



St. Narsai Assyrian Christian College

Harp of The Spirit

N e w s l e t t e r

COLLEGE EVENTS

Monday
20/10/2014
Term 4 opening
Mass at St Hurmizd
Cathedral

Tuesday
21/10/2014
Years 7 & 8 Learn to
Swim Program

Wednesday
22/10/2014
Year 9 Camp Col-
laroy until Friday
24/10/2014

Thursday
23/10/2014
Year 7 Incursion-
Medieval Show

LSU Excursion
Moore Park

Friday
24/10/2014
Year 8 English &
HSIE Excursion-
Canberra

Friday
31/10/2014
Pupil Free Day

Dear Parents and friends of SNACC

Issue 15 Term 4 17/10/2014

As this is our first newsletter for Term 4 of this school year, I would like to take this opportunity to welcome you back and hope that you spent some relaxing time with your children. Much is happening at the college at this stage, the year 12 have already started their Higher School Certificate Exams (HSC), speaking with some students after their exams they seem happy with their efforts, so we hope that they will do well and achieve high grades that will allow them to enrol in universities of their choice, thank you to all parents and friends of our students who attended the year 12 Graduation Ceremony on 17th September, It really was a great event with His Eminence Mar Meelis Zaia and many guests attending and handing awards to the graduating students.

Year 11 reports are complete and will be ready for distribution soon, this will mark the end of Preliminary courses for year 11 and they already started on their HSC courses, they in turn will finish their year 12 courses in September 2015.

Student leaders for 2015

Congratulations to the following students who are chosen by the school community to be the student leaders in 2015

Captain	Matthew Francis
Captain	Elatra Sifoo
Vice Captain	Eden Daniel
Vice Captain	Stephen Diaa

Prefects:

Gabriella Khamis
George Ibrahim
Banita Sarkhosh
Peter Daniel
Victoria Yalda Kisso
Kristy Butrius
Nenorta Youkhanis
Larsa Yonan

Congratulations to our Patriarch His Holiness Mar Dinkha IV, on the 38th anniversary of his consecration as the Patriarch of The Holy Apostolic Catholic Assyrian Church of the East, Ceremony will be held this Sunday in Edessa Reception Centre at 6 pm, His Eminence Mar Meelis Zaia will be attending and will address the congregation.

Thank you and God bless you



FROM THE DEPUTY

Dear Parents and Friends

The 2014-2015 HSC course commenced last week and a number of teachers have already issued assessment tasks to their Year 12 students. As most of these assessment tasks will be due by the end of this term, it is crucial that Year 12 students start their HSC journey on a positive note by working consistently and efficiently, both at school and at home. Generally, HSC students are expected to spend between 2-4 hrs every day studying, summarising notes, practising essay writing, and working on assignments.

It is important here to emphasise the importance of consistent school attendance by all students, in particular the Year 12 cohort. To support efforts in improving the student achievements, we will rigorously follow up on every absence and/ or lateness by our students. Frequent absences will be investigated and parents will be called for interviews as necessary.

During Monday's Year 12 Assessment Information Evening, students and parents were informed of HSC rules and procedures and students received the Year 12 Assessment Information Booklet. This booklet contains all relevant assessment protocols and procedures as well as assessment schedules covering all subjects.

.....



As we move to week three of this final term of the year, students (Years 7-10) are reminded that as they complete current assignments or assessment tasks they should prepare early for end of year exams in the next few weeks. Students should also be making sure that all their book work and revision notes are complete and up to date. Year 10 End of Year Exams are scheduled for Thursday of week 5 to be followed by Year 9 Exams in week 6 and Years 7 and 8 in week 7.

.....

Congratulations to all students who achieved great results in the 2014 NAPLAN tests. Staff are currently undertaking analysis work on the College's 2014 NAPLAN results so we can prepare for an appropriate action plan of improvement for next year. Specific students with certain literacy and numeracy weaknesses will be targeted for support and assistance this term. These students will be withdrawn from normal classes so they can receive specific support as part of our intervention work.

Thank You,
Mr. E. Dinkha

Message from the Counsellor

From reading the Bible before you sleep to scrolling on Facebook... The tremendous side effects!

If you were to talk to a priest and ask what is the major culture shift in today's society, he would most likely say that in the traditional culture a person would read the bible before they put their head down to sleep. In today's society, our children and youth have shifted from reading the Bible to reading the newsfeed on their Facebook.

A counsellor would agree 100%, however it doesn't stop there. Medical research has made a very recent discovery that implies our eyes have receptors for blue-coloured light (independent of normal vision) and these receptors signal to our inbuilt body clock to reset for a new 24-hour cycle.

Guess what kind of light is implemented by our smart phone, TV and computer screens? Blue light! (Turn off all lights when the TV is on and you can see the room lightened up in blue-coloured light). Further research from the same group observed through experiments that screen time can lower the sleep hormone melatonin.

If you are having trouble falling asleep, try avoiding screens a couple of hours before you sleep. At the same time, the effect of any bright light close to the face may also delay sleep. If you have to use a screen at night before you sleep, try turning down the brightness on the screen.

Using devices in bed is stimulating and that doesn't help falling asleep either, and it also risks associating time in bed with alertness rather than sleep.



A good way for parents to tell if their children aren't sleeping enough is to monitor how late they sleep at WEEKENDS. Dr Seton of the Woolcock Institute of Medical Research says "It's a red flag if they sleep more than two hours beyond their normal wake up time."

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

**COLLEGE EVENTS**

Monday
20/10/2014
Term 4 opening Mass at
St Hurmizd Cathedral

Tuesday
21/10/2014
Years 7 & 8 Learn to
Swim Program

Wednesday
22/10/2014
Year 9 Camp Collaroy
until Friday 24/10/2014

Thursday
23/10/2014
Year 7 Incursion-
Medieval Show

LSU Excursion Moore
Park

Friday
24/10/2014
Year 8 English & HSIE
Excursion- Canberra

Friday
31/10/2014
Pupil Free Day

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