Mr Tony Hickey OAM, Chair of the Somerset College Board and prominent lawyer on the Gold Coast, has been awarded the Order of Australia Medal in the general division for services to the Gold Coast community and to charitable organisations. He was recognised for his 16 years as chairman of the Salvation Army’s Gold Coast Red Shield Appeal and involvement in other organisations.

He has been a director of the Gold Coast Lady Mayors’ Charity Fund for the past five years and has served on the Somerset College Board of Directors for 14 years, including as Chairman since 2011. In recent years he has also served on the Mayor’s Arts and Culture Advisory Board for the Gold Coast City Council.

Mr Hickey OAM has been a wonderful servant of our Gold Coast community for many years and this recognition is richly deserved. Somerset is so very fortunate to have benefited from his energy and skill.

Many families enjoyed the jumping castle, face painting, sausage sizzle and investigating the fitness and co-curricular opportunities available to them during the Sport Facilities Precinct Open Day on Saturday. Congratulations to the Sports Facilities Manager, Mr Damian Flint, the staff and students who provided information, displays and demonstrations during the morning.
On Tuesday, we celebrated the Cum Laude Award recipients from Junior and Senior Schools for Semester Two 2016. The Cum Laude Awards were introduced in 2009 to recognise those students who achieved at the highest level in at least half of their subjects. It is wonderful to see the numbers of students excelling on a day to day basis and being rewarded for their efforts.

The achievements of our students in their internal assessments have direct correlation to any external assessments, a validation of the professional capabilities of our teachers and curriculum leaders.

Our Academic Captains, Danny Ryu and Zoe Wei, lead the Senior School Assembly very well, negotiating the names of the recipients superbly and in a timely fashion. It is a credit to all our students how quickly they settle to the New Year and its new tasks.

The Class of 2017 had their Investiture today after their Investiture Dinner last night. The evening was enjoyed by the Senior Class who were presented with their ties by me and their Senior Jerseys by the Year 12 Co-ordinator, Miss Lisa Connell. Of course, the greatest gift was the presentation of the Year 12 badges to the Class of 2017 by the Class of 2029, the Preppies. A precious moment for both classes.

Please keep your eye out for details and future opportunities Somerset Times, on Schoolbox or the Somerset App.

We look forward to hearing all about the adventures of our Year 7s who have their camp next week.

Craig Bassingthwaigte
Headmaster

Welcome back, we hope you had a fantastic holiday. A special welcome to all new students to the college and the Year 7’s who have just moved into the Senior School.

From Day One, the energetic pace of the Senior School resumed. Straight from assembly, house meetings and Pastoral Care groups to the first classes of the year. New teachers, class mates, class rooms. The excitement of a new year could be seen around the school.

Now to a tough question. Will Mr Oman and Ms Green’s ambitious Laver and Starkey House be enough to trump Mrs Foster and Franklin House’s outstanding record in the pool? Or could one of the underdogs under the reign of Mr Walker and Ms Lee, leave the other houses wondering what happened? That’s a question to be answered on Monday 13th, Week 4 at the House Swimming Carnival. It could turn out to be a story for the ages.

It was great to see so many new students and Year 7’s along with ‘the usual suspects’ throwing themselves right into the Performing Arts at the instrumental group sign up on the second day. Along with all the instrumental groups, choirs and musical cast, it cannot be forgotten that House Plays are fast approaching. A student favourite on par with Purple Faces, House Plays are student directed and beyond funny. Save the date, Friday 3 March, Week 6.

Term One still has plenty more of excitement to come with the sports trials and the beginning of our Winter Season towards the end of the term. Not to mention the Somerset Celebration of Literature which is an exciting and fun event for students who are both addicted to or “allergic” to reading. School’s from across the country, visiting the festival add to the energy of the event, making it one of the biggest events of the school year.

The year 7’s are busy shopping for mozzie repellent and brushing up on their tent-building skills in preparation to “go bush” in week 3, on one of the legendary Somerset camps. There’s nothing quite like a two man tent to bring people together. The year 8’s and 9’s get their turn in week 8, where they can really show their skills in everything from kayaking to a game of cards over a campfire.

Amongst all that’s going on this term, we think it’s really important to take as many opportunities as you can. There’s so much going on so get involved! We are both always around if you need any help, have any questions or just want to have a friendly chat. This year is set to be a great year and we wish everyone the best of luck for the coming term!

Rosie Bensley and Sam Stevenson
College Leaders
SERVICE LEARNING OPPORTUNITIES AT SOMERSET IN 2017

What an overwhelmingly hot, yet positive, start to the year it has been! It was wonderful to welcome our new students and their families last week and we look forward to getting to know you all better in the weeks and months ahead.

As part of a well-rounded Somerset education, we encourage all our students each year to engage in the Service Learning initiatives provided by our dedicated team of staff. Known as Impact, our Service Learning Programme has been running for a number of years in the Senior School and for a detailed overview I encourage you to become familiar with the booklet here. It contains valuable information which is useful for the year ahead both for students and parents.

I was reading recently how there is congruent data from several fields like positive psychology, health and medical research stating how favourable wellbeing outcomes stem from having meaningful happiness in our lives and not from having more money or by being a consumer. This may not come as a surprise to you. Having the senses stimulated through pleasurable happiness is all well and good, but it is the meaning that gives us the deepest levels of happiness. You will recognise the positive feedback loop here - from research we know that generous and altruistic behaviour makes you want to be more generous and more altruistic. So, the more you give, the healthier you become, the healthier you become, the more you want to give, and so forth. Giving is a true community builder in that sense.

Again in 2017, our students have the opportunity to give generously of their time through the organised activities by key staff on each Year Level. We now have an evidence-base of research showing that if we facilitate giving to people, young or old, they end up wanting to give more. In our Year Level Meetings, students will receive brief presentations about the opportunity available to them in 2017 and be able to sign up before the conclusion of the meeting. This information has been summarised below for your reference.

Somerset students have continued to engage in service projects over the holidays. We hope to share with you over the coming weeks in this forum their goals and achievements. I congratulate all our students for their efforts and wish them the best of luck with growing these in the years to come. The world needs you. Your self-directed initiatives are inspiring.

We should never lose an opportunity to gain a deeper sense of relationship, longevity and empathy with those we walk alongside. Consider spending respectful silence walking alongside the people you care about in your service work, where appropriate. Embrace simply being. We look forward to hearing how your service relationship unfolds with the people you are about to meet this year.

Brad Walker
Service Learning Co-ordinator
**Year 7 Billy Carts**

While this year I have progressed to Year 8, I look back to what may have been the highlight of Year 7! It is the activity Year 7 students look forward to all year and just thinking about it makes me want to do a second time.

Year 7 Sciences, the construction of a billy cart and the racing on derby day was one of the best Year 7 experiences I had, and I believe my cohort would feel the same. Working from the College shed, each team collected their timber and set out to build a billy cart from scratch over a two week time frame, to then race on the last Wednesday of the school year. The Year 7’s were very fortunate to have a number of volunteers from the Somerset Community who graciously gave up their time to guide us, a big thank you to Mrs Lee, Mr Wheeler, Mr Graham and Mr Batho. We really appreciated them being at our lessons as well as the Somerset staff who were always on hand to give us tips and tricks to make our billy cart go faster.

The building of the billy carts was my favourite bit. I have always wanted to do a wood work class in school and now I have. I do not think many of my peers have had the opportunity to use power tools before this activity. Using the jigsaw was a new experience for me, it was loads of fun choosing our own design then cutting it out of wood and screwing onto our billy carts. The emphasis on this culminating task for Year 7 Sciences was linked to our Forces unit. Our studies included examining how technological developments have reduced impact forces in car safety features as well as investigating how simple machines have made our lives easier. My team’s building plan goal was to reduce friction to make our cart more efficient (the trick is to use WD-40).

The day of the big derby race day was so exciting. Racing your billy cart against your class mates on a time trial basis after two weeks of trying to make your billy cart it as perfect as possible is so exhilarating and exciting. A new venue for the racing was created this year on the field between the Tartan Track and the Koala House. The race began with a large downhill slope to get our speed up then there was a tight left turn. This was the best spot for spectators to be watching because it was where all the major crashes happen (and let me tell you Mrs Walker is definitely worried for our cohort when they start to learn to drive as our steering ability will need to improve). Next comes up the most exhausting part of the race through the thick grass going uphill and around the tree until the final straight to the finish.

As I said earlier this was an amazing experience and one that I am sure none of my peers will ever forget. Thank you to all the staff and volunteers that were down at the shed each lesson we had “Billy Carts” on, especially Mrs Walker for making this happen.

Will Barry  
Year 8 Franklin

**Supporting OzHarvest**

During the Christmas holidays, I took the wonderful opportunity of volunteering at the OzHarvest stand at Robina Town Centre, accompanied by several of my friends. I volunteered for a total of nine hours over three and a half shifts.

My main job was to advocate for the charity by handing out small leaflets to the shoppers around me and teaching others about this worthwhile cause, while accepting donations that my friends and I were presented with. Free fortune cookies were also given to younger children if their parents allowed them to have some and I took the opportunity to sell a few cookies and some general merchandise crafted by other volunteers. I believe that my volunteering hours were worthwhile, as they gave me the opportunity to step into the world of reality - job experience.

I found volunteering at the OzHarvest stand in Robina an enjoyable and rewarding experience. I was able to learn more about the charity and become more aware of the millions of people who are surviving on inadequate amounts of food daily. OzHarvest also gave me an opportunity to experience what it is like working in the community, and helped me to gain confidence speaking with the general public.

Chloe Ming  
Year 8 Laver
**A Mermaid’s Tail**

As part of the upcoming Celebration of Literature and the Sand Safari Arts Festival, Somerset student, Xenavee Goldsmith, is in the process of dramatizing the children’s book Sandy’s Surfers Paradise Adventure which will be launched at the festival.

Xenavee has recently completed the script and is now in the process of auditioning and casting her crew of fantastic sea creatures who will bring this book to life. A taster of the final product will be seen during the festival on Friday, February 24, with the final pearl revealed at the College’s Celebration of Literature. The Sand Sculpture completed last week, standing in front of the gym, is of Ethan, one of the colourful characters in the book.

Sue Roberts  
Head of Department - Performing Arts

**Have You Ever Had a Blonde Moment...**

Last Thursday, the Senior Musical for 2017 was announced.

This year, the College will be producing ‘Legally Blonde’ for its senior show. Many will remember the movie of the same name starring Reese Witherspoon in the lead role as Elle Woods. The show is about reaching one’s potential and resisting being ‘pigeon-holed’ by one’s looks or actions.

The rehearsals have only just started and it is not too late for students to join in the fun of this very funny show. Auditions for principal roles are underway. Students wishing to be in the chorus do not have to audition, they just need to want to be in the show.

Sue Roberts  
Head of Department - Performing Arts

**The Gloves are Off**

Yes, it is that time of the year when the five houses find themselves pitted against one another in one of the most dangerous arenas there is… the Performing Arts stage.

In a very short time, these five gladiatorial teams will face off against each other to see who will take home the prestigious House Play trophy.

In the yellow corner is Olivia Hodge and Sam Platt-Muniz who are coolly working their way through their paces. In the purple corner is Celeste Walsh and Joshua White, who skittishly sprinted ahead of the others but have now settled and are back on track. The green corner see the youngsters on the block, Jessica Lekich and Abby Roach, planning with much care and detail. Will youth win out? Standing out in the red corner are Rosie Bensley and Shannen Jones with a carefully selected cast who are ready to stand tall and do the best for their house. This leaves the blue corner, with Courtney Randall and Gina Teixeira, whose meticulously planning surely stands them in good stead.

The festival commences on March 2 and will come to its nail biting climax with the adjudicator’s decisions on March 3. Keep your eye out on the Events page for ticket sales.

Sue Roberts  
Head of Department - Performing Arts
Last Saturday saw the College host the Spartan Experience Day. On the day, members of our Junior and Senior Cheer teams performed various cheers and routines.

This was great to see especially considering we are only just into the year. The students are ably taught by Mrs Christine Flint. If any are interested in joining the cheer classes, they are timetabled in the Ray on a Tuesday afternoon (4.00 pm to 5.00 pm) for the Senior school class and on Wednesday afternoon (4.00 pm to 5.00 pm) for the Junior school class.

The Performing Arts had a strong visible presence on the day, fielding questions regarding all manner of opportunities. The support of the students involved in leading areas of the Performing Arts was of a great assistance.

Sue Roberts
Head of Department - Performing Arts

Movement Matters

Movement matters when it comes to brain function and development. Moving your body, moving an object, moving your muscles, moving your mind.

It all matters. You can’t turn a light on without electricity and you cannot function properly with movement which is why our current Year 4 and 5 students are participating in the ‘Movement Matters’ program to help turn that electricity on.

Movement Matters is a holistic approach to movement and skill development. The program is designed to build stronger connections between the brain and the body. It is based on a combination and integration of crossing the midline, co-ordination, body awareness, balance and skill. Students engage themselves in these co-ordinated movements every morning in preparation for their first lesson in order to maximize their learning potential in the classroom.

Movement matters was developed last year when I took a small group of Year 4 students, tested their cognitive ability through the COGAT test, then guided the students through the movement program then re-tested the same students on the same test. Results were that 100% of students had improved on their initial test results. Some had improved up to 20%, others 5%. Other significant improvements were that 94% of students had increased confidence within their own ability, 99% of students felt that their ability to move and perform actually did improve and classroom teachers of the students noticed improvements in their interaction in class activities and concentration and confidence when engaging in set tasks. Movement generates energy, promotes positive blood flow and helps to connect our mind with our body. The confidence and enthusiasm I am seeing in these students participating in the program is growing daily. It excites me to see excited students and moving in a direction which helps them achieve……… after all, movement matters.

Andrew Michael
Junior Sports Co-ordinator
**Senior Sport**

This week we race the 100m events of the House Swimming Carnival with the remainder of events to follow on Monday 13 February.

**Hamish Boyd, Modern Pentathlon**

Hamish just spent a fabulous week at the AIS in Canberra with the Modern Pentathlon Youth Olympic Development Squad. The team trained alongside Olympians Chloe and Max Esposito and had a glimpse of the life off full time athletes as they worked through four sessions a day of swimming, running, shooting and fencing in preparation for the National Championships in Melbourne in February and World Youth titles in July.

**Bianca Crisp, Open Water Swimming**

Last weekend Bianca competed at the Australian Open Water Championships in Adelaide. She performed exceptionally well and achieved 5th place in the open 10k event only missing Australian selection by one place. She also achieved 1st place in her age group 5K event.

**Ryan and Oskar Vardy, Triathlon**

Ryan and Oskar will compete in Adelaide in the Australian Youth & Junior Series Triathlon Race. Both boys are part of the Queensland Youth Team and competed in Race 2 at Robina on Saturday 21 February. Ryan came 12th and Oskar 22nd. On 21 February, the boys will travel to Harvey Bay to compete in the Queensland All Schools State Championships as individuals and in the teams event.

**Somerset Sport Policy**

All policies and procedures are outlined in the Senior School Sport page of Schoolbox, under “Sport Policy and Dates”. All students and parents are encouraged to familiarise themselves with these.

Regional Swimming nominations: all those students who wish to qualify for the South Coast Swim Trials must see Mr Lunniss for paperwork and return it by Wednesday, 8 February. (Qualification is through the APS Carnival and paper nominations for other events).

**Winter Sports sign-ups**

- Rugby, Netball, Soccer, Hockey, Tennis & Volleyball
- all students have been sent an email with a link to select their sport
- if you make an error or change your mind, you must go to the Sports Department

**Swimming Practices**

Every Monday, Wednesday and Friday at 7.30am. Meet Mr Butcher at the pool.

**Cross Country Practices**

Every Monday, Wednesday and Friday at 7.00am. Meet Ms McKenna & Ms Oppermann at the Track.

**Student Injuries**

If your son or daughter is injured at school sport, it must be recorded at the time by the school nurse/medical person present if parents wish to apply through the school insurance policy. If delayed signs or symptoms arise over the weekend, students must notify the school nurse on Monday morning.

**Sports Information**

- don’t forget to check the Somerset Schoolbox Senior School Sport Page as well as the noticeboard at the end of the Science Block for all sports notes.
- if you need more information, drop by the Sports Office.
- Add the Sports page link to your Schoolbox:
- go to “My Links” at the bottom left of your Schoolbox page and click “Edit” at “Manage my Links”, click “+” at the top right of page
- paste the link below and add title “Senior School Sport”: http://schoolbox.somerset.qld.edu.au/homepage/1466
- Sport This Week

**Swim Team Training**: is every Monday, Wednesday & Friday at 7.30am-8.15am. Meet Mr Butcher on the pool deck- all welcome. Swimming Carnival is in week 4.

**Cross Country Team Training**: is every Monday, Wednesday & Friday at 7.00am-8.15am. Meet Ms McKenna & Ms Oppermann at the Track- all welcome.
Senior School Sport

This Week
Friday 3 February
• 12.50pm: Sports Assembly
• 1.15pm: House Swimming - 100 Races

Next Week
Friday 10 February
• 12.50pm: Sports Assembly
• 1.15pm: Winter Sport Trials 1/3

Swimming Season Dates
• Monday 13 February: Somerset House Swimming Carnival (11:00am - 4:00pm)
• Wednesday 15 February: APS Swimming Carnival (9.30-2.30pm) at Somerset
• Monday 27 February and Wednesday 1 March: South Coast Swimming Trials (4.30-9pm) at Southport
• All sporting details are posted on Schoolbox on the Sports page.

Shane Lunniss
Director of Sport