FROM THE PRINCIPAL

Dear Parents, Students and Staff

Welcome back to Term 2, 2013.

Staff Professional Learning Conference

All staff attended the KRB Professional Learning Conference on Monday, April 30 and Tuesday, May 1. The main themes for the conference were the preparation for the introduction of the Australian Curriculum in 2014 and Positive Education. These days were underpinned by a focus on a “Growth Mindset” for staff and students that will help to foster individual well-being and willingness by all to learn about best practice in this area.

“The Educational Agenda”, presented by Dr. Brian Croke, discussed the Australian Curriculum in a political context as well as provided some valuable insights gained from Brian’s experience as the Executive Director of the NSW Catholic Education Commission, Deputy Chair of the NSW Board of Studies and board members of ACARA. A key aspect of the presentation was on the challenges facing educators, particularly in the area of curriculum design.

Principles of Positive Education were delivered by Professor Toni Noble (Adjunct Professor at ACU), a leading educator and educational psychologist, through her keynote address and this energised the Staff for the workshops which followed. Professor Noble provided evidence-based materials using Professor Martin Seligman’s PERMA model for well-being (Flourish, Seligman 2011) which built on the significant work already being conducted at KRB using this positive approach. When students feel positive about school, experience good relationships with teachers and peers, and see their learning as purposeful, then they are academically engaged and achieve more.

Workshops which followed allowed the staff to consolidate their understanding and provided them with insightful practical strategies and skills for the application of positive psychology in the classroom. Mr. Michael Bignell, an educational consultant for the AIS, explored the principles and language of positive psychology in “Feedback for growth: conducting successful feedback conversations”. Positive, sincere feedback leads to constructive outcomes and enhanced relationships. Additionally, Michael emphasised the importance of three-way feedback between teachers, students and parents.
In a second workshop psychologist Nicola Gates provided the staff with insights into the world of neuroscience and neuropsychology. This formed the framework for a coaching approach when assisting students to enhance their potential to achieve at their optimum levels. Her advice was to focus on strengths and “possibility thinking” when coaching constructively and to always adopt a solution-focused approach.

The feedback for both days was positive. It was affirming for staff to realise that their instincts were correct in their positive attitudes and approaches as they continue to build strong, knowledgeable relationships with their students and amongst the school community.

Year 11 Retreat
Year 11 students have participated in their retreat at the Collaroy Conference Centre. Activities on the retreat were designed to enhance leadership skills, develop abilities to work in teams and to offer time for prayerful reflection on the values of a Sacred Heart education.

I spent time talking about leadership in a Sacred Heart school with the year group and also attended a wonderful Eucharist planned by our students on the Thursday evening. The retreat is designed as a precursor to the Leadership process, where Year 11 students who have nominated themselves for leadership positions, outline their vision for the leadership of the school to their fellow students and staff.

ANZAC Service and the Red Shield Appeal
Students from Year 9 presented a moving commemorative service for our Anzacs at our first assembly for the term. Lead by Lara Parameter, Megan Fitzgerald, Antoinette Radford, Jade Laidlaw and Sophia Parelli we were presented with an in depth view of life in the trenches. Students and staff remembered the service and sacrifice of these men and women by taking a minute silence.

KRB board member Mrs. Mary-Lou Jarvis and Major Evelyn Sneller, from the Salvation Army, spoke to the students about the upcoming Red Shield Appeal. Students will be able to volunteer through the school for the annual doorknock appeal to help raise money for the work that the Salvation Army does in our community.

Sports at KRB
We had some excellent results from the CIS Swimming Competition last week with Alessandra Colombini, Alessandra Gazal and Sabrina Kwok all qualifying for the NSW All Schools Swimming Championships which was held yesterday. Sabrina came away with two Gold Medals and a silver and Alessandra Colombini with a Silver, an outstanding result at state level.

Congratulations also must go to Holly Johnson (Year 11) who I presented with the Liz Miller shield for the Fastest Runner in the School.

Our students competed at the IGSSA Cross Country today and achieved 5th place overall. Well done!

Community Events
Over the past two weeks I have had a chance to meet with new parents to the school at our Welcome Dinners held in the PAC. I hope that parents who have attended have found these dinners enjoyable and informative, as well as a great opportunity to meet other parents in your child’s year group and to meet members of the School Board, Sisters of the Sacred Heart and School Leadership Team.

I was delighted to meet many of our Junior School mothers, grandmothers and relatives at the Junior School Mother’s Day Mass and Afternoon Tea today. I look forward to seeing our Senior School mothers at the luncheon tomorrow. Mothers’ day is a very special one and I wish all mothers a very happy day as you celebrate on Sunday with your family.

Campus Updates
I have received an update from the Roads & Maritime Services regarding the School Zone Flashing Lights for KRB on Vaucluse Road, and I am pleased to say that these will be installed by June 2013. This should certainly enhance the safety on Vaucluse Road and is a great outcome for us, after two years of requesting this.

With regards
Hilary Johnston-Croke
Principal
TEACHING & LEARNING

STUDY SKILLS YEAR 7 AND 8

This week Prue Salter from Enhanced Learning Educational Services (www.enhanced-learning.net) ran a study skills evening with Year 7/8 parents and students. The evening helped families put systems in place to help students work towards achieving their personal best in an efficient and effective way. Students examined their home study environment, the way they organise and manage their resources, how to work effectively at home and deal with distractions, how to manage the workload in high school, and the steps to studying in high school: making study notes, learning the notes by testing yourself and doing as much practise as possible. Parents can also find extra study skills tips on the following website: http://studyskillstopstipsparents.com/. All secondary students at our school also have access to a great study skills website to help students develop their skills.

Go to www.studyskillshandbook.com.au and enter the username: forkincoppalonly and the password: 110results and start improving your results today!

“ I learnt that if you re-read your notes less than 24hrs later that you are more likely to remember more of the information”
Sophia, Year 7

“I will be spending more time on creating study notes as I found that they might really work for me.”
Juliet, Year 7

NETBOX BLUE SECURITY

During the break, we installed Netbox Blue’s CyberSafe School software on our network. This school wide system works to provide the highest level of care and protection for students when they are using the Internet. Internet use is continually monitored to block inappropriate content, identify cyber bullying and protect against online predators and potential incidences of self-harm. This new system replaces and enhances our existing web filtering solution by providing a means to report on inappropriate or high risk activity by or towards our students across social media, instant messaging, search engine and webmail applications. Additionally, our students are protected on any network provided they are using the notebook computer provided by the school. Confidential reports and alerts are sent automatically to senior members of the pastoral team to identify, manage and prevent occurrences of cyber abuse. We are confident that this latest addition to our virtual learning environment will provide an enhanced level of care for our students.

If there are any concerns, both parents will be alerted by the school.

STUDENTS IN ACTION

MOTHER’S DAY CLASSIC

KRB is participating in the Mother’s Day Classic, a 4km or 8km walk or run at The Domain, this Sunday, to raise funds and awareness for Breast Cancer Research.

Anyone can participate so get your family and friends to join in or sponsor you and register online at www.mothersdayclassic.com.au with the ‘Kincoppal – Rose Bay’ team.

Remember that the Mother’s Day Classic is also a warm up for the City 2 Surf later this year and we are hoping to have a huge team all raising money for the RSCJ’s in Jakarta.
YEAR 12 GEOGRAPHY – TRIP TO THE GREAT BARRIER REEF

Year 12 Geography students with Mr Kerstens and Ms Hodges left on an early morning flight to tropical North Queensland, where they spent 4 days and 3 nights undertaking fieldwork linked to the Year 12 Geography course. The focus of the trip was to experience key aspects of the HSC syllabus first hand: banana farming in Northern Queensland and the biophysical interactions of two world heritage list areas; The Great Barrier Reef and the Daintree Rainforest.

In Innisfail we viewed the operations of Pacific Coast Eco Banana’s. Frank and Dianne Sciaccia have been farming wax tip bananas for over 15 years and visited their farm operations allowed the students to experience banana farming first hand.

At Cairns we undertook a Reef Lecture with Dr Gareth Phillips who prepared us all for a full day snorkelling on the Great Barrier Reef. The next day we went by boat to the outer reef where Dr Gareth took us underwater to experience first-hand this amazing living structure; appreciating the amazing array of colours, shapes, and species.

We then drove to Cape Tribulation to experience the terrestrial environment of the Daintree rainforest. Our first activity was a river boat cruise where we spotted fresh water crocodiles through the mangrove ecosystem. We then embarked on a hike through the oldest surviving rainforest in the world. The Daintree Rainforest hike provided the students with an insight into the endemic flora and fauna found at Cooper Creek and also an awareness and appreciation of the indigenous culture, which is still seen and much respected today.

On the final day, we visiting the Daintree Discovery Centre where we were able to walk on elevated platforms through the forest and climb the 30m canopy tower to view its natural beauty. After leaving Cape Tribulation and the Daintree, it was back to Cairns via Palm Cove for our evening flight to Sydney. The trip was a jam-packed oversized Geography lesson for Year 12 as they prepare for the HSC exams. It allowed students to experience the lush green of the rainforest, the sparkling crystal clear waters of the Great Barrier Reef and to view and appreciate the operations of an eco-organic banana farm.

CHINA CULTURAL TOUR 2013

During the holidays, a group of Year 8 and Year 10 students visited Beijing, Xi’an and Shanghai on a language and culture trip. Some of the highlights were climbing the Great Wall, visiting the Forbidden City and seeing the Terracotta Warriors. We also enjoyed the visit to Huiwen Middle School in Beijing, where we each partnered with a Chinese student and attended their IT and English classes.

Of course, some shopping took place, and everyone’s suitcases were overflowing by the end of the trip. Bargaining was expected at all the markets we visited, which gave us an opportunity to hone our Mandarin skills in an environment very different from the calm, controlled classrooms we’re used to!

Encounters with the local people were another way we practiced our listening and speaking skills, and for some students, this became an especially memorable part of the trip. We also found that just being in an environment where Mandarin is spoken constantly was enough to improve our confidence and pronunciation. The exposure to Chinese culture both ancient and modern that this trip has provided us with will no doubt inspire us to continue our studies of Mandarin with renewed interest.

Many thanks to Mrs. Yang and Mrs. Del Vecchio for all their help during the trip. They were great assisting in our negotiations with the formidable Chinese stallholders, and being guardians of various passports/iPhones/glasses, etc.

Monica Jones, Year 10

“The China trip was a great experience! I learnt how to be independent, learnt more about the Chinese culture, and most of all I tasted many different kinds of delicious foods! It was a wonderful opportunity!”

Olachi Zurike

“The trip to china was a once in a lifetime opportunity that I will never forget. As well as being really fun and exciting, I feel much more confident with speaking and understanding mandarin.” Georgia Boonen
On Monday the 6th of May, Lucy, Jess and I attended an enlightening Salvation Army information session at “Street level”. There, with several other schools we were given an explanation of the aims and visions of the centre, and a tour to show us the services and areas the centre provided such as the thrift shop, rooftop chill out area, canteen and church/meeting room. The centre was focused on the idea of community and how this close community helps those young people who have, through difficult circumstances, found themselves homeless. We heard real stories of young people who, through the help and support of the centre, were able to become independent and “climb” out of the cycle of homelessness. We also learnt that the stereotypes of the homeless were very inaccurate - many young people without a home were not on the streets but ‘couch surfing’. This meant that these young people did not know they were in fact homeless! The lasting message from the Salvation Army was to ask us to raise awareness so that young people who may not know they are homeless can find help, and to show us how the generous donations from anyone (like you and me) can contribute to changing the future of another young person and help them to find a strong supporting community such as Street Level.

Christina Han, Year 11 Social Justice Representative

The Boarders In weekend on the 3rd and 4th of May was a great success with the girls enjoying the opportunity to have fun together. On Friday night we had “Girls Night In” with the boarders enjoying a movie in the Hughes Centre with their doonas and pillows plus wearing pink pajamas. The girls were asked to bring a gold coin donation as a fund raiser for breast cancer.

On Saturday the girls played basketball and dodge ball in house groups in the MTC and the weekend culminated with Mass on Saturday night. The Boarders enjoyed the weekend, it does bring a wonderful sense of community to spend the weekend together and the girls’ behaviour over the two days was outstanding.
NSWCIS AND NSW ALL SCHOOLS SWIMMING CHAMPIONSHIPS

KRB had a record number of swimmers competing at the NSWCIS Swimming Championships last Tuesday and Wednesday at SOPAC, Homebush. The girls performed exceptionally well, with Alessandra Colombini, Alessandra Gazal and Sabrina Kwok all qualifying for the NSW All Schools Swimming Championships on Thursday 9th May. The girls went on to compete with these outstanding results:

Sabrina Kwok 16 Years

NSWCIS

♥ 1st 100m Backstroke
♥ 1st 100m Freestyle
♥ 1st 50m Backstroke (broke her own record from 2012)

NSW All Schools

♥ 1st 100m Freestyle – Gold medal at State level
♥ 2nd 100m Backstroke – Silver Medal at State level
♥ 1st 50m Freestyle – Gold Medal

Alessandra Colombini 16 Years

NSWCIS

♥ 4th 200 Individual Medley
♥ 1st 400m Freestyle
♥ 3rd 200m Freestyle

NSW All Schools

♥ 2nd 400m Freestyle – Silver Medal at State level
♥ 5th 200m Freestyle

Alessandra Gazal 14 Years

NSWCIS

♥ 6th 50m Freestyle
♥ 3rd 50m Butterfly
♥ 5th 100m Freestyle

NSW All Schools

♥ 7th 50m Butterfly

Maya Levinson NSWCIS

♥ 5th 12 Years 50m Butterfly

Laura Wotherspoon 16 Years NSWCIS

♥ 5th in 16 Years 50m Breaststroke

LUKE RICKETSON—7’S JUNIOR BOYS RUGBY LEAGUE TOURNAMENT

This year we entered two rugby league teams in the annual Luke Ricketson, seven aside rugby league tournament. With the Junior Year 3 & 4 team being a new team and new to the game of rugby league, they displayed great courage, supported one another in defense, and gelled as a team as the tournament progressed. In their opening game, Kincoppal played Galilee School, defeating Galilee five tries to one. In the following games, the Year 3 & 4 team lost to Holy Cross School A and B teams. The boys played exceptionally well and a great effort by all the boys! Well done!

In the Senior Year 5 & 6 competition, Kincoppal played four games in the opening rounds. They made try saving tackles in defense and big yards in attack, winning three out of the four pool games and made it through to the finals. In the grand final, Kincoppal played St Anthony’s Primary School. After a tough battle by both teams, Kincoppal lost by one try and a conversation. An outstanding effort, with many boys playing one or two years above their age group!

Congratulations to both teams! We look forward to the boys further developing their skills in training and representing the school in annual Bondi United 7 aside tournament in Term 3.

Year 3&4 Under 10’s Team: Harrison Murphy, Angus Green, Zach Dart, Cameron John, Patrick Mir, Ryan Waugh, Lachlan Penfold, William Reddick and George Summerhayes

Year 5 & 6 Under 12’s Team: Zach Katekar, Joseph Ryan, Orson Jolliffe, Emery Jolliffe, Max Parker, Louie O’Neil, Jude Spinola, Henry Bridgers and Harry MacLeod.

TERM 2 SPORT CAPTAINS

The following girls have been announced as the Term 2 Sports Captains:

Football Captain: Julia Padoani & Olivia Cosh
Basketball Captain: Hannah Ryan
Hockey Captain: Holly Johnson & Jessica Gazal
Cross Country Captain: Holly Johnson & Kate Simmons
Athletics Captain: Jessica Gazal & Lucy Thompson
Equestrian Captain: Annabel Noonan

Term 3 Sports nominations (Hockey & Netball) are now due on ischool. All students in Year 7-12 need to select their term 3 sport and attend the trials on Saturday the 25th May in the afternoon to be placed in a team.

AUSTRALIAN NATIONAL SWIMMING CHAMPIONSHIPS

Sabrina Kwok, Alessandra Colombini, Alessandra Gazal also competed at the Australian National swimming Championships in Adelaide in the last week of Term 1.
TERM 1 SPORTS RECAP

Last week the Term 1 Sports Captains presented their reports on all Term 1 sports.

Congratulations to the following Term 1 Sports Captains on their presentation to Year 7–12 students:

♥ Tennis & Tildesley: Philippa Harrison & Georgina Coutts
♥ Badminton: Rosa Moller
♥ Swimming: Sarah Smith
♥ Touch Football: Grace Bradley
♥ Water Polo: Matilda Strain

The Term 1 Most Outstanding and Most Improved awards for term 1 team sports were awarded to the following girls:

Tennis
Most Outstanding: Georgina Coutts
Most Outstanding: Philippa Harrison
Most Improved: Eloise Bridgers

Water Polo
Most Outstanding: Anais Nettis
Most Improved: Bronte Wilson

Touch Football
Most Outstanding: Emily Thompson
Most Improved: Lara Parmenter

Badminton
Most Outstanding: Joyce Yiqian Huang
Most Improved: Rosa Moller

All Term 1 Premier teams will receive their pocket slips from me at the end of assembly.

The Liz Miller shield for the fastest runner in the school was presented to Holly Johnson (Year 11).

From this Carnival KRB have selected a team to represent the school next Friday at the IGSSA Cross Country Carnival, we wish these girls the best of luck.

Thank you to all those parents who have attended one of the Welcome Dinners hosted by the Principal over the past months. These have given new families the opportunity to meet the Principal, the Chair of the School Board, Sisters of the Society of the Sacred Heart and the School Leadership Team and as well, to make new friends from their year group and other classes.

If you were unable to attend a dinner but would like to learn about some of the information given during these evenings, please contact me on 9388 6024 or cookm@krb.nsw.edu.au.

Our first Networking Evening for 2013 will be held on Wednesday 15 May at 7.00pm. The evening offers an opportunity for current and past parents and current and past students to come together, hear about the challenges and opportunities in these professions and then network over informal drinks. The Networking Evening will focus on the human resources, recruitment and management consultancy professions and would also be ideal for any student who is studying or thinking of studying a humanities, economics or social science degree. An invitation is enclosed in the KRB News.

If any parent would like to participate as a speaker in future Networking Evenings, I would be delighted to hear from you with any suggestions or ideas.

As well please mark in your diaries the KRB Rugby Lunch to be held at the Hilton Sydney on Friday 2 August – last year’s Lunch was a wonderful success and we hope to see you there again!

Mary Cook
Director of Development
T: 9388 6024
E: cookm@krb.nsw.edu.au

NETWORKING EVENING

THE MANAGEMENT CONSULTANT/HUMAN RESOURCES & RECRUITMENT PROFESSIONS

WHEN: Wednesday 15 May 2013 at 7.00pm
WHERE: Turnbull Centre Library
Kincoppal–Rose Bay School
RSVP: Friday 10 May 2013
events@krb.nsw.edu.au
### CALENDAR

**SATURDAY, 11 MAY 2013**
- IGSSA Basketball/Football Round 2 8.00am
- IPSHA Minkey/Hockey/Football Round 2 8.00am
- Senior School Mother/Daughter Lunch 1.30pm

**SUNDAY, 12 MAY 2013**
- Feast of the Ascension
- Mothers’ Day

**MONDAY, 13 MAY 2013**
- Year 7 Vaccinations 8.30am
- Allwell Testing Years 10 & 11 9.00am
- TUCKSHOP: Megan Jensen, Jodie Aroney

**TUESDAY, 14 MAY 2013**
- Year 4 Claymation Incursion 9.00am
- KRB Experience Open Morning ELC 11.00am
- TUCKSHOP: Lucinda Christie, Sarah Summerfield

**WEDNESDAY, 15 MAY 2013**
- Year 4 Claymation Incursion 9.00am
- NAPLAN Testing 9.00am
- Networking Evening 6.30pm
- TUCKSHOP: Anita Cusick, Christina Alcala

**THURSDAY, 16 MAY 2013**
- NAPLAN Testing 9.00am
- Parent/Teacher Interviews Years 8 & 9 3.30pm
- TUCKSHOP: Mary Thill-Turk, Fiona Torrington

**FRIDAY, 17 MAY 2013**
- Dubbo Boarding School Expo 8.30am
- Years 3-12 Sports Team Photos Term 2 8.45am
- ISDA Debating Semi-Final 1 6.00pm
- TUCKSHOP: Moira Cooper, Adrienne Taylor

**SATURDAY, 18 MAY 2013**
- IGSSA Basketball/Football Round 3 8.00am
- IPSHA Minkey/Hockey/Football Round 3 8.00am
- Dubbo Boarding School Expo 8.30am

**SUNDAY, 19 MAY 2013**
- Year 12 HSC Art Workshop
- Pentecost Sunday
- Family Mass & Morning Tea Years 1 & 2 10.00am

**MONDAY, 20 MAY 2013**
- Year 10 Career Interviews
- Year 12 HSC Art Workshop
- Years 5 & 6 Transition to Senior School 5.00pm
- TUCKSHOP: Maria McCrossin, Jude Cowper

**TUESDAY, 21 MAY 2013**
- Year 10 Career Interviews
- ICAS Computer Skills 8.30am
- TUCKSHOP: Edwina Renton, Tracey Parelli, Marea Coutts

**WEDNESDAY, 22 MAY 2013**
- Year 10 Career Interviews
- APSMO Maths Olympiad 8.30am
- Year 11 Leadership Forum 12.20pm
- Year 12 Parent/Teacher Interviews 3.30pm
- TUCKSHOP: Susannah Gordon, Meg Robinson

**THURSDAY, 23 MAY 2013**
- TUCKSHOP: Chrissy Comino, Amanda Culhane

**FRIDAY, 24 MAY 2013**
- Orange Regional Gathering
- Our Lady Help of Christians Patroness of Australia
- ISDA Debating Semi-Final 2 6.00pm
- TUCKSHOP: Anna Fanuli, Libby Damman

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**KRB TRIVIA NIGHT**

**SATURDAY, 25 MAY 2013**
**MAUREEN TUDHOPE CENTRE**
**7PM ARRIVAL FOR 7.30PM START**

**PUT ON THE RITZ AND ROUND UP 10 OF YOUR BEST GUYS & DOLLS FOR A SWELL NIGHT!**

**COST:** $40 PER PERSON OR $400 PER TABLE OF 10

**DRESS:** (OPTIONAL) THE GREAT GATSBY

**RSVP:** MONDAY 20 MAY 2013 TO PANDF@KRB.NSW.EDU.AU