



HARP OF THE SPIRIT

From the Principal

Edwar Dinkha

Dear Parents, Students and Friends,

It was wonderful to welcome our Year 12 2021 and Year 12 2022 back to school this Monday. Students were very happy to catch up with each other and with their teachers and restart their school-based learning.

Year 12 2021 were informed of the plan to have their graduation ceremony at the end of their three weeks return to school on 4th November in the covered outdoor area at the college to adhere to current COVID restrictions and in line with the college's COVID safe plan. Regrettably, for the second year, we are unable to invite you- our valued parents to this graduation ceremony because of current COVID restrictions.

We have also planned for the Year 12 Formal to take place on Monday, 6th December, just few days after Year 12 would finish their HSC exams. This planning assumes that restrictions will be further relaxed after 1st December as announced earlier this month and we are hopeful that parents will be allowed to attend at least part of the Formal.

Students Returning

Next Monday, 25th October we will have the pleasure of welcoming the rest of the students back to school. All Years 7-10 students will join Year 12 students and return to normal school-based learning as normal.

As part of the conditions to allow students to return to school, the college developed its own COVID Safe Plan and Risk Assessments to help mitigate COVID related risks to our students and staff.

I wish to thank you- our wonderful parents for supporting the college throughout this difficult period by adhering to the current school access restrictions. However, parents can still arrange to meet with teachers if necessary, by making prior arrangements through our friendly office staff.

Year 11

Congratulations to Year 11 students for completing the preliminary HSC course requirements last term and good luck to all of them as they commenced their Year 12 HSC courses this term.

During a brief outdoor assembly on Monday this week, I discussed with Year 11 students their course results and reminded them about the importance of working together to help improve learning outcomes for all. I reminded students how important it was for all of us to meet the College's high expectations.

Students who displayed a lack of engagement during last term's remote learning period were urged to attend to their studies this term and catch up with all relevant course related work.

All students were informed that the Year Co-ordinator, Miss. Issac will be monitoring teachers' feedback on student's engagement in their courses and that some students will be challenged accordingly.

Preliminary End of Course Reports will be issued to students early next week and I urge parents to review these reports and contact respective teachers to discuss any concerns they may have about the report.

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Usually, this is the time we host the annual Assessment Information Evening for Year 12 students and their parents at the College to go over important assessment information. However, due current COVID-19 restrictions, Mrs. Khina (Deputy Principal) has kindly produced a video presentation of the Year 12 Assessment Information for our Year 12 students and their parents to access at their leisure at home. This video presentation covers important HSC course assessment information, NSW Education Standards Authority (NESA) assessment requirements and the school-based assessment procedures and protocols

Students were also issued with a copy of the current 2021-2022 HSC Assessment Information Handbook that includes all relevant assessment information, including assessment schedules of all subjects offered at the college. Students will be issued with a Year 12 Senior Student Agreement soon that students and parents are required to sign. In this way we hold students to account in relation to meeting the college's academic high expectations.

New College Website

It is with pleasure that I announce the launching of the college's new website. This professionally designed website is user friendly, allowing for ease of navigation and covers all aspects of the college daily activities and explores what is on offer at St. Narsai College.

I hope you will have an enjoyable experience navigating through the new website.

As usual, we welcome all feedback about our new website.

From the Deputy Principal

Mary Khina, Curriculum

Dear parents, students and community on Monday we welcomed back all our Year 11 and 12 students. There was excitement in the air as both students and staff were back to face to face learning after 12 weeks of online learning. It was wonderful to have a sense of liveliness and activity at the College site again. Teachers have been busy this week getting their Year 12 classes prepared for the upcoming HSC exams and the Year 11 Students preparing for their HSC coursework. Time was spent on filling in the gaps that may have occurred in student learning and understanding of the course concepts while in online learning.

Return to School Years 7-10

Next Monday 25th October, we are eagerly awaiting the return of the rest of our students to the College. All staff are excited to have students in their classrooms again. I am sure that students are looking forward being in the classrooms and having the opportunity to interact with their teachers and other students. Teachers are preparing to welcome students and gauge the gaps in their learning during online learning. Teaching will be modified to assist students to catch up on any concepts or skills that they may have missed during the online learning.

2022 Timetable

We are currently finalising the timetable for 2022. By Week 5 this term, students currently in Years 8 and 10 will find out which of their preferences they received and will study next year.

HSC Exams

HSC Exams will commence on Tuesday 9th November and conclude on Friday 3rd December. All students should be busy preparing for the exams. We wish all our students the best of luck with their exams. They have had a difficult year with the lockdowns and hope that they all achieve their full potential.

Yearly Reports

Students in Years 7-10 have already started their final assessment tasks for the year. Reports will be modified to take into consideration the online learning that took place on Term 3.

All reports will be emailed to parents in Week 10 of this term. If you need to update your email with the College, please email us at info@stnarsai.nsw.edu.au to notify us of your email and contact details.



HARP OF THE SPIRIT

From the Christian Studies Department

Jessica Kako, Christian Studies Coordinator

And He said to them, "Go into all the world and preach the gospel to every creature" Mark 16:15

Dear St. Narsai community,

As we begin the final term of the year, I reflect on the efforts of both learners and teachers; through the struggles and uncertainty of remote learning our College has overcome all obstacles that may have come in between us and the Word of God. Our classrooms and prayer rooms may be empty at the moment, but we have filled our homes and online platforms with the Love and Teachings of our Lord Jesus Christ.

Roll Call Prayer Service

Every day from weeks eight to ten of term three, each roll call class with their teacher partook in an online prayer service with College Chaplain, Reverend Father Shamuel. These morning prayers were an effective initiative for all, improving the spiritual, mental, and emotional wellbeing of our learners and staff whilst they are at home. The prayer service was an opportunity to give thanks to our Lord Jesus Christ for guiding and protecting us during these difficult times.



Academic Work

During online learning, our learners undertook their term three assessment task which focused on both universal and Assyrian Church of the East (ACOE) saints. The learners spent over a month researching, editing, and publishing various online resources to illustrate what they had learnt about the lives and contribution of saints such as St. Paul, St. Peter, St. Thomas, St. Yosip, St. Mary and our College patron, St. Narsai. These online resources include:

- Year 8 and 9 learners taking on the role of a teacher and developing a lesson for primary students. They created information, images, videos and learning activities!
- Our year 10 learners on the other hand designed websites with various resources ranging from biographies, missionary works, and miracles. They also reflected on what they had learnt from the saint and how they would embed their teachings into their own lives. Take some time to go through the amazing websites:

1. <https://sites.google.com/view/saintpaultheapostle/home>
2. <https://lifeofsaintpaul.weebly.com/>
3. <https://thejourneyofsaintpaul.weebly.com/>
4. <https://paulapostle.weebly.com/>
5. <https://saintpaulslife.weebly.com>



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From the Science Department

Ornilla Shamon, Science Coordinator

Dear parents/guardians,

It has been a busy start to term 4 with St Narsai students showcasing their independence and creativity with the changes that have been brought about to their learning. A focus for the end of term 3 and start of this term, has been the application of science at home. Science is all around us and its effects are evident in our daily lives, to understand the importance and usefulness of Science, students were given mini experiments and projects to complete at home.

To complement their studies on ecosystems, year 7 students were given the task of constructing a terrarium to represent a sustainable ecosystem. Students had to use household items to create their indoor garden, while maintaining its livability.



For their assessment task, year 8 students had to follow through with the scientific method by formulating a question, conducting an experiment and validating their hypothesis. Experiments ranged from testing stain removal using fresh, soapy and salty water, time take for different types of chocolate to melt and making vegetable dyes.

For their unit on chemical reactions, year 10 students conducted experiments that included creating a pH indicator using red cabbage and testing the acidity and basicity of household items against the pH scale, creating lava lamps using effervescent tablets and food colouring, and testing what type of common material burns quicker.



We pray that our learners and their families are staying safe and we look forward to the return of school, with students back in the classroom where they belong. Finally, we would like to wish our year 12s the best of luck as they head towards their final examinations, we are certain they will make us proud!

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From the PDHPE Department

Christopher Lazarou, Acting PDHPE Coordinator

Throughout this year, the PDHPE faculty have focused their efforts to advance students in their knowledge and understanding of physical activity and health, as well as ensuring that they can begin to adopt healthy practices in their current and future lives.

This year, there has been a strong focus on teaching students about resilience and ways they can be resilient in their life. This year with the Covid-19 pandemic and lockdown, the importance of resilience as a life skill has been brought into the spotlight for all people not just our learners. Resilience is the ability to bounce back after challenge, hardship or adversity.

In stage 4, our year 7 students throughout the lockdown period have been exploring understandings of drugs and basic first aid, whilst year 8 students have been learning about ways to get active and healthy with an in depth look and changes and challenges during adolescence.

In stage 5, our year 9 students investigated good health for life and are currently taking an in depth look into building resilience. Our year 10 cohort, whilst getting ready to attain their learner driver's license explored road safety and are now delving into positive and healthy relationships.

The covid pandemic this year has changed the way our teachers have delivered their lessons during the last few terms. For theory lessons, our teachers have created well detailed resources and have been online to assist students in the learning process through live video calls and check in sessions. For practical lessons, students have been participating in a variety of online workouts, physical challenges and wellness activities.

We are excited and eagerly awaiting students to return to the college for the remainder of term four and to finish of the year strong!



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From the College Counsellor

Berta Rasho

Dear Parents and Guardians,

As we slowly start to transition back to our pre-covid lives, it's important to remember that our children may not adapt as quickly as we do. For some, their anxiety levels will be heightened, and they will struggle to get back to their old daily routines. Hence why it is important we proactively support them both at home and at school.

For some parents, their teen may now be prepping for their HSC exams, and all the covid-19 stress and restrictions have probably not made the process any easier, which is why I've collated some tips and strategies to help you, help your children prepare and study for their upcoming HSC exams. These tips can still apply to all parents no matter what grade the child is in, as all students go through some form of exam stress.

Common signs your teen is feeling stressed:

If you're unsure how your teen is coping, look out for these changes in their mood or behaviour,

- being withdrawn or disengaged
- a loss of interest in the things they usually enjoy
- changes in their sleeping or eating habits
- feeling grumpy or irritable.

By taking a load off, your teen will appreciate the extra time to study or unwind and will feel like you're looking out for them.

Encourage extracurricular activities:

It's very important for them to be encouraged to step away from their desk/room and go outside for a walk or bike ride to clear their head. It is essential they do this daily and be able to switch off.

Chat with them about life after exams:

Talking about the future is already scary for them, especially with the uncertainty in the world at the moment, but by approaching the subject and talking about what comes next, you can help take the fear out of the unknown.

Maintain a regular sleep schedule and regular eating:

The lead up to exams usually results in last minute and late-night cramming, however getting your teen to maintain a regular sleep routine will benefit them more than they know. Disrupted sleep can lead to more stress and anxiety for your teen, so make sure they are getting at least 8-10hrs. Healthy eating also plays a vital role in your teens well-being, ensure they're eating nutritious food and not skipping meals.

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What to do if your teenager isn't coping:

If your teenager really isn't coping with their study load it may be time to seek further support from a professional. A psychologist or school counsellor can help them learn exam stress management strategies. You can also talk to their teachers or year coordinator about ways to support them at school.

7 TIPS FOR MANAGING EXAM STRESS

FOR YOUNG PEOPLE	FOR PARENTS/CARERS
1. Stay organised with to-do lists and study timetables	Give them time off chores and non-urgent family stuff
2. Take regular study breaks	Encourage them to keep doing the activities they did before exams
3. Have a dedicated study space	Help them set up a study space and make sure the rest of the family understands
4. Have a long term goal	Chat with them about what they want to do after exams finish
5. Get as much sleep as possible	Remind them to go to bed at a regular time each night
6. Remember your health - eat well and stay active	Go on study break walks with them and try to cook wholesome meals
7. Talk to the people around you	Make a time to chat to them and let them vent

REACH OUT.COM

SNACC LEARNING HUB

St Narsai Assyrian Christian College Library News

REASONS TO READ

Current research shows there is a positive correlation between reading for pleasure and improved literacy, social skills and student learning outcomes.

CREATING ENGAGED READERS

Some factors that could increase the likelihood of reading engagement include:

CHOICE

Allowing children to choose their reading materials according to their interests increases motivation.

ACCESS

Children who have books of their own/at home read more and more frequently.

FREQUENCY

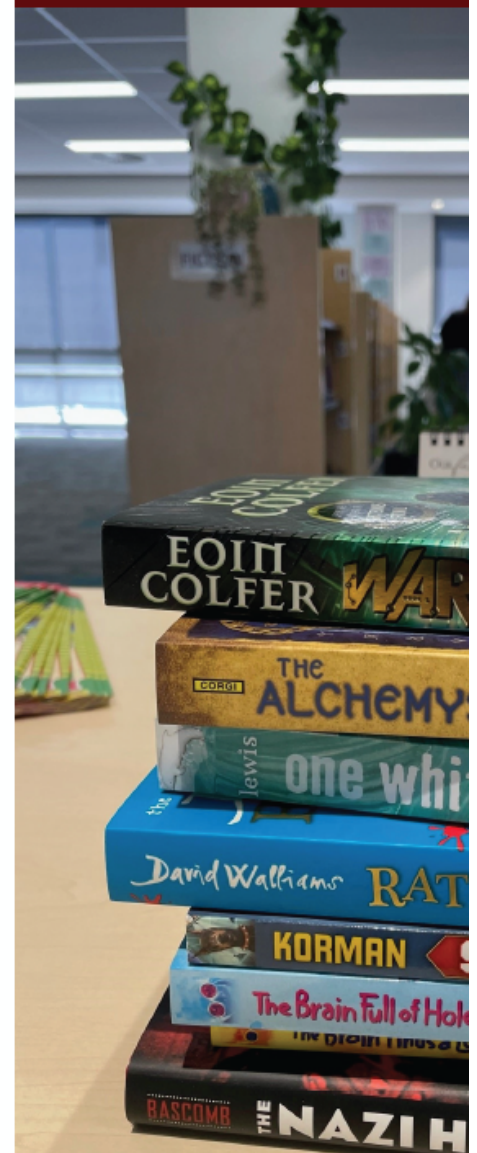
Children who read frequently are found to read above their expected age.

MODELING

Parents are influential in developing positive, long-lasting reading habits.

TAKE A LOOK AT THIS WEEK'S ISSUE:

Reasons to Read-1
Creating Engaged Readers - 1
New Titles - 2
Book Club - 2





"Children should learn that reading is pleasure, not just something teachers make you do in school."

BEVERLY CLEARY

NEW TITLES

We are continuously expanding our collection based on student 'Book Requests' and popular titles that may be of interest to our readers. You can search our current collection using the 'Library' tab on our school website.

If you would like to request a book for the library to purchase, you can fill a request slip in the library. Alternatively, send your request through to library@stnarsai.nsw.edu.au.

BOOK CLUB

Book Club Issue 7 is now out! Although many of the books included in Book Club cater predominantly for younger readers, there are various titles that are also suitable for our Stage 4 & 5 readers.



For further [information or support](#) or to provide [ideas and feedback](#), please contact us at library@stnarsai.nsw.edu.au

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Year 12 DT, Textile and Visual Arts HSC Projects



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Year 12 DT, Textile and Visual Arts HSC Projects



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New College Website

We are very excited to announce the launch of our newly designed College website. Visit us at www.stnarsai.nsw.edu.au. We wanted to make the new website faster, easier to navigate, and more user-friendly.

