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# St Andrews Christian College Newsletter 2023

Issue 4 · 15 May 2020

## In this issue



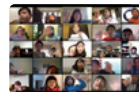
Principal's Message



Keep on Learning



SACC Gratitude Diary



Keep on Connecting



Keep Informed



Keep on Caring



# Principal's Message

## PRINCIPAL'S MESSAGE

Dear Friends,

Hope you all had a lovely Mothers' Day despite many of you being separated from your Mums in this isolation period. All my family (except my husband) live interstate, so it was wonderful they joined me in our live stream of church on Sunday and later rang me on FaceTime. I am so thankful for technology and for the ways we can keep in touch.

When we lived in the Solomon Islands in the late 80s, we had no phone, no internet or technology to keep in touch with family and friends. It took around 6 weeks for a letter to reach Australia from the island where we lived. Wherever we live, whatever circumstances we find ourselves in, we can be confident that God is in control and we can rest in Him and have a peace that can carry us through our valleys and dark times.

I wrote the following poem many years ago and called it *TUG of WAR*

*I strive*

*to be a blessing to others.*

*I strive*

*to be a good mother, wife and Christian.*

***I strive***

*To be obedient to God's calling.*

*In my eyes, I must be productive and achieve.*

*His eyes, just yearn for me to know Him,*

*To be enveloped in His love... to be free from guilt and the bondage of 'doing'.*

***I rest***

*in knowing that God loves me, whatever state I'm in.*

***I rest***

*in knowing that God fulfils all my needs.*

***I rest***

*In knowing He Has my life in His control.*

*For His grace is sufficient for me.*

Many of our dark times/battles begin in our minds. We need to keep on giving over our thoughts and concerns to Jesus to overcome our circumstances. Whether it is just in our mind or even reality, we can't live up to the expectations and image of being the 'perfect' mother, father, brother, daughter, friend.

**Our aim if we are a follower of Jesus, is not to strive in becoming 'perfect' but to trust him, walk with Him and obey Him every day. Trust and obey there is no other way!**

We must not focus on our deeds, our gifts, our circumstances – but continually be embedded in and glory much in God and His GRACE!

*But my grace is sufficient for you, for my power is made perfect in weakness. Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.*

*- 2 Corinthians 12: 9-10*

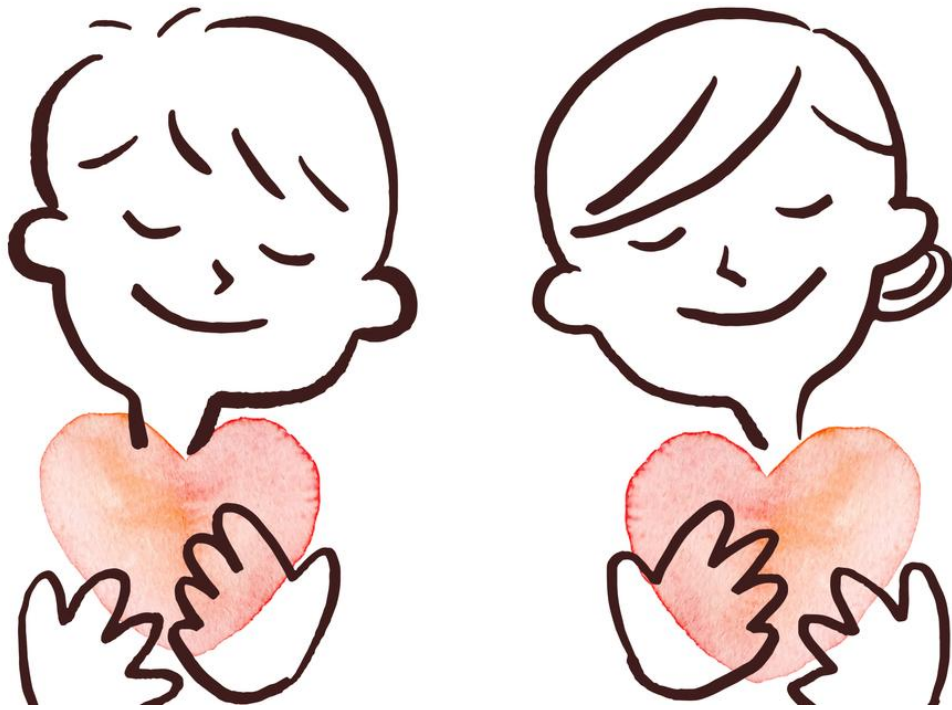
If you struggled to listen to the recording we sent out last week (for Mothers' Day) because of the bad sound, this is a better recording for you to listen to and hopefully be encouraged:

I came across this verse (author unknown) many years ago:

*"May every soul that touches mine-*

*Be it the slightest contact – get therefore some good,  
some little grace, one kindly thought,  
one inspiration yet unfelt, one bit of courage  
for the darkening sky, one gleam of faith  
to brave the thickening ills of life,  
one glimpse of brighter skies beyond the gathering mists,  
to make this life worthwhile,  
and heaven a surer heritage.”*

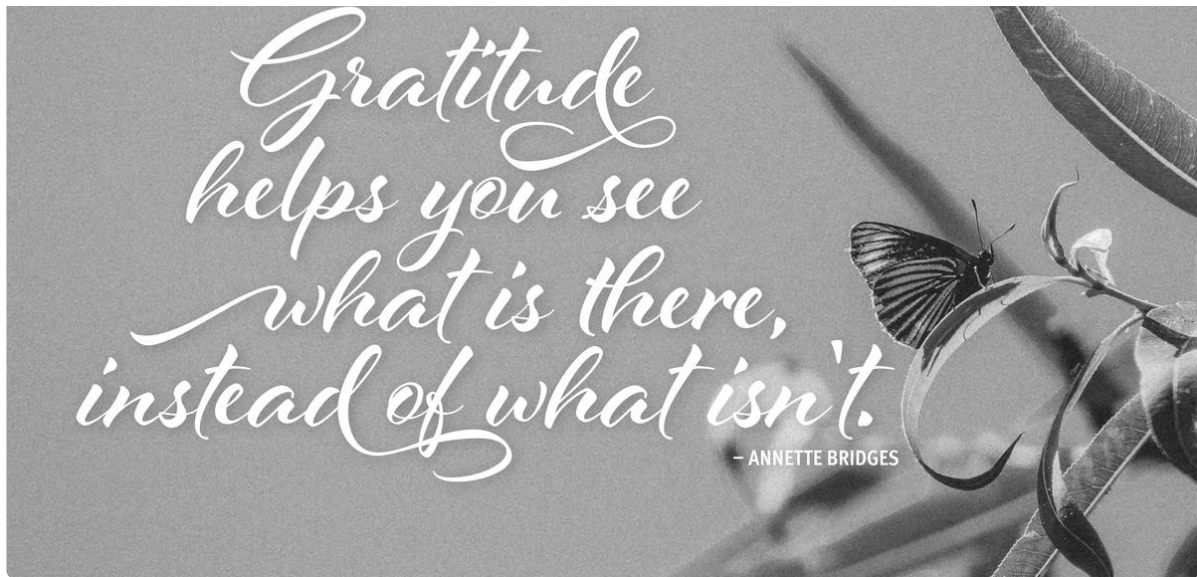
Every blessing to you all,  
**Catriona Wansbrough**



## **SACC Gratitude Diary**







Having an attitude of gratitude at the moment does take some extra effort. We need to pause from our habits, be mindful of what we engage in and take a moment to recognise what is all around - *a life full of gifts*, some big, some small.

During these uncertain times we must learn the importance of guarding your heart and mind. God is greater than our troubles or fears and resting in Him helps us to be mindful of this first and foremost.

In the weeks ahead try to set aside some time to note down some of the things you are grateful for (Just like our staff have been doing these past weeks). You'll start to see that not just recognising what you are grateful for, but expressing it will help to nurture a grateful heart and have a positive impact on your daily life.

*1 Thessalonians 5:18 says*

*"Give thanks in all circumstances;  
for this is God's will for you in Christ Jesus."*

If you like you can download this page and post it on your fridge or tuck it in your diary to help prompt your thoughts of gratitude and remind you of the things you're like to give thanks to God for. You can also create the attached Goodnight Glowing Cube and take time with your children to have these conversations before bedtime prayers to encourage your child practice gratitude too.

 [GratitudeThoughtStarters.pdf](#)

 [Goodnight Glowing Cube - big life journal.pdf](#)

# ST ANDREWS GRATITUDE DIARY

## - THE GOOD STUFF

*Start each day with a grateful heart.*

### **SACC STAFF ARE THANKFUL FOR:**

- I am so thankful for all our staff! I am thankful for how staff are working together for the benefit of our students; to help them, teach them and care for them. I am thankful for the community of St



Andrews Christian College – where together, as the body of Christ, we are teaching and training our students to be responsive disciples. Young people who come to Know Christ, Know who they are in Christ and Know their purpose in life. - *Mrs Wansbrough*

- I'm grateful for a sense of humour. I always say, "If you don't laugh, you cry" so I endeavour to see the humorous side of life and chuckle away, when possible. Thankfully, many of our staff and students share this trait so it has made this potentially anxious time very survivable. When appropriate, take things lightly, and smile along.

*A cheerful heart is good medicine,*

*but a crushed spirit dries up the bones. - Proverbs 17:22*

One of the best gifts my husband has taught me is to not take myself too seriously.

Such a blessing! - *Mrs Dobrzynski*

- I am thankful for the strong, positive, proactive leadership shown this year in preparing and supporting staff for continuous online learning. We are blessed to have mature, dependable, wise leaders who put their trust in God first, who take pastoral care of staff seriously and who show empathy and love for students and their families. I am thankful for our teachers who show great morale and creativity in providing students with engaging, meaningful learning experiences to ensure they learn and grow in this time of isolation. Loving Father, give your peace and assurance to all those who are feeling anxious or distressed by this very different way of living and learning. - *Mr Leslie*

- I am thankful for wonderful music that speaks to your soul. Also, technology and expertise that enables virtual choirs and music arrangement to happen – which enables a sense of inclusion when we are isolated for extended time. - *Mrs Edwards*
- I am thankful to be working in a school where prayer is normal, encouraged, and important. I'm thankful that we live in a country where we are free to talk about Jesus, despite challenges we face around this. We are so blessed to be able to share our faith, but most importantly share the gospel! How great is our God, that we have this good news and can live it out and spread it in a world desperate for His light! Praise the Lord!- *Mrs Ranger*
- I am thankful for a warm, cosy house with my kids around me. I am thankful for an awesome dog who (since COVID-19 isolation) has learned to drop, and wait for food! I am thankful for a loving, forgiving and healing heavenly father who is faithful. - *Mr Hall*
- I am so thankful for the gift of music, and that today my piano was tuned! I sat down to a beautifully tuned piano and played my favourite hymn/song (the lyrics are very fitting I feel): *My heart is filled with thankfulness* - Music and Lyrics by Keith and Kristyn Getty. - *Mrs Ranger*
- I am thankful for everyone in my family! Despite being in a noisy, crowded house, I am glad that I never feel lonely particularly during this COVID-19 isolation period. - *Mrs Tay*
- I am thankful for a home, that I love, where I can 'isolate' with a family that I love and for the technology that keeps me connected with others. I am thankful for the gifts of life and health and the opportunities to love. I am especially thankful for Jesus who lives in me and through me and from whom I can never, ever be separated. - *Mrs Jones*
- I am thankful that students can follow directions, interact with artists and creatively respond. - *Mrs Heading*
- I am so thankful for Shirley and our Learning Support Team – I cannot thank the Lord enough for bringing them into my classes during this time. They are always cheerful and ready to help, even though I know they are also quite swamped with all that needs to be done. Special thanks to Aris, Jess and Ruth who have tirelessly been following up students and helping them to hand in assignments. - *Mrs Cloete*
- Thanking God for giving our government the wisdom to manage this situation as well as we possibly can, and blessing our St Andrews community with the ability to learn and grow and adapt to the many changes required and support each

other, as we navigate through this period of uncertainty. Thank you, Jesus - *Mrs Krishnan*

***SACC FAMILIES ARE THANKFUL FOR:***

- We are immensely grateful for all the dedication the staff are showing in teaching during this very demanding and uncertain time. Please know that your time, energy, compassion and patience are all noticed and valued. We pray that God would continue to sustain you, protect you, and fill you with His joy and peace as you serve Him.
- Thank you for the regular updates you send us – they are very helpful. We appreciate all the work you are doing during this time of online learning. May you have a blessed weekend.
- Thank you for all the videos teachers have prepared, they are great! The lesson on 'cl' words made such an impact on our son that he started reading about clouds and will intentionally look at clouds when we are out. He can list the different clouds and their distinct features. As parents we really appreciate all the effort and amazing work the teachers are doing!
- I am very thankful for the school and all they have done to facilitate this, teachers have been very proactive.
- Devotions/home room is really important to us and definitely assists in our son being able to get into the routine for the day, we really appreciate how much this sets the students up with a sense of normality for something they would do at school. What a wonderful job the staff and school are doing at the moment!
- The teachers have done an excellent job and have been transparent with school work.
- We are immensely grateful for all the dedication St Andrews teachers are showing in teaching during this very demanding and uncertain time. Please know that your time, energy, compassion and patience are all noticed and valued. We pray that God would continue to sustain you, protect you and your family, and fill you with His joy and peace as you serve Him.
- Thank you very much for the daily lesson planner, this is very helpful.
- Thanks again so much for all the work you are putting in to preparing and delivering lessons online. We are keenly aware of how much extra effort has gone





in to training and preparation, to be able to plan whole days and weeks of lessons in a completely different format. We're praying for the Lord's sustaining strength, and for good and restorative rest!

- Every teacher is very conscientious.
- Thanks teachers for all that you are doing for our kids and for helping us parents keep track of things. All your efforts are much appreciated!
- I am so grateful for all the teachers' efforts to keep teaching and connected with our children and for taking the time to run the webinar.
- We appreciate everything the school is doing and all the communications and updates being sent out.
- The continuous online learning has given me better understanding and insight into my daughter, and the things she is learning from school. The daily programs are great! Most of the instructions are easy to follow. I think you & the other teachers have made the work fun & engaging for the students. I love that they start each day with devotion. Thank you so much for all your hard work. I know the change has not been easy for you & your family too, but you constantly encourage your students & parents. I appreciate all that you do. Praying for you & your family. My daughter is blessed to have you as her teacher.
- Thank you teachers for your tireless effort to continue to educate the children through distant learning.
- Thank you for your ongoing commitment in teaching our son and others during these challenging days. We know it is not easy. We appreciate all that you and the teachers at St Andrews are doing.
- I appreciate the regular updates and communication the school is doing currently.
- I am absolutely loving the wellbeing posts Mrs de Meester is putting up, this is excellent. I am so impressed that devotions/homeroom are still being carried out, this is such an important way to start the day. I am really thankful for the webinar as well.
- There is a good learning structure in place and the teachers are doing an amazing job.
- St Andrews' teachers are doing a really good job and are communicating well.
- I'm very impressed that the school was so prepared from so early on with COVID-19 and were organised, this has helped parents not to worry. Students were well prepared for this and there have been no issues. Thanks to leadership and the whole school staff.

***SACC STUDENTS ARE THANKFUL FOR:***

- Thank you Miss Easton for always being on zoom to answer any questions and wanting to challenge me. I really appreciate it. Remember God is with you and He will give you strength for each day.
- School has been great during this time.
- Thanks for being an awesome teacher and for making chemistry fun Mr Fernandes!
- Thanks to our teachers for their new way of doing lessons. We really enjoy your videos because the explanations are simple, clear, and easy to understand.

## GUARD YOUR HEART

My family and I recently moved into our new home. It's been an exciting time because we've bought some brand-new things. New bed frames. New dining chairs. New Samsung 75" Ultra High Definition TV with sound bar (praise the Lord).

But along with the excitement, there have also been challenges. For example, on the first day we moved in, we found out that the front door

would not lock properly. I did not want to spend the first night in my new house with the front door left unlocked! That morning, I stopped whatever was doing. I stopped unpacking boxes. I stopped moving around furniture. I now had one priority: Fix the Front door! I opened up the Yellow Pages searched on Google and found the contact details of a number of locksmiths and fortunately, we were able to fix the door within two hours.

Just like I now needed to guard my house on that first day, it's vitally important that we guard our hearts during these uncertain times.



*Proverbs 4:23 says*

*“Guard your heart above all else, for it determines the course of your life” (NLT).*

In today's climate, it's very easy to be swept up in the fear that is around us. We don't have to look very far, whether it be online or on television to know that the world is in panic. The truth is, this situation actually is pretty scary! Those feelings of fear, worry and anxiety that we may have are very real. But the writer of Proverbs encourages us to guard our hearts, practising discernment about what we let into our souls, as it will impact the trajectory of our thinking, and ultimately, our actions.

This week, let us be reminded that our God is bigger than anything that happens in this world; He is good, and we can put our total trust in Him.

*Mr Daniel Lee*

*Head of Middle School*



## Keep Informed

### PARENTING IDEAS

Recently the College initiated a subscription to '**Parenting Ideas**'

<https://www.parentingideas.com.au/> an organisation dedicated help parents successfully raise confident, happy and resilient kids.

*“We connect parents and educators to our expert child development knowledge through first class digital channels and accompany it with a genuine human interface to make parenting support more accessible and impactful.”*

They provide

- Regular parenting blogs
- Online courses for parents
- Parenting guides and resources
- Books from our founder and best-selling author, Michael Grose
- Memberships for schools to help support effective school and parent relationships
- Videos, articles and resources for schools to share on their school website, social media and communications
- Professional Learning programs for teachers
- Presentations, keynote speaking, workshops and conferences for parents and educators



You may find one of their recent articles “*Maintaining kids’ mental health during the coronavirus pandemic*” useful. Check out other useful articles on the website.

Here is a 'Parenting Ideas Insights' article below.

 [Parenting Ideas Insights - Expect more from kids in these difficult times.pdf](#)

*Michael Swanborough*

*Head of Learning and Teaching*

## **PARENTS BE ENCOURAGED!**

*“Therefore encourage one another and build each other up,  
just in fact you are doing..” - 1 Thessalonians 5:11*

I want to encourage you! God is good. He is our salvation, our strength and our delight, and He has our College in the palm of His hands. It has been so encouraging to hear the way that families are supporting one another, offering help and certainly praying for each other during our time of Continuous Online Learning.



Well done, Parents! I have seen and heard some of the wonderful learning that is taking place in your homes. You are providing a safe and consistent learning environment which will help your child thrive. You are opening links, downloads, PDF's, watching videos, printing worksheets. I have seen parents join



in with PE, Art and Music lessons! It's our joy to facilitate the learning and we continue to need you to provide the shelter, food, love and hugs! We are a team. Our goal is to provide timely information so that your household can manage this time effectively. Please communicate early with your Classroom/Homeroom teacher of any needs.

Maintaining balance in online learning is very important. We are partnering with you to educate the whole child. So, with that in mind please remember the importance of PE, Sport, Health and Media, IT, Visual Art and Performing Arts in the timetable. The skills learned in the 'specialist' subjects are transferrable into many contexts and will add value to your child's ability to process current events. Just as the world is using playfulness, humour, drama, song, dance and creativity to help communicate our joy, fears and celebrations, so too do children need to develop skills in these areas.

Michael Grose, gives great help in Parenting Ideas, stating how "sufficient sleep, good nutrition and exercise are essential for anxious kids." He suggests to "support your child to adhere to their optimal bedtime so they wake naturally each morning, reduce sugar, take care of their health through good nutrition and encourage regular exercise for optimal mental health." The learning brain needs rest and sleep in order for any new information to be 'taken up' and consolidated into long term memory. This means regular breaks away from screens.

I saw something recently that summed up my thoughts around the process of learning. I have edited it slightly.

*Dear Parents,*

*During this unusual time remember that your child is doing their best. When we return to face-to-face teaching, I will continue to support your child and, if needed, get them back on track. I am a teacher and that is my superpower. Right now, I just need you to continue to share your calm, share your strength, and share your laughter with your children. Your children are exactly where they need to be – in God's loving hands.*

With love,

*Mrs Heading (and all the teachers on planet Earth)*

*Coordinator of Learning and Teaching P-6*

## CHANGE OF STRUCTURE FOR 2021

As per our time line/process in changing our structure into a Primary/Secondary model for 2021, I have an important announcement to give you all!

I am excited to announce that from the beginning of 2021, **Mrs Yvonne Hughes will be the Head of Primary** and **Mr John Presant will be the Head of Secondary**. Congratulations to both of these outstanding educators!

I want to thank Mr Dan Lee for his leadership of the Middle School, these past couple of years. Dan will be leaving St Andrews Christian College at the end of the school year. We will be excited to see how God will use Dan's outstanding gifts in the future and he leaves with our blessing, our thanks and good wishes!

Dan is a very generous, gracious and humble leader and has excelled at mentoring and building his team, allowing people to really grow in their giftings.

I thank God for our amazing leaders at St Andrews Christian College and know you will join me in my prayers for each of them.

Every blessing,

*Catriona Wansbrough*

*Principal*

## THE HUB

Dear Parents

We are excited to be building towards opening up our Learning Management System, which he have affectionately named **The Hub**, to parents. This platform will allow you as parents to be able to see work which is due in your child(ren)'s classes as well as be a central place for all College news!

We are working in the background to get this platform ready for you to access, and, as I'm sure you can understand, the challenges this year has thrown at us as a school has meant we needed to delay some of the long-term projects we are working through.

We remain committed to getting parent access to the Hub as soon as is possible. Thank you for your patience with this process.

*John Presant*

*Head of Senior School*

## UPDATE CAREMONKEY PROFILES

In order for us to be able to effectively communicate to our school community, we need to ensure all of our parent/guardian contact information is up to date.



Please check your children's CareMonkey profiles to confirm their details are correct. This includes home addresses, phone numbers, email addresses and emergency contacts. When any changes are made in CareMonkey, the school will be sent an alert to update all of our databases with these changes.

If the children's living/family arrangements have changed please email [enquiries@standrews.vic.edu.au](mailto:enquiries@standrews.vic.edu.au) with the necessary information.

## NBN CONNECTION

### FOR LOW INCOME FAMILIES

The Independent Schools Council of Australia (ISCA) advises that NBN Co has issued an initial [list of phone and internet providers](#) participating in NBN's \$50 million offer to support low-income family households with school-aged children to access the internet for remote learning.

The scheme provides phone and internet providers with rebates against NBN's wholesale charge between April and September 2020, to enable providers to create more affordable offers to connect eligible families.

The list of participating providers and their contact details is posted on NBN's website at <https://www1.nbnco.com.au/campaigns/covid-19/education-assistance-package>, along with information on eligibility and connection. The list will be updated online as more providers join the scheme.

The offer is available only for low-income family households not connected to the NBN before 1 March 2020.



## Keep on Learning



- Learning Assistants are connecting with students via Zoom or Teams to support students in their online working during the week.
- We are working alongside those younger students who need additional support to navigate the demands of continuous online learning.
- The Learning Support Team are developing routines and working together to ensure that students have the best possible experience.
- The Learning Support Team are developing stronger relationships with students in small groups or 1:1.
- Andrew Farmer has started to come in each Thursday afternoon to run sport with those students who are at school.
- Students are honing their abilities to be better organised, to advocate for themselves and are learning to try new ways of doing things.



Although school is very different to normal, it's been wonderful to see students adapt and take greater ownership of their learning. We continue to look for the positives each day and thank God that He is still in control.

We acknowledge that online learning suits some students more than others. Please feel free to contact Learning Support if we can help you as you assist your child with learning at home. Contact Shirley Gillie: [sgillie@standrews.vic.edu.au](mailto:sgillie@standrews.vic.edu.au) and Kerryn Terrington [kterrington@standrews.vic.edu.au](mailto:kterrington@standrews.vic.edu.au)

*Shirley Gillie*

*Head of Learning Support*

## **YEAR 10 THEATRE STUDIES -**

### **ONLINE INCURSION**

The Year 10 Theatre Studies class are studying Stephen Sondheim's musical "Into the Woods", and as part of our coursework we have had two online Incursions with professional actor and director James Cutler.

Drawing upon his expertise as a professional actor, director and theatre maker, James led the students through an insightful and in-depth examination of the directorial process, with particular attention to dramaturgical processes of finding a story worth telling and finding meaning in a piece of theatre.

James created discussion around the value of telling stories through this medium, and allowed the students to delve further into their own exploration of what it means to discover the 'essence of the play', and how to craft vision for theatrical performance.

James' workshops conclude with a reflection on his own personal practice as he details his own process for shaping a play's vision as well as communicating with actors, designers and other theatre practitioners to bring a play to life on the stage.

## **CAREERS AND STUDY SKILLS**

*Career development is about much more than jobs – it is about how to live your life.*

***NATIONAL CAREERS WEEK***



National Careers Week aims to celebrate careers, career development and to promote the economic, social and personal benefits of career development. As we head further into the age of digital disruption and rapid automation, jobs of the future will require individuals to possess a broad range of transferable skills.

These four skills are essential for modern students to succeed in school and the workplace:



- Critical thinking
- Creativity
- Collaboration
- Communication

With **critical thinking**, students learn how to discover the facts and figures for themselves. They ask questions. They become engaged in the world around them.

**Creativity** is the practice of thinking outside the box - look at a problem from multiple perspectives. Creativity allows students to embrace their inner strengths.

**Collaboration** is the practice of working together to achieve a common goal. Collaboration teaches students that groups can create something bigger and better than you can on your own.

**Communication** is the practice of conveying ideas quickly and clearly. In the age of text-based communications, SMS, emails, social media and online learning, it's never been more important for students to learn how to convey their thoughts in a way that others can understand them.

It's most accurate to say that students need the four C's for any and every reason. Combined, the four C's empower students to become one-person think tanks. Then, when those students get together, they can achieve almost anything!



### ***STUDY SKILLS***

Our school is a subscriber to the study skills website [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au) Dr Prue Salter has released a video series answering the most commonly asked FAQs to help Years 7-12 families make the learning taking place at home as effective as possible.

The session is broken into mini-videos. St Andrews parents can access this series here: <https://pruesalter.com/RHL/RHL.php>

The videos on this page will be available for all of Term 2. You may like to watch the brief introduction first before jumping to the questions.

1. [How can families make the home environment a better space for learning?](#)
2. [How much schoolwork should students be doing each day?](#)
3. [What is the best way to approach the day's learning?](#)
4. [How involved should parents be and what if they also have to work at home?](#)
5. [How important is it to stick to the curriculum?](#)
6. [Any specific advice for senior students?](#)
7. [What if students have trouble learning this way?](#)
8. [What should senior students do if they feel they are disadvantaged?](#)
9. [How can students stay motivated to do their schoolwork at home?](#)
10. [How can students stay more focused in online lessons?](#)
11. [What do you need to know about webinars?](#)
12. [How much screen time can students have outside of schooltime?](#)
13. [What lifestyle factors help students be more effective learners?](#)
14. [What are the top tips for parents?](#)
15. [What are the top tips for students?](#)
16. [Where can you get help from?](#)

### ***VIRTUAL BIG DAY IN***

***When:*** Wednesday 20 May, 11.00am

***Guest speakers:*** Dr Tim Kitchen - Adobe's Senior Education Specialist & Genevieve Ash - Business Analyst, TechnologyOne



**BiG Day In** is for students interested in ICT and technology. It helps students obtain more information and make decisions about their future study options. Presenters discuss subjects including career paths and



opportunities, as well as the latest developments and the future of technology.

<https://www.thebigdayin.com.au/live-week1>

No registration required - just click on the link above & select 'View on Internet'.

### ***CAREERS NEWSLETTER***

In this careers newsletter you will discover the latest news from our leading universities as well as other careers resources.

- UCAT Applications for Entry to Medicine in 2021
- News from: Eastern College, Deakin University, The University of Melbourne, Swinburne University, Monash University, La Trobe University and ACU
- The National Youth Science Forum Year 12 program in January 2021
- Virtual Careers Expo
- Webinar: The Importance of LinkedIn
- Optometry Courses in Australia in 2020
- Photography Courses in Victoria in 2020

### ***St Andrews Careers Newsletter Issue 6***

 [St Andrews Careers Newsletter 7 May 2020.pdf](#)

***Mrs Irena Yevlahova***

*Careers Coordinator*

## **YEAR 5 DRAMA WORK**

The Year 5s were taking photos that show different themes in a tableaux.

The themes were: “Alone” and “Together”.



The photographers here are: Jonathan Yun (the two photos of the children in the hallway), Abigail Nah (the little tables with dishes), Aiden Morris (the lego circle), Annabel Thalappillil (the gel pens) and Zachary Lim (the puppy)

## YEAR 5 & 6 MUSIC

Hi everyone! In music this week, the Year 5/6 classes were asked to write a 4 line chant. They were given 2 examples – one about a sports team, and the other about our school theme of treasures in heaven!

The students were encouraged to make sure their 4 lines kept a beat so that in the coming lessons they can put it to their own music. They wrote about lots of different things (some with theologically deep meaning and questions), but thought I would share with you some of the BEAUTIFUL work that encouraged my heart! I have just chosen 3 from one of the classes, but they are gorgeous, be blessed!

I like to sing to God on Sunday  
 If I sing I won't fall apart  
 I like to sing to God on Sunday  
 Since I love him with all my heart  
 - *Christine Kim*

The world goes round and round  
 God helps me in every way  
 By walking close to him,  
 Everyday is a wonderful day  
 - *Benjamin Beng*

Jesus is our wonderful Lord  
 He fights for us even without a sword,

Jesus' love lasts forever,  
Needing to be afraid; never!

- *Sera Oktanio*

*Rachel Ranger*

*Primary Music Teacher*

## **“Go, Grow & Glow”**

### **HEALTHY FOOD POSTER**

In Health Class students learned the importance of eating serves each day from the 3 food groups:

GO foods - carbs for energy

GROW foods - protein & calcium for bones, muscles and development

GLOW foods - Vegetables and fruit (vitamins and nutrients) to help us look and feel well.

Here's 3A's David Tan and his “Go, Grow & Glow” Healthy Food poster.



What a smile! David Tan and his "Go, Grow & Glow" Healthy Food poster.

**LOVE READING?**

**WANT LESS SCREEN TIME?**



Some libraries are now offering home deliveries of books for residents. Have a look on their websites for further details.

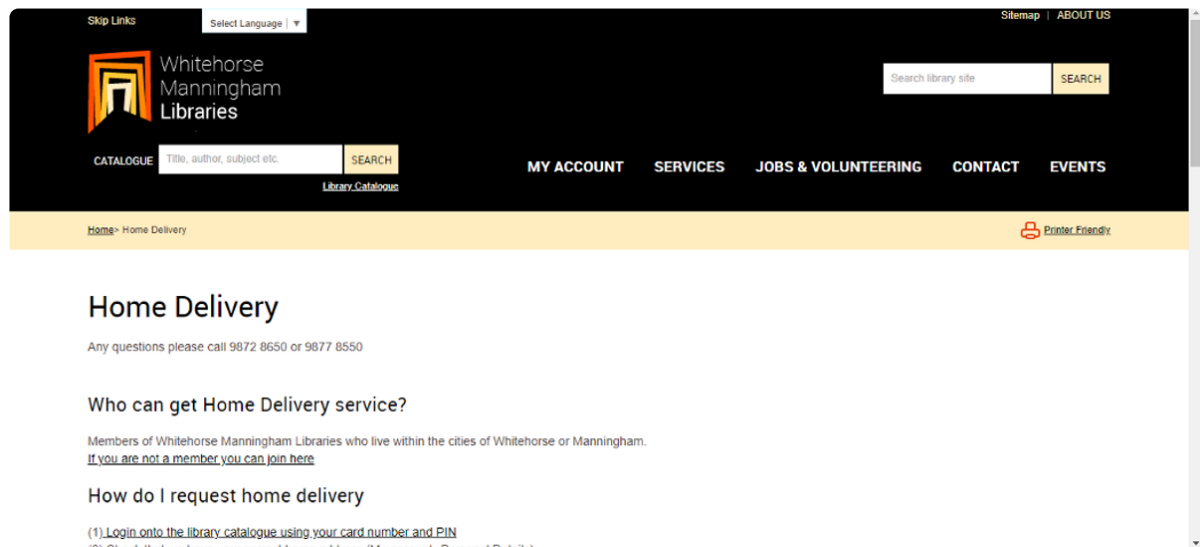
**Eastern Regional libraries**

<https://www.yourlibrary.com.au/2020/04/clickpost/?fbclid=IwAR3V4G7jq6yXA7gOa9-QTz6IhoYOSQk7I8giY-JORkUbj1RFbHkUHCHajE>



**Whitehorse Manningham Libraries**

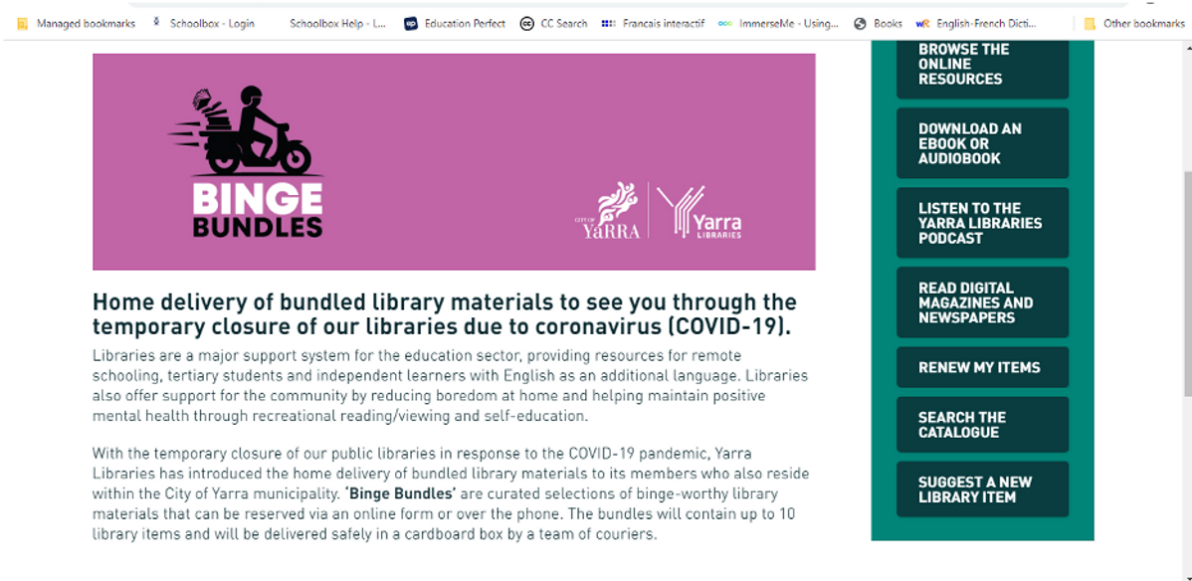
[http://www.wml.vic.gov.au/Page/Page.aspx?Page\\_id=1036](http://www.wml.vic.gov.au/Page/Page.aspx?Page_id=1036)



**Yarracity Libraries**

If you are a member of Yarracity libraries, you can ask for a 'binge bundle'.

<https://library.yarracity.vic.gov.au/using-the-library/binge-bundles>



**BINGE BUNDLES**

Home delivery of bundled library materials to see you through the temporary closure of our libraries due to coronavirus (COVID-19).

Libraries are a major support system for the education sector, providing resources for remote schooling, tertiary students and independent learners with English as an additional language. Libraries also offer support for the community by reducing boredom at home and helping maintain positive mental health through recreational reading/viewing and self-education.

With the temporary closure of our public libraries in response to the COVID-19 pandemic, Yarra Libraries has introduced the home delivery of bundled library materials to its members who also reside within the City of Yarra municipality. 'Binge Bundles' are curated selections of binge-worthy library materials that can be reserved via an online form or over the phone. The bundles will contain up to 10 library items and will be delivered safely in a cardboard box by a team of couriers.

- BROWSE THE ONLINE RESOURCES
- DOWNLOAD AN EBOOK OR AUDIOBOOK
- LISTEN TO THE YARRA LIBRARIES PODCAST
- READ DIGITAL MAGAZINES AND NEWSPAPERS
- RENEW MY ITEMS
- SEARCH THE CATALOGUE
- SUGGEST A NEW LIBRARY ITEM

## INTERESTING 'SITES' TO SEE

For Primary school students: <http://www.kidtopia.info/>

An alternative to Google and containing material chosen by teachers and librarians



About Us Contact Us Our Buzz Our Blog For Students For Teachers YouTube Search Form

**Kidtopia**

Search

Google custom search


- Sci/Tech
- Social Studies
- Arts
- Language Arts
- People
- Animals
- Games/Activities
- Countries
- Math

Science and technology (Primary): <http://www.clubscikidzmd.com/blog/>

ClubSciKidzMD has a daily blog with science experiments or cooking activities that can be done at home. The read more has the explanations behind the challenge. This week has LEGO STEM challenges- building bridges or making balloon cars.

**Wednesday 5/6: LEGO Challenge #2: Build that Bridge!**

May 5, 2020 by Club SciKidz MD Leave a Comment



Today we are looking at bridges. We've all been over them in a car, and you may have even walked over a bridge. Bridges are a common thing in today's world. They make transportation faster and easier. ... [\[Read more ...\]](#)

Filed Under: "March Break" Resources & Activities

Happy Reading & Learning,

*Lynne Marks, Anita Little, Wai Peng Heath*

*Library Staff*

## WHEN LIFE HANDS YOU LEMONS,

### MAKE LEMONADE

*"Necessity is the mother of invention"*

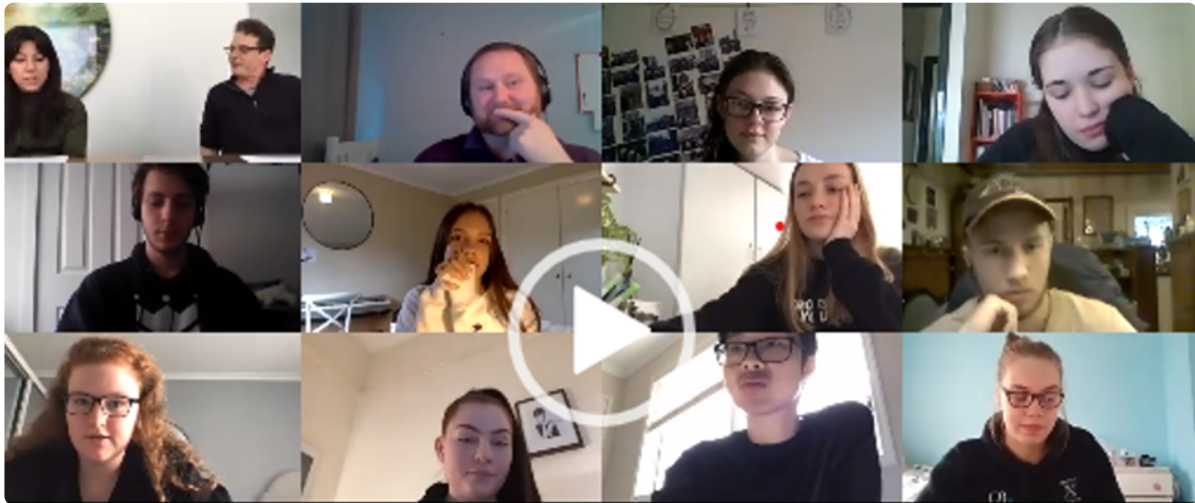
*"The glass isn't half-empty, its half-full"*

There are a lot of inspirational quotes out there for times like these. All of them feel slightly contrived and cheesy; however, not wholly untrue. This period in schooling at the Senior School has caused us as teachers, parents and students to reassess how to do 'school'. I have been thoroughly impressed with the way that everyone has adapted to Continuous Online Learning at home.

In my own teaching I have needed to think about how I can do the same thing differently. I have been teaching Unit 3&4 Legal Studies for the past 12 years. This is the fourth

school, third study design, and first time I've conducted classes via Zoom. The process of learning how to share my screen, annotate notes, create breakout room and run Kahoot! Quizzes has stretched me as a teacher. My class knows they are my "guinea pigs" to try some new things.

One of the new things I think did work was to have a 'guest lecturer'. We were able to arrange for a solicitor to 'join' our class and share his experience. Grant Renkema, from Alphastream lawyers, was kind enough to share his time and expertise with the class. This new environment of learning can allow us to access guest lecturers and experts to join our lessons—from the comfort of everyone's living room.



This will be a time to remember—and I'd like to remember it for a time that was filled with creativity, half-full glasses and... lemonade.

*John Presant*

*Head of Senior School*

## PERSUASIVE WRITING

This term Year 9 English students have been exploring issues and developing their persuasive writing. Below are a couple of examples of their work.



Dear Mr Daniel Andrews,

I would like to suggest a way of life that used to be one of the most important practices of our daily life. During these times of self isolation, I have realised covid-19 has taught us many things in life. One of them is that we should slow down our lives and appreciate what we have in life. I am saying this because I would like Sunday trading to end. I believe closing shops on Sunday will help us achieve and maintain a better life. Families will get together again. People will finally have the weekly break they have always wanted. You can even save money by closing your shop on a Sunday - and at the same time gain loyal, happier employees.

So often we rely on technology, and the media, and social networks to provide us with the entertainment in our lives. I am sure that I am not the only one who believes that over a long period of time, technology is not the most relaxing thing around. According to the Australian Psychological Society's survey, technology actually increases stress levels. It doesn't free us, it doesn't give us that sense of tranquility and serenity that we once hoped it would give us. It just adds to the already stressful lives we live in. Closing shops on a Sunday would mean everyone will have a break, so that they are rejuvenated and refreshed for the new coming week.

Families will come together once again, and so many people will once again feel the connections with each other that they once did long ago. Whether it is going out together to the park, having a full day where meals are eaten with each other, all these interactions will bring families closer together. It is highly important that the family foundation is strong, and that the communication is clear. There are many times where a family's relationship determines whether it will break or be built. Take the covid-19 for instance. Never has there been a time more where families need to stick together. To trust each other. If a family's foundation is not strong, especially in these times, there will be tensions between each family member. This would not help in the current world. It would only add on to the stresses of job losses, financial crises and the uncertainties. However, with a strong family, they can rely on each other, knowing that they are not alone in this time. Each person is supported and each one knows that the family will stick together no matter what. Ending Sunday trading will certainly increase the trust and support in one's family.

Wouldn't it be wonderful if I told you that closing your shop on Sunday would help you save money? And on top of that, it would help you gain more loyal, happier employees? Stopping the trade on Sunday would mean that you don't have to pay any money to the employees. Don't you want to feel that cash in your back pocket? That feeling of financial stability? Plus, giving them a solid one day break would mean on Monday, they would be refreshed and happier. Everyone loves a happy employee. To a customer, a happy employee means that they enjoy their work. Their environment is pleasing and boosts their wellbeing. And that would probably encourage the customer to come back again. They know that this store has cheerful, helpful employees. The loyalty of an employee also increases when you close on a Sunday. They know that for at least one day a week, they get a break. A guaranteed break. This may also motivate them to work harder, more efficiently. They know they have a day off, so they will feel happy to work, happy to oblige, as they have a reward at the end of the week. Ending Sunday trade will guarantee you happy, loyal employees yet at the same time you'll be able to save money.

It would be deeply appreciated if you would consider my reasons to voice this. Imagine a slowed down life, a life where we can be grateful for the joys of our days, a better life. A less stressed life, where you know you have strong connections and can count on your community. I truly believe that closing all shops on a Sunday will be greatly beneficial to everyone in Australia. Such a decision will help us achieve healthier, satisfactory, effective life.

Have a lovely day.

Regards,  
Samantha Loke.

Dear Michael Gidley,

Before the COVID-19 outbreak, our lives have been constantly engaged with outside activities as well as the stress of work. There is hardly any time available for relaxation amidst the overloaded schedules of every household and there is always something every week. Children go to school every weekday and are separated from their parents and guardians who work every weekday as well. After school, children have extracurricular activities to attend such as tuition or other activities involving physical activity. When time is available, it's normally spent on friend gatherings or meeting up with friends for a coffee and for some people, maybe even to the pubs. You would rarely see people enjoying themselves indoors for days and there's rarely an exciting story to be heard from them.

When the isolation period came because of the COVID-19 outbreak, originally, isolation, which has slowed down our way of living and limits our contact with extracurricular activities as well as limiting restricting contact socially, was thought of as a negative impact. The loss of communication between peers and co-workers makes individuals feel lonely and bored. However, it is because of this isolation, we start to experience an appreciation of our surroundings that we have taken for granted. Once our minds have begun to become accustomed to the reality of having nothing to do or having nowhere to go, we start to have a sensation of what it's like to feel relaxed and life then slows down and starts to become appealing. We have also been able to see our families more often and spend quality time with them which isn't something that you would usually get every day. For me, having my own set pace for my studies is a great benefit from the isolation. I am able to keep working on a subject for as long as I like without a bell ringing, distractions, or when the next period comes along. For those who live alone, studies (<https://www.lifehack.org/453521/8-reasons-people-who-like-spending-time-alone-are-smarter-and-stronger>) have shown that being alone can be beneficial. This isolation period can help psychologically by strengthening mental strength. It can help make an individual more confident because you have more time to focus on your own thoughts rather than another person's opinion. Not only does it help a person mentally, but it can also boost productivity. With fewer areas to rush to, as well as fewer distractions that can take up time, we are surrounded with only our thoughts and our work right in front of us which can aid us in getting needs to be done, done. Even though this isolation period can go for too long, which can lead to severe loneliness, it is also advised to keep virtual contact with others.

However, once the isolation period has been ceased, everyone will go back into the stressful lives they have been living before the outbreak had happened. Extra activities start to commence again and the constant rush from place to place keeps our minds occupied. For this reason, I suggest putting an end to Sunday trading. Ending Sunday trading will not only help maintain our overloaded lives, but it would also help us achieve a better lifestyle. It also ends just one day of the week that can help keep a balanced lifestyle, unlike our current isolation period. We will be able to once again have the opportunity to relax and enjoy the day at our own set pace just as we currently do during our solitude. Families will also be

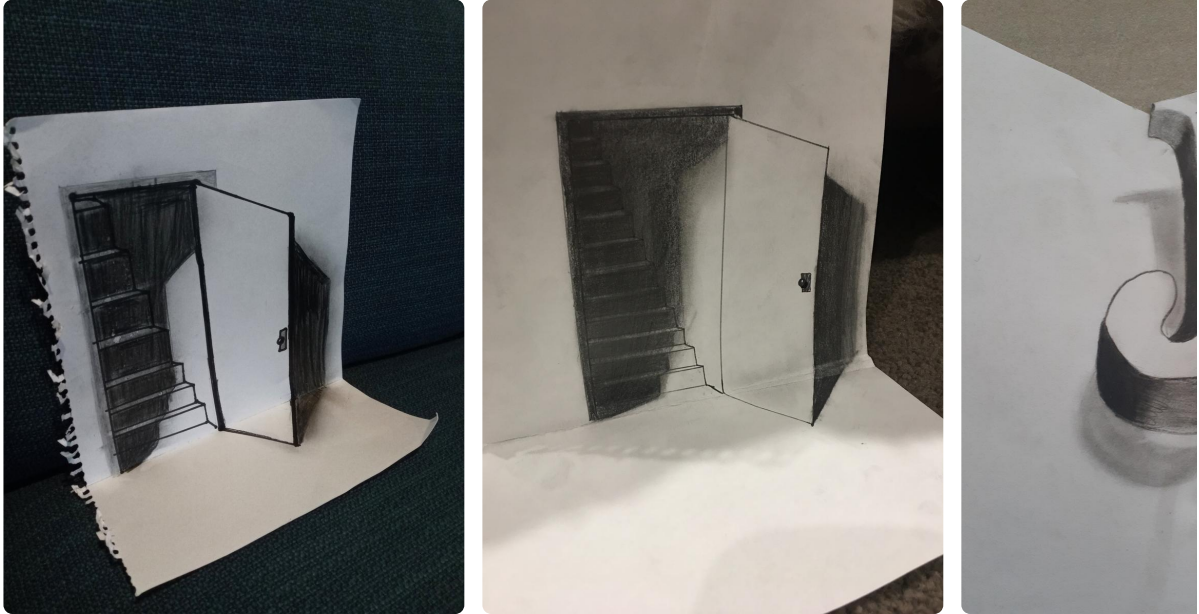
able to make use of this time and being able to connect with each other rather than each member of the family doing their own thing and others will also be able to recharge and focus on the work that needs to be completed. Because Sundays will be spent at home, people may also use this time to focus on fixing problems.

Thanks to the isolation periods of COVID-19, even though there is the threat of a disastrous disease when walking out the door, on the positive side we have learned how beneficial it can be to spend time alone or connect with family. Because of this, after the outbreak starts to decline, it should be necessary to end Sunday trading. Ending Sunday trading will not only allow a person's mental health to improve, but it can also lead to the improved overall wellbeing of the country.

Kind regards,  
Irena Tan

## MIDDLE SCHOOL ART

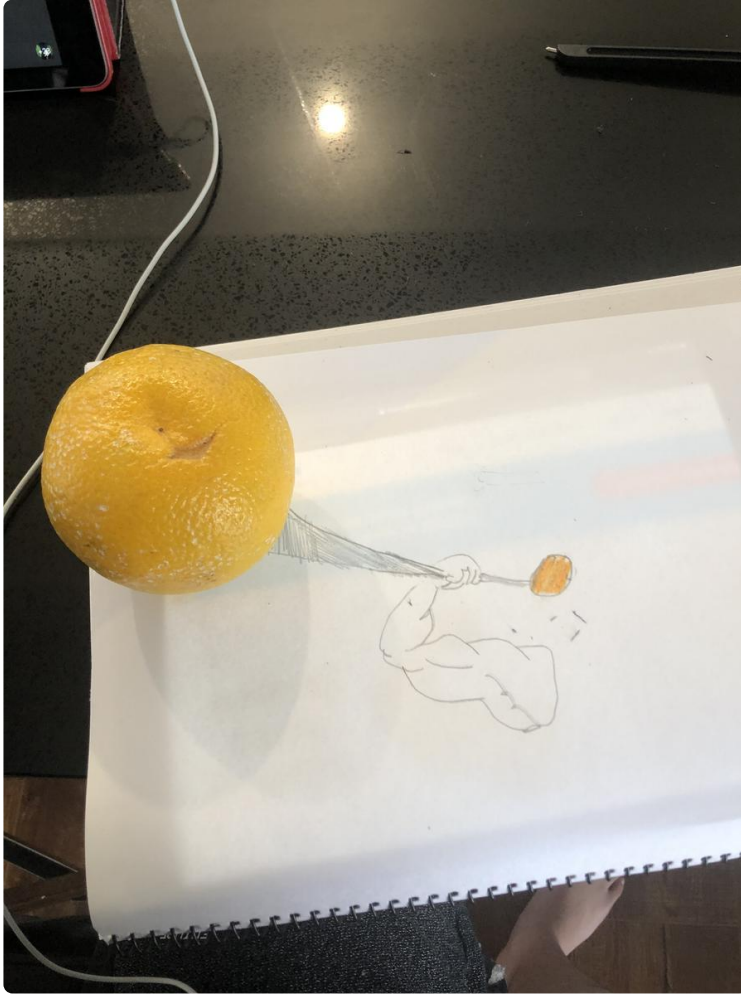
### *YEAR 6 - OPTICAL ILLUSIONS*



Above are some more images from Year 6 works. They are looking at Op Art – Optical Illusion Art. This kind of art prompts us to consider that the world we can belong to if we trust in the name of Jesus (our Heavenly Home) is the real one, and this world we feel we want to belong to (where rust and moth destroy) is like an illusion. We can't always trust our eyes! The Year 6s are creating amazing studies and I am very proud of them.

### *YEAR 7 ART*





Above are some wonderful Year 7 artworks. Observations. Transformations.

Year 7 are looking at the work of Christoph Niemann, an illustrator living in New York. He has made a living making social commentary through drawing and been a regular publisher in the New Yorker. He has collaborated with other artists to make works that respond to the COVID-19 pandemic. These artists focused on the symbol of the rainbow as a symbol of hope. We have looked at Genesis and how God gave Noah the rainbow as a sign. Student projects are considering how HOPE is communicated and manifest in this time of difficulty and what the purest source of hope is – God. We are comparing and contrasting two world views.

### **YEAR 8**

Year 8 have been creating 'Gratitude Letters' further exploring typography practice:









# Keep on Connecting

## PREPS STAYING CONNECTED



A Prep Zoom Class

## YEAR 1 DEVOTION & BIRTHDAY BUBBLES

1L held a birthday celebration with bubbles for Ricky's birthday. It was our first Zoom devotion session today and it was a hoot!

*Mrs Lepileo*  
*Year 1 Teacher*



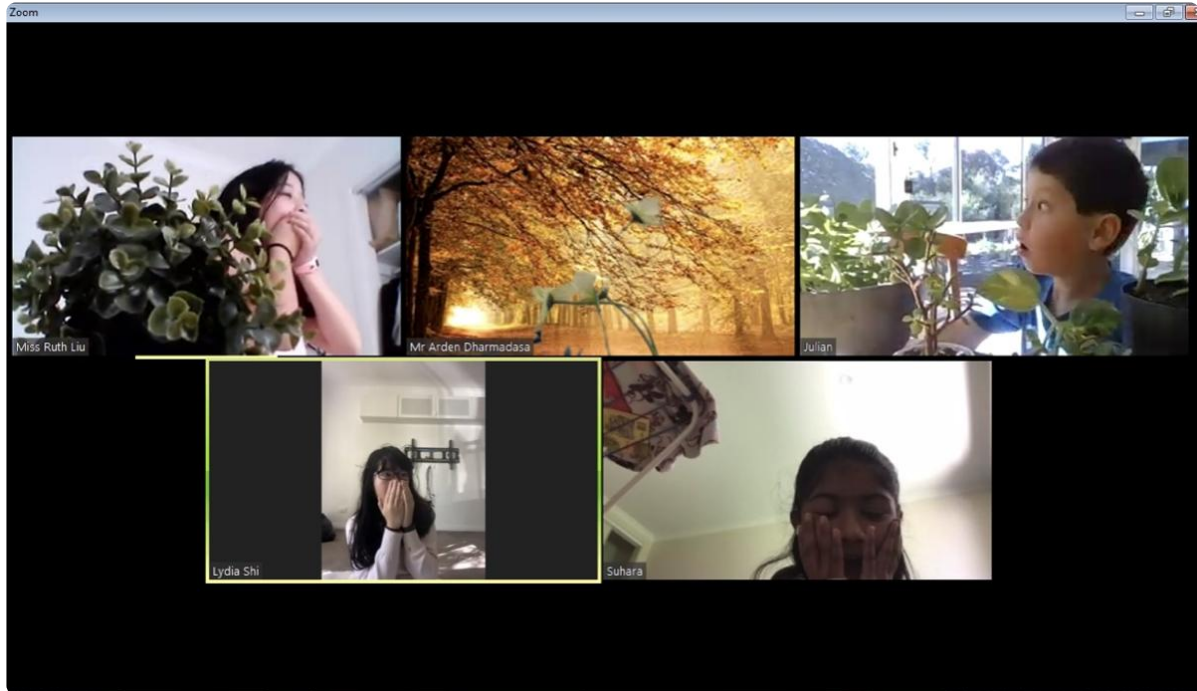
## YEAR 1 - ZOOM CALL

Here's some snaps of Year 1 on their Zoom call last Friday. It was so beautifully funny. Unlike some of the other year levels they ALL talked, they all had Cameras on and most of them didn't want to leave the meeting!



## FOREST OF GOLD

Here are Year 6 students collaborating via Zoom to act out a movie poster for a movie called "Forest of Gold"



## HAT DAY FOR 11B

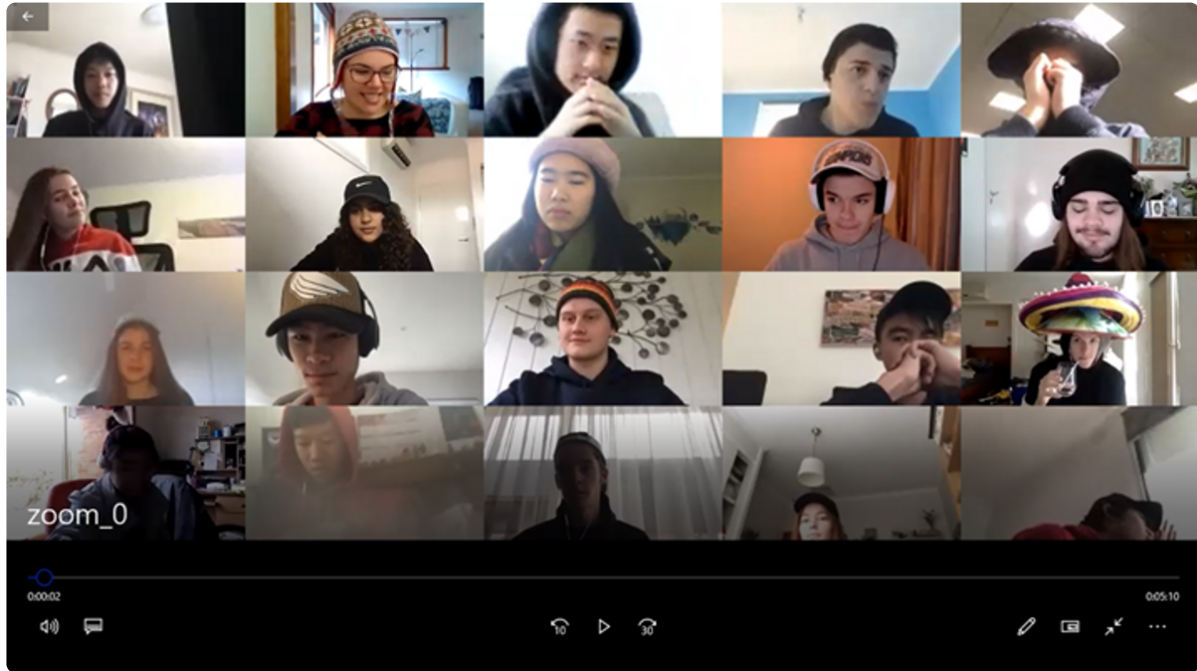
It was Hat Day in 11B Devotions on Thursday, as we spoke about the Helmet of Salvation.

I shared with them this lovely little definition of peace which one of my pastors used in a recent sermon:

Peace = “The tranquil state of a soul assured of its salvation through Christ, and so fearing nothing from God and content with its earthly lot, of whatever sort that is.”

I hope you can all wear your Helmets of Salvation today, knowing that your present and your future is assured by the love of Him who died to save and redeem you.

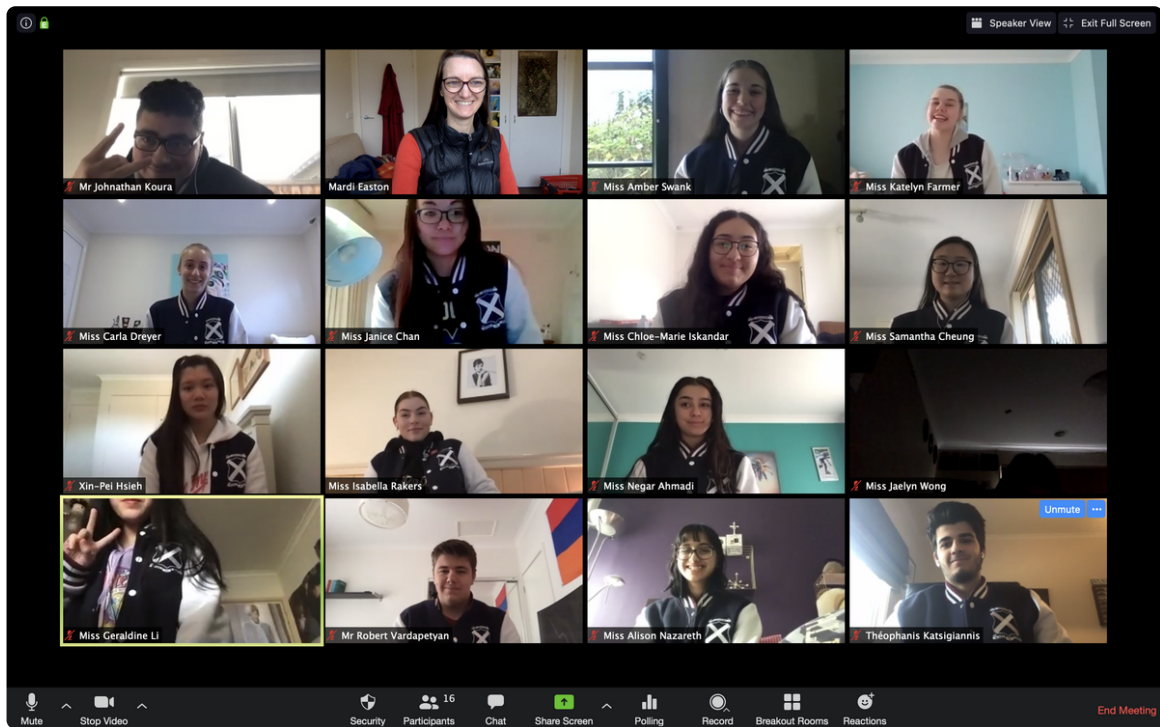




*Ms Brown*

*Senior School & Drama Teacher*

## 12E IN UNIFORM



## FOR THE FAMILY



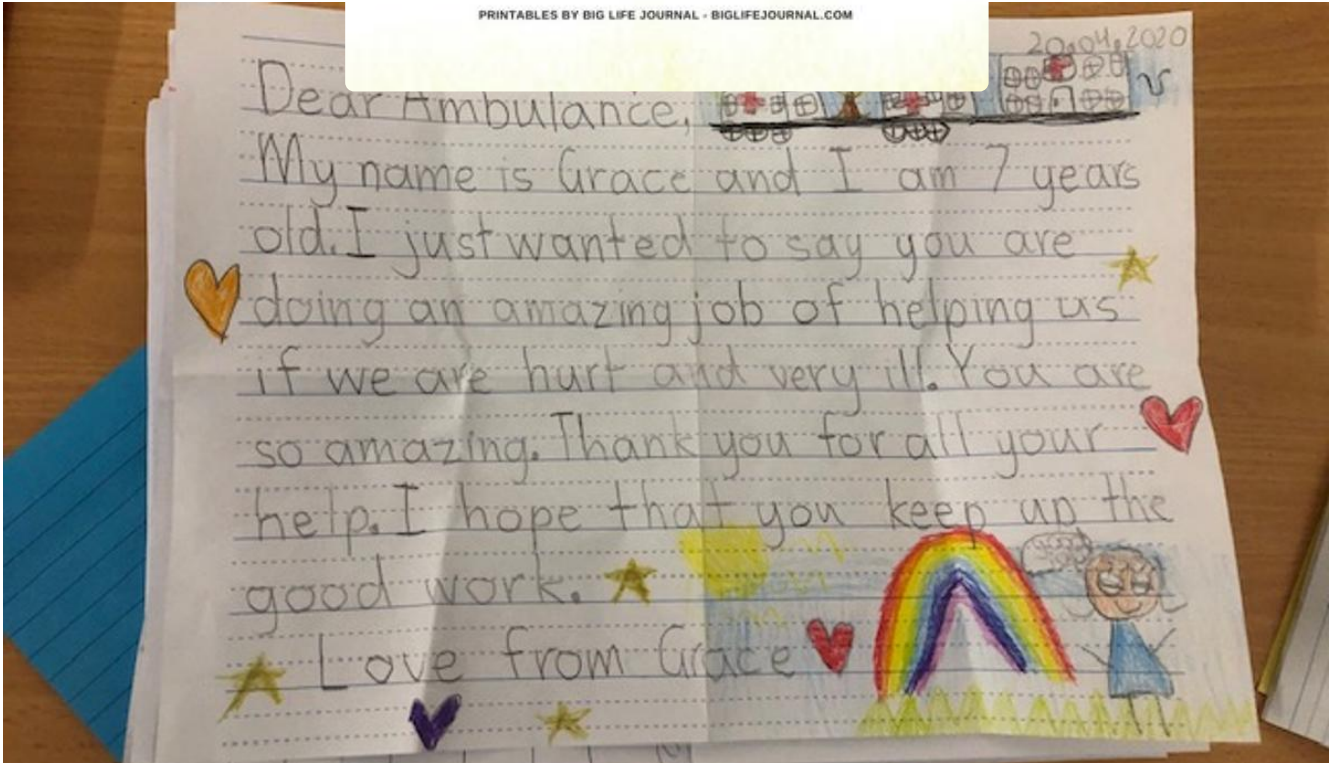
# 25 TIPS & ACTIVITIES to make Quarantine Fun for Children

Big Life Journal

- 1 **CREATE POSITIVE MEMORIES** for your children to talk about in the future. Focus on connection, relationships, gratitude, and having fun. 
- 2 **ESTABLISH A LEARNING ENVIRONMENT** that works best for your family. Don't replicate the classroom.
- 3 **GIVE YOUR CHILD SOME FREEDOM** to choose what they want to learn. Use My Learning Projects template inside the FREE [Stay-At-Home Care Package](#).
- 4 **ADD A WEEKLY TRADITION** to your family so everyone has something to look forward to.
- 5 **BEGIN THE DAY WITH "FAMILY TIME"**. Every day, a different person decides what the family does for the first hour of the day.
- 6 **FILL A HEALTHY SNACK BOX AT THE START OF THE DAY**. Your child can choose when they snack and how often. When the box is empty, that's it for the day.
- 7 **TAKE A SHORT BREAK WHEN THINGS GET DIFFICULT**. Do not think too far ahead. Take one step at a time.
- 8 **ENCOURAGE YOUR CHILDREN** to learn something new or try something they've never done before. For ideas, download the FREE [Stay-At-Home Care Package](#).
- 9 **LEARN A NEW SKILL YOURSELF!** For example, practice meditation, take a positive psychology course online, or learn origami.
- 10 **CREATE A MORNING ROUTINE** that works for your family by adding fun activities like family yoga or dance party. 
- 11 **TEACH CHILDREN IMPORTANT LIFE SKILLS** such as doing laundry, cleaning bathrooms, fixing things around the house, and cooking. Have them plan and cook one meal at least once a week.
- 12 **MAKE A FORT AND HIDE THE BIG LIFE JOURNAL INSIDE!** Have a pretend camp-out, including a picnic, inside the fort.
- 13 **CREATE A QUARANTINE DIARY OR TIME CAPSULE**. Keep track of your daily activities and write them down.
- 14 **START A "LOOKING FORWARD TO" JAR**. Every time someone wishes they could do a specific thing, write it on a note and put it in the jar to do after the restrictions end.
- 15 **FILL A SMALL BOX** with things that make your children feel good (something soft or squishy to touch, lyrics or quotes from favorite songs or shows, a favorite book, a non-perishable snack they like, etc). 
- 16 **HAVE FAMILY MEETINGS TO TALK** about what's working and what needs to be adjusted.
- 17 **CREATE A LIST OF DAILY "CHALLENGES"**, which might include reading a certain number of pages, making an art project, working on a puzzle, calling a friend or relative, or building something.
- 18 **INVENT A GAME!** Here's an idea from a member in our community: get game dice and LEGO® bricks (or something similar). Roll the dice and the number you get is the number of pieces you have to build with. Keep rolling and create some amazing and imaginative projects!
- 19 **THROW A CHOOSE YOUR OWN ADVENTURE DANCE PARTY!** Roll a dice. If it's: 1 or 4: freeze dance (dance until the music is paused). If it's a 2 or 5: keep it moving (you can't stop moving until the song is done). If you roll a 3 or 6: dress up dance (put on a mask, cape, costume, funny hat, etc.). Have fun!
- 20 **FIND WAYS TO HELP YOUR LOCAL COMMUNITY FROM HOME**. Donate to a local food bank, sew masks, drop off food for elderly neighbors, etc.
- 21 **TURN A HALLWAY INTO A BOWLING ALLEY** for rainy days or make one outdoors on sunny days. Use toilet paper rolls for bowling pins or design your own with cardstock paper. Get creative!
- 22 **EXERCISE DAILY!** Have children make a "PE video" for their friends. Designate Family Exercise time each day and go for walks, ride bikes, have a dance party, etc.
- 23 **START A GARDEN OR GROW INDOOR PLANTS** or herbs using recycled containers. Research which herbs, plants, vegetables, or fruits grow well in your area. 
- 24 **MAKE A JAR OF FUN!** Brainstorm a list of activities and write them down on slips of paper. Place them in a jar. When someone gets bored, pick an activity from the jar to do alone or with someone in the family.
- 25 **GO ON A "TRIP" OR "HOLIDAY" FROM HOME**. Were your vacation plans canceled or postponed? Make pretend airplane or train tickets. Research the location, watch videos about the destination, cook meals, make postcards, make a

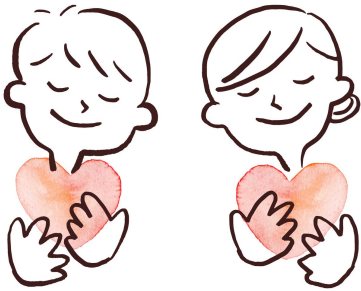
funny video about your trip. Remember to take pictures!

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## Keep on Caring

### JUNIOR SCHOOL LOVE OUR MUMS!

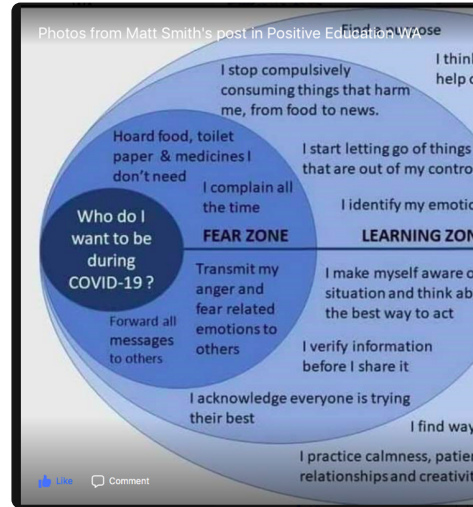


This week the Junior School students all got together to tell our Mums how much we love them, enjoy your virtual gift.

*Love Mrs Yvonne Hughes*  
*Head of Junior School*

### JUNIOR SCHOOL CAPTAIN DEVOTION

### THIS WON'T BE FOREVER



Mrs Jo deMeester  
Wellbeing Co-ordinator

## YEAR 4 DEVOTION

This is Micah Thor’s video that he sent to Year 4 to share for a devotion that he made:

Here's Mrs van Heerden's positive quote for Year 4:

*I stand on the words of  
“This is the day that the Lord has made,  
I choose to rejoice and be glad in it.”*

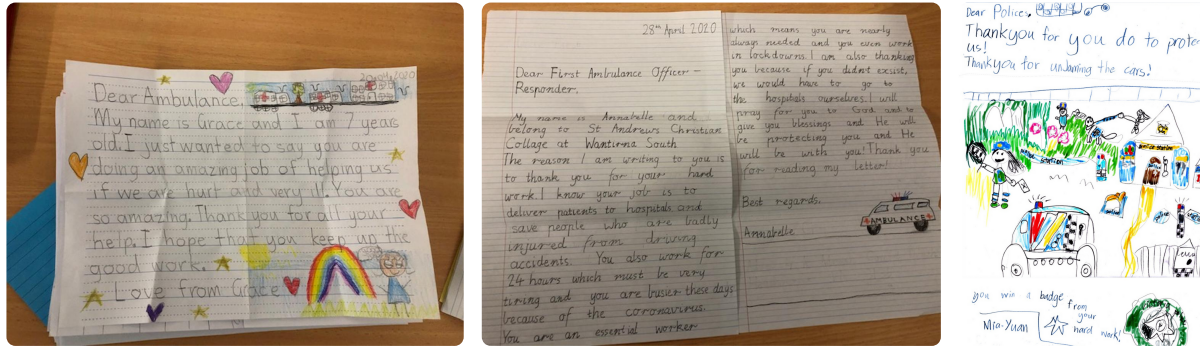
## SERVICE LEARNING -

### ACTS OF SERVICE FOR OUR COMMUNITY

This term a number of classes have had students write a letter to a community group who are in need of our support and encouragement at this time. Students were encouraged to handwrite letters and mail them back to the school address where they have been collated and distributed to the community groups listed below.

*So far we have had nearly 400 letters back from students to THANK members of our emergency services!*





Below are some of the community groups who will receive these letters:

- Senior residents in Arcare retirement home and other local residential homes.
- Local Police officers and other first responders like the Ambulance crews and Fire services.
- Medical staff and health professionals in our local hospitals.
- Supermarket staff at the local Woolworths, Coles and grocery stores.
- Local MPs and Knox Councillors

It is so wonderful that we can SERVE from a distance in Term 2 while still praying actively for the essential services within our local Knox Community!

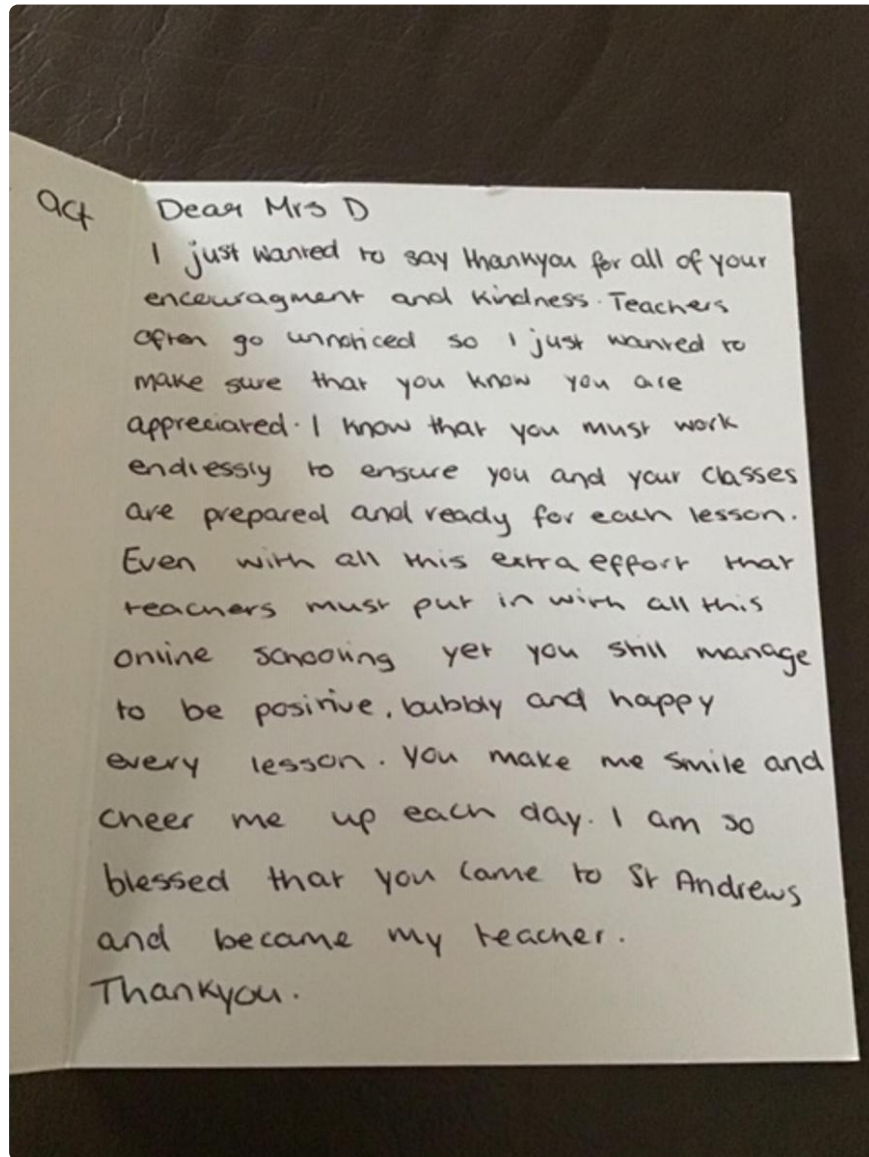
*Andrew Farmer*

*Mission Service Learning Coordinator*

## THANKS FOR CARING

Yesterday, I was having a sort of good but mostly frustrating day. Late in the afternoon, I got the mail and there was a lovely anonymous card directed to 'Mrs D.' that the SACC office had forwarded on to my house. It was from one of my students and it was a beautiful card of encouragement that warmed my heart. It is up on display in the Family Room, on my beloved bookshelf. It's so nice to receive words of appreciation.





To whoever sent those words of encouragement: Many thanks! You'll never know how much I needed to see those kind and cheerful words. You did a good thing and may God bless you richly for your thoughtfulness. xx

What a lovely school we are working at! Feeling the love and very grateful for it.

*Mrs Dobrzynski*