiation.
- The Cancer Council NSW recommends that sport and recreation bodies adopt a formal SunSmart Policy, which records why and how the organisation, officials and participants will practice sun safety at games, training and events.
- Sunscreen does not provide 100% protection against UV radiation and should always be used in conjunction with other measures, such as spending less time in the sun, seeking shade, and wearing suitable clothing, hats and sunglasses.

### Why is sun safety important for outdoor sport and recreation?

Australia has the highest rate of skin cancer in the world. Almost one in two people who spend their life here will develop some form of skin cancer and about 1600 people die each year as a result. Exposure to UV radiation causes most skin cancers. Sun safety is particularly important in sport and recreation because:

- Most sport and recreation takes place outdoors and can involve long periods of exposure to UV radiation, often at the peak UV times of 10am-2pm (11am-3pm daylight saving time).
- Children and young people, who are often involved in outdoor activities, are at high risk. Exposure to the sun during the first 15 years of life contributes significantly to the development of skin cancer later in life.
- Protection from UV radiation can prevent most skin cancers.
- Excessive sun exposure can have an immediate negative impact on performance and hydration, as well as cause painful sunburn.
- All sport and recreation administrators (both volunteer and professional) have a legal responsibility, or duty of care, to provide a safe and healthy environment for everyone involved in their activities. A safe environment includes protecting officials and participants from the harmful effects of the sun.

### Why do you need a SunSmart policy?

The Cancer Council NSW recommends that sport and recreation bodies adopt a formal SunSmart Policy, which is a written document that records why and how the organisation, officials and participants will practice sun safety at all games, training and events.

### A SunSmart policy will also:

- Educate officials, participants and supporters about how to protect themselves from the sun.
- Show that your club or organisation is socially responsible and is promoting healthy behaviours in sport and recreation. This is particularly important with children because parents are increasingly aware of the risks of childhood sun exposure. A sun protection policy demonstrates to parents that your organisation encourages sun safe practices to protect children.

### What should the policy cover?

The SunSmart policy should set out your club or organisation's commitment to sun protection and cover key issues, including:

- Scheduling outdoor events, games and training outside of peak UV times whenever possible.
- Promoting sun safety when the UV Index is 3 or above.
- Encouraging players, officials and spectators to use shade from

trees and buildings.

- Providing shade structures and encouraging people to bring their own umbrellas and shade tents.
- Providing or promoting the use of sun protection items such as clothing, hats, sunglasses and sunscreen.
- Increasing officials' and participants' awareness of sun safety and skin cancer.
- Encouraging officials to act as role models by practicing sun safety themselves.

For a sample policy see the 'Sport and Recreation SunSmart Policy Guide' at

[www.cancer council.com.au/sunsmart](http://www.cancer council.com.au/sunsmart) and click 'Sport and recreation'.

### Educating officials, participants and spectators

Your club or organisation can play a leadership role by taking steps to increase sun safety and skin cancer awareness among officials, participants and spectators by:

- Distributing brochures and newsletters about sun safety and skin cancer information.
- Reminding participants about being sunsafe during events, such as allocating time to reapply sunscreen every 2 hours and encouraging the use of shade.
- Displaying sun protection posters or signs and making announcements reminding people to be sun safe.
- Encouraging officials to act as positive role models to participants and spectators by consistently:
  - wearing sun protective hats, clothing and sunglasses, whenever practical
  - applying (and reapplying) SPF30+ broad spectrum, water-resistant sunscreen
  - using shade whenever possible.

### UV radiation and the UV Index

The UV Index is a simple way to show the intensity of the sun's UV radiation. The values of the Index range from zero upward; the higher the value, the greater the potential for skin damage. It divides UV radiation levels into:

- low (1-2)
- moderate (3-5)
- high (6-7)
- very high (8-10)
- extreme (11 and above).

### When is sun protection needed?

UV radiation can't be seen or felt. Temperature is no indication of UV radiation levels — even on cool and mild days UV levels can be high enough to damage skin. UV radiation can also penetrate clouds so you can still get sunburnt on an overcast day.

- Many factors affect UV radiation levels, including time of day, time of year, geographical location and altitude, so it can be difficult to work out if sun protection is needed on any given day.
- The most accurate way to work it out is to check the SunSmart UV Alert, which shows the UV index for your area or an area near you every day. When the index is 3 or above, skin damage can occur, so sun protection is needed.

### SunSmart continued from page 12 . . .

- If the UV Index is below 3, sun protection is not required, however people with very fair skin may still need to protect themselves.

*SunSmart info continued on page 14 ...*

# Sport at Scots

Sports Bulletin Week 6 Term 1

## WAS Tennis Singles Championships

Last weekend the WAS tennis singles championships were played at Scots and Stannies. It was an extremely successful weekend with Aidan Rieri winning the Senior Cup final and Thomas Curran winning the Senior plate final. In the intermediate division Jason Newman won the plate final and in the juniors Lachlan Conyers won the plate final. Congratulations boys, we will have to check the archives to see when Scots last had such success on the tennis courts. We look forward to the doubles championships on Saturday the 14th of March.

## WAS Basketball and Hockey Representatives

Last Friday Mr. Hayward and Mr. Doney took several Scots students to Orange for Basketball and Hockey team trials. We were extremely pleased to announce that Thomas Sharp, Aidan Rieri and Matthew Gervasoni were successful in getting into the Open Boys team and Mary-Ann Porter into the Girls Open team. On the hockey field we were also successful with Rebecca Lee, Stefanie Schultz, Thomas Curran, Charles Mackenzie, Elliott Chew, Lachlan Perry, Ben Renshaw and Andrew McPhee all making it into the WAS Open teams. Congratulations.

## NSW ALLSchools Triathlon

This Thursday we have 15 students competing at the NSW ALLSchools Triathlon in Penrith. We wish them the best of luck. The teams are as follows.

Team	Swimmer	Cyclist	Runner
Junior Boys A	Lachlan Conyers	Angus Dunn	Jock Sinclair
Junior Boys B	Jonty Boshier	Hugh Mackay	Robbie Hayward
Junior Girls	Laura Wright	Amy Van der Walt	Mollie Harley
Intermediate Boys	Madeleine Conyers	Brenton Gibson	Caitlin McDermid
Senior Girls	Kaitlin Wright	Courtney Puzicha	Kiera Pollard

## ISA Swimming Carnival

This Friday is the ISA swimming carnival. We have a team of 40 swimmers entered into what hopefully is a very successful carnival. All students were issued a permission/ information note on Friday. There is important information on the evening meal which this year we are going to order. The order forms need to be completed and returned with the permission note before Tuesday recess. The bus leaves at 10.00 am on Friday; we are anticipating a return to Bathurst at about 1.30 am on Saturday.

## Netball and Rugby Tours

Thank you to all the students and parents for getting the 2nd instalment paid. At present we are finalising the tour uniform and arranging the additional activities whilst on tour. A huge thanks must also go to the parents and businesses for their very generous sponsorships that have been made. This money will be put to good use.

## Summer Sports Photos

All summer sporting teams, including the swimming team will have their team photographs taken on Tuesday the 10th of March during the allocated sport training session. All students are reminded to wear the correct team uniform as specified by their coach.

## Sport Events in the next few weeks

NSWAll Schools Triathlon 5th of March

ISA Swimming Carnival 6th of March

Sport Photos 10th March

Winter Sport Training begins 17th March

Old Boys Cricket Match Sunday 22nd March

TSS Cross Country 26th of March

*Mr. Justin Adams (Sports Master)*

## Cricket - - -

### TSS 15's v. ORC

On Saturday we played the first half of our last game of the year against ORC. After losing the toss and being sent in to bat, the game was underway. Unfortunately we didn't get off to a good start, with our two openers only getting 7 and 8. At the end of our 24 overs we struggled to 4 for 78 with Elliot Chew making 29 and Stuart Marshall on 11 n.o. After a not so good start, it would only get worse.

We went in to bowl with a small total to defend. Most of our bowlers bowled well but there were many sloppy fielding mistakes and lack of concentration. After passing our total in the 11th over, ORC batted their way to 1 for 185 after their 24 overs. Best bowling efforts go to Cam Beer with 1-24 off 9 overs and Ben Kroone 0-12 off 2 overs.

I hope the boys can improve on Saturday's efforts this weekend. I would like to thank Ben Kroone for playing for us last weekend and for all the other 13's who have helped us out throughout the season.

*Angus Lennon (Captain)*

*Cricket continues on page 16 . . .*

## Basketball

### Highlanders v. Handsome Devils

The Highlanders had a great opportunity here to get a win and played a good game -- the score does not reflect the intensity and closeness of this game throughout. Again, it was missed changes particularly fast break lay-ups that we didn't score from that allowed the Devils to take the win.

Best players for Highlander in this match: Don Jun Lee and Alaistair Fisher. Final score 24-40.

### Chieftains v. Silver Miners

Another game for the Chieftains where we "woke up" to the fact that we could win too late. We cut a twenty-point lead down to ten part way through the second half. It was a good effort from the boys who are starting to put some great combinations together. Final Score TSS 26 to Miners 41. Best performances: Han Tao and Sean Johnson.

### WAS Basketball Trials

Last Thursday eight boys and one girl went to Orange to try out for the Open WAS Basketball teams. Mary Ann Porter gained selection for the open girls team and Aiden Reiri, Tom Sharp and Matthew Gervasoni (reserve) were selected for the boys team.

Selection in the boys team is a credit to these players as there were 20 players trying out for the 10 spots available.

### Terriers v. ASC Junior Blue

A good win in a game that was marred by the opposition's number of fouls. This slowed the game and limited our scoring opportunities so that we were only ahead by 13-8 at half time. The boys settled more in the second half and ran away with the game to score a convincing win. Final Score 41-14 -- a win for the Terriers!

### Lions v. ASC Girls 1sts

A convincing win. The team played well structured basketball with plenty of pausing and players continually looking for passes. All the team contributed to the scoring through baskets or assists.

Final score: a 71-14 win!

*-- Mr G. Hayward*

### Blue Belles and Angels Clash

Last Friday night, the Scots Blue Belles and Angels found themselves at last coming face to face in a competitive clash that was hard fought to the end. The Blue Belles team of Christie Shin, Holly Kristensen, Emma Clark, Emma Butler, Jessica Spence, Georgina Porter, Hilary Stevens and Nikki Butler made their presence felt on the court in the opening minutes with some fierce attacking manoeuvres. The baskets of Butler, Spence, Shin and Stevens kept the Angels on their toes. Digging deep, the Angels replied with an impressive display of team work and perseverance that saw Jessica McGrath pocket five baskets while Caitlin McDermid added another two. Megan Bennet, Alyssa Weekes and Stefanie Schulz added the extras and in a second half that was characterised by the strong man to man defence of the competitive Blue Belles, it was the on court dedication of Angel's players Samantha Cowan, Edith Lennon, Laura Pollard and Shernae Woolley which preserved their hard fought lead. Ultimately the score line fell in favour of the Angels 23-14 but all players should be extremely proud of their impressive efforts on court which resulted in a thrilling match enjoyed by an avid crowd of spectators. I'd like to take this opportunity to thank Mr Hayward for his assistance in coaching the Blue Belles on the night.

*Mrs. Angela Davis -Coach*

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Daily UV Index forecasts for towns and cities throughout NSW can be found at:

[www.cancercouncil.com.au/sunsmart](http://www.cancercouncil.com.au/sunsmart) and in most newspaper weather forecasts.

Go to [www.cancercouncil.com.au/sunsmart](http://www.cancercouncil.com.au/sunsmart) for additional information and sun safety products.

September 2007

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

## Friends of Rugby

This year there is a significant change to the parking arrangements for the Highland Gathering. The "Friends of Rugby" have been entrusted with this task to make sure there is a smooth transition. I need at least 20 adult volunteers to direct traffic and park cars starting from daylight to 2 pm in rotating 2 hour shifts of 10 people each. It is essential that there is a constant flow of traffic from the Oberon road into the visitor parking area and exhibitor gates. Please let me know if you can assist by contacting me on 0418 231 810 or email

[grahame.edgell@bigpond.com](mailto:grahame.edgell@bigpond.com)

-- Grahame Edgell

## RUGBY -- Waratahs vs. Crusaders

Open to Rugby Players and fathers. On the 21st March we are going to Homebush to watch the Waratahs vs Crusaders match at 7:40 pm. A coach will leave Bathurst at approx. 3:30 pm. **Anyone interested in attending, please let Mr Bailey know by Friday, 6th March.** Tickets for students (including coach) approx. \$50; adult tickets approx. \$60.

## Tennis . . .

### WAS Singles Championships 27 February -- Great Results!

On Saturday Scots hosted the Junior and Intermediate WAS Tennis Singles Championship. Stannies were the host of the Senior Championships.

We had successes in all divisions, **Lachlan Conyers** in the Juniors and **Jason Newman** in the Intermediates winning the Plate competition. See Mr Maher's report on these.

In the Senior Division **Aiden Reiri** won the Cup Competition and **Tom Curran** was the winner of the Plate Competition.

**Aiden** won his first match 6:2 which placed him in the Cup Competition. In his next match against his Kinross opponent he won 8:0. He then played Scot Thornton of All Saints with a very hard 4:4. In the ensuing tie break. Aiden won 7:5. A very exciting finish.

**Tom** went down 5:3 in his first match which placed him in the cup competition. In his second match Tom had a good win against his Kinross opponent 8:0. He then met Tobias Bland of All Saints in the final to win 6:2.

Well done boys! Next week is a bye due to ISA swimming, the following week (Saturday 14 March) Scotts will host the WAS Junior and Intermediate Doubles Championships and Stannies the Senior Doubles.

*Mr P Matus*



Aiden Reiri won the Cup Competition and Tom Curran was the winner of the Plate Competition.

### Tennis-WAS Junior & Intermediate Championships

This year's junior W.A.S. Tennis contenders from Scots were Alice Godwin and Lachlan Conyers, whilst Intermediate representatives were Jason Newman and Alexandra Bird. In the first round, all four members of the squad played very well, but were outclassed by their opponents.

In the W.A.S. competition, losers from the first round are given another chance to shine by being entered in the W.A.S. Plate event. Lachlan Conyers and Jason Newman both succeeded in winning both the second and third rounds and won the W.A.S. Plate for their respective age groups. If nothing else, Plate and Cup winners both need the quality of physical stamina to win; determination of a result requiring three games.

The most memorable aspect of the morning was the excellent sportsmanship displayed by all four participating schools.

Mr. A. Maher

## The Scots School Summer Sport Weekly Schedule 2009

Sport	Team	Coach	Date	Opposition	Time	Venue	Transport
<b>Basketball</b>	Lions	Mr. Hayward	06/03/09	BFG	9.10pm	Court 2	Please confirm
	Terriers	Mr. Hayward	06/03/09	Chieftains	8.20pm	Court 4	transport arrangements
	Chieftains	Mr. Lee	06/03/09	Terriers	8.20pm	Court 4	with your coach
	Highlanders	Mr. Lee	06/03/09	Eagles	7.30pm	Court 2	
	Blue Bells	Mrs. Davis	06/03/09	ASC Jnr Blue Girls	6.40pm	Court 4	
	Angels	Mrs. Davis	06/03/09	Mini Miners	8.20pm	Court 2	
<b>Cricket</b>	12s	Mr. Chew	07/03/09	Blayney 12s	8.30am	Dakers - Blayney	
	13s	Mr. Mair	07/03/09	Stannies White	8.30am	Lower Oval	
	15s	Mr. James	28/03/08	ORC RSL	8.30am	Main Oval	
<b>Tennis</b>		Mr. Matus		<b>No Tennis this week</b>			
<b>Water Polo</b>		Mr. Adams		<b>No Water polo this week</b>			
<b>Year 7 Sport</b>		Mr Adams	Wednesday	- Tennis on School Courts 3.40 to 4.40pm			
		Mr Christie	04/03/09				

**ISA Swimming this Friday 6th March – Swimming Team training on Tuesday and Thursday – school pool**

All Schools Triathlon 5th of March

ISA Swimming Carnival 6th of March

Sport Photos 10th March

Winter Sport Training begins 17th March

Old Boys Cricket Match Sunday 22nd March

TSS Cross Country 26th of March

## Equestrian . . .

Could you please bring in any notes **URGENTLY** for inclusion in the team. All orders for saddlecloths, browbands and rugs will be made on Wednesday.

Also a GENTLE reminder that if you have a SCHOOL saddlecloth (ie you have not actually purchased one) could you please return it to Mrs Dawes immediately. We need to loan these to the Year 12 students who want to participate so they do not need to purchase one just for a couple of months. If you are in Year 10 or below it is expected that you purchase one.

If you need to discuss this please contact Mrs Dawes on 0418432882 or by email [ldawes@scots.nsw.edu.au](mailto:ldawes@scots.nsw.edu.au)

Thanks, Mrs Dawes.

## Water Polo

On Friday evening the Intermediate and Senior water polo teams played against Stannies and All Saints in a round robin of matches in the slimy bottomed Stannies pool.

Our junior team was easily beaten by the much stronger and more aggressive Stannies boys team losing 11- 1. The team bounced back in their second game versus All Saints with a much more closely contested match losing 6 – 2. Our best players were Kaitlin Wright and Saranne Weekes and very notable performances were made by our debutants Chloe Kitchingman and Meredith Spence.

The senior team didn't fair much better than the intermediate team against the more experienced and drilled Stannies senior team. Our team struggled to defend the goal and left our keeper Charles Mackenzie with the difficult task of stopping shots on goal from close range. We struggled to match the intensity and strength of the Stannies boys and went down 8 - 1. In the second game versus All Saints we played with greater ball control and more accurate passing. We played deeper in defence and swam inot space and onto passes with greater success. Our team finished by winning the second half convincingly 3-1 but lost the match 4 – 3. Our best players were Rebecca Lee, Lachlan McDermid, Meg Eisenhauer and Jessica Spence.

## Cricket, continued . . .

### Scots U12 Cricket

Our team had another great game on Saturday at Blayney. We fielded first and due to excellent bowling and fielding, we restricted Blayney to 3 for 55 after 20 overs. Wickets were taken by Jack Bird, Cameron Chew and Zach Telfser. Special mention should be made of Jonty Boshier's ecellent probing off spinners and Kalen Shannon's very accurate medium pace deliveries.

When it was our turn to bat, due to a determined effort against tight bowling, we reached 4 for 61 after 20 overs. Next Saturday Cameron Chew (20 n.o.) and Aiden Telfser (0 n.o.), hope to extend our lead and set up an exciting conclusion to this game.

Our player of the day was Luke Newman for his almost flawless wicket keeping. Our team player of the day was Lachie Dawes for occupying the crease with great skill during a large partnership with Cameron. We thank our parents for their support, and especially Mr Dawes for his very neat and accurate scoring.

*Geoff Chew (Coach)*