



# HARP OF THE SPIRIT

## From the Principal

Edwar Dinkha

Dear Parents, Students and friends of the College,

The college welcomed the start of the Great Fast this week through daily prayers in every homeroom as well as weekly special prayer services at the College organized by Miss. Kako, our Christian Studies Co-ordinator and conducted by our Chaplain, Fr. Shamuel and many groups of students and staff throughout the fast period.

The Great Fast reminds us of the significance of this important Church tradition and obligation for all its adherents. This 50-day period of spiritual preparation leads to the most important feast for all Christians- the feast of the Holy Resurrection. During this time, we have an opportunity to come closer to our God through fasting, prayer, penance, and other efforts of virtue.

It is wonderful that the college invests so much into students' faith development and encourages them to observe the Great Fast every day so they can grow in Christ.

### 2022 School Improvement Plan

College staff are currently working on the 2022 School Improvement Plan and this plan is guiding so many improvement initiatives across all areas.

Staff have already developed KLA based plans, called Faculty Improvement Plans (FIP's) and Year level plans, called Cohort Improvement Plans (CIP's) that they will use throughout 2022 to systematically address all

components of the strategic plan with a focus students' wellbeing and outcomes. It is so pleasing to witness students doing their best daily in every classroom and in every learning setting and we look forward to students achieving better results this year.

### COVID 19

Because of the deteriorating COVID 19 situation that we were facing late last year, we had to end the school year few days early. In so doing, we did not have the opportunity to recognize and acknowledge our high achieving students for the 2021 academic school year.

Fortunately, we did exactly that last week where we celebrated students' academic achievements based on 2021 results. It was so wonderful to acknowledge all the hard work and the great achievements of so many of our boys and girls across all year levels.

### Swimming Carnival

Congratulations and well done to all students and staff for taking part in this year's Swimming Carnival that was held this Friday at the Prairiewood Leisure Centre. It was fantastic to see students competing in so many events and many others taking part in the fun activities.

I would like to thank all staff and students for a very successful college event. A special thank you goes to Mr. Lazarou for organising this important and successful school event.

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## Year 7 2023 and 2024

The College has commenced enrolment interviews for Year 7 2023 for applications submitted last year and we are now accepting new enrolment applications for Year 7 2023 and 2024. Many parents will soon receive a special letter announcing the commencement of this year's enrolment process. Prospective parents are encouraged to access enrolment application forms via the college's new website.

Year 6 parents are asked to contact our College Office for any enrolment related queries and to set interview times.

The future possibilities for  
**James & Athraa**  
are endless

Experience life  
at our College  
Book a tour today!

Year 7 2023 & 2024  
**Enrolling now**

## From the Deputy Principal (Curriculum)

Mary Khina

Dear Parents and Friends

As we reach the halfway mark of the term, all students are busy preparing for assessment tasks. Please consult with your child about any upcoming tasks and discuss the feedback received on tasks that have been completed and marked. Questions you may want to ask your child include:

Are they working going to achieve the result they want for tasks that they are working on?

Did they achieve what they had expected for tasks already completed? Were they prepared enough and how can they do better next time?

Will your child be in the T60 this year (Top 60% of the cohort)? Or is your child a High Potential Learner?

It is encouraging to see many students utilising the library facilities and the availability of their teachers for assessment preparation. Ask your child if they are using the library to study and prepare for lessons or assessments?

### **Assessment Handbooks and Assessment Tasks**

All students have now received their online Assessment Handbooks. These are available for all students on the individual cohort Teams pages. These handbooks contain information on each subject and how students will be assessed. With this information, students can prepare themselves to achieve their full potential.

In addition to the assessment handbook, students will receive an assessment notification from their teacher for each task at least two weeks before the final due date of the task.

Parents are encouraged to go through the assessment handbook with their child. Students are encouraged to write the dates of checkpoints and due dates in their college diary. Students are also encouraged to backward map their tasks.

For example, if a research task is due in Week 9, students should write the due date in their diary. They should also start breaking up the task and start planning leading up to the due date. An example of the planning process may include:

Monday: brainstorm the topic making notes based on prior knowledge

Tuesday: search for material online and in the library

Wednesday: read, highlight and make notes on the research

Thursday: work on planning the structure of the report

Friday: write draft one based on the checkpoint requirements

Monday: edit, further research if required, redraft

Wednesday: write draft two based on the feedback on your checkpoint from your teacher

Thursday: ask someone to read over the final draft.

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Friday: finalise ready to submit before the due date

Starting work on tasks on-time will ensure that students have ample time to complete the set tasks and provide plenty of opportunities for teacher feedback to be provided before the due date.

## Home learning

In addition to assessment tasks, College staff endeavour to assign students with relevant subject work that needs to be completed at home. There will be times when students do not receive homework for all their subjects in the day. Students are encouraged to read widely, revise the work that they have completed during the day and work on assessment tasks. We encourage students to form the habit of home learning time at home to be done five times a week, of the approximate length as indicated on each grade below:

Home Learning Times	Minimum Suggested Time Period Per Day
Year 7 & 8	One to One and half hours
Year 9 & 1	One and half to two hours
Year 11 & 12	Three hours or more

Parents, please check your child's diary and sign it on weekly basis. Parents are also encouraged to discuss the details of the entries in their child's diary and contact the office if you need clarification from the year coordinator about the entries.

Due diligence and sustained effort are of paramount importance for each class task and assessment task to ensure that students meet their full potential. I encourage parents to engage your children in regular conversation about the importance of application to the classwork, homework and assessment tasks.

## Year 12 Half Yearly Reports

Year 12 Half Yearly reports will be distributed to parents and students prior to the Year 11 and 12 Parent/Teacher interviews that are scheduled to take place on Wednesday 6th and Thursday 7th April. Parents will be able to discuss their child's report at the interviews. Details of the interviews will be emailed to all parents mid - March.

Students are encouraged to have a study planner and be prepared for all their tasks. Studying early is key to ensure that they meet their full potential.

Parents also have a vital role in their child's HSC journey. As it can be a difficult year for any family supporting their child through their HSC year. Please see the link below for some useful tips for parents:

<https://www.impact.acu.edu.au/study/surviving-the-hsc-a-study-guide-for-parents>

## Year 11

Year 11 students will receive their Interim report at the end of Term 1. Parents and Students will also be invited to the Parent/Teacher interviews on Wednesday 6th and Thursday 7th April.

By the of term 1, students will only have 2 terms before they complete the Preliminary course and commence the HSC course in term 4. Please note that students who demonstrate lack of effort in their studies, non-serious attempt of assessments in subjects and poor work ethics will be at risk of not completing the requirements for the Preliminary course. Such students will be asked to repeat the Year 11 course and will not be allowed to proceed into Year 12 courses at the college.

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## **Year 10 Subject Selection**

Year 10 will be going through the subject selection process at the beginning of Term 3 this year. It is important that students start thinking of the subjects that they would like to select and ensure that they are putting in effort in Year 10 to meet the requirements for entry into Year 11. The college will accept student choices of subjects if they have demonstrated expected standards at Year 10. Other students will not be admitted into Stage 6 subjects where evidence shows that they underperformed in particular Year 10 subjects.

## **Year 7 Best Start Tests (NSW online Literacy & Numeracy Tests)**

All Year 7 students completed the Best Start tests in reading and numeracy last week. Teachers have received the results and are analysing the data to work with individual students on areas for improvement and extension activities in reading and numeracy. We commend all year 7 students on the way they conducted themselves during the tests.

## **COVID Intensive Tutorials**

Children learn in different ways and at different rates. For most students, learning to read and write our complex English language and communicate mathematical information takes much time, practice, and explicit teaching.

It is crucial that students acquire relevant literacy and numeracy skills to help them access the curriculum and achieve their potential.

In every class, there are students with differing literacy and numeracy skill levels, and at times throughout the school year several students will need additional support in order to achieve the literacy and numeracy outcomes for their grade level.

In 2022, St Narsai College is taking part in the NSW government's COVID Intensive Learning Support Program, providing small group tuition in the areas of literacy and numeracy.

Based on assessment evidence collected by classroom teachers in 2021, tutorial classes of no more than five students have been established, along with a teaching program that aims to provide students with the necessary tools and knowledge to improve their overall English literacy and/or numeracy skills.

These tutorial classes occur at least three times a week, where students are withdrawn from regular class to work with a trained tutor to better their skills in the areas of reading comprehension, language conventions, writing and/ or numeracy.

Parents of students participating in the tutorials would've received a letter informing them of the details of the program earlier in the term. If you would like to confirm your child's participation in the program or if you have any questions regarding the support your child is receiving or how your child is progressing in their classes, please feel free to contact me or your child's Year Co-ordinator.

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## NAPLAN tests

NAPLAN tests for years 7 and 9 students are coming up in May next term. In my last newsletter article, I recommended that students practise past NAPLAN papers either online or by using the NAPLAN books that are available to purchase from bookstores or newsagencies.

An additional and important way to improve literacy skills and for preparing for the tests is through reading widely. Students can borrow books from the school or local libraries. All students have access to our digital library collection available at <https://stnarsai.eplatform.co>. On this platform, students can access fiction and non-fiction books with over 3200 titles available in audio and eBook format. Students can also browse the books that are available for them to borrow, reserve and renew books as they need to. All students have been given their username and password to be able to access the collection. If you would like further details or your child has forgotten their access details, please email Mrs. Boulos at [library@stnarsai.nsw.edu.au](mailto:library@stnarsai.nsw.edu.au).

Thank you.

The College Library is open every morning from 7.50am and

Teachers are available in the library to assist students with homework and assessment tasks.

Homework Club is open for all students every Tuesday and Wednesday afternoon until 4pm

## COVID-19 updates:

In line with NSW Health guidelines face masks are no longer mandatory to be worn at school. However they must be worn on public transport (both Public T-Way buses and the Private College buses)

All students have now received their third round of RAHT kits to be used as needed. If your child has not received 12 RAHT kits this year, please contact the College office.

Students who are unwell and with flu-like symptoms are advised to not attend school. Please contact the College if your child will be absent for more than a day for work to be organised for them on Teams.

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## From the Deputy Principal (Welfare and Wellbeing)

Mary Ismail

Every student at St Narsai College has a Welfare and Wellbeing support team – our Pastoral Care Team is always available for students and their parent to access. Do you know you child's Welfare and Wellbeing support team at St Narsai College?

### Pastoral Care Team



### Cyber safety, Bullying, Dangers of vaping and safe driving

In week 3 of this Term, it was great to have welcomed our friend and Police Youth Liaison Officer, Senior Constable Glenn Clarke from Fairfield Police to present safety talks to all students in Years 7 to 12. SC Glenn presented on CyberSafety, Bullying, Dangers of Vaping and to our Seniors Driver he presented a session on Driver Safety as well. For great parent advice and support regarding cybersafety please visit <https://www.esafety.gov.au/parents>.

### Social Media

Do you know what your children are watching on their devices?

Social media platforms, such as TikTok, Snapchat and a new one called Discord have chats, links, videos and new trends which may look innocent, however expose children to inappropriate material or may encourage children to engage in dangerous behaviour. If you are concerned around anything your children may have seen please contact your child's Year Coordinator, our Pastoral Care Coordinator Mr Lazarou, or any Deputy Principal.

Other services available to assist you along with current counselling and pastoral care option include:

- Lifeline: 13 11 14
- Mental Health Access Line: 1800 011 511
- Parent Line: 1300 1300 52
- Kids Helpline: 1800 55 1800
- eHeadspace: 1800 650 890

### Put down the phone, pick up a book

Tired of all this rain and being stuck inside – escape to where you would rather be by reading a book that interests you and encourage your child to do so as well.



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## 10 Keys for Happier Living

Everyone's path to happiness is different. The latest research has identified 10 Keys to Happier Living that consistently tend to make life happier and more fulfilling. Together they spell GREAT DREAM.

You can explore them all at the following link:  
<https://actionforhappiness.org/10-keys>



## COVID19 UPDATE

From Monday 28 February, masks were no longer be mandatory for staff and students in high schools. However, they remain mandatory on all public transport.

Remember, students cannot attend school if they are showing any symptoms of COVID-19

If symptoms occur at any time, your child should not attend school and should undertake a rapid antigen test.

From Monday 28 February, schools aligned with community settings of 'symptomatic testing' and the College has a process in place to provide every student with 8 RAT kits by end of week 6.

Students can use their allocation of RATs at their discretion such as if they are experiencing COVID-19 symptoms.

- If your child has even mild COVID-19 symptoms, get them tested with a RAT or PCR (nose and throat swab) test.

- They must isolate until they receive a negative test result, in line with health protocols.

- If symptoms continue, they should stay at home and take another RAT in 24 hours or have a PCR test. If the second RAT or initial PCR test result is negative, or another diagnosis is confirmed such as hay fever, they can return to school.

It is recommended students that return to school after recovering from COVID-19 do not participate in rapid antigen test surveillance for 28 days (4 weeks after recovery) following release from self-isolation. This is due to NSW Health advice that people who have recovered from COVID-19 have a low risk of contracting it again in the following 28 days. After 28 days, staff and students may resume participation in RAT surveillance.

## Afternoon Detentions

We wish to inform all parents and carers additions to college afternoon detentions.

Afternoon detentions are held every Wednesday afternoon from 2.50pm to 3.50pm. If your child is unable to attend, you must contact the college and make alternative arrangements which only include changing the date of the detention. Lunch detentions will not be given as an alternative.

Please note, students who need to catch the public bus after school from the main road will attend TWO afternoon detentions.

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The reason being, as the bus comes at 3.50pm, students are permitted to leave detention at 3.30 having only served half a detention. Therefore, two detentions will be given to students who catch the public bus.

If a child does not attend an afternoon detention, and no prior arrangements made, the child will be given a second afternoon detention with a warning of suspension. A second non-attendance will result in a suspension.

## Mindful March

**Mindful March 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Set an intention to live with awareness and kindness	2. Notice three things you find beautiful in the outside world	3. Start today by appreciating your body and that you're alive	4. Notice how you speak to yourself and choose to use kind words	5. Bring to mind people you care about and send love to them	6. Have a 'no plans' day and notice how that feels	
7. Take three calm breaths at regular intervals during your day	8. Eat mindfully. Appreciate the taste, texture and smell of your food	9. Take a full breath in and out before you reply to others	10. Get outside and notice how the weather feels on your face	11. Stay fully present while drinking your cup of tea or coffee	12. Listen deeply to someone and really hear what they are saying	13. Pause to watch the sky or clouds for a few minutes today
14. Find ways to enjoy any chores or tasks that you do	15. Stop, breathe. Notice. Repeat regularly	16. Get really absorbed with an interesting or creative activity	17. Look around and spot three things you find unusual or pleasant	18. If you find yourself rushing, make an effort to slow down	19. Appreciate nature around you, whatever you are	20. Focus on what makes you and others happy today <a href="http://AnyoHappy.com">AnyoHappy.com</a>
21. Listen to a piece of music without doing anything else	22. Notice something that is going well, even if today feels difficult	23. Tune into your feelings, without judging or trying to change them	24. Appreciate your hands and all the things they enable you to do	25. Focus your attention on the good things you take for granted	26. Choose to spend less time looking at screens today	27. Cultivate a feeling of loving-kindness towards others today
28. Notice when you're tired and take a break as soon as possible	29. Choose a different route today and see what you notice	30. Mentally scan your body and notice what it is feeling	31. Discover the joy in the simple things of life			

**ACTION FOR HAPPINESS** Happier · Kinder · Together

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## From the Technology and Applied Studies Department

Dragana Zivkovic

In the TAS department this year we have taken on a new Course to ensure the students have a great start to life after leaving us here at ST Narsai. The TAS department is now offering a VET course in construction. This is the first year the construction course will be running at the school and we are super keen to show the school what the students can do. This students will be building their own tool boxes that they will be able to use when they start work and Cubby houses. Below are pictures of how the cubby houses will look. The current class is full of excitement and so is the Department.



### Food Technology

The study of Food Technology provides students with a broad knowledge of food properties, processing, preparation, nutritional considerations and consumption patterns. It addresses the importance of hygiene and safe working practices and legislation in relation to the production of food.

Students develop food-specific skills, which can be applied in a range of contexts enabling students to produce quality food products. The course also provides students with contexts through which to explore the richness, pleasure and variety food adds to life and how it contributes to both vocational and general life experiences.

Students in year 9 are learning about Food and its direct impact on health. They are learning about the nutritional requirements over the life cycle. Year 10 students are learning about food product development and the economic impact of the Australian food industry on our economy. They will become entrepreneur in their own development of a food product to launch on the market.

Stage 6 is a study of food production, preservation, packaging and preparation. Students investigate a range of factors that affect diet, nutrition and health and develop an understanding of Australian legislation, marketing practices and innovation in food product development.

Practical experiences are incorporated in the food technology course through experimentation and application of the technologies that influence food development and preparation.

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Engaging students in the learning process increases their attention, focus, motivation and promotes meaningful and authentic learning experiences. Outdoor education excursions place students at the centre of the learning, increasing opportunities for student engagement and contributing to positive student outcomes. With COVID restrictions easing teachers are planning and organising excursions for our elective students. Please look out for permission notes coming home soon.



## Textile and Design

During this year textile and design will engage in multiple practical activities to enhance their knowledge and skills. They will be learning about design, the textile industry and properties and performance of textiles.

Year 11 Textiles are working on enhancing their skills and learning about the concept of design within the textile industry. They are working on manufacturing techniques and learning the basic types of stitches and construction techniques as well as developing their skills for decorative techniques and embroidery. Students will complete a resource folder that shows all their skills developed throughout this term before they commence working on designing textile items and garments using the skills, they have developed this term.

Year 12 textiles will be undergoing their major textiles project which is a significant component of their HSC. Students are required to work on designing an item, work on a design folio which includes inspiration collages, illustrations and method of construction as well as create a textile item to submit for HSC marking. Students in year 12 Textiles have already begun this process and have designed incredible ideas for their textile item

Year 9 Textiles are being introduced to the concept of design and pattern making and using it to create their own design of a tote bag.

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## From the PDHPE Department

Hayley Virgo

Dear parents/guardians,

We are halfway through Term 1 of 2022, and what a term it has been for PDHPE!

We welcome the Year 7 students, who dove straight into learning about the nature of health and the relationship between health. During theory lessons, they have enjoyed exploring the influences on their behaviours, decisions and actions and its impact on wellbeing. Students have also been honing their gymnastics skills to create a gymnastics floor routine. Year 7 teachers have been impressed with the skill and enthusiasm students have shown in developing the routines.

Year 8 PDHPE has started their year investigating different types of relationships and practicing conflict resolution. They have also been investigating the importance of protecting people's rights in relationships and improving communication skills. During practical lessons, Year 8 have been developing their movement skills in the 'Let's Dance' unit this term. Using elements of dance to compose a dance sequence, students are learning to make decisions and solve problems to compose locomotor and non-locomotor movement.

Year 9 PDHPE have been analysing self-identity and its impact on health and wellbeing. Through challenging norms and stereotypes, students have been able to reflect on their own identity, their personal strengths and areas they can grow through life's challenges.



Year 10 PDHPE have been analysing what it means to be a teenager and developing an awareness of the importance of mental health. Students have also been researching health services that assist adolescents in need. During practical lessons, students have been developing their ballroom dance skills in performing the Cha Cha.

Senior students have settled into their classes and we congratulate them on their keenness to learn. Senior students are encouraged to utilise the before and after school homework club to enhance their knowledge and understanding.

All students are required to wear a hat during practical lessons, regardless of weather. It is important that we practice sun safety to protect ourselves from the sun. Students also must have purchased a PDHPE textbook and bring to every lesson as it contains all lesson activities required for learning.

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## Sport news

February was a busy month for sporting endeavours. Kaitlyn, from Netball NSW, assisted by Miss Yonan and Miss Kando, visited the College to run a training session for our Junior and Senior Netball teams. This was a great opportunity for our students to showcase their skills, and participate in an inspiring, motivating and challenging program.

CSSA Zone swimming was held on the 28th of February where six students participated, receiving excellent results. Joseph Daniel, Dominic Pouranviah, Natasha Pouranviah, Michaelangelo Stephan, Seraphina Stephan and Andrew Yegore Gorgi, all swam amazing races and are commended for their efforts. Congratulations to Andrew, Michaelangelo and Dominic who will be representing the school at the State carnival in March and a huge congratulations to Dominic Pouranviah for receiving Age Champion, finishing first in all his races. Well done!



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## From the Creative and Performing Arts Department

Mary Khina

I would like to take the opportunity to welcome back our students to the CAPA classes. In particular, welcome to our Year 7 students to St Narsai as they commence their journey in the CAPA department at St Narsai.

This year, our CAPA department comprises Mr Rossman (Music), Mrs Karim (Visual Arts), Mr Nasello (Music and Visual Arts) and Miss Dankha (Visual Arts). We welcome back Mrs Karim from her maternity leave and also welcome Miss Dankha to the department. We look forward to having Ms Gabriele back when she returns from her leave in Semester two this year.

### Music

It has been great to see the enthusiasm of our new Year 7 students in their music classes.

During term one, Year 7 music students have had the opportunity to develop their composition, aural and performance skills. Through their learning of the concepts of music, Year 7 have had the opportunity to display their understanding of duration and rhythm in music through musical literacy, numeracy and ICT based programs which aim to develop their music writing skills. Students have started to use the school's percussion instruments to perform their written rhythms and show an understanding of their newly learnt composition skills.

Year 7 have also engaged in co-curricular music, within these co-curricular periods, students have engaged with music production software and conveyed their ability to be musically creative.

Year 12 students are in the process of their performance compositions for their final HSC performance. We wish them all the best as they work hard to showcase their performances to the NESA markers in Term 3.

### Visual Arts

It has been busy in the art rooms already this year. We started Art off with a competition of students creating title pages. Congratulations to the winning students. Students won a 36 coloured pencil set and seniors won a \$50 Eckersley's voucher. :-)

Our Year 12 students are busy working on their Body of Works for their HSC. We wish them the best of luck as they continue on their works for the last year of their high school journey.

Our music and art facilities are available for students to use. If your child is interested in using the facilities outside of their class time, please encourage them to discuss with their class teacher.

We are also preparing for a showcase of our CAPA facilities through a range of performances and art exhibitions. We cannot wait to share the spectacular student work with you...more details to come shortly.



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## Swimming Carnival

The SNAC swimming carnival was held last Friday at the Prairiewood Leisure Centre. Congratulations to all our competitors who were dynamite in the water and displaced high energy fun during the novelty events despite the rainy start to the day.

Congratulations to Seleucia for being crowned the 2022 winning house!



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## Reminders

Masks are still mandatory  
on public transport incl  
private buses

Update your contact  
details by calling  
(02) 8818 1300

Students are encouraged  
to bring umbrellas when it's  
wet weather

