



HOPE
CHRISTIAN COLLEGE

Hope Opportunity Promise Excellence

27 August 2018

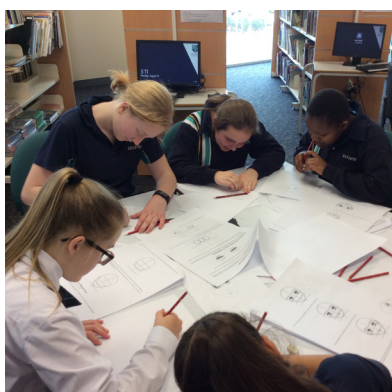
Volume 5 Issue 8

Newsletter

Culture Day

On the afternoon of Monday, 13 August and Tuesday, 14 August, fifteen students from Kogakuin Junior High School came to Hope Christian College. It was a great opportunity for our Junior and Middle School students to engage with the Japanese students in a range of cultural activities, teach them some English words and try to use some of their Japanese. The activities ranged from learning to draw manga (Japanese cartoon-style drawing), origami, rajio taiso (Japanese warm-up exercises), dance and cooking where we made onigiri (rice balls). A lot of fun and memories were made on both afternoons with cooking and dance being the stand out activities. We would like to thank all the students and staff involved for being so welcoming of our Japanese guests and embracing the culture of Japan here at the College. Mrs Zerna and Miss Errock

Mrs Joanna Zerna and Miss Courtney Errock (Junior, Middle and Senior School Japanese Teachers)



Art Careers Festival

The year 11 Visual Art Students had the honor of being able to attend the Art Careers Festival this year. They heard from two amazing keynote speakers; Paul Vasileff (Paolo Sebastian designer) and Claire Foxton (street artist from NSW). Both artists inspired all those who went and left us with these key quotes:

"Best piece of advice I have for you is to make sure whatever you do, love what you do."

Paul Vasileff

"Don't be scared to be scared. If you're in a place that scares you career-wise, it creates an opportunity for you to grow."

Claire Foxton

Mrs Olivia Saman (Art Teacher)



Balaklava Eisteddfod

The Middle and Senior Choir took part in the Eisteddfod at Balaklava on Friday August 10. The eight students from Years 6 to 11 performed well and received positive comments from the adjudicator. They were competing against far more experienced vocal ensembles and would have benefitted from hearing the other performances.

Any students who wish to join the choir should meet Mrs. Triplett in Music Room A each Tuesday lunchtime.

Mr Stuart Carter (Music)



Music Night

Music Night is coming in Week 8 for all Junior School students and their family members and friends.

Date: Wednesday 12 September 2018

Venue: Craigmore Christian Church auditorium

Performance Time: 7pm sharp start until approximately 8:10pm. Doors open at 6:30pm

Students must be at the church at 6:30pm

Cost: Free entry

Please note, it is expected that all Junior School students attend and participate.



College Photo Day

ENVELOPES

- Photo Day Envelopes have been given out.
- Most children have been given an individually coded envelope.
- All student envelopes need to be returned before PHOTO DAY.
- Do not put one envelope inside another.
- Each child must have their own envelope.
- If you ordered online you should have a reference number on the envelope.
- If you are paying cash please enclose the correct money as change cannot be given.
- Family (sibling) orders should be returned to the College by Friday 10 September with the correct cash enclosed. Family photos will not be taken unless the envelope and order is received before Photo Day.

ORDERING AND PAYMENT

The easiest and most secure way of payment is online, and instructions are on your child's individually coded envelope. Remember to record the online reference number on your envelope. If you do not have access to a computer to complete an online order, please come in to the College Office and we will assist you to place an order on the College computer.

Some orders cannot be place online

Those who started in Term 3 and do not have an individually coded envelope. Please enclose correct cash as change cannot be given.

Family (sibling) photos

Please collect an envelope from the college and return it with correct payment enclosed by Friday 10 September.

UNIFORM

Correct Winter uniform is required for official photos. Please make sure your children are correctly attired. Winter Uniform includes:

- Clean white shirt which buttons at the neck
- Correctly fitting tie
- Clean polished black lace up shoes
- Jumper for Reception to Year 9
- Blazer for Year 10-12
- NO skivvies
- NO sports uniforms
- NO Year 12 tops

Please check the uniform regulations regarding make-up, jewellery, hair colour and style. Boys must be clean shaven.

Please label student names on ALL uniform items.

PARENTS' CORNER

A big Hope Christian College "THANK YOU" to all parents and students who have made extra efforts to maximise the learning of those valuable skills for life, such as Personal Organisation, Presentation, Punctuality, Politeness and Performance (see last newsletter Vol 5 Issue 7, 6 August, if you missed it).

Integral to our role as educators at Hope Christian College is our desire to help develop the 'whole' child in a caring and nurturing environment. To achieve this, we seek to work closely and as a team with our wonderful community of parents and caregivers. As always, please do not hesitate to contact your child's Home Group Pastoral Care teacher with any questions or concerns you may have. Furthermore, if issues occur at College please encourage your child to report matters **immediately** so they can be acted upon expediently.

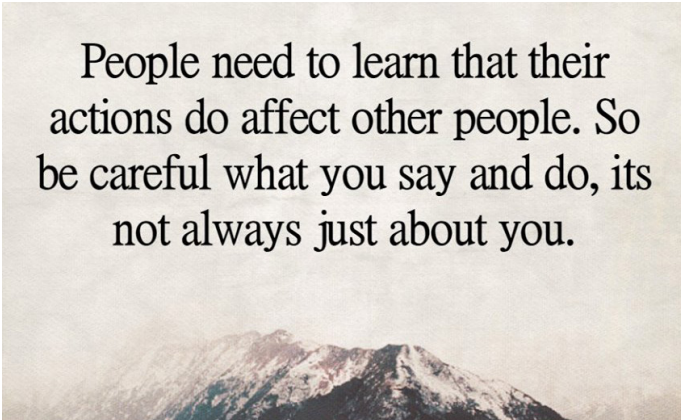
Partnering With Parents - Encouragements

Do your best to point your child towards God, by His grace. Then leave the rest in God's hands.

"We will not hide these truths from our children; we will tell the next generation about the glorious deeds of the LORD, about his power and his mighty wonders." Psalm 78:4, NLT

"So speak encouraging words to one another. Build up hope so you'll all be together in this, no one left out, no one left behind. I know you're already doing this; just keep on doing it."

1 Thessalonians 5:11, NLT



People need to learn that their actions do affect other people. So be careful what you say and do, its not always just about you.

Resources for Wise Parenting and Healthy Digital Citizenship

Here are this newsletter's pick of resources for you to download and glean useful advice from. They will help you, your child(ren) and your family as a whole navigate your way through the effective and safe usage of digital devices. See articles for more details.

Boundaries, routines and early bedtimes: 13 habits that raise well-adjusted kids

<http://www.lovewhatmatters.com/boundaries-routines-and-early-bedtimes-13-habits-that-raise-well-adjusted-kids/>

Here are 13 simple ways that help raise well-adjusted kids. Let's get back to basics.

1. Boundaries
2. Routines
3. Early bedtimes
4. Empathy
5. Hugs
6. Playful parents
7. Outdoor time
8. Chores
9. More screen-time limit
10. Experiences, not things
11. Slow moving days
12. Books read to them
13. Music

Screen time is making kids moody, crazy and lazy

<http://www.lovewhatmatters.com/screentime-is-making-kids-moody-crazy-and-lazy/>

- Screen time disrupts sleep and desynchronizes the body clock.
- Screen time desensitizes the brain's reward system.
- Screen time produces "light-at-night."
- Screen time induces stress reactions.
- Screen time overloads the sensory system, fractures attention, and depletes mental reserves.
- Screen-time reduces physical activity levels and exposure to "green time."

Parents who are addicted to their cell phones affect their children's development, according to scientists

<http://runwonder.com/wup/phones-affect-childrens-02086.html>

Too much screen time causes behavioural problems in toddlers and kids.

What the study warns.

Other health effects of too much screen time

How to protect yourself and your family from the negative effects of technology:

- Limit screen time for everyone.
- No phones at the dinner table.
- Pick other activities instead of movies.
- Get outside... and leave the phones at home!
- Put the phone on airplane mode without going anywhere.

How online predators stalk unsuspecting kids

<https://bit.ly/2MuQVQP>

Parents, it's time to fight InstaPorn on Instagram. Now.

<https://bit.ly/2wjlU6w>

Mr Phil Tarrant (Deputy Principal, Secondary School Student Development and Wellbeing)

OSHC

In addition to our individual programmed activities, during Term 3 we have:

- Celebrated Friendship Day.
- Discussed dental hygiene during Dental Awareness Week. Thank you to Sarah Holmes for supplying many resources for us to use. The children enjoyed the activities and competition.
- Observed National Science Week. We studied the life-cycle of a frog and conducted an experiment on 'Changing Colours'.

Please note for your child to use our Out of School Hours service, they must be enrolled. Contact the OSHC Director on 0490113631 or via the College reception desk 8287 1111. Bookings are essential.

For all enrolled OSHC and Vacation Care families, we have a successful Facebook page. The purpose of this page is to keep our families updated and informed. This page is not for bookings, but for important information you may need to know throughout holidays and Term time.

www.facebook.com/groups/HopeOSHC/

Mrs Hazel Jones (OSHC Director)



Youth Parliament Week



In the July holidays two students, Stephanie Scannell and Billy Frame, participated in Youth Parliament Week. They had already attended a training weekend earlier in the year where they learned about parliament, democracy, bill writing and public speaking. Parliament week is a residential camp which includes a formal opening and closing ceremony, debating issues of importance in the House of Assembly and Legislative Council Chambers of Parliament, and the election of the new Youth Governor. This program runs every year and is advertised to students in Year 11. If this is something your child may be interested in tell them to check any emails sent from me. Involvement in Youth Parliament looks good on a resume.

Mrs Fay Alford (Pathways Coordinator)

Youth Parliament was an amazing experience that encouraged me to work outside of my comfort zone and gain a better understanding of the parliamentary process. In the months building up to the main camp week of the program, Billy and I went to a number of meetings which allowed us to prepare and get to know our team mates better. The camp offered many fun activities and events such as visiting Government house. There we were given a tour and explanation of the history behind the beautiful architecture, art pieces and literature that the building housed. We were given the opportunity to meet many

influential people such as the current Governor of South Australia; Hieu Van Le and his wife; Lan Le. Overall it was a great experience that I would recommend to anyone whether they are interested in parliament or not.

Stephanie Scannell (Year 11)

The main event of the Youth Parliament residential week was the debating. We had the chance to go to Parliament House to discuss and debate the various topics and bills that we had created prior, ultimately voting on whether or not each should pass. I got to debate a wide variety of issues, such as housing, transportation and healthcare. It was a lot of fun to pick apart bills and work out what speeches I could make from them. Through the week, I really feel that I have grown more confident in my debating skills, as well as developing my speech writing abilities.

Billy Frame (Year 11)

Work Experience Reflections

A number of VET (Vocational Education Training) students undertook Work Experience during the July holidays in an area related to their training. Any senior school student can participate in voluntary Work Experience during school holidays. Some theory work must be done prior to the placement and all relevant paperwork completed so that students are covered by college insurance. If your child is interested in undertaking Work Experience, please contact me.

Mrs Fay Alford (Pathways Coordinator)

I did work experience with Envy Electrical and performed tasks such as mounting power points and creating channels in walls. I used a hammer drill, chaser, power driver and other tools to undertake my duties. My strengths were stripping wires and binding them together. All the jobs performed have given me a better understanding of becoming an electrician. I now know what to expect when I gain work in this area.

James Morris (Year 11)



I undertook my work experience in childcare at Goodstart, Penfield. I did set up and pack up of activities and the sleeping area. I prepared meal areas and engaged with and supervised children. This contributed to my training as I now know what to expect as a childcare worker. I felt a little shy at the start, but improved during the placement.

Brittney Caruana (Year 11)



I completed work experience at JE Plumbing, where I helped with the installation and repair of under floor drainage and gas hot water services. I was confident handling tools which made the tasks easier. This experience was useful in improving my knowledge about the work of a plumber.

Cooper Strevens (Year 11)

Music Tuition

There are some positions available for private music tuition during school hours. Cost is \$250 per term, that is \$25 per half hour lesson. If interested, please contact the coordinator, Mrs Griffith.

merrilyngriffith@hopecc.sa.edu.au



Operation Christmas Child



Hope Christian College is participating in Operation Christmas Child through Home Group classes. If you would like to be involved through your child's participation, please contact your child's Home Group teacher. If you would like to be involved directly, please contact fay.alford@hopecc.sa.edu.au

If you would like more details on the program please go to <https://www.samaritanspurse.org.au/what-we-do/operation-christmas-child/>

Getting involved is easy:

- Get a shoebox and decorate it (children use the boxes)
- Chose a boy or girl and an age (2-4, 5-9, 10-14)
- Stick on a label
- Enclose \$10 to cover transport costs
- Fill the box, including something from each of the 6 categories.
 - Something to wear
 - Something to play with
 - Something for school
 - Something to love
 - Something special
 - Something for personal hygiene
- Pray for the child
- Drop the shoebox off to Hope Christian College

Will you join with us this year to help us reach more children with gift-filled shoeboxes from Australia for distribution to children in the developing world?

Mrs Fay Alford (Operation Christmas Child Coordinator)

Hands & Feet Food Ministry

Hands & Feet is a food distribution ministry operated by Craigmore Christian Church. If you are in need of basic groceries like bread, fruit and veg, and even meat and some bakery items, the Church invites you to come along and take some of the food available. Hands & Feet operates in the Craigmore Christian Church café each Wednesday at 8:45-9:45am.

We trust that you will utilise these services, which are operated by church volunteers with the appropriate food handling certificates and background checks.



Book Week

The Library has been transformed into an underwater treasure trove for this year's Book Week. Students have enjoyed taking part in special activities and a lolly jar guessing competition.



College Calendar - Important Dates

2018 Term 3

SEPTEMBER	SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	WEEK
	26	27 Playgroup 9:30 - 11:00 am	28 Reception 2019 Transition	29 Year 4-9 Incursion Dusty Feet Mob 6pm Missions Cultural Celebration Night in Auditorium	30 Reception 2019 Transition	31	1	6
	2	3 Playgroup 9:30 - 11:00 am 8/9 Boys and Girls Badminton	4 COLLEGE PHOTOS	5	6	7	8	7
	9	10 Playgroup 9:30 - 11:00 am	11	12 JS Music Night	13 Year 11 MFS RAP Presentation	14	15	8