



St. Narsai Assyrian Christian College

Harp of The Spirit

N e w s l e t t e r

COLLEGE EVENTS

Year 10 Work
Experience
From 10/8/15
To 14/8/15

Wednesday
12/8/15

Year 9 English Excur-
sion to Romeo and
Juliette

Year 7 and 8
Science
Incursion

“What’s the Matter”

Monday
National Science Week
From 15/8/15
To 23/8/15

Tuesday
18/8/15

Year 9 Science Excur-
sion

Year 7 2016 Orienteer-
ing day

Wednesday
19/8/15

Mar Meelis Zaia
Attending breakfast
with year 12 Students

Thursday
20/8/15

College Assembly Nar-
sai

Friday
21/8/15
Pupil Free Day
Staff Spiritual Day

Dear Parents and Guardians of SNACC

Issue 12 Term 3 11/8/2015

We are now halfway in Term 3 and we are on Target for all the scheduled events that were planned from the start of this school year.

Year 12 have now completed their Trial Higher School Certificate Exams, they will now attend normal classes to revise and study their selected courses in readiness for the big event which is the Higher School Certificate Exams in October.

It is important that they all attend the school until the last day of this Term as teachers have planned some study guide that will help them in their studies. We hope and pray that all of our boys and girls in this year 12 group will succeed in their exams and make our Assyrian community proud of their achievements.

The Graduation of this year 12 is on Wednesday Night 16th September in Edessa Hall, many guests have been invited to attend and be part of this great occasion. All parents and friends of students are welcome to attend as long as you send the school the number of people attending.

Year 11 will move into year 12 and start the HSC course at the end of this Term.

Year 6 transition program is going well, we have already interviewed 90 students from year 6 who have applied to attend our school in 2016 and there are more students that we haven't interviewed yet, if you have a year 6 child and haven't applied yet I suggest that you do it now or your child may be on the waiting list.

I take this opportunity to thank our students who took part in the 100 year memorial of the 7th of August Assyrian Genocide in the presence of His Eminence, Archbishop Mar Meelis Zaya and many distinguished guests.

Thank you and God bless you

Mr John Haskal



FROM THE DEPUTY

Dear Parents, Students and Friends,

College staff are busy going through and interrogating semester one student performance data. Teachers across the college are analysing their class performance levels and are reflecting on and evaluating how students performed in their respective subjects. At the KLA level, Co-ordinators have completed a Semester One Report about the KLA results and are setting strategies with their teams for improvements within their key learning area.

The challenge for teachers now is how to use this data to improve learning in the classroom and subsequently improve student's outcomes.

We have been advised that the 2015 NAPLAN student reports will be delivered to NSW schools from Tuesday 18th August. Parents will be sent sealed envelopes containing the report as we receive these materials from the Board of Studies Teaching & Educational Standards (BOSTES).

Studying at home

If students are to succeed in their educational journey through high school, they need to develop effective study skills. I have included the following article that I found on the net about good students study habits.

The Ten Study Habits of Successful Students

Successful students have good study habits. They apply these habits to all of their classes. Read about each study habit. Work to develop any study habit you do not have.

Successful students:

1. Try not to do too much studying at one time. If you try to do too much studying at one time, you will tire and your studying will not be very effective. Space the work you have to do over shorter periods of time. Taking short breaks will restore your mental energy.

2. Plan specific times for studying. Study time is any time you are doing something related to schoolwork. It can be completing assigned reading, working on a paper or project, or studying for a test. Schedule specific times throughout the week for your study time.

3. Try to study at the same times each day. Studying at the same times each day establishes a routine that becomes a regular part of your life, just like sleeping and eating. When a scheduled study time comes up during the day, you will be mentally prepared to begin studying.

**Excellence
Christian**

FROM THE DEPUTY PRINCIPAL– Cont'd

4. Set specific goals for their study times. Goals will help you stay focused and monitor your progress. Simply sitting down to study has little value. You must be very clear about what you want to accomplish during your study times.

5. Start studying when planned. You may delay starting your studying because you don't like an assignment or think it is too hard. A delay in studying is called "procrastination." If you procrastinate for any reason, you will find it difficult to get everything done when you need to. You may rush to make up the time you wasted getting started, resulting in careless work and errors.



6. Work on the assignment they find most difficult first. Your most difficult assignment will require the most effort. Start with your most difficult assignment since this is when you have the most mental energy.

7. Review their notes before beginning an assignment. Reviewing your notes can help you make sure you are doing an assignment correctly. Also, your notes may include information that will help you complete an assignment.

8. Tell their friends not to call them during their study times. Two study problems can occur if your friends call you during your study times. First, your work is interrupted. It is not that easy to get back to what you were doing. Second, your friends may talk about things that will distract you from what you need to do. Here's a simple idea - turn off your cell phone during your study times.

9. Call another student when they have difficulty with an assignment. This is a case where "two heads may be better than one."

10. Review their schoolwork over the weekend. Yes, weekends should be fun time. But there is also time to do some review. This will help you be ready to go on Monday morning when another school week begins.

Source: <http://www.how-to-study.com/study-skills-articles/study-habits-of-successful-students.asp>

Thank You
Mr E Dinkha

Message from the Counsellor

I'm Bored!

You've just come back from school [or work]. You've had your lunch; you've completed your take-home work. The TV shows are boring, the environment at home is dull and the second hand on the clock moves so slow that you're sure it is broken. At this point, you feel irritated and annoyed; until you realise 'I'm Bored!'

For decades, psychological researchers have melted away in curiosity of this *boredom* phenomena. Canada's York University Professor Dr John D. Eastwood from the Association for Psychological Science writes "although boredom is often seen as a trivial and temporary discomfort that can be alleviated by a simple change in circumstances, it can also be a chronic and pervasive stressor that can have significant consequences for health and well-being."

I'm sure many of us have the common afternoon feeling where we sit home in boredom, feel down and almost at times 'depressed' due to feelings of hopelessness and futility. It is at this point that many of us believe these emotions are permanent, up until plans come up and we see ourselves rushing to our rooms, getting ready to go out; perhaps to watch a movie, grab a bite to eat or to simply hang out.

To further understand this phenomena, Eastwood believes we are bored when: (1) we have difficulty paying attention to the internal information (e.g., thoughts or feelings) or external information (e.g., environmental stimuli) required for participating in satisfying activity, (2) we're aware of the fact that we're having difficulty paying attention and (3) we believe that the environment is responsible for our aversive state (e.g., "this task is boring," "there is nothing to do").

The take home message behind all of this research is to simply be comforted. The comfort lays in the ideology that we are not alone in the phenomena of boredom; that boredom is a natural and universal state of mind inbuilt within the human being. That this state arises when our minds are disengaged.

Therefore, do not feel alone. Do not feel different. Do not feel abnormal. We are all on the same boat. All it takes is an engaging event (hobbies, recreation etc.) to sail this boat ahead.



HSIE Faculty

Year 10 Geography Fieldwork Excursion

From the beginning of Term 3, Year 10 has been studying Geography with a focus on the urban growth and decline of the Pyrmont Peninsula. As a mandatory requirement of this course, students are required to participate in fieldwork. On Tuesday 4th August, students participated in the fieldwork excursion to Pyrmont. The objective of this field work was to provide students with the opportunity to see first-hand what impact urban growth and decline has on the Pyrmont area. The day began with a talk from the tour guides from the National Maritime Museum. This included a brief history on the area. Students were then guided through the Pyrmont precinct. The guides explained how the area was historically used for industries such as sugar refining and shipping. They also pointed out how the area has changed with examples of conservation and adaptive use.

The fieldwork concluded with a trip on a ferry. Students were given detailed information on the history and current developments of the area, including the current Barangaroo precinct development.

Students will now use the information that they gained to complete their research action plan and report on the urban growth and decline of the Pyrmont Peninsula.

Mrs. Joseph

Organising teacher



Year 8 Cooking Club

On the afternoon of Tuesday 28th of July 2015, a group of eager Year 8 students started a new and exciting extra-curricular activity, an afterschool Cooking Club. Established by Ms David, the year 8 advisor, the Cooking Club is where students learn new recipes, teamwork skills and have a fun time whilst doing it.

The enthusiastic Year 8 students, during their first session, learnt how to make delicious Chicken and Vegetable Rice Paper Rolls whilst working as a team.

The second session commenced on Tuesday 4th of August 2015 and went even better than the first! A Vegan recipe was purposely chosen in honouring the lent of commemorating the Virgin Mary. Students learnt how to create and bake Vegan Chocolate Brownies.

Cooking Club is a great way for students to learn how to cook, work in groups and have a delicious time all in a span of an hour. With each lesson being supervised by Ms David and a TAS teacher, a reasonable set of rules to follow, The Cooking Club is bound to be a success.



Year 8 Cooking Club



AKAD UNIFORM SHOP

School uniforms are now in stock and available from AKAD uniform store

Open Monday and Tuesday

9am-11am

Wednesday

2:30pm-4:30pm

7-9 Greenfield Rd, Greenfield Park

School Hours

8:40 am

To

3:00 pm

Office Hours

8:am

To

4pm

Monday to Friday

Tel: 9753 0700

Fax: 9753 0800

Website

WWW.snac.nsw.edu.au

Email Address

school.office@snac.nsw.edu.au



Need to talk? Kids Helpline counsellors are available 24 hours a day, 7 days a week. Nothing is too big or too small to call us



Help is available. No one needs to face their problems alone.

Call Lifeline on 13 11 14 for support or dial 000 if life is in danger.

Parentline

Parent line is a confidential telephone counselling service providing professional counselling and support for parents and those who care for children.

Phone: 1300 1300 52 (cost of a local call) - 24 hours a day, seven days a week-www.parentline.org.au

673-683 Smithfield Rd, Edensor Park NSW 2176

T: 9753 0700 F: 9753 0800

E: school.office@snac.nsw.edu.au W: www.snac.nsw.edu.au

**COLLEGE EVENTS**

Year 10 Work Experience
From 10/8/15
To 14/8/15

Wednesday
12/8/15
Year 9 English Excursion
to Romeo and Juliette

Year 7 and 8
Science
Incursion
"What's the Matter"

Monday
National Science Week
From 15/8/15
To 23/8/15

Tuesday
18/8/15
Year 9 Science Excursion

Year 7 2016 Orienteering
day

Wednesday
19/8/15
Mar Meelis Zaia
Attending breakfast with
year 12 Students

Thursday
20/8/15
College Assembly Narsai

Friday
21/8/15
Pupil Free Day
Staff Spiritual Day