



St. Narsai Assyrian Christian College

Harp of The Spirit

N e w s l e t t e r

COLLEGE EVENTS

Monday
5/4/2016
IEC Excursion to
Calmsley Hill City Farm

Friday
8/4/2016
Year 7 Immunisation

Term 1 Ends

Tuesday
26/4/2016
Pupil Free Day

Wednesday
27/4/2016
Students resume Term 2

Tuesday
3/5/2016
Year 7 BYOD
Presentation at 6pm

Wednesday
5/5/2016
Year 9 camp
Returning
Friday
6/5/2016

Friday
6/5/2016
Cross Country 2016

Dear Parents and Guardians of SNACC Issue 4 Term 1 1/4/2016

Term 1, 2016 is coming to an end this week. It has been a very busy Term. Our main focus has been on student achievements in all areas- academic, social, emotionally and spiritually and we have had great success.

Parents and guardians should be receiving their child Interim Academic Report this week. Please discuss it with your child. If you feel there are areas of concern then contact the teacher immediately for further discussion. Alternatively, you may like to contact the Stage Coordinators- Years 7/8, Mr Bottaro; Years 9/10, Mr Parker and Years 11/12, Mr Hardman.

Year 12 half-yearly exams will finish this week and reports should be issued in Term 2, Week 3. During the holidays, we do like Year 12 students to have a break, but we also strongly suggest that they set up a study timetable and follow it. They should study for at least 3 to 4 hours per day.

The final HSC Course achievements depend a lot more on effort (i.e. study) rather than just relying on innate ability. To succeed in the HSC, students must study and make the effort to learn. Everyone can succeed to the best of their ability, and much more, by making that extra effort. Now-days this, quite old idea, goes under the term of having a "*Growth Mind Set*", which simply means that all of us can do well but must do the hard work and we should not give up too easily.

As adults, we know that anxiety is a normal part of life and can be managed, but it takes time. It's also contagious so it's the job of parents to stay calm, think clearly and role model confidence when kids get anxious so that children can learn how to cope with anxiety. In this Newsletter I have placed an article to assist parents in easing their children's anxiety- I am sure you will find it of interest.

I wish to thank all parents and friends of the College for their great support during the Term; a special thanks to the P & F Committee. I thank the staff for their enthusiasm and commitment in making a real difference in students' achievements.

Have a safe and enjoyable holiday.

God Bless

A Rufo

Principal

Dear Parents, Students and Friends,

Year 12 Half Yearly Exams completed

Year 12 students continue their half-yearly exams next week and many teachers are now busy marking their attempted exam papers in preparation for the Year 12 Semester One Reports, which are due early next term. These reports will show students progress throughout the first half of their HSC course and may be used to indicate the potential of each student in their current HSC courses.

Students are strongly encouraged to seek support from their respective teachers about any area they find challenging.

Interim Reports 2016

Next week marks the end of term one and as usual, Interim Reports will be issued in the last week of term one- next Thursday, 7th April 2016 to all Year 7-11 students. Interim reports give a brief and limited snapshot of the individual student's academic progress to date across all their subjects. Where teachers are concerned with student's progress, he or she will be requesting an interview with parents early next term to discuss their child's progress during term one.

The Semester One reports will be produced at the end of next term and is a thorough report with teacher comments. This report will be based on a range of assessments activities, including the half- yearly exams for Years 10 and 11 students. For the first time at SNACC, students in Years 7-9 will not be sitting half-yearly exams in 2016. Instead, they will be sitting exams at the end of the year in term four.

NAPLAN 2016

This is a another reminder to parents of Year 7 & 9 students that the 2016 NAPLAN tests will take place in week three next term, from 10-12 May. A detailed NAPLAN notification letter was sent home two weeks ago.

Winter Uniforms

Students are reminded to adhere to school expectations in relation to winter uniform. For more information, please refer to pages x and xi in student planner or diary.

Thank You,

Mr. E. Dinkha

Excellence
Christian
Values
Commitment

Message from the Counsellor

Just an Egg huh?

As a Christian College it is worthy to take this opportunity to wish our community a very happy and blessed Easter. I pray everyone enjoyed the festivities, indulging in all the well-deserved delicious meals and treats after a strong fifty day fast. May the Lord accept your prayers and fast and in return give you your heart's desires.

For millenniums Christianity has celebrated the Feast of the Resurrection of Our Lord and Saviour Jesus Christ. Year after year our churches are filled with parishioners, our shopping centres are filled with consumers, our homes are filled with guests and our tummies are filled with a mixture of scrumptious foods.

But where do we stand in all of this? How do we feel in the crowd? What are our thoughts in this festive period?

Psychological research has strengthened the concept of faith and spirituality for the human being. Researchers have concluded that an individual is in high need of a counsellor, a guardian, a protector, a teacher, a support unit – and through the Holy Scriptures we see this in Christ (Isaiah 9:6).

This is our message to our students and their families. To depend on their faith, and allow their faith to strengthen them – even when it seems as though the tough gets going.

And this is the beauty of the concept of an egg used throughout the Easter celebrations. The egg seems dead, but in time can bring forth a living being.

At times in life we feel as though we are static, we feel as though we have no significance, we feel as though nothing ever changes or nothing ever becomes interesting and worth living for. But in good time, through divine intervention and through God's perfect timing and mysterious ways we are exposed to amazing and mind-boggling series of events.

Live as an egg; in humility and simplicity, await the day where the shell cracks, the chick rises and grows into an existence that benefits our society in so many different ways. All it needs is to be cracked!



Easing children's anxiety

By Michael Grose

Anxiety is normal and part of everyday life. There's no better time than childhood for learning how to cope with anxiety.

For those with no personal experience of anxiety it can be hard to understand how debilitating it can be. "Come on, get on with it," seems so obvious. Of course, this response is nowhere near adequate. Most kids experience some anxious moments or have fearful thoughts and feelings from time to time about certain events. These thoughts and feelings prompt them to proceed with caution. But anxiety and fear can be paralysing. Some kids simply can't stop their 'bad thoughts and feelings'. They can't silence the voice of fear that whispers to them continually.

Staying calm—Anxiety is a normal part of life and can be managed, but it takes time. It's also contagious so it's the job of parents to stay calm, think clearly and role model confidence when kids get anxious.

Calm is created through your words, voice and facial expression. When children become anxious, help them recognise what's happening. Some kids get angry, some become upset and others withdraw. Work out the pattern for your child and help them recognise when they are anxious.

Accept your child's anxious feelings. Your child needs to trust that you are with them, and then they will be more willing to let you help them cope. It's hard sometimes to differentiate between what may be a bad case of negative thinking and true anxiety.

Is a child being negative when she doesn't want to join a new club because she thinks no one will like her, or is there something more going on? Try to confirm whether there is any validity in their fears. If not, point out diplomatically, that they may be catastrophising. If you feel there is reason for concern, help them to overcome their anxiety.

Challenge the validity of your child's fears and anxiety, using logic and rational thinking. Don't allow kids to wallow in self-pity. Move their thoughts towards the future rather than allow them to mope around.

Making a plan- Encourage your child to overcome their anxiety through action.

Anxiety is normal, and part of everyday life. However, it can be debilitating unless it's managed. Anxiety management takes time for kids to learn, but it's one of those valuable life skills that parents can teach their kids.

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HELP AVAILABLE AT THE COLLEGE

Note— That at the College we have a Counsellor— Deacon Ramen Youkhanis- so if you or your child need assistance with anxiety, please contact Ramen Your discussions with him are kept confidential.

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