



HOPE
CHRISTIAN COLLEGE

Hope Opportunity Promise Excellence

23 November 2018

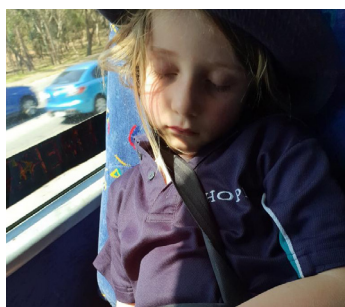
Volume 5 Issue 11



Newsletter

Reception Zoo Visit

In Week 2 the Reception classes had lots of fun on their excursion to the Adelaide Zoo. While seeing the animals helped with their learning, it was a very significant day as it was their first excursion and some children's first time on a bus. Children saw lots of animals covered with feathers, fur or fins, but some of the favourites were the seals, penguins, lions and giraffes. Receptions also patted some farm and native animals such as kangaroos. The playground was a fun activity to finish the day, before a big sleep on the bus on the way back to school.



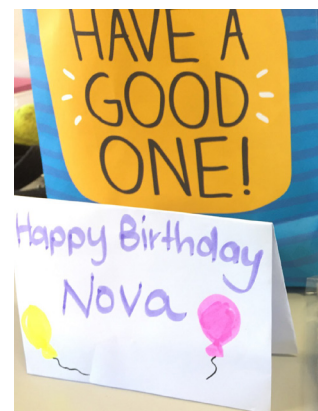
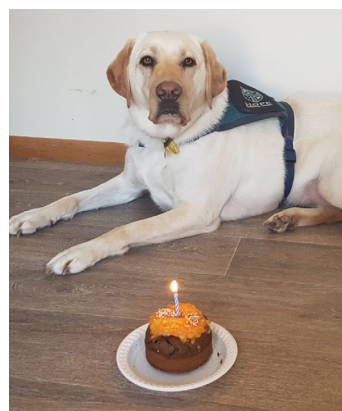
Awards Celebrations

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 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.

Nova's Birthday

On Friday 9 November, Nova celebrated her 2nd birthday. This was her first time celebrating a birthday at the College, and she was very spoiled by staff and students alike.



Barkuma Graduation

On Wednesday 14 November, two Hope Christian College students, Josh Stevens and Sarah Smart (past student), were presented with graduation certificates for the Barkuma Transition program which they undertook this year. They were two of fifty students from thirty schools who participated in the program, which is growing each year. First Semester was spent learning employability skills, working on their resume, practising interviews and visiting work sites. In Second Semester students selected their course of choice. Sarah chose to leave school and undertake Certificate II Program in Construction Pathways (Carpentry and Joinery) at Elizabeth TAFE, while Josh studied Cert II Creative Industries (Media) at Adelaide TAFE.

The ceremony was held at the scenic Riverbank Rooms at the Adelaide Convention Centre and was sponsored by StreetFleet, the largest South Australian owned and operated fleet management company. Guest presenters included Rose Adams, 2015 top ten finalist for My Kitchen Rules, who gave an insightful talk about how working your way to your dream job is a process. She stated that most people do not walk straight into the perfect job, but valuable skills and lessons can be learned from any job opportunity. Minister for Human Services, Michelle Lensink, also spoke briefly, congratulating recipients on their success and encouraging them to continue in their training and employment pathway. The event was attended by former Labor Minister for Education Susan Close, demonstrating her support for the program.

Mrs Rosanne Wolfendale and Mrs Fay Alford attended as college representatives to the ceremony to show our support of these students. The event concluded with a light supper.

If any students are interested in the Barkuma Transition program, please contact Mrs Fay Alford or Mrs Juline Michell (Learning Support Coordinator).

Mrs Fay Alford (Pathways Coordinator)



Year 4/5 and Year 6/7 SACSA Netball Carnival

In Week 3, about twenty girls took part in a SACSA Netball Carnival at Goldren Grove. Although the sun was hot and the temperature soared, the girls all gave it their very best effort with some great wins and terrific, hard fought games. For some of the girls this was the first time they have ever played netball, and it was a huge learning curve, but as the games progressed many of the girls showed great promise, talent and ability. It was exciting to see the students learning to work as a team. It was particularly pleasing to hear and see the way the students encouraged and supported each other. Both teams won their finals and throughout the day we were proud of the way the students conducted themselves despite the heat and difficult playing conditions. A special thank you to Mrs Taylor for her support and encouragement.

Mrs Rachel Riggs and Mrs Kylie Jones (Primary Sports Coordinators)

Year 4/5 and 6/7 Volleyball

On Wednesday Week 4, forty students took part in the beach volleyball carnival with some excellent results. We had a Year 4 boys' and girls' team, a Year 5 boys' and girls' team, and the same number of teams in the Year 6 and 7 competition. It was exciting to see the students working together as a team, encouraging one another, and showing excellent sportsmanship and a great attitude. For some of the students it was a challenge, and they had to develop new skills to play on the sand.

Overall, the teams worked well together with some great results. The Year 4 boys and Year 6 girls made it through to the quarter finals but unfortunately were knocked out. A huge thank you to the amazing Year 9s Ethan Jackson, Harry Rouse, and Jacob Kochergen who braved the heat to umpire numerous games with very few breaks. A thank you to Mrs Littlefair and Mrs Worley for their support, hardwork and encouragement of our teams.

Mrs Rachel Riggs and Mrs Kylie Jones (Primary Sports Coordinators)

PARENTS' CORNER

PARTNERING WITH PARENTS

Strategies to support anxious children

When kids have anxious thoughts or feelings, a common response from the adults in their lives is to step in and solve the problem.

If they're terrified of dogs, it's pretty reasonable to keep them away from the pit bull next door... right? Well, not really. By helping children avoid scary situations, you're reinforcing and fueling their anxiety. They're also missing out on opportunities to develop coping skills and to prove to themselves they can deal with the anxious thought or feeling next time it comes up.

The best thing you can do for your child is to help them learn how to cope with anxiety.

10 Strategies to try

1. Start by slowing down
2. Make time to worry
3. Climb that ladder
4. Encourage positive thinking
5. Have a go
6. Model helpful coping
7. Help your child take charge
8. Be upfront about scary stuff
9. Be BRAVE
10. Check your own behaviour

Remember, the goal for most kids isn't to eliminate anxiety completely. It's really about giving them the skills to manage anxiety so it doesn't get in the way of enjoying life.

<https://healthyfamilies.beyondblue.org.au/age-6-12/mental-health-conditions-in-children/anxiety/strategies-to-support-anxious-children>

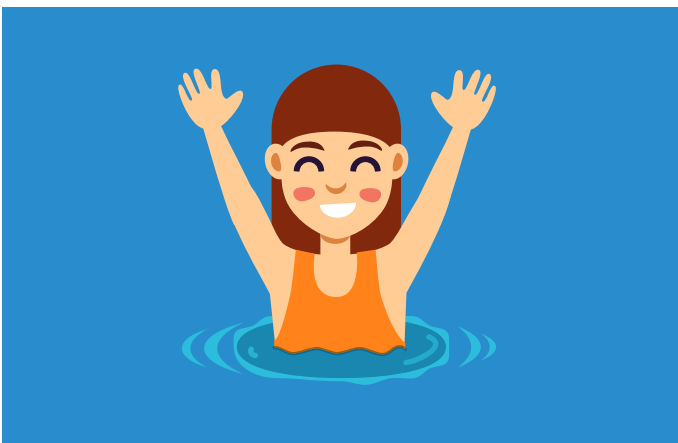
Creators of screens don't want their kids anywhere near them

<https://forevermom.com/family-parenting/screen-time-dangers/>



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.



The 4 Rs of online safety

<https://www.esafety.gov.au/about-the-office/newsroom/blog/the-4-rs-of-online-safety>

Previous generations were taught that the fundamental 'Rs' of education were "reading, (w)riting and (a)rithmetic." While these still hold true (despite only one of them being a true 'R'), today there are a new set of 'Rs' we need to be instilling in our young people – Respect, Resilience, Responsibility, and Reasoning.

5 ways to change up your digital reputation

<https://www.esafety.gov.au/about-the-office/newsroom/blog/five-ways-to-change-up-your-digital-reputation>

1. Google yourself
2. Check your social media settings
3. Get posts or photos taken down
4. Think before you like
5. Turn off location tracking and switch to Ghost Mode

UNIFORM

As a reminder, the standard of uniform and grooming at Hope Christian College is formal and not casual in nature. The College seeks to present our students' uniforms in such a way that both represent Hope Christian College as a place of excellence in grooming and appearance as well as catering for students' comfort and wellbeing. At Hope being correctly presented is one of the important life skills we seek to instill in each individual.

Parents are to ensure that their child(ren) wear the correct items of College uniform each term as well as wearing the uniform correctly when in public. The uniform cannot be modified to alter its appearance, form or fit.

In the interests of maintaining high standards, from time to time staff remind students of aspects that require special attention and correction. As such, please ensure that by the commencement of Term 2, 2019 your child is wearing:

- correct school shoes
- correct sports shoes when wearing their Physical Education uniform. Photographs of acceptable and unacceptable footwear are now included in the online Uniform Policy document which can be viewed via <https://www.hopecc.sa.edu.au/wp-content/uploads/2018/11/STUDENT-UNIFORM.pdf>
- Girls: correct length dresses to the knees

- Girls: white College socks in either long or mid-calf length (not ankle) as sold in the uniform shop
- Boys: College trousers and shorts sold through our Uniform Shop
- Boys: grey long or mid-calf length socks (not ankle)

We thank the vast majority of parents, care-givers and students for your willingness to support the College in helping it maintain high standards of presentation.

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



College Calendar - Important Dates

	SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	WEEK
NOVEMBER	18	19 Playgroup 9.30-11.00am	20 Music Tuition Concert 7.00pm	21	22	23 Yr 12 Formal	24	6
	25	26 Playgroup 9.30-11.00am Year 10-11 Exams JS Swimming Aquadome	27 Year 10-11 Exams JS Swimming Aquadome MS Information Afternoon 3:45-5:00pm	28 Year 10-11 Exams JS Swimming Aquadome	29 Year 10-11 Exams JS Swimming Aquadome	30 Year 10-11 Exams JS Swimming Aquadome	1	7
DECEMBER	2	3 Playgroup 9.30-11.00am	4 Volunteers Lunch 12:15pm	5	6	7 2019 Year 1-11 New Students Transition Day	8	8
	9	10 Playgroup 9.30-11.00am Horizons: Yr 6/7 - Inflatable World Yr 8 - Dolphin River Cruise & Harts Mill Playground Yr 9 - Amazing Tour Railway Station & Central Markets	11 Horizons: Yr 6-9 Semaphore Beach Day	12 LAST DAY OF TERM 4 Horizons: Class Parties Junior School Awards 9:00am Middle & Senior Awards 7:00pm	13	14	15	9