Looking at 'Our Term in Pictures' page it looks as if we have spent most of our term cooking and eating, but although we have certainly done a lot of both, we have also spent a lot of the time in more active pursuits.

This term we have made a real effort to keep the boarders active.

While there are always those who participate in plenty of sport, this term we aimed to get everyone more involved.

There was the opportunity to go swimming at the town pool before school twice a week, early morning walks and jogs up Anzac Hill, before and after school gym, various work outs on Sunday afternoons such as boxing and abs work outs, plus regular basketball and AFL training and matches.

Many thanks to Rhiannan for all the time and effort she has put into getting the boarders involved in these team sports, initiating the basketball and providing valuable support to Jen in the AFL.

It was lovely to find boarders out there painting on sunny Saturday afternoons, and it really showed me how many talented boarders we have.

Hopefully before too long we will have some of their art work on display in the dorms.

One of the most enjoyable activities of the term was doing far more than they would have normally.

While most of this activity took the boarders out of the dorms there was plenty happening back there too.

A number of boarders learnt how to knit and, inspired by Vicki, they could on occasion be found sitting in bed knitting at lights out.

The outside table was the centre of a lot of artistic activity inspired by Shannon.

(continued on back page)

Best foot forward!

Meagan, Claudia and Menaud taking early morning exercise on Anzac Hill

News in brief

Hello to:

- Sabrina our wonderful Gappie from Germany

Hello and goodbye to:

- Claudia our delightful exchange student from England

Congratulations to:

- Zara for coming 4th in her age group in netball for players' player
- Zoe and Louise for gaining their P plates
- Vicki for being Best Player for her netball team in their winning Grand Final performance.
- Debbie for winning King of the Mountain
- The Bentley Bombers on winning the McLeod Cup
- The junior basketball team on being undefeated this term

(continued on back page)

Boarders return
Sunday 12 October

Savannah, a happy captain!

(continued on back page)
Beautiful smiles all round!

The St Philip’s College Medical Centre initiated a ‘Dental Care Program’ for all boarding students at the College in 2014. This involved liaising with Boarding House Supervisors, students and the Flynn Drive Dental Clinic to make appointments, arrange student transfers, book follow up appointments for treatment and/or referrals to Orthodontists or Oral Surgeons.

The NT Government provides a free dental service for all students currently enrolled in schools in the Northern Territory; even if their usual place of residence is interstate but providing they are under 18 years of age.

Early in Semester 1 we commenced transferring students across town to the Community Health Centre, at Flynn Drive to see dentists under the watchful eyes of Meg & Bruce Simmons. At their initial visit students had their contact details updated or in some cases a new dental file created. They then had a dentist carry out an oral examination to bring their dental records/charts up to date whilst receiving valuable instruction and tips on the correct way to clean and care for their teeth and gums. Most students then had an OPG X-Ray, if there wasn’t already one on file; this is a ‘whole jaw picture’ which gives an overview of the student’s teeth including the location and development of their wisdom teeth. For many students, ‘Bite-wing- x-rays were also taken to either retain on file or assist with identifying problem areas which required treatment.

Luckily, some students required only the initial visit, the oral examination and record update, however many students needed 2nd & 3rd appointments with some being referred for further treatment with either an orthodontist or oral surgeon.

All in all we can now confidently say that our Boarding students have thorough and up to date dental records, which can be accessed at all Northern Territory Clinics. They have received all available ‘preventative treatment’, base x-rays, fillings, cleaning, fluoride treatment and most of all professional advice for a lifetime of good oral health.

A dental database has now been created at the College’s Medical Centre to ensure all boarders continue on a 12 month recall system at the Community Health Centre, this will provide an efficient and thorough dental plan as well as installing good habits for our boarders from Year 7 through to Year 12 which will hopefully continue for a lifetime!

Deb Page

Editor’s note: Great initiative from Deb and our nurses Jo and Bron. Many thanks.

Mind, Body, Spirit

To start off the Challenges, there were brain teasers that were surely mind-boggling and difficult (for the most part) and that would be the mind part completed.

The next part would be the body section. For this challenge Vicki organised a workout that would get the heart racing.

Some examples of the various workouts we had included boxing and an ab-workout that was AB-solutely great!

For spirit it would just be something that was peaceful and relaxing such as knitting.

Smile and show the world your Beauty

The Mind, Body and Spirit challenge this term has definitely made Sunday afternoons a whole lot more interesting!

Chelsea Yu
On the weekend of Saturday 30 August we all went camping to Simpson’s Gap to farewell the Year 12 girls and have a lovely weekend away. It was nice to be able to spend time with each other without having to worry about homework and have a nice relaxing time with our friends.

We all chose to spend the time in different ways. Some people chose to read or relax and set up their sleeping bags for a comfy place to spend their time. Other people helped with getting dinner ready, including preparing food, making the fire, cooking damper and telling stories around the fire.

We had a delicious dinner with marinated steak, sausages, chicken sticks, fresh salads and breads and plenty to drink. It was followed by damper with butter and jam, and smores which were a delicious combination of marshmallows, chocolate and biscuits. Some people made bananas with chocolate over the fire and some simply toasted marshmallows.

After dinner some girls played a game of Spotlight which involved hiding in the dark and being found by the person with the spotlight. Other girls told stories around the fire, playing word games and talking about the things that we miss about home. Everyone wandered off to bed when they were tired.

In the morning people woke up when they were ready, some early, and some once they smelt the delicious breakfast cooking. Bacon, eggs, tomatoes, sausages, mushrooms, hash browns, all the works! There were some games organised, and more nice time around the fire chatting and relaxing. Pack-up occurred not much later, and then we were on the road again! It was really nice seeing the girls and other boarding staff in another light, and always nice to get to know people who we don’t always get to chat to.

Vicki Hutchinson
Alice from the air –a Sunday adventure

On Sunday 14 September some of the girls went hot air ballooning. We got up at about 4am to get ready to go and wait to be picked up by the people running the event. The whole thing went for about five hours; we were up in the air for about 30 minutes and flew over cattle stations, mining dug outs and lots of dirt.

We also watched the sun rise while up in the balloon and we found out that the higher we went up the warmer it got.

We could see the gap where Alice is and we could see the airport.

When we went to land it was very bumpy and the basket kept sliding and almost tipped over too just like when we started to go up in the air it was a bit bumpy and was sliding around. We seemed to almost hit the bus when we went up in the air but missed it by a bit.

After the ride we all had to help pack the balloon up. The kids who were there got to jump in the middle to try and get excess air out.

Once it was all folded up they had to put it in a big bag made for the balloon. It didn’t fit at first, but after a bit of a struggle we got it to fit. I got to jump on top of the bag to make it all go down; it was lots of fun!

After we had put everything away we went to have breakfast.

While having some food they told us a story of the first hot air balloon ride. They gave the adults champagne and the kids fruit juice.

All in all it was a fun morning and worth getting up at 4am.

Zara Milton

Mocktail night and Just Dance

Mocktail night in Shannon’s flat, was all about food, drinks and Just Dance.

While we were setting up for the Mocktail night we played a singing game on the Wii. We were really bad, but we had fun.

The best part of the night was when we were playing Just Dance 3 or 4. I wouldn’t say we were horrid at singing, but let’s just say we were fabulous at Just Dance.

The drinks we had were amazing, both the look of the drinks and the taste. The drinks included a non-alcoholic pina colada and a water melon cocktail.

But my favourite bit of the night was the food. The best snacks were two warm bread cobs filled with dips. Yum! It was so perfect and I didn’t want to stop eating.

I just want to say a big thank you to Shannon for having us round to her flat and letting us embarrass ourselves by playing Singstar and Just Dance. At least the only witnesses were other girl boarders!

Meagan de Hamer
The Term in Pictures
Jesse Gap

We did practical things like facials, make up, hair and nails and we watched some film clips and read some passages out of the Bible. Most of us enjoyed it and many thanks to the ladies who came and ran it for us.

Kirsten Baliva

On the public holiday in September the girl boarders went to Jesse Gap for lunch. It was very windy when we got there but we walked a bit and found an area out of the wind and we had a great time there. We played heaps of games while we sat and ate such as ‘Honey do you love me’ and ‘Scatategories’ but the main game we played was Camouflage.

For lunch we had sandwiches, chips, ice cream and many other little snacks. Thanks to Shannon, Vicki and Sabrina for coming with us and the ‘old’ bus driver Stevo!

Mikeyly Fraser

Shine

In Term 3 the junior girls and a couple of the seniors chose to take part in a 5 week course called Shine. It was on Tuesdays after prep. It was run by some ladies from the Desert Life Christian Church.

In Term 2 the Bentley Bombers played a big game of football with the community girls at Traeger Park. On 9 September the girls played a football match against Hermannsburg and Santa Teresa. OLSH played with the Bombers. It was a draw 31 points each.

This year, our football games have become bigger. In Term 2 the Bentley Bombers played a big game of football with the community girls at Traeger Park. On 9 September the girls played a football match against Hermannsburg and Santa Teresa. OLSH played with the Bombers. It was a draw 31 points each.

On 18 September we played in the McLeod Cup, which was held at Treager Park. It was run by the Adelaide Football Club. We played against other teams from Central Australian communities and schools. We won all three games and then beat Hermannsburg. It was a close game with Hermannsburg scoring the first goal, but by the end of the first quarter the Bombers were ahead and stayed ahead to win by 5 points.

The boarders who played were Mikeyly, Chelsea, Kirsten, Dakoda, Zara and I. It was a privilege as captain to go up and receive the McLeod Cup.

Savannah Fraser

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Savannah Fraser
Healthy salads and lots of exercise!

Term 3 saw a big boost for fitness in the Girls’ Boarding House. We all know that it’s really important to keep healthy and fit, and with our record chart it’s been a great way to show everyone else the great work we are doing.

Many people around the boarding house were happy to share their expertise to help the boarders and the staff to all improve their fitness, health and wellbeing.

Rhiannon started basketball training each Sunday night after Chapel, which gave many of the girls an opportunity to practise and improve their skills. Many enjoy playing, but had never been trained properly. Rhiannon organised some games against OLSH and even a Staff vs Student match which saw the teachers beat the students. Shannon attended training with the girls regularly and worked hard to develop her own skills and fitness, as well as joining a local gym.

Stevo encouraged the girls to be more active through riding her bike, doing the occasional early morning ANZAC Hill walk and both Stevo and Libby took girls to the town pool before school for games and swimming. These activities were open to anyone who wanted to join in, and it was great to see a number of different people get involved and work on their fitness.

As the weather got warmer, there were opportunities to help out with external sporting events such as the marathon and local runs, and anyone was welcome to participate should they choose. It was good to see our staff active in these with some great results.

As part of the Mind, Body, Spirit Challenge, Vicki had the girls participating in a number of activities on Sunday afternoons, including basketball, boxing circuits, abdominal workouts and discussions about general fitness and tips.

As well as trying to encourage the girls to take more exercise we’ve also been trying to encourage the girls to eat more healthily. Ketut and Lilly have produced some delicious and interesting salads and these have proved popular.

Throughout the term a number of girls regularly helped out at our Community Garden plot, spreading compost, weeding, planting and collecting delicious vegetables. All our gardeners love eating the fresh produce and a lot of it never makes it back to the boarding house! When we have taken our produce home it has either gone to the kitchen or the girls have enjoyed sharing it with staff.

Recently we’ve harvested a good crop of broad beans which we made into a delicious dip, and we’ve been busy planting sweet corn, peas, beans, radishes, tomatoes, silver beet and much more.

It’s been great to see the boarding staff so generous with their already busy time and they have helped to make it a very healthy and happy term.

We hope to continue the excellent habits that the girls have been building next term, ready for the end of the year and Christmas!

Vicki Hutchinson

The St Philip’s boarding basketball teams travelled to OLSH on two Thursdays to play basketball and then played OLSH at home on the third week.

The junior team won all their games against OLSH. The team has been very successful and we have a lot of talent. I hope we continue to win our future games.

The senior side was not so lucky in their three games. The team consists of a lot of great players, but unfortunately the OLSH players were greater.

On the last Sunday of term we had a break up party at the pool organised by Rhiannon.

Iona Mackenzie

Thank you to Rhiannon and Lucy for coaching the teams and keeping us all in line around the referees.

Basketball
our camp at Simpsons’ Gap. The girls are always such a pleasure to take and it was great to have it so well supported by boarding staff.

Other activities have included hot air ballooning, helping at Old Timer’s Fete (where we raised our biggest amount ever), scoring at the Rotary Quiz night, a picnic at Jesse Gap, a mocktail night, a couple of cooking sessions - one with a focus on healthy eating and one with a focus on chocolate!

We have also played some of our favourite games such as Honey do you love me, High speed charades and Would you lie to me?

This term there has also seen a major change with the introduction of the computerised boarding administration system Reach. It took some getting used to at first, but is now working well and providing us with the opportunity to have a much more detailed, convenient and thorough record keeping system.

I think both the girls and staff are all ready for a holiday now – I know I am!

I hope you will all have a wonderful break with your daughters.

Please send them back to boarding on Sunday 12 October full of energy and enthusiasm for the last term of 2014.

Margaret Stevenson

Marathon Water Stop

It was a cold Sunday morning, when Rebecca, Nikita, Chelsea and Meagan woke up at 5:30am to go out and help at the Alice Springs Marathon 2014.

The girls this year went dressed up as witches.

After a quick set up and a filling up of around 60 half-filled cups, the girls got prepared to serve about 240 people water, in four different races.

As soon as the runners were visible we were cheering them on with ‘Wooh!’ and ‘You can do it!’.

About one-third of the people got water, but the rest were way too focused on the race to worry about water and they knew that they could get water later on.

We saw many staff on the track. There was a determined Mr Nicholson in the marathon, but also very determined were Mr and Mrs Armstrong, Miss Bernardino, Debbie and Bron.

All in all, the water-stop was a success with all of the competitors well hydrated.

After the water-stop, Stevo took the girls to an all you can eat breakfast at the Tali courtesy of the Alice Spring Running and Walking Club.

The breakfast was very delicious and well-deserved!

Chelsea Yu

Honour Roll

Contribution
Rhiannan
Most Improved
Meraud
Boarder of the Week
Wk 2 Rebecca
Wk 3 Mikeely
Wk 4 Zoe
Wk 5 Claudia
Wk 6 Chelsea
Wk 7 Kate
Wk 8 Martha
Wk 9 Lucy
Wk 10 Louise

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