



**HOPE**  
CHRISTIAN COLLEGE  
Hope Opportunity Promise Excellence

5 November 2018

Volume 5 Issue 10

# Newsletter

## Open Day

Open Days have become a major part of the life and culture of Hope Christian College. They are an authentic celebration and community event. Our Open Day on Tuesday 30 October was no exception to this, with the beautiful weather making for a great turn out. A big thank you to all who were involved.



## Girls Basketball - Champions!

On 18 September, Hope Christian College sent a girls basketball team to the Northern Zone Girls Basketball Carnival held at Parafield Gardens Recreation Centre. At the carnival, our girls competed against other schools from the Northern Suburbs. For some of our girls, this was their first experience of playing organised and competitive basketball. In the first game, Hope defeated St Columba 30-0. In the second game, Hope lost to MOC 10-8, on a shot on the buzzer. We re-grouped and won the next two games, defeating Paralowie 21-2 and Parafield Gardens 32-0. A re-match against MOC was set for the Grand Final. The girls showed determination against a side that had beaten them earlier in the day, playing terrific defence and putting the opponent under a lot of pressure. Hope won the grand final 14-8, behind some excellent shooting and defence by Chloe Endicott, Steph Hunt and Athieng Magot.

Congratulations to all the girls who played. We are all very proud of your achievement!

Team: Julianna Vibal, Chloe Endicott, Steph Hunt, Athieng Magot, Atong Arok, Bernice Kpahn, Hannah Thompson, Matilda Feast, Jessie Rouse, Nem-Nu Hoih.

**Mr Kelly Penn (Coach)**





## Year 2 SAPOL & Road Safety

Last term in Health, the Year 2 classes learned about the Emergency Services and how they help us to keep safe. We focused on the roles of the different emergency services as well as learning how we can be safe in our world.

On Thursday 20 September we had a police officer, Alisha, visit us and teach us about the role of the police. We learned about the different departments in the police and how they move around. We learned about how to contact police and what we might need to contact them about. We also tried on different uniforms of police officers. We had lots of fun.

On Thursday 27 September, the Year 2 classes went to the Road Safety School at Thebarton to learn about how to be safe on and near roads. We met with Senior Constable Grant who went over some very important rules about using our roads and how we can be safe near our roads. He then let us practise using these new rules on a mock road. We rode bikes and we wore helmets for safety. We had to stop at railway crossings and wait for the train. We had to stop at pedestrian lights and wait for Mrs Bigwood, Miss Drew and our parent helpers to cross. We even had to stop at intersections and wait for the red light to change before we could ride. We learned about how to indicate on a bike to show riders when we are turning. We then finished the day at the Bonython Park Playground.

**Miss Tayla Drew and Miss Erin Bigwood (Year 2 Teachers)**



## Year 4 Port Adelaide Excursion

In Week 10 of Term 3, the Year 4 students went on an excursion to Port Adelaide as part of their HASS subject. Students visited the Maritime Museum and discovered the conditions early European migrants endured when travelling to South Australia in the 1830s.

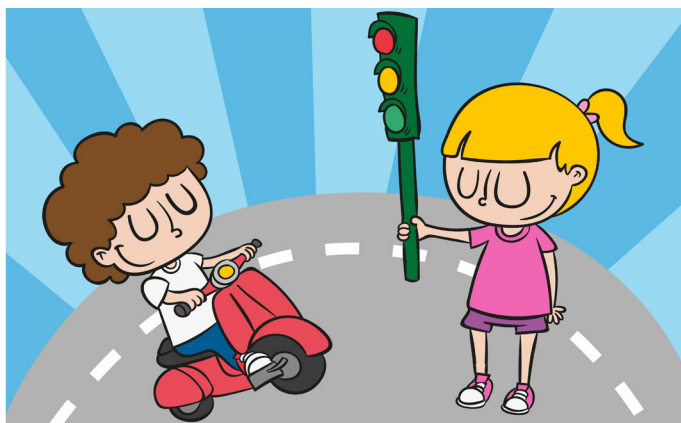
The Year 4s then explored Port Adelaide and experienced a Port River cruise.



## Safety Notice

Recently there was an incident during school hours. A parent and a child were waiting at the Pedestrian Crossing outside Hope Christian College when a driver, who didn't want to stop at the red light, mounted the curb and drove around the lights on the cement area. Thankfully neither the parent nor the child was injured, but they were very shaken.

Please remember to take care even when using the crossing, as not all drivers respect the safety of others. Please remind your children of this as well.



being dismissed at 12:30pm on that day. Please note in your diaries that Awards Morning and Evening will be on Wednesday, 12 December this year.



## Swimming Lessons

Swimming lessons will take place in Week 7 for Reception to Year 5 at the Elizabeth Aquadome. All forms and health plans need to be returned in order for students to participate.



## Awards Nights

An important announcement, which was recently published in the Term 3 report letter, is the change of date for our Awards Celebrations this year. As you know, the school year has always finished on a Thursday with Junior (Reception to Year 5) Awards being in the morning, and Middle / Senior (Years 6 to 12) being in the evening. Students finish school at 12:30pm on that day.

This year the last day of school will be Wednesday, 12 December, with the Junior Awards in the morning and the Middle / Senior Awards in the evening, with students

## Exceptional Science Service Award - Mrs Vicki Glasson

Earlier this year I received an email from the Lab Managers Association of SA, asking if I wanted to nominate our Lab Manager for an Exceptional Science Service Award. I was delighted to be asked and proceeded to nominate our Lab Manager, Mrs Vicki Glasson. To our delight, she won the award.

Mrs Glasson joined us this year, bringing with her a wealth of experience and knowledge. She has been invaluable, organising two Open Day displays in Science, as well as always being on time with practical set ups, and often trying new things. She helps the teachers in ensuring what we do with students is engaging and works!

We are so proud to have her on staff at Hope Christian College and especially as part of our Science department. Well done and congratulations.

**Mrs Rosanne Wolfendale (Science Coordinator)**



# PARENTS' CORNER

## PARTNERING WITH PARENTS

At Hope Christian College we treasure working in partnership with parents in helping to support the overall wellbeing and development of the children God has placed in our care.

### Sun Safety

As we are now firmly into the Summer terms, please ensure your child has their own College wide brimmed hat with their name clearly written inside it. They must have it with them whenever outside at College and wear when in direct sunlight. This is part of the College's duty of care. It is each student's responsibility to keep their hat safe, unmarked (apart from their name inside) and with them all the time. The hat is not to be worn indoors.

### Repeated without apology

We stress the necessity for everyone to wear a hat when outside, particularly in the hotter months of the year in Australia. The College wide brimmed hat is required by all students for the WHOLE of Terms 1 and 4: at recess and lunch breaks, outside class activities, class sport, and sports days.

Many students do not seem to realise the existing dangers of over exposure to the sun's dangerous ultra violet rays. Recently, a Senior School class watched a news item screened a few years ago about the damaging effects of sunburn in Australia. Some realised for the first time that even teenagers are greatly at risk if they do not follow common sense and highly recommended sun safe practices. Please take the time to watch the following clips at home with your child(ren).

### Dying for a tan Australia

<https://www.youtube.com/watch?v=dQSNbiH480>

For many, sizzling in the midday sun is one of the delights of Summer. But as teenagers continue to ignore the sun safety message, more and more young people are developing skin cancer. "It's a really hard thing to be told you're going to die," confides Steven Nielson. He was 20 when he was first diagnosed with skin cancer. Now, the cancer has spread to his spine and he's nearing the end of his life. Benjamin Foley was 16 when he was first diagnosed, and Renee Marchment 24. "We see so many people who are totally unaware of the risks they're taking by sunbathing," states Professor John Thompson. "Many refuse to wear a hat or sunscreen." As Ben states: "I thought I was invincible from the sun. I thought skin cancer only happened to older people. I was wrong."

### Dying for a tan UK - Tanning Beds

[https://www.youtube.com/watch?v=KGI\\_8cRUFEw](https://www.youtube.com/watch?v=KGI_8cRUFEw)

Many people wrongly consider tanning beds to be safe. The following video is informative on this topic. 'Some sun beds give out UVA rays up to 15 times stronger than the midday sun.' This video has been created to raise awareness of the dangers of sunbeds and features three melanoma patients who attribute their diagnosis to their past sunbed use. They speak graphically about the devastating effect melanoma has had on their lives.

### As they say... "Forewarned is forearmed!"

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

## UNIFORM

### Girls' Dresses

Despite reminders, there are numerous girls with their dresses well above their knees. Please ensure hems are taken down or a replacement dress is purchased so the dress length goes to the knees.

### Boys' Shorts

Boys may only wear shorts purchased from the Uniform Shop. If an item of winter uniform is worn (e.g. blazer, woolen jumper, etc.), the tie must also be worn.

### Footwear

Students are to wear proper lace up school shoes when wearing the Summer uniform and proper sports shoes when wearing the PE uniform, as per the College Uniform Policy. As always, it is the parents and students' responsibility to ensure they have read and complied with the Official College Uniform and Grooming Policy, the latest updated version of which can be found on the College website:

<https://www.hopecc.sa.edu.au/wp-content/uploads/2017/10/STUDENT-UNIFORM.pdf>

## DIGITAL MEDIA RESOURCES

### Risky Games Kids Play

Not wishing to give space to those who may be curious, if any parents wish to find out the risky online games children / teens are currently playing, please contact Mr Phil Tarrant at [phil.tarrant@hopecc.sa.edu.au](mailto:phil.tarrant@hopecc.sa.edu.au) for further information, links and resources.

Below are some popular and respected organisations who have come on board to assist parents and teachers in their role as responsible carers for their children.



### 1. Focus on the Family

<https://www.focusonthefamily.com/>

Focus on the Family is a global Christian ministry dedicated to helping families thrive. They provide help and resources for couples to build healthy marriages that reflect God's design, and for parents to raise their children according to morals and values grounded in biblical principles.

Focus on the Family supports families as they seek to teach their children about God and His beautiful design for the family, protect themselves from the harmful influences of culture and equip themselves to make a greater difference in the lives of those around them. For Focus on the Family parenting resources, visit <https://www.focusonthefamily.com/parenting>



### 2. Common Sense Media

<https://www.commonsensemedia.org/>

Common Sense Media is the leading independent nonprofit organisation dedicated to helping kids thrive in a world of media and technology. They empower parents, teachers, and policymakers by providing unbiased information, trusted advice, and innovative tools to help them harness the power of media and technology as a positive force in all kids' lives.

This is a useful resource, giving advice on movies, TV shows, books, apps, games and websites.



### 3. The Wangle Family

Answering the question of why age restrictions for social media are so important entails consideration of two major things: the sheer amount of content that can be

seen and shared on social media, and the permanence of the decisions young people make on social media. Social media represents a virtual space that is occupied by a truly diverse demographic of people. There are few real world spaces that attract such a wide range of age groups, so we're not necessarily accustomed to the notion of our young children occupying the same space as teens, young adults and older adults without constant supervision.

### A Brave New World: What Parents Need to Know About Kids & Video Games (Free Download)

<https://info.wanglefamilyinsites.com/how-social-media-affects-young-minds-parents-guide-1>

Contains links to:

- Taking a balanced look at video games
- Different types of video games
- Playing online games safely
- Video games and childhood obesity
- Healthy video game habits
- Managing video game addiction in children.



### 4. The Family Zone

<https://www.familyzone.com/au/>

Family Zone is a complete cyber safety solution designed to protect your children online, at home and on the go. Family Zone's cyber safety platform has been chosen by over 600 schools and more than 350,000 families across Australia, New Zealand and the US.

Family Zone gives expert advice from industry specialists, providing information on the latest apps, sites and trends that all parents need to be aware of, plus custom designed age-appropriate settings for your Family Zone account.



### 5. Office of the eSafety Commissioner

<https://esafety.gov.au/iparent>

You can learn about the digital environment and how to help your child have safe and enjoyable online experiences.

**Screen Smart Parent Tour**

<https://esafety.gov.au/education-resources/iparent/screen-smart-tour>

This 10 minute interactive tour is for parents of pre-teens and young teens (10 to 14 years). It has plenty of tips and practical steps along the way so you can help your child explore safely and manage online issues should they arise. This is especially important at this age as they strive for independence and peer acceptance. There are no right or wrong answers and you'll see how other parents responded to the same questions.

<https://esafety.gov.au/-/media/cesc/screen-smart-tour/downloads/screen-smart-tour-fact-sheet.pdf?dl=startPage>

## Hope Christian College Partnering with SAPOL

**SAPOL Delivers Road Safety Sessions**

At the start of Term 4, SAPOL visited Hope to speak with our wonderful Year 12s as they approach the end of their formal secondary schooling education, and rightly celebrate this event in their lives. The incursion focused on 'Getting Home Safely'. This presentation is designed to empower young people to make informed choices and educated decisions, and to foster change through open discussion on subjects such as peer group pressure, choices, risks and consequences associated with driving a motor vehicle. The session documented an actual fatal crash which occurred on 'Muck-Up Day', the final day of school, when an 18 year old driver crashed the vehicle he was driving while unlicensed, drink driving, and speeding. The crash killed one friend and seriously injured the driver and another friend. SAPOL's presentation explores the crash and the subsequent social and legal consequences with the students.

SAPOL's Road Safety Section also provides a free bi-monthly newsletter 'Talking Road Safety', which provides articles on road safety that are of interest to drivers and other road users.

For further information, please refer to the SAPOL One Stop Mobile App from the Google Play store.

There are a number of websites which may also be of further value to you:

[raa.com.au](http://raa.com.au)

[mylicense.sa.gov.au](http://mylicense.sa.gov.au)

[sapolice.sa.gov.au](http://sapolice.sa.gov.au)

[howsafeisyourcar.com.au](http://howsafeisyourcar.com.au)

## Quotable Quotes

"I am not what I ought to be, I am not what I want to be, I am not what I want to be in another world; but still I am not what I once used to be, and by the grace of God I am what I am."

– John Newton, the man who penned Amazing Grace.

"You can't go back and change the beginning, but you can start where you are and change the ending."

– C.S. Lewis, author and former atheist converted to Christianity.

## AMEB

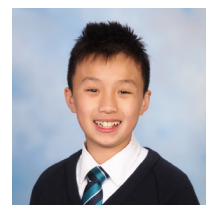
Three of our music tuition students are to be congratulated on their achievements, having sat an Australian Music Examination Board (AMEB) exam:

Oliver Tingey (Year 4) achieved Honours in Preliminary Grade Piano

Brandon Irawan (Year 5) achieved Honours in Grade One Piano

Annalise Gruzlewski (Year 7) achieved High Credit in Grade One Piano

Well done to these students.



## 10c Recycling at Hope

You may have noticed the addition of some colourful new plastic tubs in a few convenient locations around the College grounds. These are collection tubs for 10c recycling bottles, cans and cartons.

The 10c recycling initiative at Hope Christian College began four years ago with the Year 2 students as a way of teaching them about recycling and responsible use of materials. The money raised by the students was donated to missions, showing them that little actions can make a big difference – not only were they helping the environment by recycling, but they were also raising money to make life better for someone else.

The 10c recycling initiative has grown over the years and spread throughout the Junior School. With the help of our Junior School students, we have raised over \$400 that is able to make a significant difference in the lives of others through various missions programs. We have recycled over four thousand bottles, cans and cartons!

Placing these tubs around the school means that Middle and Senior School students can play a part in this exciting opportunity to make a difference as well. Imagine what we can do if we all get involved! If you have a juice box, or a water bottle, or any other drink container that has the 10c recycling logo, please drop it inside one of our new tubs and be a part of making life better for someone less fortunate.

Thank you to all those who have helped out so far, and thank you to everyone who will use our new 10c recycling collection tubs. One bottle might not seem like much, but they definitely add up!



**10%**  
OF US HAVE  
**ASTHMA**  
USING HAIR BODY &  
DEODORANT SPRAYS  
IN CONFINED  
**SPACES**  
CAN TRIGGER  
**ATTACKS**  
THIS MAKES IT  
**HARDER**  
**TO BREATHE**  
**AND CAN BE**  
**LIFE THREATENING**  
PUT THE SPRAY AWAY  
**SO WE CAN ALL**  
**BREATHE**  
**A LITTLE EASIER**  
asthmaaustralia.org.au



## Free Parenting Seminar

### The Secret Life of Teenage Girls

Dr Justin Coulson, nationally recognised parenting speaker and author will talk about:

- What it's like to be a girl in today's world
- Things girls worry about, how to support them and give them hope
- How to stay connected with your daughter when it seems she doesn't want to
- What this means for raising boys.

**Tuesday 6 November**

**When:** 7.00- 9.00pm

**Where:** Adelaide Convention Centre

Register to attend in person or view the live webcast at:

Online: <http://parentingsa.eventbrite.com.au>

Phone: 8303 1660

Email: [health.parentingsa@sa.gov.au](mailto:health.parentingsa@sa.gov.au)

This seminar is designed for an adult audience.

## Carols

The College has been asked to join in with the Blakes Crossing Carols on Saturday, 8 December.

Would all who are interested in performing with the Choir please come each Tuesday lunch time to rehearse.

**Mrs Merrilyn Griffith (Music)**





# College Calendar - Important Dates

NOVEMBER	SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	WEEK
	4	<b>5</b> Playgroup 9.30-11.00am  Year 12 Exams	<b>6</b> Year 12 Exams  Yr 8/9 Beach Volleyball Glenelg  2019 Reception Orientation	<b>7</b> Year 12 Exams  Yr 10/11 Beach Volleyball Glenelg  2019 Reception Orientation	<b>8</b> Year 12 Exams  Yr 4-7 Beach Volleyball Glenelg  Yr 11 Tourism Cleland Wildlife Park	<b>9</b> Year 12 Exams	10	4
	11	<b>12</b> Playgroup 9.30-11.00am  Year 12 Exams  Yr 8/9 Boys/Girls Ultimate Frisbee  Yr 1 Uleybury School Museum	<b>13</b> Year 12 Exams	<b>14</b> Year 12 Exams	<b>15</b> Year 12 Exams	<b>16</b> Year 12 Exams	17	5
	18	<b>19</b> Playgroup 9.30-11.00am	<b>20</b> Music Tuition Concert 7.00pm	21	22	<b>23</b> Yr 12 Formal	24	6
	25	<b>26</b> Playgroup 9.30-11.00am  Year 10-11 Exams  JS Swimming Aquadome	<b>27</b> Year 10-11 Exams  JS Swimming Aquadome	<b>28</b> Year 10-11 Exams  JS Swimming Aquadome	<b>29</b> Year 10-11 Exams  JS Swimming Aquadome	<b>30</b> Year 10-11 Exams  JS Swimming Aquadome	1	7