Welcome back to all our families after the holiday break. I do hope that the children are feeling refreshed and families were able to benefit from some extended time together.

Each year we are fortunate to have the enthusiasm and resources of some GAP assistants to work alongside the students and staff at the Prep. This term, we welcome two new GAP students. Archie Miller comes from Comberton Village College, where he has held a number of leadership roles including Captain of the 1

0

st XV rugby team. He is joined in the GAP assisting role with Will Scott-Bowden from Felsted School in Essex where he has been a Colour Sergeant in the Cadet Corp, a School Prefect and played at the highest level in rugby, cricket and hockey at the school. Both gentlemen come with impressive recommendations from their schools and should be very positive contributors to the work at the Prep.

Although only joining us this year, Kindergarten teacher, Michelle Ashley, has already made a wonderful impact in her short time with us. Michelle possesses exceptional IT knowledge and skills and held the leadership role of IT integrator at her previous school. I am delighted to announce that Michelle has been selected as one of 25 representatives from Australia and New Zealand to be trained as a SMART Exemplary Educator in Calgary, Canada from 20-25 July. This interactive whiteboard training will be a terrific boost for the Prep School as Michelle comes back and shares her training with the rest of the Prep School staff, so that all staff and boys can gain the greatest benefit from utilising this technology.

Sign Up! Sign Up!

This is to remind parents to sign up for some duties to assist with the running of the Prep School Art Show and Spring Festival to be held on the weekend of 28-30 August. We need to rely on ALL our Prep parents to be able to stage this huge fund raising and friend raising event.

At the end of last term a link was sent to parents to be able to view the various duties that need covering and allow parents to login their details and commit to some shifts.

If you haven’t already signed up to assist, please do so as soon as possible so that we can organise our man and woman power for this important event.

The online sign up can be found at the following link:
http://volunteers.kingsartshow.com.au

THOUGHT FOR THE WEEK: “No dreamer is ever too small; no dream is ever too big.” Author Unknown
Art Show Gala Opening Friday 28 August 7:00pm-10:30pm

In the next few days, parents will be invited to book one of the hottest tickets in town – the Art Show Gala Opening on Friday 28 August. The Art Show is a very special event, this year in our 36th year of the Show.

Our Art Prize Judge this year is Glenn Barkley, an independent curator who held the position of Senior Curator at the Museum of Contemporary Art from 2008 to 2014. Prior to that, Glenn was the Curator of the University of Wollongong Art Collection.

Craig Waddell, twice a finalist in the King’s Art Prize, will be our feature artist and will also be in attendance on the evening. Craig has been commissioned to paint a piece that will be auctioned on Opening Night to raise money for this year’s charity, the Thomas Kelly Foundation. Craig will also be spending time prior to the Art Show weekend with Senior School art students, sharing his craft with elective art classes.

The evening presents a wonderful opportunity to be the first to purchase some artwork on display in Horrocks Hall and Art Prize finalist pieces in Gowan Brae.

2015 Art Show Gala Opening – Introductory Ticket Weekend Offer: Tickets are available at just $85 per head as from 6pm Friday 17th July until 11.59pm Sunday 19th July, after which the ticket price will be $100.

Company Sponsorship opportunities with the Art Show

This year we are launching a new concept for school families to publicise their business. The Interactive Advertisers Wall will feature logos of family businesses and have the ability for the thousands of Art Show visitors to interact with their smart phones and be directed to a website or dedicated landing page of your choice.

This is a wonderful opportunity for our community to become aware of each other’s businesses and also broadcast your brand to the rest of the visitors.

If you would like your business featured on this wall, please contact Selena Adams on 0404 085 673.
Snowsports Success
Over the break, I was fortunate to join with the King’s Snowsports community at the Regional Interschools Snowsports Championships for a few days. Whilst the snow conditions were less than ideal, there was plenty of activity occurring across a range of skiing and snowboarding events. The boys were exemplary in their attitude, behaviour and performance over the course of the week, and notched up some outstanding results, including the second place for the overall school performance across all events.

At the Christmas in July evening event, I was struck by the sheer number of King’s families present at this year’s championships and the warmth and camaraderie of the group. Mrs Jo Grinham is to be applauded for her wonderful organisation and management in the lead up and over the course of the week, along with the team of other King’s staff present. They can be very testing, windswept days out there on the slopes from 7am-9pm co-ordinating the troops.

Welcome Back
It was wonderful to welcome back the boys to Term Three. The boys look much refreshed and ready for the busy term ahead.

Athletics Season
As you will be aware, we have experienced difficulties with the weather and our Year 3-6 Athletics Trials. We were only able to get through a limited amount of trials on Thursday. The Trials will now resume on Thursday 23rd July (original date for the Carnival).

Unfortunately, this means we will need to postpone our Carnival to Week 3, and the carnival is now scheduled to be held on Wednesday 29th July. We apologise for any inconvenience caused.

ICAS Competitions
This term, the boys in Years 3-6 will participate in the ICAS English and Mathematics Competitions. The English Competition will be held on Tuesday 28th July and the Mathematics Competition on Wednesday 9th September. These competitions are multiple choice tests and provide the staff and parents additional information on how the boys are doing.
North West Region Professional Development Afternoon and Dinner

The King’s School Preparatory School belong to a network of schools who join together once a year for an afternoon and evening of professional development and networking. This year, King’s Prep is hosting the event, which will be held on Wednesday 9th September.

As all Prep staff will be involved, we will be unable to run any After School activities on this day. However, Camp Australia will run their normal After School programme for families unable to make alternative arrangements. This is a user-pays system and more information can be found by contacting Camp Australia.

Upcoming Events

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Monday, 20 July</td>
<td>Year 2 Zoo Excursion</td>
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<tr>
<td></td>
<td></td>
<td>Kindergarten Guide Dog Visit to King's</td>
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<tr>
<td></td>
<td>Tuesday, 21 July</td>
<td>Fathers' Association Meeting - Staff Centre (7:30 pm)</td>
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<tr>
<td></td>
<td>Wednesday, 22 July</td>
<td>ANZAC Musical Rehearsals - Horrocks Hall (3:15-4:45 pm)</td>
</tr>
<tr>
<td></td>
<td>Thursday, 23 July</td>
<td>Prep Athletics Trials – Y3-6 (8:30 am - 3:00 pm)</td>
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<tr>
<td></td>
<td>Friday, 24 July</td>
<td>String Soiree - Horrocks Hall (3:30 pm)</td>
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<tr>
<td></td>
<td>Saturday, 25 July</td>
<td>Winter Sport Rd 8</td>
</tr>
<tr>
<td></td>
<td>Sunday, 26 July</td>
<td>Winter Sport Rd 8</td>
</tr>
<tr>
<td>3</td>
<td>Monday, 27 July</td>
<td>K-6 Assembly - Athletics Presentation</td>
</tr>
<tr>
<td></td>
<td>Tuesday, 28 July</td>
<td>Chinese Day Parent Meeting (8:00 - 8:45 am)</td>
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<tr>
<td></td>
<td>Wednesday, 29 July</td>
<td>ICAS English Competition</td>
</tr>
<tr>
<td></td>
<td>Thursday, 30 July</td>
<td>Prep Athletics Carnival – Pre-K - Y6 (8:30 am - 3:00 pm)</td>
</tr>
<tr>
<td></td>
<td>Friday, 31 July</td>
<td>ANZAC Musical Rehearsals - Horrocks Hall (3:15-4:45 pm)</td>
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<tr>
<td></td>
<td>Saturday, 1 August</td>
<td>Wind and Keyboard Soiree - Horrocks Hall (3:30 pm)</td>
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<tr>
<td></td>
<td>Sunday, 2 August</td>
<td>Winter Sport Rd 9</td>
</tr>
</tbody>
</table>
SLEEP HYGIENE AND WELLBEING

Families will know that the boys in Years 3 to 6 took part in an online Wellbeing Survey last term. One of the sections was on Sleep Hygiene. The boys were asked to rate their success on a scale of 1 to 5, with 1 as unsuccessful ranging through to 5 as very successful. This elicited some interesting results and certainly some areas of concern.

Q. How successful have you been with:

<table>
<thead>
<tr>
<th>The amount of sleep you are having? (At least 10 hours recommended)</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>UNSUCCESSFUL</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

YEAR 6

- The amount of sleep you are having? (At least 10 hours recommended)

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<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.17%</td>
<td>18.06%</td>
<td>18.06%</td>
<td>41.67%</td>
<td>18.06%</td>
</tr>
<tr>
<td>3</td>
<td>13</td>
<td>13</td>
<td>30</td>
<td>13</td>
</tr>
</tbody>
</table>

YEAR 5

- The amount of sleep you are having? (At least 10 hours recommended)

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<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.48%</td>
<td>7.46%</td>
<td>10.45%</td>
<td>29.85%</td>
<td>47.76%</td>
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<tr>
<td>3</td>
<td>5</td>
<td>7</td>
<td>20</td>
<td>32</td>
</tr>
</tbody>
</table>

YEAR 4

- The amount of sleep you are having? (At least 10 hours recommended)

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<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.35%</td>
<td>10.87%</td>
<td>19.57%</td>
<td>32.61%</td>
<td>32.61%</td>
</tr>
<tr>
<td>2</td>
<td>5</td>
<td>9</td>
<td>15</td>
<td>15</td>
</tr>
</tbody>
</table>

YEAR 3

- The amount of sleep you are having? (At least 10 hours recommended)

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<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>11.11%</td>
<td>8.89%</td>
<td>4.44%</td>
<td>17.78%</td>
<td>57.78%</td>
</tr>
<tr>
<td>5</td>
<td>4</td>
<td>2</td>
<td>8</td>
<td>6</td>
</tr>
</tbody>
</table>

When columns 1 and 2 are added together we have a significant number of Primary boys who are not having adequate sleep, with 22% of Year 6, 12% of Year 5, 15% of Year 4, and 20% of Year 3.
Dr Michael Carr-Gregg, prominent Child and Adolescent Psychologist, asserts that 40% of Australians are sleep deprived. He explains that sleep is not an indulgence, rather a critical time for restoration, energy conservation, brain processing, memory consolidation and creativity enhancement. The repair and reorganisation of the brain that occurs during sleep is critical for learning. Information is integrated for short and long term memory, learning is settled.

Sleep deprivation has been linked with weight gain, diabetes risk, inefficient hormone regulation, distractibility, inflammation, hyperactivity, risk of infection, cancer, cardiovascular disease, burnout, and depression.

Carr-Gregg recommends that parents take note of these recommendations:

- Decide that sleep is a priority
- Make the bedroom a haven for sleep - cool, dark, quiet
- Wind down prior to sleep
- Reduce the amount of light exposure at least 30 minutes before bedtime and make the room as dark as possible
- Establish a regular bedtime and wake up time
- Ensure the bedroom is a technology free zone

Parents need to be the decision makers when it comes to essential functions such as sleep hygiene. Our boys need at least 10 hours of sleep per night; more for the younger ones. Given the health risk factors and the negative effect on learning for inadequate sleep, parents need to take a hard and honest look at what they are accepting and promoting in their homes.

Belinda Baxter
bsb@kings.edu.au
The Prep School will be holding a Chinese Day full of fun and festivities on Friday, 23rd October. We would love to involve our parent community and are interested to hear from anyone who can help us. We are looking for help with a number of areas including decorating and organising activities for the boys.

If you are interested in helping us make this day extra special for our boys, please join us for an information session on Monday, 27th July at 8:00 am in the Mandarin Room.

Please RSVP to Angela Kuo - ahk@king.edu.au

Everyone is welcome!

Workshops for Parents in Term Three

I look forward to seeing some of you at the following workshops. Please let us know you are attending by contacting the Prep School Office (96838444) at least two weeks before the event.

iLearn for Parents
Tuesday 21st July
7:45 – 8:30 am or 2:00 – 2:45 pm

What is the PYP?
Tuesday 28th July 2015 @ 6:00 pm

Learning Resources @ King’s (Mathletics, Reading Eggs, etc.)
Tuesday 8th September
7:45 – 8:30 am or 2:00 – 2:45 pm

Rachel Johnston
Director of Learning/PYP Coordinator
rcj@kings.edu.au
Can you sew or cut out a pattern?
The Drama Kings need you!

This year, The Drama Kings production is an ANZAC tribute called, “All the King’s Men”. It features all the boys in Year 5 and some Year 6 boys.

This production, whilst featuring the boys in upper primary is relevant for all members of the community as the characters are based on Old Boys and Masters of the School. Everyone in the School community will be invited to view the production when it is performed in Term 4. The story of Anzac, particularly in this centenary year, is pertinent to all Australians. Therefore, I am seeking the assistance of any member of the Prep community who can lend a hand with making the costumes. I require about 80 costumes to be made. The biggest component will be cutting the fabric. Thankfully, the sewing won’t be too technical. I have one costume made if you would like to see it before committing.

It would be wonderful to have the support from many people from PK-6 to share the joy, and support this Anzac tribute venture. I suggest a working bee will be the way to go with the cutting out. Tea, coffee, biscuits and meeting new friends may entice you to help! If you are able to support this venture by either cutting out or sewing, even for one hour, would you kindly email me at cgp@kings.edu.au?

I look forward to hearing from you and please don’t hesitate to contact me if you have any questions.

Thank you,
Catherine Pearman
The King’s Snowport team competes at The Regionals

This year the King’s Snowsport team has continued to grow in numbers and spirit. With 88 boys competing and 26 boys involved in the new Development Squad, we hit the slopes in Perisher for what was an amazing week of competition, coaching and camaraderie. The boys ranged in age from our new Pre-Kinders, right through to our loyal Year 12 students.

The week began with a Christmas in July dinner with over 200 King’s family members and it was a treat this year to have Mr Peter Allison, Headmaster of The Prep School there to wish the boys well and watch them race and train.

Big thanks to Penrith Subaru for their generous donation and sponsorship which helped the club to purchase some fantastic show bags and gifts for the team.

The Prep team racing consisted of;

The Development Squad consisted of;
Reilly Berchi, Sam McKay, Benji McKay, Oscar Guazzarotto, James Calabro, Jett Myatt, Marco Kocic, Samuel Madson, Lachlan Dawes, Max Guazzarotto, Tex Myatt, Zephyr Lusted, Jack Wheat and Alexander Young.
All boys gave their best efforts and it was incredible to see TKS jackets and helmet covers zooming around the mountain. The King’s Prep came 2nd only by 2 points in the overall point score in the Northern Division and special mention must go to:

- Moguls Div 4 – Orlando Denton, Joshua Keepkie and Noah Bradford 4th.
- Moguls Div 4 - Hirst, Charlie Jeffreson and Kristian Kocic 5th.
- Moguls Div 4 – Oliver Morris, Nick Bittar and Cameron Alderman 6th.
- Moguls Div 5 – Edward Selig, Gus van Aanholt and Joel Bradford 1st.
- Alpine Div 4 – Orlando Denton, Joshua Keepkie and Noah Bradford 2nd.
- Alpine Div 4 – Nick Bittar, Cameron Alderman, Oliver Morris and Kristian Kocic 6th.
- Alpine Div 5 – Edward Selig, Gus van Aanholt, Joel Bradford and Harry Irving 1st.
- Alpine Div 5 – Henry Powell, Edward Campbell, Nick Miraki and Darren Jeng 13th.
- Skier X Div 4 – Orlando Denton, Joshua Keepkie and Noah Bradford 1st.
- Skier X Div 4 – Lachlan Waugh, Nick Bittar and Cameron Alderman 12th.
- Skier X Div 4 – Oliver Morris, Kristian Kocic and Jack Hirst 18th.
- Skier X Div 4 – Charlie Jeffreson and Lachlan Gay 24th.
- Skier X Div 5 – Edward Selig, Gus van Aanholt and Joel Bradford 4th.
- Skier X Div 5 – Harry Irving, Henry Powell and Edward Campbell 17th.
- Skier X Div 5 – Nick Miraki, Darren Jeng and Lucas Yuen 26th.
- Snowboard Div 4 – Rex Murrell and Oscar Pattinson 10th.
- Snowboard Div 4 – Rex Murrell and Oscar Pattinson 10th.

A huge thank you to the Snowsport Club Committee for all of their support and organisation. To Mandy Guiness, James Tyree, Grant Gerber, Kate Rouse and Dugald Loughnan, a big warm thank you for your help, enthusiasm and kindness during the week. How blessed I feel to have such talented and clever colleagues, who also just happen to be such special friends. Being a family at the snow is such an important part of TKS snowsports…..may the love and admirable carry us onto the state competition in week 7.

Big snow smiles,

Jo Grinham 😊
The Premier’s Reading Challenge continues. The Parent Pack is available on the ILC iLearn page.

Year 5 Readers’ Cup

The Year 5 Readers’ Cup is launching today! The Year 5 boys will be bringing home their first Readers’ Cup book to begin reading over the weekend. Please look for any opportunity to encourage your son to read, read, read 😊.

Author Visits

Term 3

Ruben Meerman
The Surfing Scientist

Monty Pryor
Children’s Reading Laureate 2012

Happy reading everyone!
Mrs Shelley McMorran
Teacher-Librarian
Welcome back to school for Term 3! Church@Kings is looking forward to a full and exciting term ahead! We would love for you to join us.

For the first part of Term 3 we will be looking to the Bible to learn more about our God and why relationships are the essence of life.

**THE TRINITY: A God of Relationships**

*Father . Son . Spirit*

*July 12th, 19th and 26th*

**Anglicare Winter Appeal**

At the end of this month (Thursday, 30 July and Friday, 31 July) Church@Kings will be collecting food to support the Anglicare Winter Appeal. On these two mornings, volunteers will be collecting tins of food at the turning circle of both the Prep and Senior School.

All donations will go to Sydney families who are in need so your support would be greatly appreciated.