



# HARP OF THE SPIRIT

## MESSAGE FROM THE PRINCIPAL

Dear Parents, Students and Friends,

The health and wellbeing of our students is always of great importance to us at St. Narsai College. Students mental health is a major component of student's overall health and wellbeing and we know that many Australian students are stressed and are impacted by many on-going issues like school work, parental expectations, peer pressures, social media issues and this year's COVID-19 pandemic and its associated difficulties for individuals and families.

To this end, St. Narsai College staff continue to upskill themselves and seek further training in the area of student mental health, are aware of the significance of this area and continue to develop strategies to support all our students, especially during these challenging pandemic times. Our Pastoral Care programs and initiative as well as our faith based spiritual activities provide a safety net to support our students. This week's R U OK Day was one such initiative the College invested in to improve understanding of mental health across the community so that all of us work together to support each other.

I take this opportunity to thank Mrs. Kaya, our Pastoral Care Co-ordinator for organizing this event at the College this week and a dedicated team of staff, including Mrs Tatian, Ms Virgo, Mr Goodrick, Mr Esia, Miss Youna, Miss Kando, Mrs Chhabra, Mrs Mannah, Mr E Atto, Miss Lee and Miss Kanaan as well as the Year 12 R U OKAY day Helpers. A number of images provided later in this newsletter paint a better picture of the activities on the day.

### HSC Major Projects

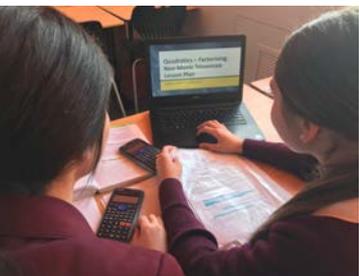
Good luck to our Design & Technology and Visual Arts students for finalising and submitting their Design Projects and Portfolios and Major Arts Works for marking. I take this opportunity to thank TAS and CAPA teachers (Mrs. Zivkovic, Miss. Younan, Mrs. Amanoel, & Mrs. Karim) for supporting these students in their HSC journey over the last four terms. Equally, our Year 12 Music students will also have their HSC Music performance marking day next Monday, 14th September.

All these students have been diligently practising their music performances in preparation for the performance marking day next Monday. A big thank you to both Ms. Salmaggi and Mr. Rossman who guided and helped these students throughout this year. We look forward to this year's HSC results and pray that our students will do themselves, their parents and us proud.

### Year 12 Graduation Ceremony

Due to current COVID-19 restrictions in NSW we have decided that the 2020 St Narsai Assyrian Christian College's Year 12 Graduation Ceremony will take place on Tuesday 22nd September 2020 at the College. Unfortunately, the restrictions meant that parents or guardians would not be able to attend this significant event this year. Obviously, this is not what we wanted to have, but we have decided that we will not delay this important event to next term. Letters were sent to all Year 12 parents about this decision and we look forward to our Year 12 Graduation Ceremony in week 10.

Thank you and God bless,  
Mr. E. Dinkha



### A LOOK AT WHAT'S INSIDE THE ISSUE:

- Message from the Deputy Principal
- Math Faculty
- Christian Studies Faculty
- Are You Ok Day?
- Enrolling for 2022!
- Important Dates

## FROM THE DEPUTY PRINCIPAL

### SOCIAL MEDIA

Parents may have seen media reports around highly offensive videos circulating on social media platforms, such as TikTok, that have been disguised as innocent looking links or video titles. If you are concerned around anything your children may have seen please contact your child's Year Adviser, our Pastoral Care Coordinator Mrs Kaya, or any Deputy Principal.

Other services available to assist you along with current counselling and pastoral care option include:

- Lifeline: 13 11 14
- Mental Health Access Line: 1800 011 511
- Parent Line: 1300 1300 52
- Kids Helpline: 1800 55 1800
- eHeadspace: 1800 650 890



### HELP YOUR TEENAGER MANAGE DISTRACTIONS

Information taken from: Reach Out Australia

(<https://parents.au.reachout.com/common-concerns/everyday-issues/things-to-try-school-and-education/how-your-teen-can-manage-distractions>)

We're living through a strange time and it's worth explaining to your teen that struggling to focus or getting distracted is understandable given what's going on in the world.

If you or your teenager are struggling to manage the new normal, along with schoolwork, social media and other daily distractions, there are ways you can help them help themselves.

#### Set time aside for fun

While they may already have a study plan, encourage them to have a fun plan, too. If they have a specific time set aside for relaxing, social media or gaming, they'll have less desire to distract themselves while working.

#### Take regular minibreaks

Suggest that they work in chunks of time – say, 20 minutes – then take a few minutes to get a drink, stretch and walk around. This will keep up their energy, maintain their concentration and make study feel more manageable. You might keep an eye on how they're going by having a cup of tea and a quick chat with them during one of these scheduled mini-breaks.

#### Block screen alerts

If they're working on a tablet or computer that is linked to their messages or social media, encourage them to block the alerts.

#### Agree on 'phone free' zones

Have a conversation about areas of the house that can become temporary phone-free zones, such as where they study and where everyone eats together.

#### Create a space they can concentrate in

Creating a space that is primarily dedicated to their study hours (if possible) will help them to focus and concentrate. Set up a quiet area for them to study in. Keep the TV turned down. If you have other kids, ask them to keep the noise down, so their sibling doesn't get distracted. Some people work best with silence, others with a hum of background noise or music. See what works for them.

#### Minimise interruptions

While they're studying, don't let anyone disturb them; leave it until they're having a break. Did you know that it takes most people around 20 minutes to get back on track with study after an interruption?

#### Monitor their sleep

Lack of sleep makes you lose focus, so it's easier get distracted when you're tired.

#### Eat healthy, regular meals and snacks

Being hungry causes energy levels to drop and makes it hard to concentrate, so encourage your teen to eat proper meals and healthy energy snacks such as nuts. Even a quick break for lunch before heading back to the books is a chance to reconnect with your teen during troubling times.

#### Cut the caffeine

Encourage them to drink lots of tap water; being hydrated will help them concentrate.

Exams, expectations and study loads can lead to your teenager being stressed and easily distracted. And when you factor in the constant pressure of facing school while worrying about an uncertain future, it can easily feel overwhelming. Trying even a few of these tips can help you support them to manage teenage distractions, keep calm during COVID-19 and study more efficiently, which reduces their overall stress and improves their wellbeing.

## 2020 HSC EXAMINATIONS

The 2020 HSC Examinations are scheduled for Tuesday 20th October to Wednesday 11th November at the College. Students have received individualised timetables on their NESA Students Online account. Due to the current COVID-19 situation, we are taking every precaution to ensure the safety and wellbeing of all staff and students in attendance.

These arrangements have been made with guidance from the NSW Education Standards Authority (NESA) and the Association of Independent Schools (AIS) and in line with NSW Health directives.

Students should arrive no more than 20 minutes prior to the exam and report directly to the designated exam room for screening and sign-in. All students will be asked to sanitise their hands, sign in that they are well and provide contact details. Students should not mingle in large groups prior to, or after the exam.

A letter has been given to all Year 12 students providing further detailed information regarding HSC examinations.

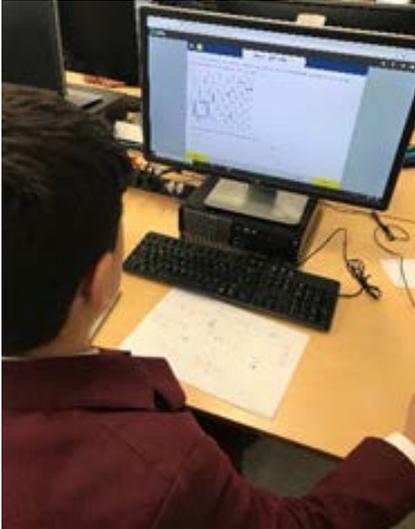


## Mathematics Faculty

Written by Ms. David  
Mathematics Coordinator

Dear family and friends of St Narsai school community.

It has been another busy Term at St. Narsai for Mathematics. We kicked off the term with 60 nominated learners participating in the AMT Australian Mathematics Competition and, recently, 70 learners participating in the University of New South Wales ICAS Competition. For the first time ever both competitions were completed online. We are very proud of the effort our learners put in and cannot wait to see the results which will be released later this month.



**Photo:** Learners completing AMT and ICAS online competitions.

### Year 8 NAPLAN Numeracy

Our Year 8 learners have started their journey in the preparation for NAPLAN Numeracy that will take place in May 2021. Learners completed a pre – test at the start of Term 3. They were assigned a Numeracy lesson and enrolled in an online Numeracy program. Learners were issued with login details and provided with a schedule to follow. During roll call learners commenced the Numeracy Ninja program, a set of daily short mathematics drills in basic number and computation.



**Photo:** Learners completing their Numeracy Ninjas during Roll Call.

Learners have already commenced their Numeracy lessons once per fortnight. They participate in activities that help enhance their numerical skills and improve their problem solving. Exposure to such questions will not only prepare them for the Numeracy NAPLAN but also improve their abilities in working mathematically.



**Photo:** Learners in a Numeracy Chalk and Talk activity.

## Christian Studies Faculty

Written by Ms. Kako  
Christian Studies Coordinator

“Go into all the world and **preach** the gospel to every creature” **Mark 16:15**

Dear St Narsai community,

At the College we have been very busy instilling and preaching the Word of the gospel through all components of the school setting for both students and staff. To call ourselves true disciples we need to demonstrate our faith through our words and actions; preaching to the whole world that wear following the footsteps of Christ.

Stage 4 and 5 students have been learning and reflecting on the importance of the seven sacraments in their daily lives. They have been engaging in various visible learning routines (e.g. Chalk Talk & See, Think and Wonder routines) to understand that sacraments are the visible signs of the invisible love of God and that through His love, God communicates to them His divine grace of which they need on a daily basis to be forgiven and given salvation.



**Photos:** Students learning on the importance of the seven sacraments.

The divine grace of Lord has been presented in all setting of the College from prayer services to commemorate the Transfiguration of our Lord Jesus Christ and the commemoration of St Mary. During the commemoration of St Mary our beloved College Chaplain Rev. Shamuel and CRS teachers went to roll call classes blessing students with the Body of Christ (Bookhra).

Please make note that this coming Sunday 14th of September is the Feast of the Holy Cross. The Feast of the Holy Cross is one of the seven holy feasts and one of the sacraments of the Assyrian Church of the East.

It is one of many days in which we remember the importance of the cross as by it all the other sacraments are sealed and perfected. It reminds us that the great foundation of Christianity is the confession that through the Cross, renewal and universal salvation were obtained for all. We will be commemorating this Feast at the College the following day (Monday 15th of September) with a reading during roll call and a prayer service at recess.



**Photos:** Students receiving the Body of Christ (Bookhra)

# R U OK? DAY 2020

On Thursday 10th September St Narsai Assyrian Christian College took part in the annual R U OK day initiative. It's our national day of action when we remind our students that every day is the day to ask, "Are you OK?" if someone in your world is struggling with life's ups and downs.

2020 has been a challenging year for everyone and circumstances have made it even more important for us all to stay connected and, for those who are able, be willing to support those around us.

During this event students participated in several mindful positive activities that enabled them to remember we are all here for each other, we are a family. Our college provided our students with fresh fruit upon arrival to school. We also had a sausage sizzle and a sweet store to fundraise for the cause of this event.

We would like to thank all the staff and students who dedicated their time to ensure this event ran smoothly. We would also like to thank one of our generous parent and their family for donating more than 100 Krispy Kreme donuts to help fundraise for this event. God bless you and your family.



Our School Principal Mr Dinkha supporting R U OK? Day



Our wonderful students supporting R U OK? Day



Our school counsellor and Pastoral Care Coordinator supporting R U OK? day



Our school Chaplain Qasha Shamuel supporting R U OK? Day



Student were provided with positive inspiration during roll



Fruit salad served whilst students arrived to school



Donuts donated by one of our supporting families



Students taking part in several activities such as physical activity



St Narsai Pledge wall on how we will continue the conversation after R U OK?



Sausage sizzle and sweet store to fundraise for the cause



St Narsai Pledge wall on how we will continue the conversation after R U OK?



Conversation corner/Picnic

# ENROLLING NOW FOR 2022!

## HOW TO ENROL

You can enrol online, through the online enrolment link: <https://www.stnarsai.nsw.edu.au/enrolment/> or contact our Enrolments Committee on (02) 8818 1300.

Interviews will take place early Term 4 and places are spaces are limited, so enrol your child today!

**ENROLLING NOW**  
**Year 7 2022**  
EXPERIENCE THE DIFFERENCE  
Limited Spaces Available

Contact our Enrolments Team for more information Tel (02) 8818 1300 Email [info@stnarsai.nsw.edu.au](mailto:info@stnarsai.nsw.edu.au)

## Important Dates

**Tuesday 22nd September** - Last day for Year 12 students.  
**Thursday 24th September** - Last day for Term 3 for students  
**Friday 25th September** – Pupil Free Day

