



**HOPE**  
CHRISTIAN COLLEGE

Hope Opportunity Promise Excellence



# Newsletter

29 March 2019

Volume 6 Issue 4

## Harmony Day

Harmony Day is about celebrating diversity. Many people have come from different backgrounds and countries and have made their homes in Australia. Harmony Day has been held on March 21 since 1999. To celebrate Harmony Day we dressed up in orange, pink, peach, yellow, red and brown. Everyone who dressed up brought a gold coin donation and all the money raised will go to Baptist Care SA. The peer leaders chose prizes for the boy and girl in each class with the best outfit, and took pictures of the classes.

### Josh Louis (Year 5 Peer Leader)



## Finance Matters

### TERM 1 FEES ARE NOW OVERDUE

Thank you to all the families who paid Term 1 fees by the due date.

If you have not yet paid your fees and do not have a payment plan in place, your fees are now **OVERDUE**. The finance department will be contacting all families in due course to arrange payment plans.

### TERM 2 FEE ACCOUNTS

From next term, Fee Statements will be sent via email.

Please confirm your email address by emailing details to [finance@hopecc.sa.edu.au](mailto:finance@hopecc.sa.edu.au) by **Friday March 22, 2019**. Please ensure you include your **FAMILY CODE** in your email.

If you do not have an email address, please advise the College Office and a hard copy of your Fee Statement will continue to be mailed to you.

Thank you to all the families who have already responded.

### SCHOOL CARD

It is not too late to apply for School Card Concession. A form can be obtained from the College Office or online. Please ensure your form is provided to Finance as soon as possible.





## Year 3-5 Athletics Day

On Friday 15 March, the Year 3-5 students had their Sports Day. It was great seeing so many students dress up in their team colours and enjoy the whole day. This year we were at a new venue, the Munno Para Little Athletics Club. This was a great family friendly venue, which allowed parents and other members of the family to sit back and enjoy watching their children participate in the sprints and other athletic events throughout the day. It was great to see so many parents jump in and help teachers and other volunteers at each event; this was an opportunity for the community to see the College at its best. So thank you to all the parents who helped on the day; it was genuinely appreciated.

We have some very talented students, with some coming first in almost all of these events in their age group. Some students managed to reach a school record or even beat it.

Under 9 Girls 800 m **Charli Tingey 3.19 minutes**

Under 9 Girls Long Jump **Natalie Grigorev 2.98 m**

Under 9 Boys Long Jump **Peter Yarak 3.08 m**

Under 10 Boys Shot Put **Daniel Ayuen 7.54 m**

Under 10 Girls Discus **Anastassia Sainsbury 15.22 m**

U10 Boys High Jump **Manyuon Manyuon D 1.12 m**

What most people want to know is how did Elliot, Saint and Fleming go? Every student put in a huge effort in all athletic events, and some built their confidence in skills. This was a great and positive attitude to see throughout the whole day. The final positions were as follows:

**Fleming** 836 points

**Elliot** 864 points

**Saint** 896 points

Great job to all the teams and supporters again, and we all look forward to next year's Sports Day event.

**Mrs Erin Bigwood & Mrs Stephanie Lord (Junior School PE Coordinators )**



## Year 6 Japanese Excursion

日本のにわ (Japanese Gardens)

On 13 March, the Year 6 Japanese classes visited Adelaide Himeji Gardens located in South Terrace, Adelaide.

This excursion was a great opportunity for students to explore and observe some of the distinguishing features of Japanese Gardens.

Prior to the excursion, students learned garden vocabularies, watched a documentary on Japanese gardens, and started modelling their own gardens for the assessment. Having that prior knowledge and experience,



students enjoyed saying some of the features in Japanese, and were confidently able to spot the features within the garden. Students actively shared ideas and engaged in comparing the Himeji garden to their own models, which was the highlight of this excursion.

Special thanks to Year 6 teachers (Mrs Greenwood, Miss Rankin, Mrs Littlefiar), Mrs Zerna and Mrs Taylor for your support and accompany.

#### **Ms Jessica Ryoo (Japanese Teacher)**



## **Year 11 Japanese**

On Wednesday 13 March, the Year 11 Japanese students met with the Year 11 and 12 Japanese students at Tyndale Christian School. It was a fun afternoon of language games and conversation practice. Hope students enjoyed their time and felt the afternoon was beneficial to their learning. As their teacher, I was very proud of the way they worked hard to prepare a self-introduction speech in Japanese and the way they involved themselves and embraced the challenges of the afternoon. Well done, girls!

#### **Mrs Joanna Zerna (Japanese Teacher)**

## **Football Clinic**

On Tuesday 25 March, the Year 7 girls participated in a Crows girls football clinic here at school. They were shown how to bump and tackle 'Bob' the tackle bag and they got to show off their goal kicking skills. Overall it was a great opportunity for the girls.



## **OSHC**

As we are nearing the end of Term 1, we look forward to what is planned for our April Holiday Program.

In addition to our normal activities, we have:

- Two cinema excursions, 'Lego Movie 2' and 'Wonder Park'
- Specialty Day, 'Circus Elements'
- Easter activities, cooking activities, and many more exciting things to do!

Always remember your enclosed-toe shoes and socks (sneakers are best for play), water bottle and hat to ensure fun and safe play.

For all enrolled OSHC and Vacation Care families, we have a 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/](https://www.facebook.com/groups/HopeOSHC/)



# PARENTS' CORNER

## FROM THE 6-12 DEPUTY PRINCIPAL

### SAFETY AT FRONT OF COLLEGE

#### Speed

The College asks that vehicle operators drive very carefully, observing the 5km/h speed restriction in both entries and the STOP signs at the inner crossing. To avoid congestion, please do not allow children to get out of your vehicle until crossing in the outer 'Kiss & Drop' laneway, otherwise it can cause a blockage on Yorktown Rd and prevent other vehicles from entering the inner service road.

#### Where to Drop Children Off

Please park or wait until at the correct place to drop your child(ren) off. Do not double-park in front of the old OSHC building (blocking other vehicles) or park on yellow lines.

**NO PARKING** in front of the main Admin building – these four places are for **loading and picking up only**. Please observe the street sign that determines that between 8:15-9:15am and 2:45-3:45pm drivers are NOT permitted to leave their vehicles.

#### Children Remaining on College Side of Yorktown Road

Parents and students are reminded that once children are dropped at school on the College side of Yorktown Rd, they are NOT permitted to cross over to the shops, unless they are accompanied by a parent. The College has a canteen for the supply of food and drink.

### PARTNERING WITH PARENTS

"Therefore be careful how you walk, not as unwise men but as wise, making the most of your time, because the days are evil. So then do not be foolish, but understand what the will of the Lord is." Ephesians 5:15-17

### BEING RESPONSIBLE DIGITAL CITIZENS

In the last two weeks I have conducted informative presentations to all Year 8, 9 and 10 students on the topic of 'Selfies and Sexting'. This is part of our educational duty of care and also a result of personal experience in two Adelaide secondary Colleges helping students learn to make positive choices. If you have a child in one of these year levels, they should have brought home to show and discuss with you a resource pack. This and the session were designed to inform and equip students to be safe online, leave a clean digital footprint, and help other friends and acquaintances who may not be as well informed about such trends.

The sessions carefully defined what Selfies and Sexts

are, the reason why people take them, and the very real risks that can potentially have devastating short term and lifelong consequences. From post-session feedback sheets students were asked to complete, the vast majority confirmed their appreciation for the sessions.

A few links for you to view:

**Selfies** <https://www.lifewire.com/what-is-a-selfie-3485946>

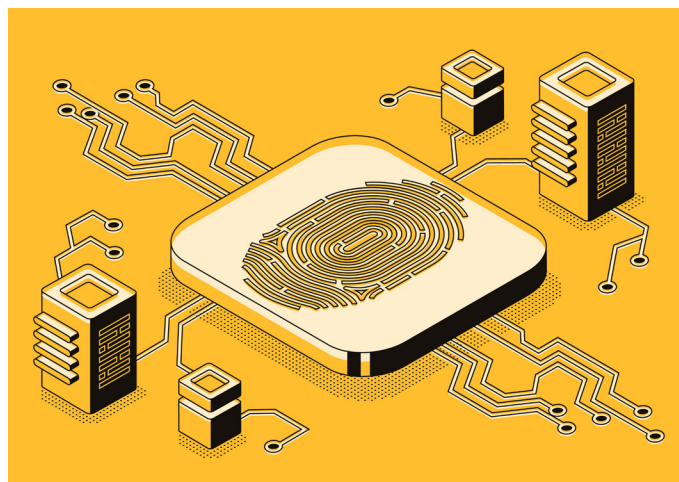
**Sexting** <https://yla.org.au/sa/topics/health-love-and-sex/sexting/>

**General** <https://raisingchildren.net.au/>

#### 'Out of Bounds' App

Ignorance is no excuse. Students with a smartphone were encouraged to ask their parents for permission to download a government created application called 'Out of Bounds'. This app will help to educate and equip them around these topics, on the law in South Australia concerning cybersafety matters. See [https://www.lawsocietysa.asn.au/LSSA/Out\\_of\\_Bounds\\_App.aspx](https://www.lawsocietysa.asn.au/LSSA/Out_of_Bounds_App.aspx)

The Out of Bounds App is an educational and interactive app about laws relating to sexting, cyberbullying and age of consent in South Australia. The app has been specifically designed as a resource to develop understanding and prevent confusion regarding these laws in an increasingly online and interconnected world. The app was developed by the Law Foundation of SA. Explaining the laws surrounding Age of Consent, Sexting and Cyberbullying, the app contains easy to understand summaries of the law, case studies, quizzes, comics and other interactive features to help users – especially teenagers – understand the laws and consequences of unlawful sexual intercourse, sexting and cyberbullying. We encourage all parents and students to download this onto their smartphone and go through the pages of the app together.





## FINDING HELP

There are lots of people and places you can go to for help and advice. Consider who is the best person to support you. Who is in your 'Support Network'? A parent, aunt, uncle, family friend, coach, teacher or school counsellor might be able to help. At the very least, talk to a trusted friend.

There are also organisations that can help such as **Kidshelpline** [www.kidshelp.com.au](http://www.kidshelp.com.au) Ph 1800 55 1800

- A free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.
- **Lifeline** [www.lifeline.org.au](http://www.lifeline.org.au) Ph 13 11 14  
Lifeline is a national service providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services.
- **Headspace** [www.headspace.org.au](http://www.headspace.org.au)

### Information and advice

- **Cybersmart** [www.cybersmart.gov.au](http://www.cybersmart.gov.au) 1800 880 176
- **ThinkUknow** [www.thinkuknow.org.au](http://www.thinkuknow.org.au)

### For Legal Advice:

- **Legal Aid** [www.nationallegalaid.org](http://www.nationallegalaid.org)
- **National Children's and Youth Law Centre** [www.lawstuff.org.au](http://www.lawstuff.org.au)
- **Local Police**

## ONLINE GAMING: MANAGING PROBLEMATIC OVERUSE

Produced by 'Generation Next' <https://www.youtube.com/watch?v=sUOoZ1aS-bM>

With increasing recognition of gaming addiction as a mental health condition and growing numbers of young people affected by it, it is critical to understand the psychological factors that lead them to play games excessively or addictively. Learn to identify some of the signs and symptoms of gaming addiction, some of the key risk factors that are particularly significant in relation to young people and ways to better prevent and manage problematic gaming.

## ADVICE ON VIEWING TIMES OF DIGITAL SCREENS

Teens and adolescents ideally need at least 8 hours of good sleep each night. Parents are discouraged from allowing their children to have any digital devices in their bedroom after a reasonable time, or ensure that the wi-fi Internet modem is switched off. Smartphones

and computers are too much of a distraction for some, tempting them to stay up until the early hours of the morning browsing or interacting online.

## HOW MUCH SLEEP DO TEENAGERS NEED?

Teenagers need 8-10 hours of sleep each night. This means teenagers still need more sleep than adults to be at their best during the day. And it's not just about how much sleep teenagers have. It's also about how well they sleep, and how much deep sleep they have. This article refers to routines, sleep environment, good health and nutrition, worries, signs of teenage sleep problems.

<https://raisingchildren.net.au/teens/healthy-lifestyle/sleep/sleep-teens>

National Sleep Foundation, Teens and Sleep

<https://www.sleepfoundation.org/articles/teens-and-sleep>

[Recommended hours for sleep for all ages](#)

<https://www.youtube.com/watch?v=sUOoZ1aS-bM>



## WHY PARENTS SHOULD LIMIT INTERNET TIME AFTER SCHOOL

<https://www.netnanny.com/blog/why-parents-should-limit-internet-time-after-school/>

The main concern of many parents is the content that is being consumed. The Internet is home to countless pornography sites, inappropriate videos and images, dating websites and apps, and social media platforms where children and teens can be exposed to harmful content as well as potential online predators. Another concern for parents is how time-consuming Internet time can become. It's so easy for kids to get lost for hours in a game, watching videos, or scrolling social media that their priorities are neglected. In addition to keeping them safe while they're online, the internet can be extremely time consuming and be in the way of other day-to-day activities. The above article covers screen time and digital health, curbing Internet addiction, managing Internet safety, blocking websites and Internet access when kids are alone, and four tips for limiting screen and Internet time.



**SOUTH AUSTRALIA POLICE**  
**KEEPING SA SAFE**

## SAPOL Work Exposure

SAPOL Elizabeth is offering a work exposure program for students in Years 11 and 12 during the July school holidays (Mon 8 – Fri 12 July). The program is designed to provide information and exposure to the type of work conducted by police officers to enable students to make an informed decision regarding working in SAPOL.

Any student considering a career with SAPOL should attend this program. Numbers are limited and entry is competitive based on the application. Application Forms are available from Mrs Alford. Students are required to write a double line spaced, one page essay explaining why they are considering a career with SAPOL.

Hard copies of the application are due by Fri 3 May to the Salisbury Police Station, 24 Mary Street, Salisbury.

**Mrs Fay Alford (Pathways Coordinator)**



## Services for Foster and Kinship Families

Connecting Foster & Kinship Carers SA Inc (CF&KC) is the representative body for foster and kinship carers in South Australia and offers a variety of free services for carers and anyone seeking information about foster and kinship care.

In the event you are not already aware of or familiar with this organisation, the following are some of the services it offers:

- assistance with the process of appealing education related decisions which have been handed down under the new legislation

- advocacy (through systems advocacy and individual advocacy)
- support (including access to a peer support network)
- connecting carers with relevant Departments and agencies
- information sharing (both with carers as well as with the broader community in order to raise the profile of foster and kinship care).

More information can be found on the [CF&KC website](#) or by calling the office on 1800 732 272.

## Year 3-5 Athletics Day Photos



# College Calendar - Important Dates

	SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	WEEK
APRIL	31	1 Reception Incursion Henny Penny Hatching	2 SACSA Inter- Christian Sports Day at SA Athletics Stadium	3 Yr 12 Lawn Bowls  Year 12 VAESA Arts / Design Forum at Art Gallery	4	5 Yr 11 Lawn Bowls  8/9 Boys Indoor Cricket at Salisbury East	6	10
	7 End of Daylight Savings	8 Year 6 Camp	9 Year 6 Camp	10 Year 6 Camp  Yr 12 Lawn Bowls  Yr 8 Botanical Gardens Excursion	11 Yr 7 Central Markets / Adelaide Oval Excursion	12 Last Day of Term 1	13	11

## Term 2

MAY	28	29 First Day of Term 2	30	1 SEQTA Parent Info Night  Yr 11 Food & Hospitality Excursion to NAGEV	2	3	4	1
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