FROM THE PRINCIPAL

Dear Parents, Students and Staff,

It has been a very busy start to the year with many activities in the school calendar. Over the past two weeks I have enjoyed meeting with parents at the ELC, Junior School, Years 7 to 10 and 11 Information Evenings. At these evenings I gave an outline of the KRB strategic priorities for 2017 and an analysis of the HSC results for 2016. The Strategic Plan 2017-2019 is on the Parent Portal. I also outlined our expectations of the students for this year, where our Sacred Heart focus goal is ‘The Building of Community as a Christian Value’.

I encourage all our students to take advantage of the opportunities offered to them at KRB and to challenge themselves to ‘be the best they can be’. At our Opening Mass I asked students to ‘lean in’. This might be in the classroom, in sport, music or debating. We hope parents will assist their children in their efforts to continually grow and achieve their personal goals.

Our students have begun the year focused and enthusiastic. They are participating in many community activities, including dancing on the Harbour Terrace on Fridays. Junior School and Senior School students participated with enthusiasm at the recent Swimming Carnivals. It was a pleasure listening to Isabella Bustos-McNeil who sang Panis Angelicus at the first Family Mass.

Year 12 Retreat

I also appreciated spending time with our Year 12 class at the Year 12 Retreat. I was particularly impressed by the Liturgy coordinated by the students, one of the most meaningful I have experienced on Retreat. They ended by singing Oh Happy Day. The students demonstrated a strong sense of connection, support and community and demonstrated the genuine concern they have for each other.

I talked to them about different pathways based on Robert Frost’s poem The Road Not Taken and what they need to develop for their future.

KRB’s Head of Liturgy, Isabella Monardo shared her Retreat experience: “Year 12 Retreat really brought the year group together. It reinforced the importance of our relationships with one another, particularly during this challenging year, and encouraged us to set goals and reflect upon our last few terms at KRB. It has definitely been a highlight of our senior years so far!”

Peer Support Program

KRB’s Peer Support program is designed to enhance peer connections throughout the school. Congratulations to the following girls selected as Peer Support Leaders for 2017: Cassandra Banks, Sophie Barclay, Martha Castellini, Angela Della Franca, Jasmine Elder, Grace Findlay, Jessica Garnett, Emma Gould, Ella Hannon, Madeleine Kan, Bello Lamaro, Charlotte Nesbitt, Laetitia Pajanacci, Emma Peers Tejero, Margaux Taylor, Jacqueline Reimer
FROM THE PRINCIPAL

Our Peer Tutors assist the Junior School students from Years 1-6 with homework and reading. Congratulations to the following girls selected as Peer Tutors for 2017: Emma Ahlberg, Lily Bates-Brownsword, Ella Cusack, Eden Domingues, Georgia Downey, Eliza Ewington, Fiona Martin, Lucy Page, Josie Power, Sofia Pizzinato, Eliza Ross, Nicole Sathowan, Charlotte Squire, Anna Sweeney, Hon Lu Tao, Lara Taylor, Kimika Uehara, Hilary Yabsley and Iris Zhang.

Global Connections

The internationality of Kincoppal – Rose Bay is a very significant component of our mission as a Sacred Heart School. At last week’s Assembly I spoke to students about internationality.

As part of a global network of schools in 44 countries, our students have many opportunities to expand their world view and many of them participate in global exchange, host exchange visitors from other Sacred Heart Schools from overseas and go on to work or study overseas. We also offer social justice trips to countries such as India as part of our involvement with the Antipodeans Abroad.

We strongly encourage our students to participate in global exchange. The students who recently went to Japan and US on exchange spoke at Assembly and shared their experiences and inspired fellow students to put themselves forward for such incredible opportunities.

Music Students attend Opera

I accompanied Senior School music students to La Traviata last night at the Sydney Opera House. For many of the students this was their first time to the Opera. Year 9 Student, Miki Kennedy said, “last night was the first opera that I had ever seen, it was an unforgettable experience. Every time the curtains came up, I was amazed at the detail and quality of each set. I also enjoyed the performances of the opera singers, especially Violetta.”

Junior School Swimming Carnival

Congratulations to our Junior School students who once again showed their strength in the pool. The cheers during the races and in the MTC after the carnival were a great testament to their school spirit and the leadership of our Year 6 students. Congratulations to Kungala led by Jemima Senes and Teophile Schmidt on winning the overall point score and Arakoola led by Grace Carter and Jessica Pitt on winning the Spirit Cup. All House Captains and Sports Captains demonstrated excellent leadership.

Senior School Swimming Carnival

The Year 7-12 Swimming Carnival was held on Monday at Homebush. At this event all Year 7-12 students participated in a number of Individual Swimming events and relays to gain points for their House. Congratulations to Arakoola led by Lucy Lindsay and Annabella Stevens on winning the overall point score and Kungala led by Sasha Darowen and Rose Garnett on winning the Spirit Cup. There were several competitive events and records broken. A full report can be found on page 12.

Student Achievements

Year 9 student Mary Franklin, has been selected for the 2017 Elite Orchestral Training Program run by Sydney Youth Orchestra. 500 students have been placed into 13 different orchestras and Mary was chosen for the Stage 2 Haydn Ensemble. This is a great opportunity for Mary and a great honour as the process of selection was rigorous. Mary started at KRB in the Early Learning Centre and has always had a keen interest in music, learning the piano in Kindergarten, the cello in Year 3 and joining the School Orchestra in Year 5.

Campus Update

Over the term break and in recent weeks the following projects were completed:

- Restoration of the Blann Family Pool
- Painting of Sheldon House and many other areas of the school
- Restoration of windows and doors in the Hughes Centre
- New Junior School reception and administration area
- Chapel Square is still being completed

HSC High Achievers’ Ceremony

We will be celebrating the achievements of the Class of 2016 at the High Achievers’ Ceremony next Friday 3 March in the MTC.

This Saturday evening, I look forward to connecting with new and current parents at the annual P&F Cocktail Party.

With Regards

Hilary Johnston-Croke
Principal
JUNIOR SCHOOL SWIMMING CARNIVAL

THE FASTEST GIRLS IN THE SCHOOL

SENIOR SCHOOL SWIMMING CARNIVAL

STUDENTS IN ACTION
TOMORROW'S NEWS ISSUE 03
24 FEBRUARY 2017

SCHOOL PRODUCTION 2017 – EMIL AND THE DETECTIVES
Students commenced rehearsals on the second day back this year for the school production Emil and the Detectives. They are working under Director, Nigel Turner-Carroll. Based on the 1929 novel by Erich Kästner, Emil and the Detectives is a classic adventure story about a boy learning to rely on himself and on his new friends. Emil leaves his small town in Germany and sets off on a journey that will change his life. When his money is stolen on the train by a mysterious stranger, Emil thinks he’s lost everything. He starts tracking down the thief, he soon discovers that he’s not alone in the big city after all. He teams up with a group of young detectives and begins a hair-raising chase across Berlin to catch the dirty rotten thief.
Performances are on Thursday 23 and Friday 24 March. Tickets will be available to purchase online early March.

YEAR 2 – STEP BACK IN TIME
Schooling in the ‘good old days’
Laughing, encouraging and embracing mistakes are some of the things a modern classroom is all about to optimise maximum learning and student engagement. In today’s society we take that for granted. Year 2 has thoroughly enjoyed taking a leap back in time to see what life was like in the past and how far society has come since the ‘good old days’.
Students particularly enjoyed investigating old style toys and games and the highlight of the day was a demonstration of real life firefighting.

FIREFIGHTERS VISIT YEAR 1
Nee Fitzwew nree noo! That’s the sound of the fire truck sirens that the Year 1 students heard on Monday. They have been learning about everyday heroes during their English program, and were lucky enough to meet local firefighters.
First the firefighters taught the students important fire procedures about what to do in a fire. “When there’s a fire, get down and crawl out the door,” said Skylar. The students practised getting down low and go, go, go. Then got out. They learnt that if you’re standing up it will make you cough, but if you get down it’s the better space,” said Lilly-Bee.
Sienna asked, “What if you leave your favourite toy?” and Skylar chimed in, “Or you leave your puppy dog?”
Firefighter Bisho replied, “That’s our job to get it. You have to get out and stay out.”

YEAR 7 HISTORY EXCURSION
On Friday of Week Three, Year 7 students travelled to the Big Dig Archaeology Education Centre at The Rocks to investigate the colonial Foy family through artefacts. Students put their theory knowledge into practice by examining the building remains of the Foy’s two houses and artefacts that were discovered on site. They also employed their analytical skills to read primary sources that shed some light on the area in which the Foy’s lived. Edwina Robertson located a newspaper advertisement from the early 19th century that revealed the presence of an all-girls academy in The Rocks, which explained why the daughters of Mr and Mrs Foy were educated. Eva Smith used a letter to the editor of the Sydney Morning Herald from the 19th century to explain how people viewed The Rocks at the time: as a dirty, disease ridden slum.
The students learnt what to do in different situations. “If your pants caught on fire you would duck down and roll around and cover your face,” said James.
The firefighters taught the students about good fires and bad fires, and the importance of having an adult present at campfires, barbecues or when cooking on the stove. “I learnt don’t touch fire or match sticks,” said Saxon.
Firefighter Eddie put on his firefighting gear to demonstrate how they look when they go to a fire. They can look a bit scary and sound like Darth Vader, but they are there to help. “I didn’t realise how big they look in all their gear,” said Tomas.

YEAR 7 HISTORY PRODUCTION 2017 – EMIL AND THE DETECTIVES
The students learnt that once you are out of the house, it is a good idea to meet at the mailbox to see that everyone is safe.
The students learnt what to do in different situations. “If your pants caught on fire you would duck down and roll around and cover your face,” said James.
The firefighters taught the students about good fires and bad fires, and the importance of having an adult present at campfires, barbecues or when cooking on the stove. “I learnt don’t touch fire or match sticks,” said Saxon.
Firefighter Eddie put on his firefighting gear to demonstrate how they look when they go to a fire. They can look a bit scary and sound like Darth Vader, but they are there to help. “I didn’t realise how big they look in all their gear,” said Tomas.

TEACHING & LEARNING

MIXING A SCIENCE LESSON WITH DRAMA AND ART
Year 2 has been investigating the effects that push and pull have on objects with a focus on toy design. Students incorporated the use of these forces to develop an interesting product. “The best gear,” said Tomas.

After learning all the important fire safety information, the students climbed into the fire truck to investigate the equipment. Then they had the opportunity to use the fire hose to try and snip Firefighter Eddie. “The best part was when we got to go on the truck and do the hose,” said Sara.
Before the firefighters left the students asked questions.
Audrey asked, “Why did you want to be a firefighter?”
Firefighter Bisho replied, “I like helping people in the community and I like working in a team.”
A DAY OF FRIENDSHIP

Junior School students from Years 1 to 6 participated in a ‘Day of Friendship’ facilitated by Dana Kerford, Canadian Friendship Expert of URSTRONG. The day was based on dealing with and putting out Friendship Fires, discussing Friendship Facts (no friendship is perfect; every friendship is different; trust and respect are the two most important qualities of a friendship; friendships change… that’s okay!) and unpacking the set of Friendship Rules - Be kind to yourself and others; Be honest; Be brave and Have fun!

Each stage had a different theme for their workshop:

Stage 1 - Years 1 and 2 Fuzzies and Friends
(how to put out friendship fires and become friendship ninjas)
“You have to put your friendship fire out”
Saxon
“You don’t tell secrets to somebody because then they get upset and they think they’re talking about you.”
Sienna
Stage 2 - Years 3 and 4 Heart of Friendship
(learnt how to be assertive, not aggressive when dealing with confrontation)
“Friendships aren’t always perfect.”
Tilly
“I learnt how important how friendships are and that they need work.”
Victor

Stage 3 - Years 5 and 6 Friendship Fires
(body language matters, to use the word ‘because’ to explain yourself with a good reason when communicating; communicate online appropriately)
“We have learnt skills to help us deal with friendship issues in the future.”
Jessica and Chiara
“Don’t leave a friendship fire unattended for too long as it may become worse and end the friendship.”
Christian and Jonah

In conclusion, the children went away with these main messages; “You need to stand up for yourself” because most importantly, “Remember you are worth it!”

YEARS 7-10 STUDY SKILLS

In the first week of term, students in Years 7-10 participated in a study skills seminar conducted by the external provider ELEVATE.
ELEVATE’s study skills seminars are designed to achieve behavioural change amongst students. They endeavour to not only teach students the skills for effective study but to also get students using the skills from the seminars and workshops through an integrated approach.
Year 7 students covered ‘Junior Time Management’, Year 8 ‘Study Skills Kick Start’, Year 9 ‘Memory Mnemonics’ and Year 10 ‘Study Sense’.
All students can access the ELEVATE resources via the website: austudent.elevateeducation.com

YEAR 11 STUDY SKILLS

This week Dr Prue Salter from Enhanced Learning Educational Services (www.enhanced-learning.net) ran a study skills session with Year 11, building on the work done with the students in previous years. The session focused on helping students identify changes and improvements they could make to their approach to their studies in order to maximise their results in their final years of school.
The main areas covered with Year 11 were setting up an effective study space at home, managing resources for school (both paper and digital), working effectively in the evenings and dealing with distractions, managing time efficiently, planning for assessments, making brain-friendly study notes on a regular basis and using a wide variety of active study techniques to suit individual learning styles.

Parents are encouraged to review the handout from the session with students and discuss the main areas identified where changes need to be made. Parents can also find extra study skills tips on the following website:
studykillsstopipsparents.com
All secondary students and parents at our school also have access to a great study skills website to help students develop their skills. Go to www.studykillsandhandbook.com.au and enter the username: forkin coppalonly and the password: 110results. There are lots of useful handouts on the ‘Things to Print’ page on this site and students can work through the units where they need additional help.
KRB STUDENTS VISIT HEADSPACE
Year 11 students Jessie Malouf and Clementine Crawford spent a morning networking at the new Headspace facilities at Bondi Junction. They were able to learn about the services offered to young people in the area, and workshop ideas about mental health with other school leaders from the eastern suburbs. Jessie and Clementine were inspired by the fantastic work that the Headspace team undertakes, and returned to KRB brimming with ideas for wellness initiatives.

YEAR 12 RETREAT
On 16 February, Year 12 as a year group set out to Collaroy for the last time. Mixed emotions were in the air and everyone was thinking about what was going to happen over the next two days. We all arrived with big smiles and were surprised to see two instructors from the Sydney Dance Company waiting for us in the conference room. We wasted no time. We kicked off our shoes and learnt Samba dancing. Everyone joined in, even those with two left feet. We then divided into our pastoral groups where we split off to complete heart decorating, orienteering or watching a motivational video. Every single KRB student for many years has been decorating a felt heart with decorations to express themselves and their experiences at KRB, where it is hung for the final time at the Year 12 Vale Chapel service.

Once we completed our hearts we moved onto orienteering where we were organised into groups of six and given four objects: a compass, a map of the area, a watch and paper with 24 squares on it. We set out to find 24 different stamps where we had to figure out what number we were at. To be honest many of us walked in circles and none of us got all the correct answers but we did get the chance to speak to girls that we don’t always get the chance to. When we finally all made our way back we moved onto our last activity, which included relaxing in an air-conditioned room while watching Nicholas Jovanovic talk to us about his life and being the motivational speaker he is today. He talks about taking one step at a time, no matter how big or small it is, it is still one step in the direction towards your goals. He also gave inspiring words such as “nothing is impossible so when you fall get back up”, “how we are awesome just the way we are” and “that we have choices so choose the ones to be thankful for”. As we processed the words given by Nicholas we were sent back to the conference room where the whole year group joined together again and started to organise the mass that was being held after dinner. At mass everyone participated from decorating to gospel readings to the wonderful music sung by many of the Year 12s with the song Oh Happy Day.

The next morning, we packed our bags to go home but knew that the retreat was far from over. Mrs Johnston-Croke gave us an inspirational talk about the various paths ahead and about some of the experiences she has had over the years. We were very thankful for her thoughts and inspired all of us to know that we have various paths to take in life. As the Retreat was coming to a close we were given our final two activities. The first was where we joined our pastoral and sat in a circle. Placed in the middle of each circle were 16 envelopes with a name on each. Each girl was given 15 strips of paper where they were to write about each person on an individual piece of paper and placed inside that person’s envelope. Once every one completed this, they were put in piles where the teachers collected them.

Our final activity was an amazing one, where we all sat on the hill (including Ms Mount) to take a year group photo where we sang songs and laughed as photos were taken. As we came down from our excitement we picked up our bags and lined up to board the bus. As we moved into the bus we were given our envelopes with 15 letters inside. As the bus moved towards school, the envelopes were open, happy tears were shed, thanks was said and love was in the air.

Madison Litchfield
YEARS 3-6 SWIMMING CARNIVAL

The Years 3-6 Swimming Carnival was held at KRB on Wednesday 15 February in the Blann family pool. At this event all Year 3-6 children participated in a number of Individual Swimming events, House and Class relays.

This Carnival was also a selection for the Years 3-6 Swimming Championship events held at Homebush on Monday 20 February. The fastest eight children in each 50m event were invited to participate in the Championship races. This event was highly competitive with a number of children competing in several events. Congratulations to Kungala led by Jemima Senes and Teophilia Schmidt on winning the overall Point score and Arakoola led by Grace Carter and Jessica Pitt on winning the Spirit Cup.

All House Captains and Sports Captains demonstrated excellent leadership on this day.

The overall Age Champions and Runner up Age Champions as follows (presentation at Friday morning Assembly):

**Year 3-6 Swimming Age Champions & Runner Up Age Champions**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Champion</th>
<th>Runner Up</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 Years</td>
<td>Alexandra Kovalenko</td>
<td>Laila Milford &amp; Claudia Stathis</td>
</tr>
<tr>
<td>9 Years</td>
<td>Nita Churcher</td>
<td>Isa Walter &amp; Anna Xu</td>
</tr>
<tr>
<td>10 Years</td>
<td>Christopher Gardner</td>
<td>Thomas Carter</td>
</tr>
<tr>
<td>11 Years</td>
<td>Annabella Waugh</td>
<td>Grace Carter &amp; Jessica Pitt</td>
</tr>
<tr>
<td>12 Years</td>
<td>Hugo Levy</td>
<td>Grace Carter &amp; Jessica Pitt</td>
</tr>
</tbody>
</table>

**Open Invitation 50m Freestyle Invitational**

- **Girls**
  - 1st Place: Rhiannon Carr
  - 2nd Place: Laila Milford & Claudia Stathis

**New Records 2017**

- **Boys 8-13 100m Freestyle Invitational**
  - Hugo Levy 1:19.27

YEARS 7-12 SWIMMING CARNIVAL

The Years 7-12 Swimming Carnival was held on Monday 20 February at Homebush. At this event, all Year 7-12 students participated in a number of Individual Swimming events and relays to gain points for their House.

Congratulations to Arakoola led by Lucy Lindsay and Annabella Stewers on winning the overall Point score and Kungala led by Sasha Danswan and Rose Garnett on winning the Spirit Cup.

There were several competitive events and records broken. The overall Age Champions and Runner up Age Champions are below (presentation will take place at the next Assembly):

**Year 7-12 Swimming Age Champions & Runner Up Age Champions**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Champion</th>
<th>Runner Up</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 Years</td>
<td>David Castalline</td>
<td>Callum Dunn</td>
</tr>
<tr>
<td>13 Years</td>
<td>Alexandra Field</td>
<td>Alex Schmidt</td>
</tr>
<tr>
<td>14 Years</td>
<td>Alex Schmidt</td>
<td>Adrian Smith</td>
</tr>
<tr>
<td>15 Years</td>
<td>Hugo Levy</td>
<td>Grace Carter &amp; Jessica Pitt</td>
</tr>
<tr>
<td>16 Years</td>
<td>Rhiannon Carr</td>
<td>Alex Schmidt</td>
</tr>
</tbody>
</table>

**New Records 2017**

- **18 Years 50m Freestyle**
  - Rhiannon Carr 28.58

For more information please call Jed Gould
0411 775 945 or email tennis@krb.nsw.edu.au

Follow us for news, events and inspiring memes
KINCOPPAL – ROSE BAY
SCHOOL OF THE SACRED HEART

FROM THE DEVELOPMENT OFFICE

The KRB Sports Lunch will be held on Friday 4 August 2017 at the Westin Hotel. We are delighted that comedian Vince Sorrenti has agreed to MC this event. Special guest speaker is Steven Bradbury OAM, Australian former short track speed skater and four-time Olympian. He is best known for winning the 1,000m event at the 2002 Winter Olympics after all of his opponents were involved in a last corner pile-up. He was the first Australian to win a Winter Olympic gold medal.

Sponsorship opportunities for the Sports Lunch are available. If you own your own company or a director of a company and would like to be involved in this, please contact me. All funds raised at the Lunch are directed to the Bursary Fund, set up to assist families in financial need. Currently we have over 50 senior school students on bursaries.

All families who are new to KRB this year will be invited to one of two Welcome Dinners, hosted by the Principal. These dinners provide new parents with the opportunity to meet the Principal, members of the School Board and the Leadership Team in an informal atmosphere and hear about the strategic direction of the School. The first dinner will be held on Tuesday 7 March.

Mary Cook
Director of Development
cookm@krb.nsw.edu.au

KRB SCHOLARSHIPS FOR 2018

Some scholarships offered for 2018 are open to current KRB students in Year 6/2017, Year 8/2017, Year 9/2017, Year 10/2017. For details visit www.krb.nsw.edu.au and click on Admissions then Scholarships. The closing date for online applications is Friday 17 March 2017. Please contact Registrar, Mrs Raewyn Barrington, if you would like more information.

Mary Cook, Director of Development

KRB SCHOLARSHIPS FOR 2018