



St. Narsai Assyrian Christian College

Harp of The Spirit

N e w s l e t t e r

Dear Parents and friends of SNACC

Issue 12 Term 3 22/8/2014

COLLEGE EVENTS

Tuesday
26th August 2014
Mufti Day- fundrais-
ing for Westmead
Children Hospital.

Wednesday
27th August 2014
College Assembly
(Seleucia House) -P3

Monday
1st September 2014
Year 11 Father's Day
Charity Visit to Re-
tirement Village

Year 7 Vaccinations
(3)-Hep B, HPV, Var-
icella

Year 11 to 12 Transi-
tion Information
Evening @ 6pm

Friday
5th September 2014
Year 7 HSIE Excur-
sion to IMAX

I would like to take this opportunity via newsletter to thank all the parents and their year 6 children who sought enrolment at our great College, this week a letter was sent to all parents who attended interviews ,to inform them that we have accepted their children in year 7 for the academic Year of 2015, congratulations to all those students and I am sure they will make their parents and their community proud of their achievements in the next 6 years at St Narsai Assyrian Christian College. We ask parents of our new students to support our school policies and procedures that were discussed at the interviews and make sure that your children follow our reading challenge as instructed by Mrs Kaya the year 7 student advisor.

Year 12 reports are almost completed, their Subject teachers are finalising student assessments and certificates and awards which will be presented to students on Wednesday Night 17th September in Edessa Hall.

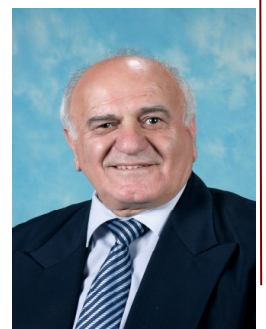
Year 11 students are About to begin their Preliminary exams and that will mark the end of year 11courses after that they will commence HSC courses starting in Term 4.

As you would all be aware that we teach Assyrian Language and Religious studies in years 7 to 10 as compulsory components of the curriculum that we offer in this school, we have also planned to teach French Language in our school as an elective class starting in year 9 in 2015, many students have opted to take the subject .

Parents of year 12 and year 11 will be sent an invitation to attend the graduation Ceremony on Wednesday Night 17th September in Edessa Hall starting at 7 pm, His Eminence Mar Meelis Zaia our beloved Archbishop will be attending on the Night as well many guests from educational and political background such as Minister of Education, and other members of NSW parliament including our own Andrew Roohan. We look forward to seeing, this is a special event because these students were in Kindergarten when St Hurmizd was opened in 2002.

Thank you and God bless you

Mr. J Haskal



FROM THE DEPUTY

Best wishes for our Year 12 students for completing their final internal assessments recently. A number of these students had to complete Major Projects and others are about to submit their own Major projects or works next week. These Major projects and Major works were year-long assignments that required on-going work and study. Well done to all these students and a big thank you to their teachers for supporting and guiding their students throughout their HSC journey.

Year 12 students will continue to be engaged in their studies until the end of this term. This is no time to relax; in fact, this is a crucial time for students to work with their subject teachers to up skill themselves with important exam techniques and re-learn important content. For this reason, year 12 students, like all other students must attend all classes on time and complete required tasks or homework as required by their respective teachers.

Preliminary Examinations

Year 11 students are about to sit their End of Course Examinations in week 8 in the school hall. Examinations timetable will be distributed soon and most exams will be conducted during periods 1 and 2. After a recess break, Year 11 students will have normal classes as per their usual timetables. Students must attend school throughout the examination period. All absences from school during the examination period must be justified and medical certificates or other similar documents must be furnished in every occasion.

On Monday 1st of September a year 12 2015 Assessment Information Evening has being organised for all current Year 11 students. Important assessment information will be presented in the evening and assessment handbooks will be distributed to all students.

Supporting students at home

Generally speaking, most students in our college get homework from a number of subjects every day. The purpose of homework is to give students the opportunity to demonstrate mastery of specific skills taught in class and to ensure that students are ready for the upcoming lessons or topics.

Excellence

Christian

Values

Commitment

In order for students to get the most out of homework, students need support at home. Parents can support their children with their homework in a number of ways:

- Ask whether homework has been set;
 - Check that your child completes his/ her homework every day;
 - Check that your child keeps a diary for his/ her homework;
 - Assist, guide and direct your child through discussions and answering his/ her homework related questions;
- Contact subject teachers as necessary to maintain positive communication about your child's progress at the college.

Thank You,
Mr. E. Dinkha

Message from the Counsellor: Recipe for a Good Education

Students between the ages of 5 and 18 years are expected to learn in school. What they learn will also determine the choices they'll make when they enter the workforce or continue onto higher education. Therefore, it is vital that every parent has the correct ingredients – not only the right ingredients but also the right amount of each ingredient in creating a delicious finished product i.e. a young healthy, smart, active and appealing adult that we [The College] and you [the parents] will take great pride and joy in. Remember, manuals are not distributed at the birth of every child – parents learn from experience and research by professionals.

Today's video games are based on sound value – the games are fun, the action is fast, the challenges are inviting. Yet when our kids spend time in front of small screens (i.e. TV, computer or hand-held games) it takes away from the time they could spend playing sport, learning other skills or enjoying active play. When children constantly receive their entertainment through computer games, they develop an increasing desire for instant entertainment which decreases their attention span and hurts their listening skills. And as mentioned in one of the previous St Narsai Newsletter; excessive gaming results with conditions like depression, anxiety and social phobia.

Here is the secret... The goal of a frustrated parent should not be to remove the child's access to these activities, but to help the child find balance between time spent using these devices and time spent in independent activity, outdoor experiences in nature, and plenty of physical activity which a growing body craves. Mother's are often diagnosed with an *illness* known as 'tiger-mum' where it includes measures such as removing the computer from the child's room, installing access-limiting software, or simply pulling the plug on the computer. Cooperation and respect should be the tools of first choice.

Greg Seamans, founder of *EarthEasy – Solutions for Sustainable Living* suggests seven ways of reducing the amount of time our children play video games (note: that these suggestions work better for younger children and difficulty rises as age of child increases);

1. Play a video game with your child.

Here, you're showing your child that you are open-minded and willing to try something new. There's a better chance your child will listen to your suggestions when you've shown a willingness to understand the appeal of these games.

2. For one week, keep a log of the time spent playing video games.

Ask your child to keep a record of time spent on gaming. (Or keep a record yourself.) At the end of one week, show them a visual representation of how much of their free time is going to this activity. Is it 10% of their time, or 50%? It's likely that your child hasn't considered this, and may be surprised at the results. Once you have some actual data, any argument over the amount of time spent on gaming is eliminated, and you can see if there is a problem, and to what degree.

3. Show them what that amount of time represents in other activities.

With some thought, you can develop a list of activities and opportunities that can be achieved in the same amount of time spent gaming. For example, in 1/4 that time you could learn to play a musical instrument. In 1/2 that time you could improve in a sport, learn how to fish, how to sew, grow a garden.... As a parent, you should be prepared to contribute to the new instrument, help the child get started in an activity program, or help buy supplies or equipment. The goal of this exercise is to show the child what activities he or she may be missing.

4. Arrange active indoor or outdoor activities for your children and their friends.

Check the newspapers, your church, or school counsellors for local programs and resources for youth activity programs.

5. Start a long-term project of your child's choosing.

Your child may have an interest or goal that seems out of reach. If you can tap into something your child is passionate about, you may be able to help them realize their passion. Most children don't think of long-term projects, but you can show them how planning and budgeting their time and money can bring big rewards. For example, restore an old car (and learn a lot in the process), sew a dress, build a guitar, make a treehouse, create a garden, make a mountain bike course, or take on some other big challenge.

6. Acknowledge your child's efforts in offline pursuits.

One of the appealing aspects of video games is that anyone can play and receive instant gratification. Other skills, such as playing music, require time, effort and self-discipline before they become truly enjoyable. You can help your children find satisfaction in offline pursuits by acknowledging their efforts and progress along the way.

7. Have family meals together.

Eating dinner together as a family provides a valuable opportunity for communication. A scheduled meal together helps lift children from the isolated bubble of their game consoles and engage the other members of the family in the exchange of ideas. Family dinners should be a place for open discussion, where the children can discuss their gaming accomplishments, should they choose, and where they can also hear the interests of all family members, which helps put time spent gaming in perspective. Dinnertime is also an opportunity for family members to discuss a variety of interests outside of the video-game arena and plan upcoming activities.

A "Family Dinner Experiment" conducted by Oprah Winfrey in 1993 challenged five families to eat dinner together every night for a month for at least a half an hour. At first the families found it difficult but by the end of the study they wanted to continue eating dinner together. The biggest surprise for the parents was "how much their children treasured the dependable time with their parents at the table."

In closing, a happy and healthy child at home will be a happy and healthy child in the classroom. And only when one is happy and healthy is when they can learn to their best ability and be the best that they can be.

Source: "Praise for Intelligence Can Undermine Children's Motivation and Performance" by Claudia M. Mueller, Ph.D. & Carol S. Dweck, Ph.D. in *Journal of Personality and Social Psychology*, Vol. 75, No. 1.

School Events

Year 9 Science Excursion Report:

Australian Museum Science Expo, 14th August, 2014.

Our trip to the Australian Museum was an amazing experience. Starting from School our ride to the museum was fun and filled with laughter and joy. Many, if not all of us, enjoyed this splendid ride. We got off the bus and went into large museum. Large it was, and beautiful. There were numerous badges and trophies in glass cases and an auditorium that led downstairs to where we were to go see the show. It was known as the Big Bang Science Show presented by the CSIRO. Down we went into the auditorium and sat in fabric seats looking across the stage filled with science equipment. Near us in the auditorium were other kids from other schools. The guy on the stage did many interesting experiments. One was an experiment with a large slinky. He asked one of us from the audience to go up and do it with him. That person was me. I went down the stage and my grade cheered for me. I sat on the ground, opened my hands face up, and the slinky bounced from the chair to the stage, to the lower chair, and into my hands. It was a fun way of understanding energy transformations.

After the show ended with a big bang, our school group got divided into three groups. The group I was in went to see the dinosaur gallery, the skeleton gallery, the crystal gallery and the bird gallery. I enjoyed them all, looking at the pieces of artefacts in their glass cases. Then my group had to do a Crime Scene Investigation (CSI). It was amazing. We wore the lab clothes and there were two young women who explained the forensic tests to us ie how to investigate a murder. I did the blood test, whilst others did the fibre test, fingerprint test, footprint test and a leader that coordinated the whole investigation to find out who the murderer was. It was an enjoyable time. The other groups dissected a snail and watched the 3D printing. We got to hold some live animals including a python and some lizards. We got to pat a small crocodile.

Overall I had a great time. I cannot complain about anything that occurred. I loved every moment of this excursion and would love for other grades to go as it is an experience many will want to see.

Marel Oraha, Year 9.

Comments from Other Year 9 students about the excursion:

“ I was shocked when I saw the dinosaur skeleton” .

“The dinosaurs blew my mind away”.

“The excursion was very educational. We learned and experienced many things that we didn't know about”.

“The Science Excursion was very enjoyable. I loved the Big Bang Science Show and the Crime Scene Investigation”.

“ The skeletons of the dinosaurs amazed me”.

“ I enjoyed holding the snakes and lizards”.

“ I found the bones fascinating because everything was real”.

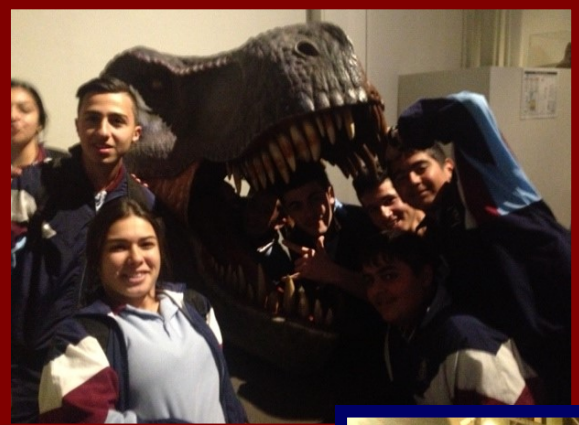
“ I really enjoyed going to the museum and seeing stuff that I haven't seen before. Like I didn't know the human skeletons were real. I know it might sound stupid but they looked so clean. It was amazing to see the dinosaurs”.

“The challenges that we did there were so nice to do. The skeletons we saw were mind-blowing and the animals we got to hold were incredible”.

“ I liked it because I was walking and saw this lady holding a real live snake. We have never touched one”.



School Events Australian Museum Science Expo, 14th August, 2014. continued



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

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

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