



SEPTEMBER 2019 | ISSUE 12

HARP OF THE SPIRIT

MESSAGE FROM THE PRINCIPAL



To celebrate Spring this fortnights **Breakfast with the Principal** was taken outdoors. Students once again enjoyed conversating with the Executive team and Staff.



Dear Parents, Students and Friends,

I am pleased to announce that we have purchased a near new mid-size coach or bus to be used by our College to ease some transportation difficulties experienced by a number of our students. This coach or bus will also be used for excursions and other college-based needs.

I take this opportunity to thank the Assyrian Schools Board for approving the purchase and Mr. P Leotta for finalising the purchase.

At this point, we are working on how best to use the bus and allocating a designated driver.

Year 12

Good luck to our Design & Technology students as their Design Projects and Portfolios (MDP's) are being marked by HSC markers today in the Library. I take this opportunity to thank Miss. Yonan for supporting these students in their HSC design journey over the last two terms.

Equally, our Year 12 Music students will also have their HSC marking day next week. These students have been working hard practising their music performances in preparation for the marking day next Wednesday. A big thank you to both Ms. Salmaggi and Mr. Rossman who guided and helped these students throughout this year. We look forward to this year's HSC results and pray that our students will do themselves, their parents and us proud.

2019 NAPLAN Results

The 2019 NAPLAN results have been released by the NSW Department of Education (DoE) to all schools earlier this week and we are expecting to receive Years 7 & 9 individual students report envelopes soon. Once received, we will send them to all Years 7 & 9 parents.

We ask that parents set time aside with their child to study and discuss the report content. The link below provides parents and/ or carers more information about NAPLAN. <https://www.nap.edu.au/naplan/parent-carer-support/>

Parents can also access NAPLAN 2019 summary results using the link below: <http://reports.acara.edu.au/NAP>

As usual, College staff will sift through the 2019 NAPLAN data for analysis and planning purposes.

Thank You,
Mr. E. Dinkha

A LOOK AT WHAT'S INSIDE THE ISSUE:

Message from the Deputy
Science Faculty
Learning Support Unit
R U OK? Day

FROM THE DEPUTY PRINCIPAL

Dear Parents, Students and Friends,

Firstly, I would like to take this opportunity to thank Parents, staff and students for their contribution and support of the P&F Cake stall in week 8. Being our first cake stall we didn't know what to expect, but its success was extraordinary, with funds raised going towards funding extra-curricular activities within the school and providing further opportunities to engage our students and support them in embracing and exceeding their potential.

I would also like to acknowledge the efforts of Ms Virgo in organizing *RUOK?Day* along with all the staff that helped make the day a success. I hope the school community has seen our Facebook page and seen the amazing photos of the day showing the various activities on offer for students and staff, from Donut be stressed donut sales, conversation corners, resilience giveaways, sporting activities, fruit cups and more. I also hope you have all had the chance to view the touching video produced by our Year 9 students under the supervision of their Year Adviser Ms Stewart to highlight the importance of *RUOK?Day* and the message that you can change a life by starting the conversation and asking someone if they are ok.

Speaking of checking to see if someone is ok, we find two very important factors that impact on the wellbeing of our students. The first being assessments, the second being the use of screen time. Therefore, I found it important to mention these two important factors and how you too can help support your child at home.

How to support your child in handling assessments:

St Narsai Assyrian Christian College places a high importance on feedback as it is not only significant for student achievement, it is also an opportunity for students to be engaged and challenged in their learning.

However, we find that many students lack motivation to prepare adequately for assessments.

Some of the following strategies might be useful to assist with motivation and, if practiced regularly, may become second nature. If you see your child struggling, try implementing these strategies at home:

- Help them set a date to start and/or complete the task and negotiate a reward for when it is done.
- When they are feeling unfocused have them get out of their seat and do some exercise, even a brisk walk or some stretches, even something minimal like flexing their fingers.
- Have them take short breaks every half hour, change tasks or do a different task if they are losing focus with a task.
- Find pictures or slogans that they find amusing, inspirational or motivational and place them in their study area.
- Find out what their goal is (for example doctor, lawyer, teacher etc) and place the word, phrase or image of this clearly visible in their study area.

The College welcomes students to engage in communication with all of their classroom teachers if students require further assistance in preparing for and completing tasks. Students are encouraged to prepare as best they can for their assessments.

Screentime – Is your child at risk?

Screen time refers to the amount of time a person spends in front of a television, a device such as a tablet, computers, video games, and mobile devices. A study by Hale and Guan (2014), from 1999 to early 2014, found that screen time is adversely shortened duration and delayed falling asleep in in 90% of studies. They recommended that youth should be advised to limit or reduce screen time exposure, especially before or during bedtime hours to minimise any harmful effects of screen time on sleep and well-being.

Effects of screen time include but are not limited to;

- Lack of sleep. Did you know...
 - 4 hours of daily screen time results in 20 minutes longer in falling asleep
 - Blue light from screens has a similar effect as caffeine
 - Teenagers send 34 text messages, on average, AFTER going to bed.
- Problems in school
 - Lack of concentration
 - 4 hours of daily screen time results in a full drop in grade level
- Physical consequences
 - Deteriorating eye sight due to drop in blood vessels in the eye
 - Pain in their fingers, hand, wrists, neck and back
 - More than one hour a day of screen time means they are 52% more likely to be overweight compared to children who watch less and 72% more likely to be obese compared to children who watch less.

Importance of Sleep

Did you know?

- 70% of teenagers do not get enough sleep (are sleep deprived)
- Sleep, nutrition and exercise are the three pillars of good health in adolescence. When these are at their best, teenagers are protected from multiple physical and mental health problems.
- 12 - 18 year olds need 9 hours of sleep.
- Unfortunately 95% of teenagers DO NOT turn their mobile phones off at night.
- Continual lack of sleep can be a trigger for depression in teenagers.
- For optimal learning, the brain needs to be well-rested.

Suggested Solutions:

Keep tvs, computers and devices, including mobile phones, outside of the bedroom

Restrict device time to school work during the weekdays and only 1 to 2 hours on the weekend.

Be a role model and restrict your own screen time

Place a screen time curfew – no devices to be used past a particular time of the evening eg 7pm.

It takes a village to raise a child. At St Narsai, we do all we can to provide a positive and engaging learning environment. However, learning does not end at 2.50pm or when students leave our gates.

In partnership with you, the parents and carers, St Narsai Assyrian Christian College will fulfill our mission to provide students of any background a unique education based on 21st century pedagogy in order to equip them with necessary skills so that they will be active Australian citizens, reflecting the faith, heritage, language and culture of the Assyrian Church of the East, and our vision to foster the heritage and Christian values of the Assyrian Church of the East, developing individuals who strive for excellence, are life-long learners, and live their faith.

We cannot do it alone.

Thank you and God bless.

Mrs M Ismail

Deputy Pastoral Care



SCIENCE FACULTY

Dear family and friends of St Narsai Assyrian Christian College,

Another term nearly done and the Science department has not slowed down! With an approach to more student-centered learning, lessons have been interactive and student-led. The focus has been designing learning experiences that recognise and respond to the individual needs of each of our students, along with encouragement so that are active participants in their learning. Students from years 7-10 have been involved in creating and delivering lessons, completing research tasks and working collaboratively to become experts in different areas of science.

As year 12 students near the end of their high school journey, we encourage them to stay motivated and continue studying for their HSC exams. They have persevered and worked hard throughout the year. It is important to remember that their hard work will pay off as they continue their commitment and dedication as they come to the last leg of the race.

God bless,
Written by Miss Ornilla Shamon
Acting Science Coordinator

Science from the perspective of a year 7 student

I love science. It's my favourite subject; it's incredibly fascinating. I wonder about it and marvel over it, especially the practicals. I love chemistry, I've memorised the periodic table. We are now learning about separation; gravity separation, magnetic separation, filtration, sieving and centrifugation. Recently, we had to organise a short lesson for the class. We needed to define and teach the class about a method of separation; our group chose evaporation. We needed to create an activity on it, and it helped us become experts on evaporation. It gave us a chance to collaborate with other members of the class. I think my group worked well together, and collectively we came up with some great ideas. Our class also does some great practicals! My favourite practical so far was when we used potassium chloride and saw how it reacted with other elements. Overall, science is great!

Written by Justin Zaia
Year 7 Student



LEARNING SUPPORT UNIT (LSU)

Dear family and friends of St Narsai Assyrian Christian College,

An inclusive school is one in which children with disabilities and special educational needs are included in the educational arrangements made for the majority of children. Inclusion is the development of strategies that seek to bring about a genuine equalisation of opportunities and that all children should learn together.

The Learning Support Unit at SNACC assists the school to cater for those learners in regular classes who are experiencing difficulties in basic areas of learning. The LAST and Teacher's Aides, working with the executive and staff, play an essential part in the whole-school approach to provide for these students.

We are pleased to inform you that the Learning Support Unit is expanding, currently including several team members dedicated to improving outcomes for, and catering to the number of students with diverse learning and support needs at St Narsai Assyrian Christian College.

With this expansion, and after analysing this year's data and results, we have recognised a need for all our students to improve their literacy and numeracy skills, and as such, have created a new literacy and numeracy program. This is accompanied by a reward system known as 'The Great Wall of Minions', which includes four main goals – developing new skills, communicating needs, completing assessments and demonstrating SHARP qualities. Our learners have been engaged and eager to attain as many stars as possible to receive their rewards. We run this on a fortnightly basis.

Finally, as the Learning Support Co-ordinator, I would personally like to thank Ms L. Middlebrook, Mrs A. Haddad, Mrs D. Fedele, Mrs J. Hatzisavvas, and our new staff members, Mrs A Andry, Mrs I. Yousef for their hard work, dedication and commitment to our students this year. Their kindness and care have been exceptional even in the most challenging of circumstances.

We look forward to the final term of the school year, a bigger and better 2020, and maintaining our collaborative efforts with teachers, learners and parents.

God bless,
Ninva Yakou
Learning and Support Co-ordinator



R U OK? DAY

Dear family and friends,

On Thursday 12 September St Narsai was yellowed out for RUOK? Day! A national day of action dedicated to reminding everyone to ask, "Are you OK?" to support people who may be struggling with life's ups and downs. It was our honour to welcome Mayor of Fairfield Frank Carbone to the College to share this important day with us.

