

# EACS NEWSLETTER



## UPCOMING EVENTS:

**10 September**  
EACS Chess Championships

**13 - 17 September**  
Wildflower Festival

**21 - 23 September**  
Executive Principal in school

**22 September**  
Inter-house Athletics Carnival

**24 September**  
Last day of Term 3

**11 October**  
Staff PD day

**12 October**  
First day of Term 4 - Students return

**15 October**  
Esperance Show Day - no school

**18-20 October**  
Executive Principal in school

## Buddy Reading at OLSOTS

For the first half of this term our Year 8 English class have been attending Our Lady Star of the Sea Primary School every Friday for 'Buddy Reading' with Miss Giglia-Smith's Year 1 class. This has proven to be a worthwhile and beneficial collaboration opportunity for both schools.

The Year 8 class were buddied up with one and sometimes two Year 1 students. They read picture books to their buddies (and often had their buddies read to them) each week, discussing and sharing ideas about the books. Students kept the same buddy for the five-week collaboration and therefore built lovely friendships with them, getting to know what their buddies reading interests are. Students then began to select picture books specifically for their own buddy each week. Students then focussed on trying to engage their buddy audiences by using speaking and listening skills we practised in class.

The Year 8 students were reluctant and shy at first but the Year 1 students from OLSOTS soon made them feel very welcome and relaxed. Every Friday they managed to bring a huge smile to the faces of some otherwise scowling teenagers.

**Mrs Vanessa Mott**





# From the Executive Principal



On Sunday, 5 September it was Fathers' Day. Like most families, our family stopped to reflect on the meaningful impact that our Father has had, and continues to have on our lives and on our growing families. I am one of four boys, and we gathered for a family barbeque on Sunday to spend time with our Dad, along with our wives and children.

While I trust all EACS families did something similar, I am aware that there are some in our community who may have lost their father, or who may not have a father in their life, for different reasons. This may have been a sad or indifferent day for some, however, highlights the importance of our community and the impact that we may have in support of those who require support in these times.

My contribution to this week's newsletter does not specifically focus on Fathers, rather on parents and the impact that they have in the lives of their children.

## **You have less time than you think.**

I can hardly believe that my Father is 73. Time flies. And when I look at the ages of my children, 20, 19, 9 and 6, I can hardly believe that my eldest children have grown up so quickly and are forging lives for themselves. I feel blessed that I have the opportunity to 'do it all again' with my youngest boys. The lesson I take from my own experience is that time really does fly, and soon enough I will be 73. And no, you can't get it back. Enjoy every moment and look to guide your children while they are young. Soon enough they will have families of their own.

## **Let them grow up.**

There's something inside most of us as parents that wants our kids to stay young forever. One of the tensions my eldest children and I faced in their teen years was their desire to be treated like young adults and my desire to delay whatever phase they were heading into. Sure, there's a role for strong parental guidance, but what I realize now is that they were likely ready for more responsibility earlier than I was ready to give to them.

I have the chance to do it over again with my younger children, therefore I will look to embrace the development of my younger boys, as they develop into young men more readily at every stage. I will make it less about my fears and more about their development.

## **Character is Everything.**

There are so many competing demands on your time as a parent it's hard to see what really matters. One of the tensions in a society where our time may be limited with our children is developing skills versus developing character. While it's important to do both, it's clear to me to which one matters most deeply: it's character, hands down. Who you are ultimately impacts everything that you do. It determines the kind of person, Christ-follower, friend, neighbour, employee, boss and – ultimately – husband or wife and even parent you will be. Do whatever you can to help shape the person your child is becoming. It matters far more than you think.

## **Relationship Matters.**

As your children reach adulthood themselves, (remember, time flies) your journey as a parent continues, it just changes. Your role as rule-maker is gone. All you're left with is influence. And the amount of influence you have is proportional to the quality of relationship you've built. The reason? Simple: we listen most to those we love the most. If you work hard – especially in the teen years – to fight for the heart of your son or daughter, although not compromising on those decisions that assist your children to develop good character, the reward is significant. You can emerge into the adult years as more than just parent and child – you can move into those years as friends as well as parents.

Parenting is a hard gig, some would say the hardest gig, however it is joyfully rewarding also.

Every Blessing

**Mr Jason Bartell**  
**Executive Principal**



# From the Associate Principal

We live in an increasingly fast-paced world. A world of rapid change. A world that provides a plethora of opportunities and a unique set of challenges. Today's students will embark on a life after school where creativity, critical thinking, collaboration, teamwork, and knowing oneself are essential traits.

Esperance Anglican Community School is committed to helping its students to develop their thinking skills, to demonstrate the ability to apply and transfer their learning and act on their growing understanding. We encourage students to focus on performance traits, work habits, innovation and communication. We ask our students to assess their individual capacities and develop their self-awareness as learners.

This is never more evident than seeing the transformation of our Year 10 students as they undertake the Upper School subject selection process. Across a number of weeks, our Year 10s have had the opportunity to think deeply about what they like, what they're good at and how they want their senior years to play out here at school. We have encouraged them to seek out experts in their fields, older students and tertiary education providers to delve deeply into what their post school years could look like. We have had representatives from Universities, TAFE, student accommodation providers and the Armed Services speak about gap year programmes, further study and employment opportunities. All in the hope of sparking an interest within our students. The results have been incredible. Many of our Year 10 students have spoken with such clarity about their goals and aspirations for post school and it is exciting to play a small part in this journey with them.

I thank all of the Year 10 parents for their time and experience in guiding their children towards pathways which will enable them to fulfil their goals. I have enjoyed our meetings, reminisced with parents about their time at school and beyond and agreed with many when they acknowledge how lucky their children are to be growing up in a time where so many options are available to them, and where the futures of their children are limited only by the effort they put in.

**Mrs Lisa Marquis**

## ASC Music Concert - Perth

Last week was a big week for a group of six EACS students who travelled to Perth to represent our school at the Anglican Schools Commission (ASC) Combined Schools Music Concert at the Perth Concert Hall. The following students were involved: Trent Appleton, Lachlan Holberton, Charis Lee-Steere, Madison Maitland, Pearl Mitchell, Jack Muir.

This event is a big deal, held on a biennial basis, where hundreds of students across all ASC Schools come together to share in the joy of music and musicianship, incorporating a diverse range of performance items, including: The ASC Hymn, The ASC Select Choir, The ASC Piano Competition Winner solo, The ASC Electric Ensemble, The ASC Combined Schools Rock Band, The ASC Combined Schools Stage Band, The ASC Percussion Schools Ensemble, The ASC Combined Schools Concert Band, The ASC Combined Schools String Orchestra, The ASC Combined Schools Orchestra.

The Concert was also an opportunity to hear from the CEO of the Anglican Schools Commission, The Reverend Peter Laurence OAM, together with the WA Minister for Education and Training, The Honorable Sue Ellery MLC.

EACS students formed part of the ASC Combined Schools Orchestra and despite the gravitas of the occasion being something that they had not previously experienced they were not overawed in any way. Under the guidance of Mrs Saunders students had prepared well and subsequently fulfilled their roles with consummate ease and in a highly polished and professional manner.

School Captain Maddilyn McGrinder flew from Esperance to Perth to fulfil joint student leadership MC responsibilities on behalf of EACS throughout the course of the evening.

Congratulations to Mrs Saunders and all students involved for representing EACS in a highly commendable manner.

**Mr Iain Clark**



# Curriculum Focus: Physical Education

As puberty has well and truly reared its ugly head for upper school students and brought along with it the raging flood of hormones. Parents end up ducking for cover as they try to navigate the minefield that is the “teenage years”, and students that were once bundles of excitement seem to lack, well, everything. Gone is the motivation and enthusiasm to have a go. Gone is the confidence to fail at something in front of your peers because, god forbid, someone might post about it on “Facetube” and ruin the reputation that you have been working on for-like-ever. So, to tackle this difficult time, gone was our traditional approach to Physical Education. For our year 10 students in Term Two we are implemented the SEPEP approach.

What is SEPEP I hear you ask? Well, SEPEP or Sport Education is a student-centred approach to Physical Education, which takes the best parts of community sport to enhance student learning. The philosophy behind SEPEP is for students to experience a program which mirrors “real life” sport. This means that students are not only the players of the sport, but they also take on the roles for organising and running the event. These roles include:

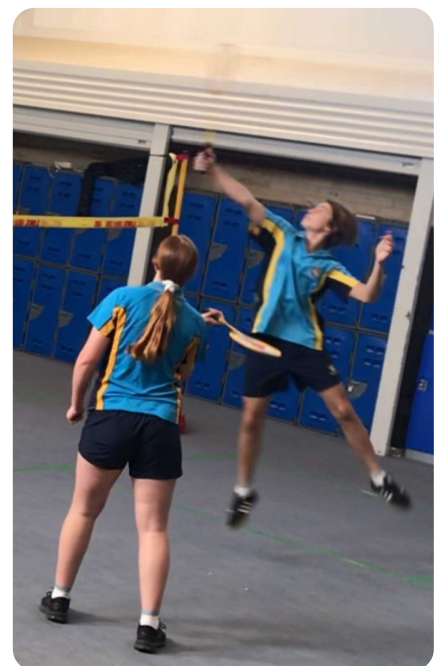
- Being on the selection committee to select teams that will be even and competitive with one another.
- Generating fixtures
- Scoring, umpiring and other duties
- Results and recording
- Publicity
- Photographers
- Coaching
- Set-up and pack-up of equipment
- Prizes and awards
- End of season wind-up event

The SEPEP approach promotes student participation because the results of each game matter. There is also a greater opportunity to develop game-based skills, decision making and tactics. Game Sense can play an important part in developing these. Peer teaching also becomes a feature as students want their team to do well and help other students to succeed. There are social benefits for students through working with others in a variety of situations.

Now back to our year 10's and their SEPEP experience. The sport was badminton, the location was the Doug Murray Place Stadium, and the stakes were high. The regular season saw friends become foes as they took to the court to sweat out 6 rounds of gruelling badminton across the term. Then came the finals series that would crown the inaugural year 10 badminton champions and for the first time, the teams from the Castelli conference would meet the teams from the O'Brien conference. Some great baddy was played that afternoon and landing themselves a finals berth was the team of Bailey and Blake versus the team of Regan and Shelby. It was a tough battle that came down to the line, but the team of Regan and Shelby reigned supreme and won the coveted title.

A huge well done to all our year 10 students throughout the whole SEPEP badminton program. They really embraced their roles and made it the fun, exciting and facetube-post-worthy event that it was. Your reputations have been enhanced to legendary status.

**Mr Blair Castelli**



# Food Science

Science helps us understand our world and the way it works. When we understand how things work, we can create innovative solutions to problems. Both of these concepts were bundled up in this year's Science Week theme, which was "Food: Different by Design". Some of our Food Technology and Science classes explored different ways our food can be designed to meet its purpose.

Year 9 Science students made plastic-free water pods, similar to the design used at the London Marathon a few years ago in an attempt to reduce plastic wastage. Year 10 Science students made their own ricotta cheese from full cream milk. They then used their ricotta to make gnocchi. In Food Science, Year 9 and 10 elective students made macarons that they packed full of flavour and colour by using freeze-dried fruit powder (instead of artificial flavourings and colours). On Friday, the students made "Frushi" (fruit sushi) that they served with juice caviar balls made through the process of spherification.

Scientists continue to work within the food industry to create innovative and sustainable solutions for our supply chains and to meet consumer demand. What's on your plate today that has been designed to meet your needs?

**Mrs Natalie Shipp**



# Science Week

## The Role of Water in Food

Water is the most abundant component in many fresh foods. Meat, poultry, seafood, fruits and vegetables are composed of 75% and more water. Other foods such as dairy products, and fresh baked goods also contain high levels of water (about 35% or more). Water plays many very important roles in food like:

- It affects texture of food. Dry and brittle versus moist and soft.
- Acts as solvent: Enables the activity of enzymes
- Supports the growth of microorganisms in foods
- Helps in movement of large molecules like polysaccharides and proteins
- Conducts heat within food.

But why does a simple molecule like water ( $H_2O$ ), play so many important roles in food? It all because of something called "hydrogen bonds" that occur between water molecules. The water molecules create a strong "electrostatic" attraction between the hydrogen atom of one water molecule with the oxygen atom of another water molecule forming an infinite network. Water has high solubility, high boiling point and high thermal index, all due to the presence of "hydrogen bonds". Due to presence of "hydrogen bonds" when water freezes, the volume of ice increases by a ratio of 1.1: 1 approximately. Here Year 11 Chemistry students are freezing distilled water to understand the change in volume, before the careful eyes of our Associate Principal Mr. Iain Clark.

**Mr Utso Chakraborty**



# McVay House News

Remember the disappointment at the end of last term when Countryweek was cancelled? Students from all over the state missed out on the sport, the activities and the shopping.... but not our boarders! We had expected a quiet week with five of our seniors away for the week - but it wasn't to be and they arrived back in boarding after a long bus trip to Lake Grace and back. When Kirsten collected her school bag from her town house on Monday afternoon some silliness ensued, and it was decided that if they couldn't do the real Countryweek, we would re-create it, so that they wouldn't have to miss out.

And so the week unfolded:

Monday - a bounce on the trampoline in the place of a night at Bounce, and a warm up for the dance later in the week.

Tuesday - a sharp and competitive hit of Badminton before a hard fought game of netball with The Kirstens v The Watermelons. We flew in some guest umpires and it was as good to watch as the Suncorp Super Netball



game at Perth Stadium they were meant to be at.

Wednesday - Debate night. The two hotly debated topics- 'There should be an endless supply of milo in the boarding house' and 'Yr 7s should have more privileges than Yr 12s' - threw up many interesting points and some hilarious theatrics, with Mitchell's confession that being addicted to milo has made him lie and steal being a highlight. Evelyn's quote "milo makes you happy", sums it up though. A trip to Macca's helped to bring everyone back together and rounded out the night.

Thursday - The Dance presentation and late night shopping. It would have been dance finals day at Countryweek, so we couldn't miss the chance to teach everyone a dance and perform it, Kirsten pulled everyone together and had us concentrating hard on whipping out the moves with some kind of synchronisation. Then after dinner it was onto the bus for our final activity, late night shopping. It wasn't quite the trip to Carousel that they were meant to be having, but the Boulevard was better than nothing and we all still managed to spend some money and bring home some treats.

And just like the real Countryweek, it was over before we knew it. It had been a fun week with lots of laughter and was a great way to finish the term before everyone in boarding parted ways to spend some much needed time with family over the holidays.

**Mrs Natahna Stone**

# Community Notices

**ART  
LAB**



## **MUSIC PRODUCTION AND CREATION WITH ABLETON LIVE WORKSHOP**

Wanting to hone your music production skills? Or looking for insight on how to use the most groundbreaking music making software in the world today? Ableton is a versatile program that turns the computer into a musical instrument, whether you want to create original music or remix electronic sounds or if you're an established musician and want to produce and record your band - this tool can completely revolutionise your creative process. More about Ableton Live [www.ableton.com/en/](http://www.ableton.com/en/)

In this two hour workshop learn the in's and out's of this software - great for beginners or those curious about how this software works - or - for those already using Live and wanting professional advice on how to go deeper and further with their music.

Conducted by award winning musician Steven Alyian who has been using Ableton Live for over 15 years in his musical projects including Usurper of Modern Medicine, Selfless Orchestra, Injured Ninja and Doublethink Prism - plus as a integral part of his media art exhibitions - and get an insight into how to use this software as a songwriting tool through to how to create a legitimate dance-floor banger. More about Steven Alyian [www.alyian.com.au](http://www.alyian.com.au)

BYO laptop and learn using free trial software or come in with a work in progress and get some feedback on how to improve your skills.

**Thursday 23 September**

**6pm-8pm**

**15yrs+**

**\$50 Members \$70/\$100 Non-members**



*Bookings essential*

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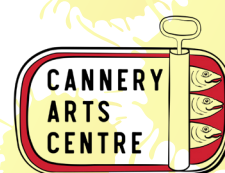
**REGIONAL  
ARTSWA**



# Community Notices

## Kickarts

SCHOOL HOLIDAY  
PROGRAM OCTOBER 2021



COST MEMBERS \$20 NON-MEMBERS \$30

| day          | date          | time   | workshop   | ages   |
|--------------|---------------|--|--|--|
| <u>TUES</u>  | <u>SEP 28</u> | <u>10AM-12</u><br><u>1PM-3PM</u><br><u>1PM-3PM</u> | <u>FILMMAKING BYO IPADS &amp; IMOVIE APP</u><br><u>SLR PHOTOGRAPHY BYO SLR CAMERA</u><br><u>FLOWER MANDALA</u> | <u>10-17 YRS</u><br><u>10-17 YRS</u><br><u>10-17 YRS</u> |
| <u>WED</u>   | <u>SEP 29</u> | <u>10AM-12</u>                                     | <u>PRINCESS HEADBAND AND BRACELET</u>  | <u>5-13 YRS</u>  |
| <u>THURS</u> | <u>SEP 30</u> | <u>10AM-12</u>                                     | <u>AEROSOL STENCILLING DEEP SEA FISH</u>   | <u>11-17 YRS</u>   |
| <u>FRI</u>   | <u>OCT 1</u>  | <u>10AM-12</u><br><u>1PM-3PM</u>                   | <u>SARDINE CAN DIORAMAS</u><br><u>POLYMER CLAY JEWELLERY</u>   | <u>8-14 YRS</u><br><u>8-17 YRS</u>                       |
| <u>THURS</u> | <u>OCT 7</u>  | <u>10AM-12</u><br><u>1PM-3PM</u>                   | <u>AEROSOL STENCILLING DEEP SEA FISH</u><br><u>'BOOT'ANICAL PLANTER</u>  | <u>6-10 YRS</u><br><u>5-15 YRS</u>                       |
| <u>FRI</u>   | <u>OCT 8</u>  | <u>10AM-12</u><br><u>1PM-3PM</u>                   | <u>RECYCLED JELLYFISH</u><br><u>RAKU CLAY SCULPTURE</u>  | <u>5-8 YRS</u><br><u>6-12 YRS</u>                        |

REGISTRATIONS ESSENTIAL BOOK ONLINE  
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