



HARP OF THE SPIRIT

From the Principal

Edwar Dinkha

Dear Parents, Guardians and Friends,

No doubt we are all tired of the current lockdown and the associated, albeit necessary restrictions. However, we remain hopeful that things will get better in NSW, and we look forward to the end of the lockdown, so we can all breathe a sigh of relief and return to normality.

This lockdown is obviously harder for our children/ students, and we need to constantly find ways to help them navigate through their daily challenges. Students and young people need help to find the right balance between school work and their health and wellbeing. The college has done an excellent job in maintaining regular contact with parents, students and the college community through the many letters and messages covering all events and changes to date.

Every student at the college and across NSW has been affected by assessment related changes this term and our staff have left no stone unturned in our endeavour to designing appropriate learning tasks and assessments given the many challenges faced by our students during these very difficult times. Our staff have done and continue to do a phenomenal job supporting all our students overcome difficulties and engage in the many learning activities whilst fostering a positive outlook for the future.

The welfare and wellbeing of our students is our priority.

We appreciate that remote learning is difficult, and our thoughts and prayers remain with you, especially with our dear students, and we want you to know that we are here for all our students at these difficult times. I take this opportunity to thank you for supporting your child/ children as they engage in our At-Home learning program and also acknowledge the hard work of our dedicated staff.

Mrs. Khina, Deputy Principal has outlined in this newsletter all relevant details about changes to this term's major events and assessments and I ask that you familiarise yourself with changes affecting your child.

Year 7 2022

Congratulations to all Year 6 students and their families for being successful in their enrolment applications for Year 7 2022 and wish to remind members of our community that there are only limited places still available as we come closer to reaching the target enrolment numbers for 2022.

I would also like to remind parents that the 2023 Year 7 enrolment interviews have been rescheduled to take place at the start of Term Four because of the current lockdown and I want to thank all Year 5 parents and families who have submitted their enrolment applications early. Our enrolment team is looking forward to meeting you and your children during these upcoming interviews.

If the current lockdown and restrictions do not end this term, it is possible that interviews will only be conducted over the phone.

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More information will be shared with all parents/ guardians closer to the time.

The college's 2022 planning is well underway, and I am delighted to learn that there is a lot of interest in the College's Selective Stream class running in 2022. More information on this program is available through the college's website.

HSC Trial Exams Online

From next Monday, 23rd August and following NESA's directions and NSW health guidelines, our fantastic Year 12 students will be sitting their HSC Trial exams online at home for two weeks until 3rd September. At the end of these exams, students will be back to At Home Learning and continue their studies online for two more weeks and then have the two weeks term break. Students will then have two more weeks at home to prepare for the final HSC examinations that are scheduled for 19th October. At this point, NESA has planned for these exams to take place on school site, and we pray that this can happen.

A number of these Year 12 students have also been extremely busy completing, finishing off and submitting their practical projects, major designs, works and performances across few subjects. We extend to them all our best wishes as they do their best to finalise their submissions in their respective HSC courses.

Year 12 Students

As is customary at end of Term Three each year, we celebrate our Year 12 completion of their HSC studies by holding a special graduation ceremony that is usually attended by all Year 12 students, their parents / guardians and many other special Guests.

Unfortunately, due to the current COVID-19 lockdown and restrictions, this year's Graduation Ceremony has been rescheduled to take place in term four in the hope that restrictions are eased by then in a way that allows for the graduation to take place.

To further support our wonderful Year 12 students at this time, Mrs. Ismail (Deputy Principal- Welfare) supported by Mr. Ablakatof (Year 12 Co-ordinator) put together a special care package and sent it to all Year 12 students earlier this week.

I am very happy to hear that our Year 12 Students have started receiving their Care Packages and hope to receive feedback about them soon. The Year 12 Care packages included:

- a booklet with messages from myself, the Deputies, the College Chaplain, and the Diocesan Bishop (and Chairperson of the Board).
- a booklet from our College Counsellor to support students in 'acing their mental health'.
- small items, each with a significant meaning, to help support positive

student wellbeing and to help them stay motivated during these challenging times.

The welfare and wellbeing of our students is our priority, and we hope that these packages brought smiles to the faces of our Year 12 students with the knowledge that they have our full support and that we will always strive for what is in their best interest.

Thank you.



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From the Deputy Principal

Mary Khina, Curriculum

Dear Parents, Students and Friends of the College Community

This week we completed Week 6 of our At Home Learning Program as NSW continues with the COVID 19 Lockdown. I take this opportunity to thank all our students for their continued efforts with the online learning tasks. I also thank the Parents of our College community for their support through this difficult time.

We understand the difficulties that every family is facing during this time. From health issues, financial strains, to having 5 or more people working and studying in the same household, everyone is struggling in their own ways. I take this opportunity to remind you that we are in this together and we are here to support every single one of our college community members. If you would like assistance in any way, please contact us on the school phone 8818 1300 or info@stnarsai.nsw.edu.au. Our college office is open from 8am -3pm Monday to Friday to take your calls. We will respond to your emails the next school day.

Year 12

One of the most difficult and challenging times in the life of a student is their HSC Year and this is particularly true of this year. Our Year 12 students have demonstrated resilience and perseverance during this year of uncertainty. We want to assure all our Year 12 students that we are here for them and all the decisions and processes that we put in place is for their safety, wellbeing and to see them achieve their best. The Year 12 Trial HSC Exams will take place online from Monday 23rd – Friday 3rd September. Students and parents have received a copy of the exams timetable with the guidelines. We wish our students the best of luck as they complete the exams in an unprecedented way this year.

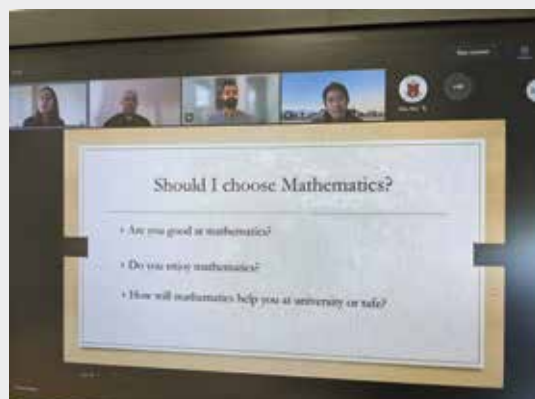
Revised Assessment Schedules

All Years 7–11 Assessment Schedules have been revised to take into consideration the lockdown and online learning. Teachers will be assessing students through alternative methods such as online Forms quizzes and online submission of tasks. Some tasks will be delayed and issued in Term 4.

Year 11 Preliminary exams that were scheduled for Week 8 and 9 of this term have been changed to alternative tasks. Teachers have issued students with assessment notifications with the details of the new task for each of their subjects.

Subject Selection for 2022

Last week we commenced the online subject selection process for Years 9 and 11 2022. As part of the subject selection process, an information evening is usually held for parents and students. Unfortunately, due to the current COVID 19 lockdown and restrictions, the scheduled subject information evening has had to be cancelled for this year. The subject selection process will instead take place online with information sessions, subject selection handbook and resources being made available on the cohort Teams pages.



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Students are encouraged to contact their subject teachers, KLA Coordinators or the Careers Advisor, Mrs Kattos if they have any questions. Further details follow in the careers advisor's report of this newsletter.

Years 8 and 10 students had an information session on Teams with important information regarding the process being presented.

They have also been given subject presentations and Q&A Sessions with the KLA Coordinators and teachers of the subjects that are on offer. Parents were also invited to attend the sessions. In addition, details requiring parental consent will be emailed to all parents to confirm that they have discussed and approved the subjects that their child is selecting. The Subject Selection Handbook and copies of the presentations are available on the Year 8 and Year 10 Cohort Teams pages.

Welfare and Wellbeing

Last Wednesday, the College held Wellbeing Wednesday to give students, parents and teachers a break from their school work and devices and time to focus on their welfare and wellbeing. Students and staff share their activities throughout the day on Teams. It was great to see a variety of activities taking place such as gardening, cooking, baking, board games and walks. We continue to remind students to take a break from their devices and a break from their school work as outlined in the timetable/bell times issued earlier in the term.

Staff are always available to assist any student that needs help with their wellbeing. Please reach out to your teachers, the College Counsellor, Mrs. Rasho, or Year Coordinators if your child would like assistance. The following organisations are also available, please do not hesitate to reach out for assistance.



24/7 Mental Health Services

NSW Mental Health Access Line Professional help and referrals to services 📞 1800 011 511 🌐 health.nsw.gov.au	Lifeline Anyone having a personal crisis 📞 13 11 14 🌐 lifeline.org.au
Kids Helpline Counselling for young people aged 5 to 25 📞 1800 55 1800 🌐 kidshelpline.com.au	Beyond Blue Anyone feeling anxious or depressed 📞 1300 22 4636 🌐 beyondblue.org.au
Suicide Call Back Service Anyone thinking about suicide 📞 1300 659 467 🌐 suicidecallbackservice.org.au	MensLine Australia Men with emotional or relationship concerns 📞 1300 78 99 78 🌐 mensline.org.au
Open Arms Veterans and families counselling 📞 1800 011 046 🌐 openarms.gov.au	Is it an emergency? If you or someone you know is at immediate risk of harm, call triple zero (000)

We have our students, their families, and the community in our prayers. We pray that you are all kept safe, and this pandemic ends soon for the Australian and international community.

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From the Science Department

Ornilla Shamon, Science Coordinator

Dear parents/guardians,

The start of term 3 saw an unexpected turn with the announcement of online learning. Our teachers and students were quick to adapt, having gone through similar circumstances early last year. However, it was unfortunate, as it saw the cancellation of various excursions planned across year 7-12 and adjustments had to be made with the mode of assessments and lessons originally planned.

As for lesson content, students in year 7 have been focusing on the classification and habitats of animals. A focus has been on Australian native animals, with students creating mini presentations on a choice of a native animal, explaining its ecosystem and factors that contribute to its livelihood. Year 8 commenced the unit of reproduction and energy at the start of the term. Students have been introduced to the reproduction processes in flowers, animals and humans. Amongst that, students have been working on a research project of their choice. Students have had to investigate a Science phenomenon that interests them and write a scientific report for it.

Year 9 students have been working on mini projects on a choice of electromagnetic radiation, this has complimented their current unit of physics. Students must explore the use of radiation in everyday objects and the potential harm it may cause on the human body. Year 10 students have been working on an IRP, individual research project.

This involves students identifying a research question, investigating it and writing a report on their findings. expectations and our stress level when some students make poor choices.

Year 11 students have been focusing on finishing content for their preliminary courses. Teachers have provided them with video conferences, video recordings of content and summarised notes. For year 12 students, a focus has been revision for their trials. Teachers have provided booklets of past HSC and trial questions, video recordings for explanations and workings of those questions and regular video conferencing.

Although not an ideal predicament for anyone, our students have demonstrated an eagerness and a motivation to continue learning and to strive for their absolute best, regardless of the current situation. This has been encouraging to see. Finally, we would like to wish our year 12s the best of luck as they embark on their final assessment.

We also pray for a quick return to the classrooms. The Sciences were not meant to be taught behind a screen but in a lab with hands-on experiments and interactions.

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From the Christian Studies Department

Jessica Kako, Christian Studies Coordinator

The Lord is my strength and my shield; My heart trusted in Him, and I am helped. My heart greatly rejoices, And with my song I will praise Him.

Psalm 28:7

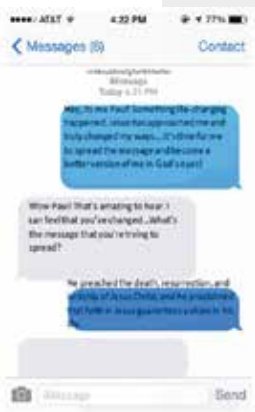
Dear St. Narsai community,

I pray you and your family are doing well during these uncertain times. With our daily lives slowing down and not being preoccupied with endless daily tasks, it has given many of us time to sit and read the Word of God and a Bible verse that has helped me get through my day is Psalm 28:7. This Bible verse has reminded myself and the CRS team that our Lord is our strength and our shield and it is only His Word that we trust and will help us during these difficult times.

Therefore, as a team we have been rejoicing and praising His Name through every lesson that we teach online to our St Narsai learners. The creative and innovative components included:

CRS lessons

Learners from year 7 to 10 are currently being taught about what it means to be a saint with a focus on both worldwide and Assyrian saints (St. Yosip, St. Thomas, St. Narsai, St. Mary, St. Paul and St. Benyamin). The topic of saints is such a fitting unit for this time as it has allowed learners to understand that through the power of prayer, helping those in need and trusting in our Lord they too have saintly qualities.



Orhi from year 10 took creativity to another level by explaining the conversation St. Paul would have had with his friends when he followed in the footsteps of Christ.

Rev. Shamuel's Senior Sermons

Our beloved College Chaplain Reverend Father Shamuel has been releasing fortnightly online sermons to our year 11 and 12 learners. He has been discussing topics from the power and certainty of Lord Jesus Christ to how we can follow the footsteps of St. Mary to becoming closer to our Lord.



Feast Days

One thing many staff and learners are missing during online learning is the Liturgical Services that would take place at the College during Feast days, these including the Feast of the

Transfiguration of our Lord Jesus Christ as well as the commemoration of St. Mary. During these two significant days in the Church calendar, messages and prayers were sent to our learners to reflect and understand the importance of these two days.



Spiritual Messages

As mentioned above, the best remedy when experiencing a challenging time is reading the comforting Words of our Lord Jesus Christ and our amazing Student Leadership Team (SLT) have been doing exactly that for their peers. Every Monday and Friday, the SLT sending out messages to their cohort peers where they rejoice and praise the Works and Wonders of our Lord.

HARP OF THE SPIRIT

From the Mathematics Department

Adwena David, Mathematics Coordinator

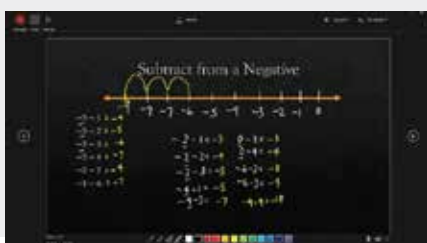
Dear family and friends of St Narsai school community.

It has been a very busy and different Term 3 in 2021. We kicked off Term 3 with what we thought was left back in 2020, Online Remote Learning. Thus far we are proud of the independence our learners are demonstrating, their resilience to adapt to the ongoing changes in their education and their willingness to work hard and produce outstanding work.

Year 8 – 10 Mathematics Assessments

With online learning expected to continue throughout this term, Year 8 – 10 learners were issued with their Assessment tasks. They were provided with recorded explanations for each task and given the opportunity for Q & A sessions for those that requested it from their teachers. Teachers have also allocated class time for learners to work through their assessments, as a result reducing the workload.

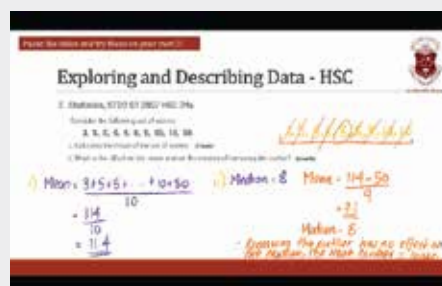
We are very proud of the work that our learners have started to create. Aside from the mathematics knowledge and skills, our learners are demonstrating exceptional skills in ICT, research, organisation and development. We eagerly await their final submissions.



Year 7 – 12 Online Learning

Although online learning was not unfamiliar territory, staff and learners alike needed to readjust to this form of teaching and learning once again. I would like to take this opportunity and thank the amazing work that the Mathematics staff have prepared for our learners. They have sought feedback from their classes with how they wish to learn and ensured the lessons they have delivered are keeping their learners engaged and able to access all the necessary outcomes.

We pray that our learners and their families are staying safe during these difficult times. We truly miss you all and your mathematics teachers cannot wait to be back in the classroom with you. Until then, we pray God bless you, guide you and protect you.



From the Careers Department

Christina Kattos, Careers Advisor

Year 10 Subject Selection 2021

In Year 10 students will choose the HSC courses that they will study for the next two years. Although there are many pathways to university or college, choosing the right courses for the HSC can make it easier to get into university and succeed in their studies.

From Term 2, Year 10 students have participated in a comprehensive Subject Selection Education Program. Students participated in several lessons with Mrs. Kattos, Careers Advisor who provided an overview of the senior years, explaining eligible plans of study, HSC v ATAR, differences between course categories and the opportunities available through Vocational Education and Training (VET).

In deciding what subjects to choose, students have been encouraged to:

1. Identify their end goal (so what career or job they want and see for themselves in the future)
2. Consider abilities and interests
3. Explore career opportunities
4. Research study options

Some top tips for choosing HSC subjects provided by UAC (University Admission Centre), include:








- Think about where you want to go after Year 12 and link that to your choices now.

- Choose HSC subjects that you're good at and interested in, and that will lay a foundation for your future plans. In particular, choose courses that will prepare you well for the areas of university study you're planning to pursue.

- Just about any combination of courses can lead to a good ATAR; it all depends on how well you do in all your courses in comparison to other students. The table below addresses a number of scaling 'myths'

- Check if the uni you want to go to, or the course you want to do, has prerequisites (these can include a high-level maths or English course) and assumed knowledge. Details of this are published in Part 2 of the UAC Guide you were sent on TEAMS by Mrs Kattos. To make good choices about what to study, work to the best of your ability and focus on your goals for life after school.

Scaling Myths

Myth	Fact
 Some courses are always 'scaled up', therefore I should study those.	 The way a course is scaled depends entirely on the average academic performance of all the students doing that course that year – and it can change from year to year. For most courses, your scaled mark will be lower than your HSC mark. To get the best possible position and maximise your scaled marks, select the courses you'll do best in.
 Some courses are always 'scaled down', therefore I should avoid those.	
 I need to study 'hard' subjects to get high scaled marks.	 'Hard' is a subjective term. Everyone has different strengths and interests. Students who achieve an ATAR of 99.95 study a large variety of subjects.
 I should study Mathematics Standard 2 rather than Mathematics Advanced to get a better ATAR.	 It's very difficult to predict which course will lead to a higher scaled mark. Your scaled mark depends on the average academic ability of the students studying that course and your position in the course. When considering which maths course to study, remember that some university courses have prerequisites or assumed knowledge of Mathematics Advanced. It's important to choose the level of maths that best suits your plans for further study.

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Timeline and Key Dates

Week 5 – Information Session for students & parents, Q&A session

Week 6 –Subject Specific Q&A Sessions held daily by each faculty

Week 7 – Online portal opens for students to enter their selections from Wednesday 25.8.21 at 3pm – Sunday 29.8.21 at 5pm

Week 8 – Students who have not entered selections will be individually contacted

Vocational Education and Training (VET)

Year 10 will also be offered the opportunity to undertake certain VET courses in 2022. The courses we are offering at the College are: Construction, Retail Services and Business Services. Students also have the option to undertake an External VET Subject (EVET) where they will attend TAFE once a week to complete their course. For more information on what subjects are available and at what TAFE, please review the PDF document sent to all students on TEAMS by Mrs Kattos.

Students interested in TVET are also encouraged to register for the relevant Virtual Information Sessions held by TAFE NSW. The link for the session has been sent to all students via TEAMS, if you would like it to be resent it to you, please contact Mrs Kattos.

Other useful resources:

Steps to Uni for Year 10 Students (2021 edition):

<https://www.uac.edu.au/assets/documents/year-10/year-10-booklet-2024.pdf>

What is VET and what are the benefits?:

<https://education.nsw.gov.au/skills-nsw/students-and-job-seekers/what-is-vet-and-what-are-the-benefits>

JobJump (a guide for how to navigate this website will be sent on TEAMS):<https://www.jobjump.com.au>

JobOutlook:
<https://joboutlook.gov.au/>

Who can I discuss my choices with?

- **Your subject teachers** know your academic strengths and weaknesses best and what is the best choice for you. They are always willing to answer any questions you may have on Year 11 subjects and your suitability.

- **KLA Coordinators** can answer any questions you may have on assessments, their available Prelim and HSC courses, career aspirations and their subjects.

- **Your parents and other family members** are always a helpful source of information and guidance, always discuss your thoughts and choices with them.

- **Other students** who have studied the subjects themselves and can give you 'inside information' and probably be able to answer most questions you may have.

- **Mrs. Kattos** can always assist in helping you decide if your subjects are best suited to your future career and university choices. Always beware of those prerequisites!

- **Mr. Moushi & Mrs. Khina** have an abundance of knowledge on who you are and what subjects you should or should not consider.



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SNACC LEARNING HUB

St Narsai Assyrian Christian College Library News



TAKE A LOOK AT THIS WEEK'S ISSUE:

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CBCA BOOK WEEK 2021

This year's Book Week will be held virtually with optional activities throughout the week for students to participate in. Activities will be shared on students' Teams Pages.

Theme: Old Worlds, New Worlds, Other Worlds

Dates: August 21-27

Artwork: Shaun Tan

#CBCA2021 #ownwow

Read
all day!

Enjoy 24/7 access to our digital collection of audiobooks and eBooks available on our [ePlatform](#).



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Free access eBooks

- [ManyBooks](#)
- [Project Gutenberg](#)
- [Read Print](#)
- [Archive.org](#)
- [Free-ebooks.net](#)

Libraries

- [Open libraries](#)
- [State Library of NSW](#)

Academic resources

- [Britannica School](#)
Username: stnacc Password: trial
- [Study Stack](#)
- [Study Gizmo](#)
- [NOVA](#)
- [ClickView](#)
- [Education NSW](#)

Health and wellbeing

- [Happy Families](#)
- [Education NSW](#)



LOCKDOWN LINKS

During this challenging time of remote-learning, social distancing and lockdown, it is important to find the right support for you as parents and for your children's academic, social and emotional needs. The following resources are a curated list of platforms and digital tools that could be useful during this time for you and your child.

Databases & search engines



For further information or support with any of the resources mentioned, please contact us at library@stnarsai.nsw.edu.au

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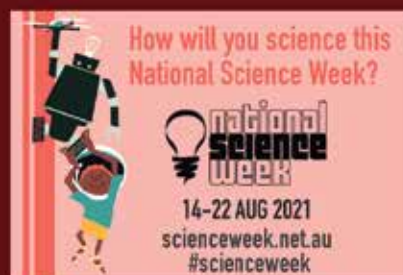
PREMIER'S READING CHALLENGE

Closing date: September 30th 2021

A reminder to all students participating in the **PRC** to continue updating their student online record. It is a great opportunity during remote-learning to engage more widely with reading, not only for **improved literacy** but also for **improved mental health** and **wellbeing**. Students are able to use our ePlatform to search for PRC books as pictured below. Alternatively, they may use any of the free access reading resources (page3). Parents are encouraged to engage in reading with their children during this time also.

Browsing Library

The screenshot shows a library browsing interface with a sidebar on the left and a main grid of book covers on the right. The sidebar includes filters for Availability, Audience, Category, and Format. The main grid displays 10 book covers, including titles like 'Harry Potter and the Chamber of Secrets', 'The Fault in Our Stars', 'Life of Pi', 'Animal Farm', 'The Boy in the Striped Pyjamas', 'Holes', 'The NEA Book Challenge', 'Jane Eyre', 'Harry Potter and the Prisoner of Azkaban', and 'Crash'.



NATIONAL SCIENCE WEEK 2021

FOOD: DIFFERENT BY DESIGN

Every year, Australia celebrates science and technology during National Science Week, which usually runs in August. It features more than 1000 events around Australia, including those delivered by universities, schools, research institutions, libraries, museums and science centres. For DIY home science activities and online events to participate in, click on the logo to check out their website!

HARP OF THE SPIRIT

HIGH PERFORMANCE AT HOME

Performance Psychology

Maintaining your mental health and wellbeing during COVID-19

Times are changing and COVID-19 has had a large impact on all of our lives. We've listed some simple recommendations for you to consider in order to help limit the psychological impact of the virus and maximise the opportunity in front of you.

- 1 Choose your news**

Monitor your local, state, national and international news, but prevent headlines and news from taking through your head as this can increase anxiety and worry. Filter the responses after each headline. [Download COVID-19 webpage](#)
- 2 Be OK with being stressed**

This is a stressful and uncertain time for everyone at some point, whether it's about being sick, getting sick, getting loved ones being unwell, or that general uncertainty around it. It is in their nature and doesn't reflect anything wrong with you or your situation.
- 3 Act on what matters**

When you're feeling low or unhappy, consider if you're doing anything that's making it worse. If you have a negative effect on your mental state and wellbeing, focus on what you can control in the moment. What actions can you take to change the matter? No matter how small, it can do it all. Healthy thoughts are a big thing to get started on.
- 4 Set some short-term goals**

Short-term goals are small but achievable. They can be done and done well. They can be done in a short period of time. They can be done in a short period of time. They can be done in a short period of time.
- 5 Stay healthy and use routines**

Look after yourself. Exercise for yourself. Make healthy choices. Eat well. Get enough sleep. Stay active. Stay connected. Stay healthy. Stay active.
- 7 Quieten your mind and practise mindful breathing**

Mindfulness meditation, Transcendental and Vipassana meditation, and other forms of meditation can help you to stay calm and focused. They can help you to stay calm and focused. They can help you to stay calm and focused.
- 6 Stay connected to your support network and support others**

Stay connected with family, friends and your support network. Stay connected with family, friends and your support network. Stay connected with family, friends and your support network.
- 8 Practise being grateful**

Gratitude is a powerful emotion. It can help you to stay calm and focused. It can help you to stay calm and focused. It can help you to stay calm and focused.
- 9 Seek additional help if you need it**

You can seek help from your GP, psychologist, counsellor, or other mental health professionals. You can seek help from your GP, psychologist, counsellor, or other mental health professionals.

NSW Mental Health Access Line:
1800 011 811 | www.health.nsw.gov.au

Lifeline:
24/7 | 1800 137 327

Support Line:
1300 274 374 | www.supportline.org.au

Kids Helpline:
1800 551 818 | www.kidshelpline.com.au

Check out our full range of **'HIGH PERFORMANCE AT HOME'** resources at www.nswis.com.au.

www.nswis.com.au