



WHAT'S ON AT THE FRIENDS' SCHOOL

Number 10

Friday 24 April 2009

Phone: 6210 2200 Web: http://www.friends.tas.edu.au/community/celebrations/whats_on

Quaker Query of the Week

When times are tough and things get complicated, can you still be peaceful?

We acknowledge the current Year 11 students for contributions to the Quaker Query of the Week.

Board Announcement

We are delighted to announce that John Green has agreed to extend his term as Principal until the end of the 2012 year. This will provide stability of leadership during a period when there are major developments occurring at the School and in Federal and State educational policy.

John has guided the School very successfully through a period of great development and change. We thank him for his service and look forward to his continued guidance in the years ahead.

Robin McLean
Presiding Member
Board of Governors

Bill Godfrey
Presiding Member, Executive Committee
Board of Governors

Distribution of What's On

As our data entry has now been completed, the next edition of What's On will be electronically distributed to all families who have provided an email address. Families who have not provided an email address may wish to do so or they can collect a copy from any School office every Friday.

Monday 27 April

There has been some speculation about whether next Monday, 27 April, is a public holiday for Anzac Day. As it is not a public holiday, there will be school as usual.

Quaker Service Week 27 April – 1 May

To celebrate Quaker Service Australia's 50th birthday, the whole School will be celebrating with various activities occurring throughout the week as previously advertised in What's On.

Heather Saville, the author of *Friends In Deed -50 Years of Quaker Service*, will be launching her book on Monday 27 April at 4.40pm in Hodgkin Hall and at Hobart Book Shop on Tuesday evening.

Fund-raising for QSA will also take place throughout the week. A quiz night for raising funds will also take place on 16 May in Hodgkin Hall.

Short-term Homestay Accommodation Required

A number of International students will not return home for the May/June holidays. As the school boarding facility is closed during this time we are seeking families to host students from Sunday 24 May to Saturday 13 June. We have to place both male and female students from Years 10-12.

If you are able to assist please email Nicola Collins: ncollins@friends.tas.edu.au or telephone 0409 945 903.

Theatre Performance

Clemes Drama presents *Competitive Tenderness*, by Hannie Rayson.

We warmly invite friends and family to join us for this lighthearted Australian comedy. The events of the play take place in the offices of the Greater Burke Council and Town Hall. The Mayor is under pressure to cut spending and the new female CEO is certain to rock the boat.

Presented by the Year 12 Theatre Performance students as part of their pre-tertiary course work.

Where: The Bill & Marjorie Oats Theatre, High School Campus

When: Wednesday 29 April - Friday 1 May, 7.30pm.

Cost: \$4.00 and \$6.00 at the door.

Further enquiries: Tammy Giblin, Director of Drama, tgiblin@friends.tas.edu.au

High School/Clemes Athletics Carnival

Thursday 30 April 8.35 am - 3.40 pm - Domain Athletics Centre

Please note that the Girls and Boys 800m and 3000m events will be held on Wednesday 29 April at the Domain from 12.30pm. Students will travel to the Domain by bus for both events. High School students will be informed of details in PE classes. Clemes students will be advised of times and details of events via bulletins and Collect.

Main Carnival

All students are to make their own way to the Athletics Centre on Thursday 30 April arriving no later than 8.35am, when student registrations will take place. Students will be dismissed from the Domain at 3.40pm. Metro buses will transport students who normally catch buses

into the city. Transport back to School has been organised for students who need to catch Roberts or Lovell's Coaches and the Eastern Shore Metro service.

- This is a normal school day and parents are requested to ring the School on 6210 2200 from 8.30am, if their child cannot attend
- Students unable to participate will have opportunities to help out with officiating.
- Students must wear either Friends' sport uniform or full School uniform and must wear Friends' sport uniform when competing in events.
- Please bring a raincoat/japara, sunscreen, hat and a drink bottle.
- The kiosk at the Domain will be operating throughout the day.
- In the case of adverse weather on the day, the event's cancellation will be broadcast on Sea FM and HO FM from 7.30 am.

All students are reminded that cleaning up the area is a group responsibility and this will be taken on by all involved.

Students will not be dismissed until all these obligations are fulfilled at the conclusion of the carnival and parents are asked not to arrive and collect students before the 3.40pm finishing time.

Students are asked to make suitable arrangements for travel home from the Domain well in advance of the carnival.

Quaker Quest 2009

Our 2009 Quaker Quest series will be held over four Wednesday evenings starting on 29 April at the Friends' Meeting House, Boa Vista Road, North Hobart.

The series consists of four informal open evenings exploring:

Quaker Faith in Action: 29 April

Quakers and Peace: 13 May

Quaker Spiritual Practice: 6 May

Quakers and God: 20 May

Each evening will involve a sharing of individual and common insights through presentations, discussions, questions and an experience of Quaker Meeting for Worship.

6.30 pm refreshments for a 7.00pm start. 9.00pm finish.

Everyone is welcome. It is free. You are welcome to any one or all sessions. If you have been involved with Quaker Quest before, there will be different speakers with different ideas so please come along again.

No bookings required. Enquiries can be directed to Sally McGushin 6278 9149.

Wednesday Morning Meeting for Worship

Members of The Friends' School community are welcome to attend a short Meeting for Worship held each Wednesday morning during term time, starting at 7.45am. Just come quietly in when you can and join us until 8.20am in the Hobart Quaker Meeting House, which is located just below the Clemes office on Boa Vista Road.

Uniform Centre Opening Times Term 1

Mon	Tues	Wed	Thurs	Fri
8.00-9.30am	8.00-9.30am	12 noon- 4.30pm	3.00-5.00pm	Closed

MORRIS

Year 2 Outdoor Education Excursion

On Wednesday 29 April Year 2 students are going on their first Outdoor Education Excursion to Cremorne Beach. We will be learning about team work and working together to construct interesting sandcastles. Achieving their goals will depend on their successful co-operation.

The children will need to wear warm plain clothes with a coat. We will not be swimming but feet and/or long pants may get wet in this process. We suggest that they wear shorts under track pants, so they have something dry to put on before the journey back to School. They will need a packed lunch and drink. Please pack plenty of food as the fresh air makes them very hungry.

We will be leaving school at 9.00am and will return by 3.15pm.

Prep Excursion

On Monday 27 April both Prep classes will be visiting farms in the Huon Valley. We will leave School at 9.30am, arriving at Hansen Orchards at 10.15am for morning tea. A tour of the farm and processing shed will begin at 10.30am. After eating lunch at the orchard we will visit Huon Valley Mushrooms.

Children will wear their sports uniform and school hat. They will need to bring a packed morning tea, lunch and drink.

Parents are welcome to join us. We will arrive back at school around 2.30pm.

Year 5/6 Swimming and Water Safety Program

Students will be participating in the Swimming and Water Safety Program starting on Monday 4 May. A letter will be sent home this week outlining further details. Please direct any queries to Sharon Scott.

Year 3/4 Swimming and Water Safety Program

Students will be participating in the Swimming and Water Safety Program starting on Monday 11 May. A letter will be sent home this week outlining further details. Please direct any queries to Sharon Scott.

Co-Curricular Training

Training has commenced on a Thursday afternoon - please ensure you have made arrangements for your son or daughter to be collected at the completion of training. Please contact the Morris Office or Sharon Scott if you require any further information

Winter Sport

Rosters will be distributed as soon as they become available to the school. Soccer and Hockey commence on 2 May with the Netball start date yet to be confirmed. If you require more information please contact Sharon Scott or the Morris office.

HIGH SCHOOL

School Photos

Today students will bring home their School photos. These are provided at no cost to parents as they are required for School use. They make a lovely record to look back on in future years!

Year 7 Social - Glitz and Glam - Tonight!

We are looking forward to an entertaining social event this evening. The social begins at 7.30pm and finishes at 9.30pm in the WN Oats Centre. The High School SRC has put a great deal of energy into ensuring that this is an enjoyable event for the Year 7s.

QSA Week Activities

We will be celebrating Quaker Service Australia's 50 years of work with a week of events in the High School. Lourde Epinal, an environmental educator from Auroville School in India, will speak at each Gathering. Wednesday will be a free dress 'Grey Day', (for a donation of \$2) and in the Quaker spirit of simplicity we ask all students to avoid bright colours, opt for secondhand clothing items or wear grey.

There will be lunchtime stalls to raise funds for QSA, including a Year 8 secondhand clothes stall for which we seek, clean clothing in good condition to sell. A team of Year 7 students will be preparing, cooking and serving Vegie Burgers to be purchased for lunch. The cost will be \$3.50. On Friday we will run an Equality Day with a lunchtime soccer match between staff and students as well as Long Tutor discussions about Equality in the world.

Sports Uniform

With the Athletics Carnival next week, we ask that parents ensure that all items of sports gear are clearly named. We usually end up with a pile of clothing at the end of the day. It is frustrating when it cannot be returned to the correct owner.

CLEMES

Exams and Reports

Students have now completed their Term 1 exams. It is hoped that these have provided a valuable learning experience for the students. Term 1 reports will be posted out on 14 May, however if you have concerns about the exams please feel free to contact the relevant staff. The Parent Teacher evening will be on Thursday 21 May.

Athletics

The Athletics Carnivals will be held on Thursday 30 April. There are no formal Clemes classes on this day, however students are required to be at the Athletics or at Clemes doing private study. The Library will be open on this day and student attendance will be taken at both the Athletics Carnival and at Clemes. Students are also reminded that if they attend the Athletics Carnival they are to stay until the completion of the program.

CO-CURRICULAR

Sport

Sport Team Selections

Netball: All girls in Years 10, 11 and 12 who wish to play netball with the School this year must attend selections on Wednesday, 29 April from 3.30pm until 5.00pm in the WN Oats Centre. Firsts, Seconds and Thirds teams will be selected at this time.

Hockey: Selections for boys 1st hockey will be held on 6 and 13 May at 3.15pm on THC2. Please be punctual and prepared with appropriate hockey gear. Mouthguard and shin pads are essential.

SSATIS Finals

1st Girls Tennis v Collegiate, Thursday 30 April at TFS

2nds Girls Tennis v Collegiate, Thursday 30 April at Collegiate

Y10 Girls Soccer v Dominic College, Monday 27 April at Bell Street

Y9 Girls Soccer v St Mary's College, Monday 27 April at Bell Street (lower ground).

SATIS Summer Finals Results

1sts Girls and 2nds Girls Tennis teams were defeated by Scotch Oakburn College.

Head of the River Results

Aggregate trophies

1st Junior Girls, Junior Co-educational, U16 Co-educational, Open Girls, Open Boys, Open Co-educational.

2nd Junior Boys, 3rd U16 Boys.

Individual

1st

G Open Single Scull Div 1 Emma Jayne Warren
B Open Single Scull Div 1 Lachlan Stewart
G U14 Single Scull Div 1 Eleni Kalimnios
U13 Single Scull Div 1 Lily Kirkland
B U15 Single Scull Div 2 Callan Smith
B Open Quad Scull
G Open Quad Scull Div 1

G U14 Quad Scull Div 1
G U15 Quad Scull Div 2
G Open Four Div 2
B Open Double Scull Div 1
G Open Double Scull Div 1 & 2
G U14 Double Scull Div 1
B U14 Double Scull Div 1

2nd

BU16 Double Div 1
B U14 Double Scull Div 2
B U15 Quad Scull
B U14 Single Scull Div 1 Nico Reeve

G U15 Single Scull Div 1 Edwina Flakemore
B Open Single Scull Div 2 Ilja Terwinghe
B U15 Single Scull Div 2 Tom Atherton

3rd

G Open 8
G Open Four Div 1
B U16 Four
U16 Single Scull Div 1 N. Edmondson
U16 Single Scull Div 2 R. Bowring
G U14 Single Scull Div 2 Saranya Costa

BU14 Quad Scull Div 1 & 2
B U16 Quad Scull Div 1
G U14 Quad Scull Div 2
GU15 Double Scull Div 1
B U15 Double Scull Div 1

Tasmanian All Schools Regatta Results

1st

G U14 Single Scull Eleni Kalimnios
G U13 Single Scull Lily Kirkland
G U14 Quad Scull
B U14 Double Scull

G Open Fours 2nds
B Open Fours 2nds
G Open Quad Scull
B Open Quad Scull
B U14 Quad Scull

2nd

G Open Single Scull Rebecca Nichols
B Open Single Scull Lachlan Stewart
B U14 Single Scull Nico Reeve
G U14 Double Scull

3rd
G Open Double Scull
B U16 Double Scull
B Open Double Scull
G U15 Quad Scull

Tasmanian All Schools Orienteering Championships Results

Aggregate Trophy - 1st Secondary Girls

Individual

A Course

1st Claire Butler G Open

B Course

1st Nicola Marshall G14

2nd Rebecca Butler G15

3rd Matthew Levis B14

C Course

2nd Lachlan MacDonald-Meyer B11/12

3rd David Buxton B11/12

Miyu Nakanishi G11/12

Sport Rosters

SPORT	LOCATION	TIME
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Badminton

Friday 1 May

Year 9 Girls	BYE	
Year 9 Girls v Mt. Carmel	Cascade Road	
Year 10 Girls v Mt Carmel Gold	Cascade Road	
Year 10 Boys v New Town	Geilston Bay High School	

Underwater Hockey

Monday 27 April

Junior team 1 (black) v New Town/Og	Court 4	7.40pm
Junior team 1 (black) v Taroonna 2	Court 3	8.10pm
Junior team 2 (black) v N/Town/Og	Court 4	8.10pm
Senior team 1 (black) v Senior team 2 (white)		
	Court 1	7.40pm
Senior team 1 (black) v Taroonna	Court 1	8.10pm
Senior team 2 (white) v N/Town/Og	Court 2	8.10pm

CALENDAR 2009

For all calendar and term dates, please refer to our website www.friends.tas.edu.au and click on school calendar located on left hand side.

April

27- 1 May	Quaker Service Australia Week
29	Year 2 Outdoor Education
29- 1 May	Year 12 play
May	
2	Climbing A Course
	Scholarship exams
4-8	Years 5 and 6 Learn to Swim
5	Year 7 Fry Orienteering
	Morris Soiree
6	Year 7 Oats Orienteering
7	Friendsmusic Concert
8-10	Board Annual General Meeting Weekend
11-15	Years 3 and 4 Learn to Swim

Term Dates For 2009

Term 1	Thursday 5 February	Friday 22 May
Term 2	Tuesday 16 June	Friday 4 September
Semester Break	Monday 20 July	for students and staff
Term 3	Monday 21 September	Thursday 10 December

Our School has just become an Asthma Friendly School!

What is asthma?

People with asthma have sensitive airways in their lungs. When exposed to certain triggers, their airways narrow making it hard for them to breathe. They may have chest tightness, shortness of breath, wheezing, coughing – especially at night and production of mucous.

What are triggers?

- colds and flu
- exercise
- cold air
- changes in temperature
- cigarette smoke
- some foods and food additives
- reflux (heartburn)
- emotion, such as laughing or crying
- indigestion
- some medicines
- dust mite particles
- skin and saliva of furry or hairy animals
- pollen from grasses, trees and weeds
- stress and anxiety

Is asthma serious?

Yes. Asthma is one of the 10 most chronic health conditions. It currently affects more than 2.2 million people in Australia. 1 in 7 Tasmanian children has asthma. 40% of children with asthma live with people who smoke. An average of 1 Tasmanian dies from asthma each fortnight and 8 people nationally each week.

EVERYONE'S ASTHMA IS DIFFERENT SO THERE IS NO UNIVERSAL PLAN.

Why do I need an Asthma Action Plan?

Everyone with asthma needs their own individual Asthma Action Plan, written in consultation with their GP. An Asthma Action Plan outlines how to care for your day to day asthma, helps you to know what to do if your asthma is getting worse and also how to deal with an asthma emergency.

**For more information please contact
Asthma Foundation of Tasmania 1800 645 130.**

We have adopted the Asthma Friendly School guidelines to provide a safer environment for students with asthma. Becoming an Asthma Friendly School involves adopting a number of criteria, which include:

- **Asthma education is provided for all staff.**
- **Asthma records are kept for each student with asthma, in a central location.**
- **Asthma First Aid posters are on display.**
- **Asthma medications are readily available to students.**
- **Spacer devices are available.**
- **A plan is in place for managing asthma during sporting activities, excursions or camps.**

- **Asthma education is offered to parents/carers within the school.**
- **The school health curriculum provides asthma education.**

By adopting the asthma friendly schools program our school is helping students with asthma and minimising the impact of asthma on our school community. Checkout the website at www.asthmafriendlyschools.org.au

What should I do in an Asthma Emergency?

Everybody with asthma should follow their own **action plan** or you may follow the **4 step First Aid Plan**.

If their condition deteriorates suddenly or if you are concerned, call an ambulance immediately and proceed with the 4 step First Aid Plan.

Step 1 **Sit the person upright, remain calm & give reassurance.
Do not leave the person alone.**

Step 2 **Without delay give 4 puffs of a blue reliever (Airomir, Asmol, Epaq, Bricanyl or Ventolin) one puff at a time, preferably through a spacer device*.
Ask the person to take 4 breaths from the spacer after each puff of medication.**

Step 3 **Wait 4 minutes.**

Step 4 **If there is little or no improvement, repeat steps 2 and 3.
If there is still little or no improvement, call an ambulance immediately (Dial 000).**

Continue to repeat steps 2 and 3 while waiting for the ambulance.

*Use the puffer on its own if no spacer is available.

TRACK EVENTS

1.00 pm	400m Finals	U14 Girls U14 Boys U15 Girls U15 Boys U16 Boys Open Girls Open Boys
1.45pm	200m Finals	U13 Girls U13 Boys U14 Girls U14 Boys U15 Girls U15 Boys U16 Girls U16 Boys Open Girls Open Boys
2.30pm	10 x 50m Shuttle Relay	U13 Girls U13 Boys U14 Girls U14 Boys U15 Girls U15 Boys U16 Girls U16 Boys Open Girls Open Boys

FIELD EVENTS

12.30 pm	U13 Girls High Jump U13 Boys High Jump U15 Girls Discus U16 Boys Shot Putt
1.00 pm	U14 Girls Shot Putt U15 Boys Long Jump Pit 3 U16 Girls Javelin Open Boys Discus
1.30 pm	U13 Boys Long Jump Pit 2 U13 Girls Shot Putt U 15 Boys Javelin U16 Boys Discus Open Girls High Jump
1.45pm	Open Boys Long Jump Pit 1
2.00 pm	U14 Boys Javelin U15 Girls Triple Jump Pit 3 U16 Girls High Jump U16 Boys High Jump Open Girls Shot Putt
2.40pm	U14 Girls Long Jump A Pit 2 U14 Girls Long Jump B Pit 2 U13 Boys Discus U16 Girls Long Jump Pit 1 U16 Boys Javelin Open Boys Shot Putt



The Principal John Green extends an invitation to attend the christening of the *James Bennett*, the *Sam Beltz* and the *John Green* followed by refreshments

**at the Boat Club
on Sunday 3 May 2009
at 11:00am**

Following the event, the Boat Club will host the annual end of season barbecue, including presentation of annual awards and presentations to coaches.

Cost per person is \$5.00.

Boys please bring a salad
Girls please bring a dessert

For catering purposes please RSVP
by 30 April 2009
to Kalli McCarthy in the Development Office
telephone 6210 2282 or
email kmccarthy@friends.tas.edu.au