

# THE CONVERSATION

WEEK 4 | TERM 4 | 2018

## IMPORTANT DATES

2018 - Term 4

### Information Briefing & Tour

Friday 16 November

9:00- 11.00am

Please email Damien at [dbrown@ifts.nsw.edu.au](mailto:dbrown@ifts.nsw.edu.au) to book in

### Trial Day

Monday 19 November

9.00 - 4.00pm

Bookings essential. Please email Damien at [dbrown@ifts.nsw.edu.au](mailto:dbrown@ifts.nsw.edu.au)

### Inaugural Netball Trial Camp

Friday 16th and Saturday 17th November. Contact Greg at [gbrownlow@ifts.nsw.edu.au](mailto:gbrownlow@ifts.nsw.edu.au) to register.



## Principal's Message

Having just returned from a two week trip to Cambodia with a small group of Year 9 and 10 students, I've reflected on how very lucky we are in Australia. The students on the trip experienced first hand what life is like without running water, no toilet, limited access to electricity and the most basic transport - usually a small motorbike shared by an entire family. There was also evidence of atrocities inflicted on the Cambodian people under the rule of the Khmer Rouge - once a terrible secret kept hidden for years. This kind of experience is invaluable for our young people and it was great for the students to be able to give a little to those less fortunate than themselves and to see what a difference that can make. I recommend watching some of the videos from our trip that can be found on our Facebook page.



## High School - by Laura Robinson

Over the past 4 weeks, Year 9 have been building independent research projects on a novel, film or poem of their choosing. Over this time they have reflected on why they chose to read, view or listen to their texts and how these texts may impact them personally and their communities as a whole.

**IFTS OFFICE - BLD 16****8am - 4.30pm****IFTS CAFE****Recent Cafe menu**

- San choy bau
- Yellow curry chicken with steamed rice
- Beef Stroganoff with mashed potato
- Barramundi burger
- Chicken napolitana pasta
- Marinated beef strip wraps with salad
- Cajun chicken with roast potatoes
- Bacon, leek and pea pasta
- Beef Burgers with cheese and salad

Last week the Cafe hosted Josh May - one of our students completing work experience. He saw just how much effort goes into preparing the food each day and after a two hour session of cutting fruit, he is now a supporter of preventing food going into the bin!



All students were able to clearly articulate their personal interests in the text, what they felt they could teach their peers, methods of research they felt they will need to undertake throughout the term and finally gave a detailed explanation of research they had already undertaken as part of the course.

Congratulations to all of Year 9 for a fabulous job!

**Primary School - by Hayley Greenstreet**

In English, each class group is currently reading and investigating a novel of choice. Students will then be engaged in a range of comprehension and writing activities that relate to their novel as well as participating in class discussions that will allow them to voice their ideas and opinions.



Don't forget Scholastic Book Club has also started this term at IFTS, with the next issue of Book Club arriving shortly.



NIAS v IFTS U/16's

## Central Coast Kids Day Out (CCKDO)

On Sunday IFTS had 2 stalls at the Central Coast Kids Day Out event (CCKDO). It was great to see our staff promoting IFTS to the community and seeing so many young kids getting a taste for what our School provides.



## Athletic Development Program

The Athletic Development trial phase is well underway on campus and students are already experiencing great physical benefits. There is also a general improved professionalism evident.

## On the Pitch *by Head of football, Will Piriz*

The Northern Inland Academy of Sport (NIAS) sent two football teams to the Central Coast to watch the A-League match between our Mariners and Melbourne City on 27th October. Prior to that A-League match we were able to provide them with a training session and a match for both their boys and girls teams on IFTS grounds. Patrick Zwaanswijk ran a quality game training session for them. The Sunday sessions gave us an opportunity to showcase our developing U14/15 girls in a match against the NIAS girls. It was very closely contested game with our girls just missing out 2-3 but demonstrating some excellent passing combinations across the park against a good group of older girls. Our boys played their game with a lot of confidence and a good understanding of the game plan in the second match of the day, showing the coaches how much their football is developing and coming away with a convincing 6-0 win.



## MULTI SPORT *by Jed Palmer*



This term has seen the introduction of swimming and the experienced coaches at the Gosford Swimming Pool are doing a stellar job at ensuring lessons are enjoyable and optimal for development. A weekly football 'World Cup' is in full-swing each Tuesday along with cricket, T-Ball, tennis and a student-elected sport day.

The weather is really starting to heat up so sun safety will be paramount this term. Students are therefore asked to please bring hats. We'll ensure regular breaks are taken, plenty of H<sub>2</sub>O is consumed and bodies are lathered in sunscreen.

## Pre Kindy Club

Have you seen how much fun our Pre Kindy Club students have? Check out our latest video of the 'Dance Dynamos' event.

<https://youtu.be/9gQFBZYOS4Q>



## Let's Celebrate !

### Carnivale`2018

A Kindy to Year 8 event set for Monday 10 December 2018 from 4pm to 8pm.

Stay tuned for more details.

## Small business owners - advertise here

Looking for a cost effective way to advertise? Our newsletter is a fantastic way to connect with the local community. Contact Julie Dolan at [jdolan@ifts.nsw.edu.au](mailto:jdolan@ifts.nsw.edu.au)

### Want to be part of a clinical trial?

By taking part in a clinical trial, you can contribute to the advancement of scientific knowledge and, in some cases, to improved health for yourself or others with the same disease or condition.

Call us on 1300 742 326 or go to our website [www.pfizer.com.au](http://www.pfizer.com.au) for more information.



We are currently conducting trials in women's health and Diabetes amongst many other disease indications.



## Tennis

by *Head of Tennis Steve Hamburger*

A huge congratulations and well done to all Year 12 students who completed their final exams this week.

Zac, Maddie, Jock and Breelyn have been a big part of our tennis program over the last 4 or 5 years - Maddy was actually the first ever IFTS tennis student to enrol in our program in 2013.

It's been a privilege for us to coach these four and play a small part in their personal development, seeing them grow into fine young adults. We wish them the best in their future endeavours.

The senior tennis group have been extremely busy off court over the last few weeks, completing work experience, exams and getting ready for their camp to Lake St Claire next week.

All our primary school students are training hard to get ready for our big annual NSW school boys and school girls tournament.

## Kindergarten by Peta Fell

Still looking to enrol in Kindergarten? Our 2019 class is nearing capacity so for more information please contact Peta at [pfell@ifts.nsw.edu.au](mailto:pfell@ifts.nsw.edu.au)

## PKC Yoga

Our next Pre Kindy Club (PKC) event is a Yoga session being held on November 20. It's a PKC favourite, open to PKC 2019 and 2020 students and we look forward to seeing you here. Email Peta at [pfell@ifts.nsw.edu.au](mailto:pfell@ifts.nsw.edu.au) to register.



**PKC Mindfulness Experience**

**Yoga & Garden Picnic**

Students will participate in a yoga session with Helen and enjoy a garden picnic with friends.

Bring a snack, picnic rug, water bottle & hat!

Tuesday 20th November 9:15am Park & meet opposite Waterfall Cafe		9:30am Yoga in Bld 28 (next to the Kinder classroom) & Garden Picnic
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