



St. Narsai Assyrian Christian College

# *Harp of The Spirit*

N e w s l e t t e r

## COLLEGE EVENTS

Tuesday  
18/11/14

Year 7 and 8 Learn to  
Swim Program

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Tuesday  
25/11/14

Year 7 English Ex-  
cursion

\*\*\*\*\*

Friday  
28/11/14

HSIE Incursion Me-  
dieval Show

Last Day for Year 10  
2014

**Dear Parents and friends of SNACC**

**Issue 17 Term 4 14/11/2014**

As we approach the end of another year, I take this opportunity to thank all parents who have supported the school and being actively involved in their children's educational journey throughout this school year of 2014

We are now waiting for the Higher School Certificate Results to come out in December hoping that our students will do well and gain entries in the universities of their choice .

Since the start of this 4<sup>th</sup> Term the year 11 cohort have started their HSC courses and they will hopefully and successfully graduate next September.

The year 9 and 10 students have just completed their end of the year exams in all subjects, teachers are now busy marking their papers and will prepare their final reports.

Parents of year 7 and 8 please advised that at the start of this term we had notified you that your son/daughter have to go through special learn to swim training, this is part of the Sports program and is a Government Regulation , even if children can swim, they will be taught about **water safety** and **life saving techniques** The yea 7 students will have their session on Monday 8<sup>th</sup> December or 9<sup>th</sup> December, year 8 students will be on 10<sup>th</sup> December or 11<sup>th</sup> December, All this information was communicated to all year 7 and 8 parents many weeks ago, please parents read our newsletter and read fliers that we send home with your children and finally talk to your children , this program costs \$52 which includes, fee for Learn to swim program as well as Bus fare to and from school.

Thank you and God bless you

John Haskal

Principal



# FROM THE DEPUTY

## Dear Parents and Friends,

Year 9 and 10 students have just completed their end of year examinations. Next week, year 7 and 8 students will be sitting their own examinations in the school hall. These major assessment events mark the end of internal assessment for all 7-10 courses in 2014.

Teachers are currently busy marking year 9 and 10 exam papers as they prepare to collate assessment marks for semester two reports later in the term. Marked exam papers will be returned to students as soon as marking is complete and teachers will endeavour to provide meaningful feedback to students about their performance in these examinations.

At the conclusion of the examination period, year 7-9 students will be back in the classroom to continue work on their courses until week 10. Year 10 students will complete their courses by end of week 8.

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## **All My Own Work- A BOSTES HSC Program**

The *All My Own Work* program is designed to help Higher School Certificate students to follow the principles and practices of good scholarship. This includes understanding and valuing ethical practices when locating and using information as part of their HSC studies.

Our Year 10 students will be completing this mandatory program over the next two weeks. Students will not be enrolled into the Year 11 course in 2014 unless they complete this five module program.

## **Year 11 grades now available (A Message from the Board of Studies)**

Year 11 grades were made available by the Board of Studies from yesterday, Wednesday 12 December 2014.

Students are able to access their Year 11 grades via Students Online website. Students can log in to their personalised secure account using their BOSTES student number and 6 digit PIN.

Once logged in students can review their results in *My Details > Enrolments/Results* section and generate their eRecord. The eRecord is their interim report showing their 2014 Year 11 grades and their 2013 Year 10 grades and results.

Generally, a RoSA (Record of School Achievement) credential or a Transcript of Study will be mailed to students whose schools have notified the Board that they are leaving school.

**Excellence**  
**Christian**  
**Values**  
**Commitment**

Thank You,  
Mr. E. Dinkha

## Message from the Counsellor

### **Only the weak ask for help?! Get Real!**

When you're upset and feeling, who do you talk to? Do you even talk at all?

NSW Government Health research shows that 60% of high school students experience feelings of sadness, stress, depression, while the other 40% did not reveal or expose these feelings (perhaps they too experienced these emotions but kept it to themselves).

According to the research, girls experience more negative emotional roller coasters than boys did – almost double in number. Therefore, one could assume [from looking at the results of the research] that feeling down is very common throughout our youth in high schools across NSW. Interestingly, 8% of the research sample were categorised as 'could not take it' and experienced suicidal thoughts, that's 640 high schoolers.

What was also clear in the research was the fact that girls approach someone to discuss their feelings and issues double the amount of boys that do so. It was recorded that girls express their emotions to friends, family, doctors, teachers and school counsellors – where only 7% of the girls expressed their feelings and issues with the school counsellor, what a shame for me! Boys were worst where only 5% vented with school counsellors about their issues.

Therefore, it explains the mood swings and issues of girls in school and at home, it is observed that girls have double the amount of mood swings in comparison to boys of the same age.

What is sad to see is that half of these youth (both boys and girls) were seen in a pattern of trouble in school and at home because of their emotions and feelings.

In summary, girls ask for help directly, while boys ask for help through their behaviour.

This survey undertaken by the NSW Government Health Department has been done every 3 years, and between 1996 and 2011 the proportion of young people who were in trouble because of behaviour, significantly decreased from 27% to 19%. Another survey is due by the end of this year; let's hope that 19% decreases further to 11% or so.

Where to from here? For some odd reason, we humans believe that speaking on our emotions is weak, and that no one relates to our feelings. While this research clearly shows that majority of the youth are on the same page when it comes to the emotional roller coaster.

Therefore, speak up! Speak to your family, speak to your friends, and speak to your teachers and COUNSELLOR. We're all here to help!

Source: [http://www.health.nsw.gov.au/surveys/student/Pages/hss\\_11.aspx](http://www.health.nsw.gov.au/surveys/student/Pages/hss_11.aspx)

**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

0753 4185

**School Hours**

8:30am

To

2:50pm

**Office Hours**

8:am

To

4pm

Monday to Friday

Tel: 9753 0700

Fax: 9753 0800

**Website**

[WWW.snac.nsw.edu.au](http://WWW.snac.nsw.edu.au)

**Email Address**

[school.office@snac.nsw.edu.au](mailto: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](http://www.parentline.org.au)**

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Last Day for Year 10  
2014

673-683 Smithfield Rd, Edensor Park NSW 2176

T: 9753 0700 F: 9753 0800

E: [school.office@snac.nsw.edu.au](mailto:school.office@snac.nsw.edu.au) W: [www.snac.nsw.edu.au](http://www.snac.nsw.edu.au)