



HOPE
CHRISTIAN COLLEGE

Hope Opportunity Promise Excellence



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Volume 7 Issue 2

Year 9 Students Reach New Heights

On Tuesday of Week 5, the Year 9A class trekked up Mt Lofty as part of a joint PE / Christian Life excursion. Accompanied by Mr Penn and Mrs Dawson, who were the teachers and the Sherpas, the students started at picturesque Waterfall Gully and summited to the peak of Mt Lofty in just under two hours. At the top, the students took in the view, listened to a devotion by Mrs Dawson, and enjoyed a celebratory ice cream. The walk down was much easier, faster, and less painful.

It is such an encouragement to be able to provide opportunities for our students where they step out of their comfort zone and achieve something they didn't know they could do. Students were invited to give feedback on their experience, and overwhelmingly they said that they were proud of themselves and their classmates for all making it up the mountain, especially when they wanted to give up.

Mrs Dawson and I are so proud of all the students for their perseverance in getting all the way to the top.

Mr Kelly Penn (Year 9A PE Teacher)



Art News

At the beginning of each semester, Years 6 to 9 revisit the colour wheel. In Semester One this year, the Year 7 and 9 students are studying Art.

Year 7 students create their colour wheels on umbrellas - how cool is that! They are having a great time designing their umbrellas and painting them each week. We hope to have them completed or at least mostly finished by Open Day. The art room is looking very colourful at the moment.

The Year 9 students have created a colour wheel eye, and these are on display in the foyer. They look very impressive and we're very proud of the Year 9 classes.

Year 10 students have produced their portraits in an Impressionist style, creating a mosaic collage out of old calendars to make the picture of themselves. These will also be on display in the foyer. The Year 10 students are also in the process of their group task, an ANZAC Day Mural. This will be similar to last year, being made of bottle tops, so if you have any bottle tops at home can you please bring them for our Year 10 Art students.



Finance Matters

ANNUAL FEE ACCOUNTS

All Fee Statements have now been issued. **If you have not yet received your Fee Statement, please email finance to let us know.**

Term 1 Fees were due for payment on 21 February and we thank all of our families who have made their payments. If you do not have a payment plan set up, please contact finance@hopecc.sa.edu.au to arrange an appointment.

If you have an overdue amount or are having difficulty meeting your fees, the College has Fee Relief available and may be able to assist. Please contact finance to arrange an appointment to discuss.

MISSING FEE PAYMENT

The College has received a payment for fees from the Police Credit Union. We have been unable to identify which family the payment belongs to.

If you have made a payment and have not received a receipt from the College, please contact finance@hopecc.sa.edu.au to claim the payment. You will need to be able to identify the exact amount of the payment and the date it was made.

Please remember always to include your **FAMILY CODE** when making deposits to the College account; this code can be located on the top of your Fee Statement.

SCHOOL CARD

Please apply for School Card Concession **NOW** if you have not already done so. The simplest way to apply is online at <https://www.sa.gov.au/topics/education-and-learning/financial-help-scholarships-and-grants/school-card-scheme>.

Alternatively, a printed copy of the form can be obtained from the College Office. Please ensure your form is provided to Finance as soon as possible.



Hope on Show

Brianna Oudshoorn, a Year 6 student, competed in a recent interschool Gymkhana (horse trial). Brianna and her horse, Beetle, received two clear rounds in 45cm and 60cm showjumping, and one rail in the 80cm showjumping, which meant Brianna and Beetle finished 1st for Year 6/7 students and 4th overall. Brianna and Beetle were also adjudged 3rd smartest on parade.

We are very proud of Brianna's achievement and recognise all the hard work and training she has put in with Beetle. Apple prizes for everyone!

Mr Kelly Penn (Middle School Coordinator)



PARENTS' CORNER

FROM THE HEAD OF SECONDARY SCHOOL

Empathy Devotion - 'Be there!'

"...We can comfort those in any trouble with the comfort we ourselves have received from God". 2 Corinthians 1:4

The most loving thing we can do when someone is in pain is to share the pain – to 'be there,' even when we've nothing to offer except our presence, even when being there is painful to ourselves. Paul, the apostle, says that God 'comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God.'

One of the fastest and best ways to be spiritually healthy is taking the focus off ourselves and helping others. In fact, we were born with a natural empathy for those who are hurting. Ever notice that babies in a nursery start crying when other infants cry? Compassion, which literally means 'to suffer with', is the ability to be moved by the troubles of others. When we reach out from our own pain to help others it comes back to us in healing, fulfillment and a sense of worth. One cancer patient said, 'What helps me most is just to have somebody try and understand what I'm feeling.' Another said, 'Just sit here and let me hold your hand. It helps when someone's close.' It doesn't just have to be a major life or death thing, it could just be a friend struggling with their parents. Today, ask God to make you more sensitive to the needs and hurts of those around you. And when He answers your prayer and puts someone into your path, don't be too busy to care. In other words, 'be there!'

<https://vision180.org.au/2006/10/26/be-there/>

As a Christian College we seek to care for the wellbeing of one another. Please let your child's Home Group teacher know if and when there is anything we should be aware of with your child's needs, and what we can pray for. We also have four wonderful chaplains who are available during the week for your child to chat with about any matters that may be concerning them.

WELLBEING

As part of 'developing the whole child', every individual's holistic wellbeing is important to us at Hope Christian College. You should have received by now an information letter from the College about an upcoming survey the College has been invited to participate in from the Department of Education. It is open to all schools in South Australia and aims to provide confidential and anonymously sourced data specific to students who attend the College in Years 4-12. This data will help us as a College to better understand and inform our practice and the care we seek to give all students God has graciously placed in our care.

Wellbeing and Engagement Collection Survey

The survey will take place in class during Weeks 8, 9 or 10.

Purpose of the collection

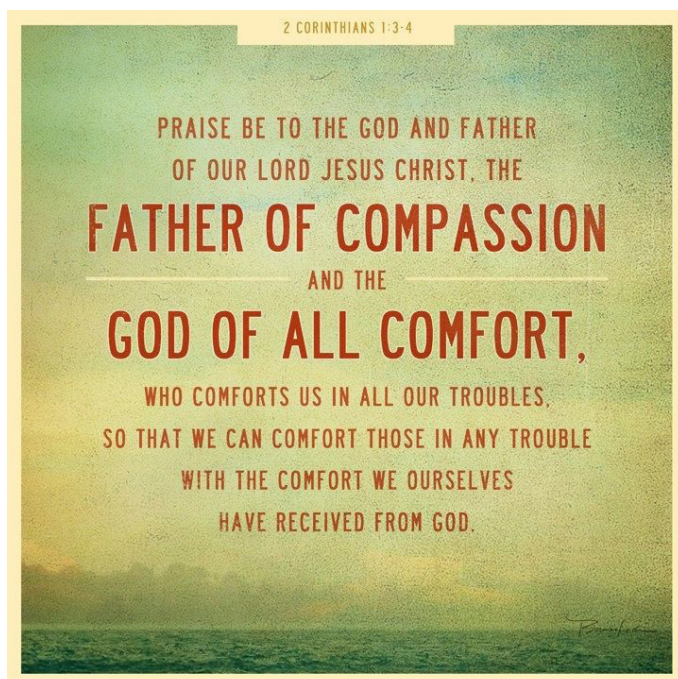
Young people's sense of wellbeing is an important part of how they learn at school. The purpose of the survey is to seek students' views about their wellbeing and their engagement with school. The information collected will help the Education System and broader community to support young people's health and wellbeing.

What is the survey about?

The survey asks students about their social and emotional wellbeing; school relationships and engagement and learning in school; and physical health and wellbeing and after school activities. Students' answers will be kept confidential – no one (including school staff) will use the results to identify individual students.

Student participation

The survey is completely voluntary for students to undertake. If at any stage students wish to withdraw from the survey, it is no problem at all. Answering each question in the survey is encouraged, but not mandated. Students are able to skip over any questions they don't feel comfortable answering.



Where can I get more information?

Further information on the Wellbeing and Engagement Collection can be found at

www.education.sa.gov.au (search:wec) or can be collected from the school. For questions or concerns, or to view the questions, please email Education.WECSA@sa.gov.au.

If you and your child are happy to participate you need do nothing further. Should you NOT wish your child(ren) to participate please email Mr Phil Tarrant as soon as possible after receiving the letter, via phil.tarrant@hopecc.sa.edu.au

**POLICY UPDATE****MOBILE PHONES AND SAFE AND EFFECTIVE LEARNING ENVIRONMENTS**

One of a school's main priorities is to provide a safe and effective Teaching and Learning environment. Physical and emotional safety, wellbeing and development are essential so a student is in the right frame of mind for learning to occur and be able to concentrate on the learning task at hand. Distraction and hindrances to concentration need to be limited to enhance the likelihood of learning occurring.

Mobile Phone Use

While recognised and acknowledged that there are educational uses for smartphones in education, there are also many dangers in permitting their free use if not managed properly. Each student in Years 6-12 at Hope Christian College has been issued with their own digital laptop device to assist them with their studies.

Recent research and practice in schools across Australia and other countries around the world, on the use of

smartphones in school, have revealed some interesting findings.

There are four fundamental reasons behind many schools' choice to limit, if not ban altogether, the use of mobile phones during school hours, even at break times:

1. social interaction among students,
2. cyber safety,
3. the need for down time, and
4. encouraging general courtesy and student engagement with the world around them.

It has been suggested that before school, recess, lunch and after school are times students should rest their brains and engage socially with their friends. Texting or communicating via social media disconnects people from each other.

Mobile phones and similar devices (smartwatches) have been banned from many schools, state and independent, primary and secondary, in Australia and overseas, under strict new rules aimed at tackling cyber bullying, reducing distractions in the classroom, and enhancing overall wellbeing.

Findings:

- Mobile phones can be a source of great disruption in workplaces and classrooms, as they provide individuals with access to texting, games, social media and the Internet. Given these features, mobile phones have the potential to reduce the attention students pay to classes and can therefore be detrimental to learning.
- Disengagement from learning due to the 'FOMO' (Fear Of Missing Out).
- Even if a student does not own a phone themselves, their presence in the classroom may cause distraction, through notification alerts.
- A number of studies have associated increased screen time with "lower levels of psychological wellbeing", "decreased social interaction", and higher levels of "mental health issues including depression, suicide and suicide-related outcomes".
- The main concerns about devices relate to "cyberbullying, access to inappropriate material, social interaction, and distraction from school work".
- Schools have insisted students must "switch off their devices and store them in lockers during school hours", with the aim of removing a major distraction from classrooms, so teachers can teach, and students can learn in a more focused, positive and supported environment.

- A number of independent and government schools have cited the impact of the devices on students' concentration, stress levels and social interaction.
- Since implementing a ban on mobile phones being on the student, many schools have found fewer distractions in class, and witnessed more positive interaction between students during break and lunchtimes.
- Studies reveal that banning mobile phones improves outcomes for low-achieving students (14.23%).
- The results suggest that low-achieving students are more likely to be distracted by the presence of mobile phones.
- Banning mobile phones from schools boosts student performance in high stakes tests.
- Low-achieving and low-income students gain the most, suggesting they are more likely to be distracted in the classroom by the technology.

Hope Christian College wishes parents and care-givers to be aware we are currently undergoing the process of reviewing our policy on the use and/or non-use of mobile phones at school. Should you wish to contribute your thoughts, comments and/or suggestions, please feel free to email me as soon as possible via phil.tarrant@hopecc.sa.edu.au

We ask that parents do all they can as to manage and supervise their child's digital devices when at home and away from the College. We advocate a child/teen/adolescent NOT being permitted free reign of such a device, unsupervised in their rooms, and certainly not all through the night. Distractions are many and sleep so vitally important at such a crucial age of a person's learning and development.

Consider looking after your child's laptop and mobile phone at night and even turning the Wi-Fi off. It would also be prudent to consider installing the Family Zone app on your child(ren)'s phones.

PARTNERING WITH PARENTS

This newsletter's offerings of online resources – aimed at helping raise our children together.

FAMILY ZONE

If there is one app parents should be encouraged to have installed on their child's Smartphone it is 'FAMILY ZONE' <https://www.familyzone.com/au/families> which helps you 'be the parent'.

With 'Family Zone', your children won't miss out on the online fun and learning that's so much a part of their lives. They'll simply be shielded from risks and potential

harms. With strong yet flexible parental controls, you can easily: Manage screen-time, Block adult content, Limit social media, Unfiltered parent access, Limit online gaming, Track all smart devices, Manage in-app purchases, Set bed and study times.

A Day in the life of a digital student

https://www.youtube.com/watch?v=JOmLU6czH_c

Let's talk morning routine – 'Calming the Chaos'

Here are three simple tips for owning the morning

<https://www.thefunctionalfamily.com/eb/BAh7BjoWZW1haWxfZGVsaXZlcnlfWRsKwdhLgJG--3ebd9f0f88120b1199262429327da95174ec6833>

The eSafety Guide

Learn about the latest games, apps and social media, including how to protect your information and report inappropriate content.

<https://www.esafety.gov.au/key-issues/esafety-guide>

Dangerous 'online challenges' are never funny

<https://www.esafety.gov.au/about-us/blog/dangerous-online-challenges-are-never-funny>

'Tinder for teenagers' – police warn about new kid hook-up app, 'YUBO'

- <https://parentology.com/police-warn-parents-about-tinder-for-teenagers/>
- <https://www.wtsp.com/article/tech/warning-app-kids-yubo-download-phones/67-1a9ce7b1-ad2c-47f2-89d3-2f73fe687b17>

21 apps parents should look out for on their kids' phones

<https://www.wtsp.com/article/news/local/sarasotacounty/apps-parents-monitor-children-targeted-predators/67-10f7e344-c634-4670-b009-1002ab76a874>





Please join us at our first Open Day for 2020 with musical performances, open classrooms, food, and fun!

Work Experience Reports

Work experience is a great way to find out if you are suited to a particular field of employment. Some VET (Vocational Education & Training) courses have a compulsory work experience component.

At the end of 2019 Term 4, a number of students participated in work experience. Malachi Burford went to Alltraders Graphic Engineering & Custom Software, and Gloria Puru went to Estia Health Aged Care. Below are excerpts from their reports:

This placement was very useful as it showed me what it would be like to work in an office environment. It also showed me that there are many aspects of design, and I can use my skills to create websites. I highly recommend doing work experience.

Malachi Burford, future Graphic Designer

Aspects I found rewarding and enjoyable about my work experience placement were visiting the residents and providing assistance where needed. I learned that I enjoy working with people of all ages. This placement confirmed my dream of becoming a doctor.

Gloria Puru, future Doctor

Mrs Fay Alford (Pathways Coordinator)



SEQTA Engage

SEQTA Engage allows you to view your child's academic results, upcoming assignments, and many other elements to keep you informed on your child's education.

If you require any support, please send an email to seqtasupport@hopecc.sa.edu.au rather than contacting admin directly.

Miss Rachel Pelentsov (Assistant Director of Studies)



College Calendar - Important Dates

	SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	WEEK
MARCH	15	16	17 Yr 11 Lawn Bowls	18	19 Yr 7 Central Markets and Adelaide Oval	20 Junior Sports Day	21	8
	22	23	24 Yr 11 Lawn Bowls Year 1 Hahndorf Farm Barn Yr 7 Adelaide Oval Tour	25 Open Day	26	27 Yr 3 Gorge Wildlife Park Yr 12 SACE Art Show	28	9
	29	30	31 Yr 8 Camp U13 to Open Athletics Day at SA Athletics Stadium	1 Yr 8 Camp	2 Yr 8 Camp Yr 8/9 Indoor Cricket Carnival Yr 7 Adelaide Oval Tour	3	4	10
APRIL	5 End of Daylight Saving	6	7 Junior School Parent Teacher Interviews	8 Yr 8 Botanic Gardens Yr 12 Careers Fest – Art Gallery	9 LAST DAY OF TERM 1	10 Good Friday	11	11