Headmaster’s Distinctions

Term 4
Week 1

Kindergarten
Marc Assabgy
Sebastian Ball
Archer Cassetari
Lucas Johnson
Murphy Li
George Matti
Mercer Reed
Ayman Saiyed (x2)
Christian Teo
Hugo Yeh

Year 2
Pranav Anil Pillai
Jake Levy
Varun Khurana (x5)
Radman Parvez

Year 3
Thomas Barton
Ben Pavlakis
Cooper Smith
Matthew Wu

Year 4
Joel Egan (x3)
Tom Gilmore

Year 5
Peter Maroon-Yacoub

Year 6
Tahn Henley (x4)

Impact of the Cyber World of the 21st Century on the Human Brain

Welcome back to all our families. I enjoyed catching up with some of the boys this week and learning about their holiday adventures. The final term will be an active and busy one for the boys, so I hope that they are feeling refreshed and ready for an energetic and productive finish to the academic year.

The Prep staff was fortunate to participate in the 5th National Boys’ Education Conference hosted at King’s on Tuesday and Wednesday this week. The conference provided tremendous opportunities to hear from leading national and international leaders in educational research, and to dialogue with colleagues from around Australia who share a passion for boys’ education.

Of particular note, was the leading address given by Baroness Susan Greenfield, a neuroscientist, writer and Professor at Oxford University. The Baroness is well-known internationally for her research on the brain’s neuroplasticity, as well as creativity, digital technologies and the future of the mind.

After guiding the audience through the latest research on the brain and dispelling some commonly held beliefs about the brain, the Baroness shared how research is indicating the positive effects that a stimulating environment has on the growth of dendrites (branches from the brain neurons). Put simply, a stimulating environment grows more branches, which in turn creates more connections in the brain and enables thinking at a deeper level. As I listened, I was affirmed in knowing that the inquiry learning approach at the Prep that focuses on the exploration of deep transferable concepts within learning experiences was exactly the stimulating, thinking curriculum that facilitates healthy brain growth.

The Baroness shared some words of caution around the increased exposure that young children have to gaming. From a physiological perspective, research is indicating that prolonged exposure to gaming increases production of the chemical dopamine which can affect attention spans, focused concentration and increased susceptibility to greater risk-taking behaviour.

Of further concern, is the impact that social networking is having on the development of the brain in developing the skills of empathy in relationships. Increasingly, people are turning to social networking sites for communication. The problem here is that this form of communication is two dimensional. It doesn’t allow the brain to register the same subtle and important skills that are required in interpersonal three dimensional conversations such as body language, eye contact, interpreting a person’s voice rate/ tone/ volume, and the impact of pheromones that are released by a body. There is evidence indicating that some long term difficulties in communication and empathy can occur through a large reliance on cyber communication.

As parents and educators, it’s important to ensure that our children are growing up in a stimulating environment that will facilitate healthy brain growth. It should be one where screen time is monitored and limited, and opportunities provided for the development of strong interpersonal skills that involve people, not devices.

Countdown to the opening of ‘Jungle Book’

Excitement is building for the upcoming performances of ‘The Jungle Book’. The cast and crew have been working tirelessly over the past two terms in preparation for the show, which opens next Monday. The boys were fortunate to gain a glimpse of the sense of fun and energy of the show at the final assembly last term, where the cast performed one of the numbers. It promises to be a very entertaining and professional production.

THOUGHT FOR THE WEEK: “Take rest; a field that has rested gives a bountiful crop.” — Ovid
Billy Cart Derby
A reminder about the Billy Cart Derby which will be held on Sunday, 3 November. Dads will have an opportunity to build billy carts together with their sons at a construction afternoon on Saturday, 19 October. Information about design specifications and other details were sent home last term and another copy is contained on a flyer with this newsletter.

King’s Prep Spring Garden Party
For the adults, an end of year celebration Spring Garden Party will be held on Saturday 26 October in the covered area outside the ILC overlooking the beautiful Price Fields. Themed ‘A Day at the races’, it promises to be a great evening of fun with food & drink provided, a live band to provide some entertainment and allow people to kick up their heels, lucky door prizes and prizes for best dressed. To book a ticket, please click on the following link:


Our Chess Champions Move Ahead!
I am delighted to report that our Prep School Chess team has continued on their successful path within the Primary School Chess Championships. Having recently won the zone section of the tournament, they have now moved into the Inter-Regional finals of the Metropolitan division. This will mean that the team will face the team from Sydney Grammar St Ives in the next round.

Our congratulations go to Rowan and Kevin Willathgamuwa, Hugh Ashley and Bill Goh. We wish the boys every success in the finals.

Peter Allison
Head of the Preparatory School

Church@Kings CYBERPARENTING Seminar – Sunday 3 November

Our children’s lives are immersed in technology; their music, social schedule, schoolwork, games and daily interaction rely on it. Not so long ago, parents could limit their kids’ exposure to the Internet, guiding them through the information they found and protecting them from predators, bullying and porn. But the goalposts have moved: devices are portable and access is possible 24/7.

Simone and James Boswell update parents on everything they need to know about technology and how it impacts families. But more importantly, they discuss timeless parenting principles that help mums and dads teach their kids Christian values when the physical and digital worlds collide.

James Boswell has worked in the ICT industry for nearly 30 years. He and his wife Simone (also the author of Calm baby, Confident mum) have six children aged nine to 19.

James and Simone will be our guests at Church@Kings on Sunday 3 November, for our 9.30am Family Service.

Registrations are ESSENTIAL!

Go to: church.kings.edu.au and follow the prompts.

The first 20 registrations will receive $5 off the price of the book ‘CYBERPARENTING’.

For further information contact:

Stuart Tye at sct@kings.edu.au, or on 9683 8433.
Commencement of Term Four

I want to welcome back all boys and their parents to Term Four. I hope all families were able to spend some time together and recharge, for what is a busy term with a number of important events taking place. A copy of the calendar for Term Four has been sent home this week.

ICAS English Competition

The results for the ICAS English Competition arrived at the end of last term. With only a few exceptions, all boys in Year 3-6 participate in this competition. This is certainly not the norm, with most schools only entering their brightest students or those students whose parents are happy to pay for their entry. Our results were very pleasing. 211 boys sat the competition with 6 boys being awarded High Distinctions (top 1%), 33 boys being awarded Distinctions (next 10%) and 43 boys being awarded Credits (next 25%). Congratulations to all boys, but especially to the following boys.

<table>
<thead>
<tr>
<th>Year</th>
<th>First Name</th>
<th>Last Name</th>
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<tbody>
<tr>
<td>3</td>
<td>OSCAR</td>
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<td>3</td>
<td>JASPER</td>
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<td>JAMES</td>
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<td>3</td>
<td>JOSEPH</td>
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<td>LAWRENCE</td>
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<td>4</td>
<td>RICHARD</td>
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<td>MAROON-YACOUB</td>
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<td>PAUL</td>
<td>LAPINSKI</td>
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<td>6</td>
<td>HUGO</td>
<td>PADLEY</td>
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<tr>
<td>6</td>
<td>LUCAS</td>
<td>TROTMAN</td>
<td>Distinction</td>
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<tr>
<td>4</td>
<td>KEVIN</td>
<td>WILLATHGAMUWA</td>
<td>High Distinction</td>
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<tr>
<td>5</td>
<td>PRANAY</td>
<td>TRIPATHI</td>
<td>High Distinction</td>
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<tr>
<td>6</td>
<td>CHARLIE</td>
<td>FARRINGTON</td>
<td>High Distinction</td>
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<tr>
<td>6</td>
<td>WILLIAM</td>
<td>KONSTANTINDIS</td>
<td>High Distinction</td>
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<tr>
<td>6</td>
<td>BYRON</td>
<td>SPIERS</td>
<td>High Distinction</td>
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Jungle Book

The staff and boys have been working very hard in preparation for the Jungle Book Musical performance to be held on Monday and Tuesday, 14th and 15th October, evening in Week Two next term.

Fathers’ Association King’s in Spring Garden Party

This promises to be a wonderful event and a great way to celebrate the end of the year. This will be held at the Prep School on Saturday, 26th October.

Cyber safety

I had the opportunity to write a two part article on this important subject in the last two King’s Herald, published last term. I would encourage all parents, especially those with sons in Years 3-6, to read these articles and have conversations with your sons about their use of the internet.
Key Dates

Week 2

- **Sunday, 13 October 2013**
  - Jungle Book Rehearsal (1:30-4:00 pm)

- **Monday, 14 October 2013**
  - Jungle Book Performances (11:00, 12:00 and 7:00 pm)
  - Year 3 Choir (1:40-2:15), Christmas Choir - 2:30-3:10 (no more Year 3 choir after this session)
  - Monitor's and Housemasters' Dinner (5:45 pm)

- **Tuesday, 15 October 2013**
  - Prep School Tour (9:30 am)
  - K-2 Assembly and Y3-6 House Meeting
  - Jungle Book Performances (7:00 pm)

- **Wednesday, 16 October 2013**
  - Intra-School Chess Competition (all day)

- **Thursday, 17 October 2013**
  - Year 1 and 2 excursion to Sydney Symphonia at ABC followed by lunch at Blaxland Park (depart 10:30 - return 2:30pm)

- **Saturday, 19 October 2013**
  - Summer Sport Round 8
  - Billy Cart Derby Building Day (12:00 - 4:00 pm)

Week 3

- **Monday, 21 October 2013**
  - Y3 Excursion to Chowder Bay
  - Christmas Choir Rehearsal (1:40-2:15 pm)
  - Prep Fathers' Association Committee Meeting (7:30 pm)

- **Tuesday, 22 October 2013**
  - K-6 Assembly
  - Chamber Choir to perform at RSCM Primary School Festival (4:00-7:00 pm)

- **Wednesday, 23 October 2013**
  - PYP Open Day

- **Thursday, 24 October 2013**
  - Year 5-6 Visiting Senior School Assembly to listen to Ricky Ponting

- **Friday, 25 October 2013**
  - Band Information Session (Y2-3) (11:00 am)

- **Saturday, 26 October 2013**
  - Summer Sport Round 9
  - King's in Spring Garden Party (7:00-11:00 pm)
How lovely it was on Tuesday morning to be greeted by fresh faced, happy boys, eager to resume games and learning with their schoolmates. This term will be a great time of consolidation, formative assessment, reflection on goals, and enjoyment of achievements. We have some fun experiences planned, including Chinese Day, Year One and Year Two visit to the ABC concert, Year One Harvest Day, Year Two Dads’ and Lads’ Camp, and The K-6 Festival of Lessons and Carols.

**Sensible Sleep Patterns**

A quick google will bring up many sites of recommendations and suggestions as to why adequate sleep is important and also advice as to how parents can get their children to bed at a reasonable time. As a parent, I do understand the busyness of the day, the amount of after school and extra-curricular activities that the children are engaged in. I do sympathise with the many challenges that need to be met before bedtime and the attraction of other issues far more interesting than hopping into bed.

Like all issues in raising children, there are variables as to the norms and clearly some children will need less sleep than others. Looking at the recommendations from doctors and scientists, it is suggested that for children from Kindergarten to Year Six, an average range of 10-12 hours of good quality sleep each day is required.

I encourage families to consider the following data which I have plucked from some research papers on the web. You might like to do some research for yourselves on this issue also. I believe it is important for children’s health. I believe it to be an important aspect in the management of a family.

Sleep deprivation is identified as a cause for daytime fatigue, which comes as no surprise; consider also, inattention, impaired memory processes, behaviour dysfunction, depression, and academic difficulties. In order to best set our boys up for success they need to have a rested brain and a rested body.

Some children may have organic sleep disorder issues, characterised by a number of factors such as tossing, turning, kicking, sleep-walking, bedwetting, night terrors or insomnia. These issues are best discussed with your family doctor. I am also aware, however, of some children holding the reigns in family decision matters and simply refusing to go to bed because they might miss out on things that are of greater interest. It is important that parents take the lead in these matters.
Suggestions to assist with this problem of bedtime refusal:

- Resist the invitation from your child to negotiate
- Establish a consistent bedtime
- Turn off media - TV, digital games etc quite some time before bed
- Eliminate computers or televisions from the bedroom
- A warm bath or shower prior to bedtime
- Not going to bed hungry or thirsty
- Have the bedroom quiet, dark, tidy and comfortable-a low wattage night light might be a good idea
- Shared reading in bed and a quiet time of prayer and cuddles

Establishing good bedtime habits that lead to adequate rest and renewed energy can have a great impact on a child’s life. Consider the words of the old adage- ‘Early to bed and early to rise makes a man healthy, wealthy and wise.’

Sun Protection

All boys who stay at KIP or have after school tennis coaching or after school care, will need to have a K cap. Boys in Kindy and Year One will need a K Cap for before school play unless they are under the verandas. K Caps are available from The Braeside Shop and should be named and kept in the front section of the school bag. These are also useful for afternoon dismissal at the turning circle on hot days. The broad brimmed hat is for play at recess and lunch and must not be taken home until the term break. A roll on sunscreen is a good addition to the lunchbox, thereby enabling the boys to apply this quickly before playing time at lunch. Please encourage your son/s to be independent with the application of sunscreen.

Belinda Baxter
bsb@kings.edu.au
Focus on Physical Education and the PYP

All students in the Preparatory School attend a lesson of Physical Education each week. The curriculum for the boys is based upon the New South Wales Board of Studies PDHPE syllabus and the PYP PSPE Scope and Sequence. This has given us the framework to cover the necessary skills and drills to advance the students allowing a transdisciplinary connection to their units of inquiry.

The Physical Education lessons allow the students to explore the rules and boundaries of skills and sports, inquiring into how they can be connected.

For example: Athletics
Central Idea: Athletics is a sport that incorporates running, jumping and throwing and allows individuals to challenge themselves.
Key Concepts:
- Causation
- Form
- Connection
Lines of Inquiry:
- The technique used for different athletic events
- How to challenge yourself and achieve the best possible result
- The recording process and rules associated with each athletic event
Learning Outcomes:
- To engage in a variety of different physical activities.
- To use and adapt basic movement skills (gross and fine) in a variety of activities.

Through the PYP we are developing a connection between Physical Education and the Units of Inquiry. Certain units are favourable to discovering ‘space’ or even discussion about the transdisciplinary theme ‘Where we are in place and time’. We are trying to develop authentic connections with Units of Inquiry whilst maintaining the progression of skills within the Physical Education curriculum. Often, the boys develop an understanding through the ‘How We Express Ourselves’ PYP Units of inquiry.
Giving instructions regarding swimming techniques

We are also able to link with the PYP Key Concepts in the following ways:
Form – Is that the correct technique?
Function – How can I move differently to travel faster?
Causation – What would happen if we played basketball with a rugby ball?
Change – What can this team do to improve performance?
Connection – Why was this rule added?
Perspective – What are your views on the gymnastics performance?
Responsibility – Have I helped my team?
Reflection – How can my/our performance be improved?

In addition to this, we utilise the IB learner profile and the PYP attitudes to link with work within Physical Education.

Like music, we hope to link conceptually with Units of Inquiry and, by using the same language as boys are hearing in their classrooms, we can promote a transdisciplinary approach and provide greater depth to the learning of the boys in the Prep School.

Understanding our bodies and how to improve performance

Thank you to Mr Rogers for sharing news from the Physical Education Department. Once again, we can see just how valuable the learning experiences are for the boys as they learn about different subjects through a transdisciplinary approach.

Rachel Johnston
Director of Learning
CYBER PARENTING
RAISING YOUR KIDS IN AN ONLINE WORLD / JAMES & SIMONE BOSWELL

Church@Kings
9.30am Sunday 3 November
For details go to: church.kings.edu.au
We are looking forward to welcoming you all to “The Jungle” on Monday 14th and Tuesday 15th October 2013 at 7pm in Horrocks Hall. Thank you to the whole school community for your support!

We respectfully ask that iPads/tablets are not used by the audience to video the show or take photos during the performance. The performance will be recorded by video and photos of the show will also be taken by a photographer. The Jungle Cast will receive a free DVD of the video (and photos) after the event.

The Jungle Team
(Miss Howard, Mrs Johnston, Mr Todhunter and Ms Wilkins)
THE KING’S PREP SCHOOL

BILLY CART FA CUP

WHEN:
WORKSHOP: SAT 19TH OCT 12PM - 4PM
RACE DAY: SUN 3RD NOV 11AM - 4PM

DIVISIONS:
(1) INFANTS
(2) JUNIOR PRIMARY YEARS 3 - 4
(3) SENIOR PRIMARY YEARS 5 - 6
1. BILLY CART WORKSHOP - $100.00
BOOK AND PAY ONLINE AT www.trybooking.com/DOUY

- BILLY CART KIT
- BUILDING MATERIAL & INSTRUCTIONS
- WORKSHOP (SATURDAY 19TH OCT 12PM - 4PM)

2. FA CUP ENTRY* - $15.00
BOOK AND PAY ONLINE AT www.trybooking.com/DOPA
RACE DAY ENTRY FEE - PREP BOYS ONLY
*The billy cart must meet our spec to ensure safety & competitiveness, specifications available at Prep office.

RACE DAY
THERE ARE THREE DIVISIONS & TWO CATEGORIES (DOWN HILL OR CROSS COUNTRY).

DOWN HILL: 1 PERSON
CROSS COUNTRY: TEAMS OF 4

Terms and Conditions including LIABILITY WAIVER to be approved through Try Booking ONLINE.

HELMETS, ELBOW & KNEE PADS ARE MANDATORY TO ALL PARTICIPANTS.

BOOKINGS
ALL BOOKINGS & PAYMENTS MUST BE MADE ONLINE.

1. BILLY CART WORKSHOP
BOOKINGS CLOSE:

9TH OCT

2. FA CUP ENTRY
BOOKINGS CLOSE:

25TH OCT
LATE PAYMENT/BOOKINGS WILL NOT BE ACCEPTED.
The King’s Preparatory School

You are invited to the end of year Prep School function

**King’s in Spring Garden Party**

26th October, 2013

**Time & Place:** 7pm - 11pm at The King’s Prep School

**Dress:** A Day At The Races

**Price:** $110 per person

includes food & drink, live band “The Cover Up”,
lucky door prizes and prizes for best dressed.

**Bookings via Try Booking:**


**Enquiries:**

James Pattinson ~ 0412350325
MEDIA RELEASE

16 September 2013

DAVID ELLIOTT CHRISTMAS CARD COMPETITION NOW OPEN

Member for Baulkham Hills, David Elliott, today offered an early dose of Christmas cheer for all the Primary School students in the Baulkham Hills electorate.

Mr Elliott is again offering a $100 "Toys 'R' Us" voucher as the prize for his Annual Christmas Card Competition, along with a $50 encouragement award for younger students.

"Christmas always brings an air of excitement, and this is a great way to extend the excitement of the season just a little more." Mr Elliott said.

Mr Elliott said that all entries would be on display in his office after the winner had been selected.

"It will be a wonderful opportunity for the artistic abilities of our local students to be on display for all our community to see.

"I am very much looking forward to seeing the wonderful colour and creativity our students can produce for the festive season."

The successful design will feature on Mr Elliott's Parliamentary Christmas cards this year.

The theme for the competition will be "Your Favourite Christmas Carol".

The competition is open to Primary Schools within the Baulkham Hills electorate, including:

-Baulkham Hills North Public -Winston Hills Public -Crestwood Public
-Winston Heights Public -Jasper Road Public -Burnside Public
-Matthew Pearce Public -North Rocks Public -Excelsior Public
-Northmead Public -The Hills School -St Michaels Baulkham Hills
-St Paul The Apostle -Our Lady of Lourdes Baulkham Hills South
-Redeemer Baptist -Tara Anglican(K-6) -The King's School (K-6)

Entries are now open and will close 18 October.

The winner will be chosen by Mr Elliott's wife, Mrs Nicole Elliott, and the winning design, to be printed on Mr Elliott's official Parliamentary Christmas Cards, will include the student's name, school and class.

The winning student will be presented with their prize by Mrs Elliott in late November or early December, depending on school availability for an assembly.

Please send entries by post to Suite 1, 25-33 Old Northern Road, Baulkham Hills 2153 or via e-mail to baulkhamhills@parliament.nsw.gov.au.

Media contact: David Elliott 0414 778 858 Keith Topolski 0402 755 135