



St. Mark's College Newsletter

Coptic Orthodox Diocese of Sydney and Affiliated Regions



'To Live Is Christ'

Head of College Message
Reverend Father's Message
Senior School Information
Junior School Information

Volume 17 Issue 2
Lent Term, 2012

Our sincerest condolences to He whom we love and adore. You will always be in our hearts, thoughts and prayers.





St. Mark's College Newsletter

Coptic Orthodox Diocese of Sydney and Affiliated Regions

Friday 23rd March, 2012



Volume 17 Edition 2

ABN: 67 796 481 099



Lent Term

Year 6 Liturgy	Fri 23 rd March
Senior Running Club commences	Fri 23 rd March
CIS Girls' Football Finals	Mon 26 th March
All Schools' FUTSAL 14s boys and girls	Mon 26 th March
SWISSA Basketball Finals	Tues 27 th March
AICES Swimming Championships	Tues 27 th March
All Schools' FUTSAL 16s boys and girls	Wed 28 th March
Parent-Teacher Interviews Yrs 10-12	Thur 29 th March
IPSSO BYE	
All Schools' FUTSAL Open boys and girls	Thur 29 th March
Parent-Teacher Interviews Yrs 7-9	Wed 4 th April
Fun Run, South Park	Thurs 5 th April
Term concludes	Thurs 5 th April

Pentecost Term

Staff Professional Development Day	Mon 23 rd April
Lessons Commence for Yrs K-12, 8.30am	Tues 24 th April
Term concludes	Friday 22 nd June

Theotokos Term

Staff Professional Development Day	Mon 16 th July
Lessons Commence for Yrs K-12, 8.30am	Tues 17 th July
Term concludes	Fri 21 st Sept

Advent Term

Lessons Commence for Yrs P-12, 8.30am	Mon 8 th Oct
Term concludes	Wed 5 th Dec
Staff Professional Development	Thur 6 th Dec
Staff Professional Development	Fri 8 th Dec
School Office Hours	8.10am – 4.00pm

Progressive House Points

ST ANTHONY	ST DEMIANA	ST GEORGE	ST MARINA
1711	1175	1319	1136

Parent-Teacher Interviews

These sessions are compulsory for all parents to attend. Students who attend must be in full school uniform including their blazer.

Years 10 – 12	Thursday 29 th March 3:30 – 8:00pm
Years 7 – 9	Wednesday 4 th April 3:30 – 8:00pm

The Lord's Message

Let us love, not in word or speech, but in truth and action.

1 John 3:18

How much should my children Fast in Lent? They are still growing.



While our Church teaches that fasting is a pillar and a necessity in our Orthodox Christian worship, fasting is sadly almost forgotten and largely ignored in our society and furthermore by many other Christian churches.

We have enough reasons to take the practice of fasting seriously, as lent was introduced by Christ Himself. After His baptism in the river Jordan, He withdrew into the wilderness where He spent forty days and forty nights in prayer and fasting as our role model. Christ also taught His disciples and followers to fast in humbleness and penitence, as the power of prayer and fasting cast out demons.

Therefore, the commandment of fasting is a crucial aspect of our sanctification. Through fasting we crucify the body of sin and put off the former conduct of the old man while simultaneously we put on the new man, which was created according to God, in true righteousness and holiness.

Now, the question is how important and when should we encourage our children to fast? Should we have pity on their young and growing bodies? Well, we need to remind ourselves of the words of the Bible: "Man shall not live by bread alone, but by every word that proceeds from the mouth of God." If you are worried about your child not eating steak and fish for a month or so, read the story of Daniel and the three young men when they ate vegetarian food, their features appeared to be the best amongst all young men in the kingdom. Biblically, God created man a vegetarian in the beginning.

Fasting should be introduced gradually. If we teach our children to fast starting from a young age (i.e. it starts by giving up candies and ice cream when they are five years old), they will gradually acquire self-discipline and self-control. They will develop the habit to say NO to carnal passions and desires as they are growing and living in a pluralistic and secular society. If our children could not control the lust of gluttony, they will be weakened against every area of life, leaving themselves open to all types of temptations.

As parents, we do not enjoy the disobedience of our children. Fasting encourages obedience to God's commandments which will be reflected in the relationship with our kids.

Finally, it is notable that young youth who are practicing fasting, acquire strong determination and the power of perseverance and they are more likely to achieve their high goals and reach their maximum potentials in life.

“The saints teach that for us to purify our hearts we must begin with the control of our bodily desires through fasting as long as the flesh rules purity of heart will not exist.” St John Chrysostom

Father George Nakhil
College Chaplain

Message from the Head of College

Our Sincerest Condolences

for The Passing of His Holiness Pope Shenouda III

It is with a heavy heart that I write to you as I had a great deal of admiration and respect for His Holiness Pope Shenouda III. I was fortunate enough to meet Him when He visited St Mark’s College in December 2002 where He spoke to all the Coptic Orthodox Community at the old Horden Pavillion at the Sydney Sports Ground. He was a charismatic person who displayed a deep understanding of people and was well loved by all. I personally was moved by His presence and now with His passing.



On behalf of the St Mark’s Coptic Orthodox Community I pass on our sincerest condolences to Our Mother Church. May his soul be at peace, for He was a wonderful Pope and a magnificent protagonist for Our Lord Jesus Christ, may He continue His service in heaven by His side.

God bless him and we will miss Him greatly.

Memorial Service At St Mary and St Mina’s Cathedral

On Monday evening a special memorial service was held for His Holiness Pope Shenouda. It was attended by representatives of a number of Eastern Orthodox or Oriental Churches, His Excellency Mr Ayman Kamel the Consul General of the Arab Republic of Egypt, representatives of both sides of federal and state politics and various associations.



It was a sombre service where a number of speakers highlighted Pope Shenouda’s achievements and special qualities. Our Captains, Mariam Demian and Mina Shehata spoke well and with pride on behalf of the College.

Memorial Service At St Mark’s College

The College held a memorial service for the passing of His Holiness Pope Shenouda III. Fr Antonios made the special address highlighting his exceptional communication skills and His love of the people. This was followed by an address from a number of speakers that included the Senior and Junior School Captains and an emotionally charged address by Mrs Nicola. She articulated the impact His Holiness made on her and how He was a wonderful role model for all of us, in particular during His last weeks of His Service upon this earth.



May He rest in peace and be with His Father in heaven.

HSC Presentations by the Egyptian Forum Council



Last Tuesday evening I attended an event organised by the Egyptian Forum Council at State Parliament House. His Excellency the Egyptian Consul General Mr Ayman Kamel, the NSW Minister for Education Mr Piccoli, various dignitaries, 2011 HSC students who attained an ATAR above 90 and their parents, were in attendance.



I would like to thank the Egyptian Forum Council Members for organising this event and for honouring the achievements of all our students.





Tutoring

Tutoring is a common practice in these times. Sometimes we at St Mark's College feel that it is unique to our community, but in fact, is across most communities in NSW. Recently, a Principal of a notable Selective Public School stated that most of the students at his school were tutored. The reason he gave was that parents felt their child needed a competitive edge over others.

Tutoring is seen by many students though, as:

1. *an opportunity to have a concept retaught or reinforced from a different perspective or approach.*
2. *gaining an advantage over other students.*
3. *looking for shortcuts in understanding or regurgitating information in an examination.*
4. *an opportunity to develop confidence in a course that may not be there at present.*

Tutoring can be beneficial if utilised well in the best interests of the student. Many tutors want to indicate their worth by pushing students through new content that hasn't been taught in class as yet or follow their own dedicated programme that doesn't work in tandem with the school. This is a poor practice of tutoring that doesn't take the individual's needs into account but suits the preparation and delivery of the tutor. A good tutor will do the following:

1. *Prior to commencing tutoring, the tutor will carry out a series of assessments and interview the student to ascertain his/her weaknesses.*
2. *Consult the classroom teacher at school to work together in maximizing the student's performance. To work in partnership with the school.*
3. *Then prepare an individual programme that will remedy the weakness and build a firm foundation for the student's future learning.*
4. *Conduct regular assessments to deduce if the student has understood the concept, skill or knowledge delivered.*
5. *Provide regular feedback to both student and parents of the student's progress.*
6. *Will always support the school.*
7. *Will always have your child's interests at heart and not the monetary gain.*

I understand that parents will seek the assistance of tutors but finding the right tutor is equivalent to finding the right school. The following points maybe of use.

1. *The tutor must have an appropriate teaching degree (minimum 4 Yr Trained) from a*

reputable Australian Tertiary Institution, and parents should request to view their credentials.

2. *The tutor must be currently teaching in their school the HSC Course that they are offering as a service. Ask at what school is he/she teaching.*
3. *A tutor must have taught the HSC at the highest level within their area of study. Eg Extension 2 English or Maths or Extension History.*

St Mark's prides itself on the quality of its teachers and teaching practices in the classroom, as all are highly qualified with a minimum of 4 years teacher training. I encourage students to work with their classroom teachers first and seek their advice, as they have the back-up systems and support mechanisms to offer appropriate expertise and counsel.

Maximising Your ATAR Part 2

A number of students have sought advice on how to maximize their ATAR and in many cases the advice given is simple, but the strains of overcoming perceptions muddies the waters of our students' decision-making. An example that comes to mind is;

I would like to do Physical Education for the HSC, as it was my best subject in Year 10. I enjoyed the lessons and understood the content very well, but I'm currently doing Physics and having great difficulty.

When asked why has she/he chosen Physics, the answer is it will be scaled up!

Unfortunately I hear this reply often and have some reservations as to why this perception is accepted, as fact. In reality the NSW Board of Studies sees both courses equally. For a student to maximize their ATAR it's a simple choice, a student should do the course that they enjoy and understand the content well. This will allow the student to spend more time on other courses especially English, as it will create a natural fillip to the student's ATAR.

I've seen the results of students who have persisted in doing a course that they have difficulty with and their performance has not been as expected. Overall, a significantly lower ATAR, but with better advice this could have been reversed. Other advantages, is that the student is significantly more motivated to study, as it's not seen as a chore but a joy. The home is a happier place to be in and the overall demeanour and well-being of the student is better.

So I urge students to seek advice from the School Careers Advisor Mrs Gerges, the Head of Curriculum Mr Chahrozian, the Heads' of Faculties and subject teachers. They will always have your best interests at heart.

School Office Bearers

School Sport Captains

A new role of responsibility has been introduced this year as the amount of sport involvement has grown substantially over the past 5 years and student leadership is required in this important part of the school's co-curricular programme. Therefore the new role of Sports' Captains has been awarded to Peter Nawar and Isis Abdelmessih.

I wish them well in their new role and as additional members of the School Office Bearers' team.

Insects on Site

The College has sprayed the site again both inside and outside the classroom and things have improved considerably. It has been a very difficult task to remove the fleas from all parts of the College, but it appears that things are under control and have been eradicated. I ask parents as a matter of caution to please:

1. Wash your child’s school bag and clothing.
2. Apply appropriate insect repellent on your child’s legs prior to arriving to school.
3. Check at home to see if your family pet (cat or dog) may have fleas.

It’s very disappointing that this has not been resolved earlier and apologise for an inconvenience this may have caused to your family.

*God bless,
Mr Rekouniotis
Head of College*

Winter Uniform

I would like to remind parents that Terms 2 and 3 require all students in years K-12 to wear their full school and sports winter uniform. For students in Years 6 - 12 this means wearing the College blazer to and from school in an appropriate and respectful manner. On sports days, students must wear their winter sports uniform including the full sports tracksuit and appropriate shoes.

I ask that parents contact the uniform shop before the end of term and either purchase or place an order on any item of uniform that they require.

Students at St Mark’s College should be extremely proud of their school and must demonstrate this to the wider community through the manner in which they wear their College uniform.

I thank you for supporting the College in upholding the policies and expectations at all times.

Years 7 & 10 Immunisation Program

Immunisation nurses will visit our school three times during 2012 to administer vaccines for Years 7 and 10 students. Although an initial letter and follow up letters will be sent throughout the year, I ask that you pencil these dates into your calendar. Please read these letters carefully and complete all sections of the consent forms so that your child is permitted to receive the vaccinations. All vaccines are free of charge and students who are absent will need to consult their GP and receive the vaccine at their own expense.

Vaccines	Visit 1 Thursday 3 rd April	Visit 2 Thursday 12 th June	Visit 3 Thursday 6 th November
Hepatitis B	Yr 7 Boys & Girls		Yr 7 Boys & Girls
HPV	Yr 7 Girls	Yr 7 Girls	Yr 7 Girls
Chickenpox			Yr 7 Boys & Girls
Diphtheria, Tetanus & Whooping Cough	Year 10 Boys & Girls	Yr 7 Boys & Girls	

Semester One Examinations

It has been a very busy start to the year with students learning new content, skills and outcomes that will ultimately be assessed through the upcoming Semester One Examinations. The examination period will take place as follows;

*Years 11 & 12 Term 2 Weeks 3 & 4 (7th May – 19th May)
Years 7 – 10 Term 2 Week 4 (14th May – 19th May)*

To assist all senior students to achieve their maximum potential during the examination period, a series of Past Paper Examinations will be placed on the College intranet for students to complete and to revise through. Just like Mathematics all subjects are made up of formulas. However, they may not be the numeric type. You see all the notes and summaries, make a formula that students need to use in an Examination. By completing past papers, students are given the opportunity to apply their knowledge through the question and to see if their answer is correct. If it is incorrect, students will still have time (depending on when they attempt past papers) to find the solution, rather than doing it for the first time in their examination, where they will not have an opportunity to reflect upon their response. Therefore, the formula to success for all subjects is study, revision and most importantly completing past papers in a set time. Students can then consult with their teachers regarding any difficult questions when they return from break, giving themselves a two week buffer. Try it....you will be surprised at the results.



We wish all Senior Students the very best as they prepare for their upcoming examinations and look forward to seeing students improve on their results from last year.

Curriculum Matters

What is Plagiarism?

Far too many students find themselves in a difficult position when they have their assessment returned and receive a less desirable mark than they believe they deserve due to plagiarism. **So what exactly is plagiarism?**

Well a student plagiarises if he or she gives the impression that the ideas, words or work of another person are the ideas, words or work of the student. Most students try to honestly acknowledge their sources through referencing and often plagiarism is a result of ignorance, honest misinterpretation, careless note-taking and/or poor time management and planning skills. However, intentional plagiarism occurs when a student deliberately sets out to deceive others that the ideas and words they present in an assignment are their own. Whether *inadvertent or deliberate*, plagiarism can have a significant impact on grades, and in more serious cases, can result in failure in a particular subject. More importantly, all students entering preliminary studies must satisfy Board of Studies requirements by completing a course titled ‘All My Own work’. Through completing this course, students are taught how to reference and what exactly plagiarism is. By signing off on this course, students acknowledge that they are aware of what plagiarism is and the consequences.

To help students to identify and avoid plagiarism a number of examples have been included;

- words quoted directly from another source
- all ideas paraphrased from another source
- distinctive words borrowed from another source
- ideas or materials taken from the web
- words, ideas or pictures from TV programs, letters, songs, computer programs and/or advertisements
- ideas used from an interview

The following examples of using other sources are considered plagiarism:

- submitting another student's assignment as your own, including:
- paying someone to write your assignment for you
- using parts of a past student's assignment in your assignment without acknowledgment
- buying a paper and submitting it as your own work
- using the structure, argument and research sources from another student's answer cutting phrases, sentences or paragraphs from the web and pasting these into your paper without due acknowledgment
- taking ideas, words or sentences from brochures, databases, journals or unpublished papers
- pasting material found on the web or in print into your work and only acknowledging part of the material you copied
- using quotation marks but acknowledging less than all the words you quote
- copying a paragraph exactly and including a citation only at the end of the paragraph (you are plagiarising because your reader does not know exactly where the borrowed material begins)
- copying a paragraph and making small changes, e.g. changing some verbs, replacing an adjective with a synonym and providing acknowledgment in a bibliography (UK Centre for Legal Education 2003)
- cutting and pasting a paragraph by using sentences from the original but omitting one or two and/or putting one or two in different order without quotation marks but with in-text and bibliographical acknowledgment (UK Centre for Legal Education 2003)

In other words, anything you want to use that someone else, writes, emails, draws or implies, needs to be acknowledged.

It is much better to be safe than sorry.

*God bless,
Mr David
Deputy Head of College*

Senior School Sport

Once again it has been a busy start to the sporting year at St Marks. I would like to personally congratulate all the students who have represented the College so diligently over the first part of 2012. Thank you for your efforts, sportsmanship and honour you have shown at all levels. You are truly a credit to the College. Below is a compilation of activities over the last month. Enjoy!

NSW All Schools' Triathlon

On Wednesday the 7th March, nine (9) students from St Mark's embarked on its second journey to the International Regatta Centre, Penrith, to compete in the annual NSW All

Schools' Triathlon. Again, St Mark's would enter 3 teams, however this year we would have our first female team to compete in this highly regarded and illustrious event.



From left to right: Chris Spirou, James Tawadros Peter Nawar (Boys College Sports Captain) Grave Khoury, Milun Miletich, Daniel Mawad, Anastasia Hlachuk, Matthew Awad, Isis Abdelmessieh (Girls College Sports Captain), Monica Winefield, Simon Fitsum

This year there were over 2600 competitors across junior, intermediate and senior boys and girls divisions, with over 800 teams competing from all NSW schools (Government, Catholic and Independent).

Blessed with beautiful weather and an electric atmosphere, the event promised to be full of excitement, as some of NSW's best young athletes competed at levels, from the elite to the first timer, all aiming to give their absolute best.

The triathlon was structured as follows:

400m swim in the regatta lake, followed by a 15km cycle around the Regatta centre, finished off with a or 4km run around the Regatta Centre. St Mark's had 3 teams compete in the event:

Intermediate Boys

James Tawdros (run leg), Simon Fitsum (cycle leg), and Chris Spirou (swim leg)



Intermediate Girls

Anastasia Hlachuk (swim leg), Monica Winefield (cycle leg), and Grace Khoury (run leg)



Senior Boys

Mathew Awad (swim leg), Daniel Awad (cycle leg), and Milun Miletich (run leg)



Milun Miletich at the completion of the senior boys' race

All students competed extremely well, with our best result going to the senior boys' team, who with a time of 55 minutes and 6 seconds. A tremendous effort! Congratulations to all the girls and boys, who represented the College with honour and pride, and were definitely not out of place at such a high profile event.



A wonderful day had by all!

SWISSA Basketball



Once again St Mark's has been very competitive in all six (6) competitions during Lent Term. In what has been very much a rebuilding phase in the Basketball program at St Mark's, our teams have proven to be on the verge of many breakthroughs with plenty of talent coming through from our junior ranks. Our senior boys were very unlucky not to be involved in the finals campaign, with all games being extremely tight in this competition.

Thank you to all students as well as staff involved in the organisation and management of the SIWSSA teams. For results and fixtures, please visit swissa.org/.

Students Competing at Representative Level

The College has had many successful students who have gone on to representative honours already this term. Below is a run-down of those students and their achievements:

SWISSA (zone) Representatives

Basketball

- Andre Perin (11) Chris Saad (12)

Tennis

- Andre Perin (11) Saraangi Grero (11)
- Chantelle Perin (9)

Swimming

- Carmen Wasef (10) Anastasia Hlachuk (10)
- Philo Gangi (8)

Congratulations to all the students who have achieved representative honours so far. With the zone Touch Football and Football (Soccer) trials around the corner, no doubt St Mark's will have more students involved at zone level representation. Special congratulations to Andre Perin who has so far reached representative honours in two (2) different sports, and we're not even through term 1!

NSW All Schools' Futsal Regional Championships



St Mark's has been preparing to compete in the All Schools' Regional Championships (Bankstown region) later this month, with four (4) teams set to take part in what is without a doubt the most competitive Futsal competition in NSW. This year St Mark's will compete in the following age categories:

- 14 years boys and girls*
- 16 years boys and girls*
- Open boys*

Last year our 16 years' boys were fortunate enough to finish 2nd and therefore progress to the NSW Futsal state championships. Let's see how our teams fair in 2012. Good luck to all students involved!

*Yours in Sport,
Mr D. Helene
(Head of PDHPE & Sport)*

Junior School News

The Benefits of Reading to Your Children

In this day and age of hectic lives and busy schedules, reading to our children or listening to our children read is a simple and enjoyable way for parents to take time out and focus on the family. Young children need lots of special, dedicated time with their loved ones.



The gate to success and to make sure we are spending quality time with our children is right in our hands and we all have access to it. Reading is the key to the gates of success. There

are countless studies and research available on the internet about the advantages of reading. Books are the essence of knowledge and education. Books can teach your children morals, improve their social skills or even teach them how to play a particular sport. Books can grant us the spiritual strength that we all need and so much more.

Parents who read aloud to their kids provide a strong, positive influence and build a foundation for a lifetime of significant benefits. **So how do we start and when?** If you have not been reading to your child it's never late to start now. We all need to read aloud to our children?

But what really are the benefits of reading aloud? What kind of difference are we talking about?

Below is a summary of the significant ways in which reading stories aloud to kids will change their lives . . . and yours. It won't happen overnight, as change is gradual, but continued and dedicated reading will most definitely bring noticeable, long-term changes.

- Reading aloud to our kids is just plain fun!!
- Reading to our children is a wonderful bonding experience that fosters meaningful **one-on-one communication** with our kids.
- It shows our children in no uncertain terms that **they are important to us and we are spending quality time with them.**
- It moulds our kids into becoming readers, and raising a reader significantly increases our child's potential for academic success as well as lifelong success in general.
- It is a vital and integral part of teaching our kids how to read as children learn how to read by being read to.
- It helps our children learn language development.
- It builds listening skills, increases a child's attention span, and develops the ability to concentrate at length of which all are learned skills.
- It develops children's ability to express themselves more confidently, easily, and clearly in spoken AND written terms.
- It develops and fosters a child's natural curiosity.
- It develops creativity and a child's ability to use their own imagination!
- It expands our children's horizons, quells fears, exposes them to new situations, and teaches them appropriate behaviour.
- Reading books develops a young child's appreciation for all key learning areas.

There is so much that reading aloud to our kids can do for them. **Let's all start reading to our children today!**

Mrs Shehata
Dean of the Junior School

Bully Busters

Bullying is unacceptable in any environment. In schools, it is often insidious and immensely damaging to targets in the short and long term. It is important that our students are equipped with strategies for assertiveness, resisting peer pressure and taking on pro-active bystander behaviour.

Due to that, St Mark's Junior School organised The Class Act Theatre by 'Bully Busters'. Bully Busters is a Theatre in education play for children about the important issue of

bullying. The play included issues such as: physical and verbal bullying, girls as bullies, acting like a victim and strategies to stop bullying.

The students thoroughly enjoyed the play, as their attention was captivated at all times by the funny and obvious messages. It generated a lot of healthy discussion and the students felt the play was relevant and beneficial.



Home and school can work together to ensure that appropriate, expected behaviour is taught and affirmed. Students are expected to be responsible and cooperative in their behaviour, reflecting self-respect and respect of others at all times.

Thank you for your continuous support. God Bless.

Mrs Nada
Deputy Dean of the Junior School

Junior Sport

Junior Athletics Carnival

After cancelling the carnival due to the inclement weather that we experienced the previous week, one can only thank the Lord for the beautiful weather that we had on the day of our Athletics Carnival. Our annual K-6 Athletics Carnival was held at Campbelltown Athletics Stadium on Friday the 16th March. It was a memorable day with many athletes competing to win races and events for their respected Houses. It was a tightly contested affair at the half way break with only 100 points separating 1st place from 4th place.



Students showed great sportsmanship on the day and were always encouraging one another throughout different events. St Anthony managed to become champions once again backing up their win in the 2011 Athletics Carnival. A special group of people are to be mentioned as without them the carnival would not have been as successful as it was. They are all of our teachers and staff members that contributed by looking after our students or carrying out other duties on the day to ensure the success of the carnival. Our High School helpers are also to be thanked for the jobs that they undertook on the day which they carried out superbly. Well done to all K-6 students who participated in this year's Carnivals and to

all our age champions. Who will be the Champions for 2013? I am looking forward to next year's Carnivals and hoping that it will be even better than this year's.



Final Results

1st	Anthony	903
2nd	Demiana	628
3rd	George	568
4th	Marina	532

Age Champions

Age	Boys	Girls
8Yrs	Joshua Fanous	Angelina Mrakic
9Yrs	Marcus Boctor	Natalia Sidhom
10Yrs	Mina Grace	Angela Tawdrous
11 Yrs	David Eskander	Helana Habib
12Yrs	Daniel Boulos	Monica Wilson



IPSSO Sport

The IPSSO Competition is finally underway with a flying start to our 3/4 Mixed Basketball Team and our 5/6 Mixed Oz Tag Team, winning their opening round games against All Saints' Grammar. The Basketball team managed to win a tense affair 10 points to 6. Students are to be congratulated on their efforts as in previous years we have found it difficult to beat All Saints' Grammar as they have many representative players that compete on weekends. Our 5/6 Oz Tag team is also to be praised for their astounding effort in winning their game. It was a pretty close contest till the fourth quarter as

our students fought hard and displayed great teamwork by winning 5 tries to 3. We wish all of our teams the best of luck in our next round of competition which will be against Georges River Grammar School.

<u>Years</u>	R1 22.02	R2 29.02	R3 07.03.12	R4 14.03.12
<u>3/4</u>	ASG (A)	William Carey (A)	THAC (A)	ASG (H)
Mixed Basketball	Washed Out	Washed Out	Washed Out	10-6 (W)
Girls' Soccer	Washed Out	Washed Out	Washed Out	0-13 (L)
Mixed OzTag	Washed Out	Washed Out	Washed Out	1-8 (L)
Boys' Cricket	Washed Out	Washed Out	Washed Out	54-60 (L)
<u>Years</u>				
<u>5/6</u>				
Mixed Basketball	Washed Out	Washed Out	Washed Out	0-27 (L)
Girls' Soccer	Washed Out	Washed Out	Washed Out	0-16 (L)
Mixed Oz Tag	Washed Out	Washed Out	Washed Out	5-3 (W)
Boys' Cricket	Washed Out	Washed Out	Washed Out	22-75 (L)

Junior Gymnastics Clinic

Our Gymnastics Clinic is also well underway and students seem to be enjoying the clinics. Students are learning skills that will help their psychomotor skills. Some of the skills that they are learning include cartwheels, balancing on a balance beam, using the trampoline and many more skills. Our students are to be congratulated on their fine efforts thus far as they are keen to participate in all activities set out by the gymnastic instructors.



ASISSA Swimming Carnival 2012

On Monday 12th March, 2012, a group of twelve (12) Junior School students from Years 3-6 competed at the ASISSA Swimming Carnival at Warringah Aquatic Centre.

Each student participated in events of different age groups including the 50m Freestyle, 50m Breaststroke and the 50m Backstroke. Although students did make it to the CIS level, they competed with determination and to the best of their ability. Chantelle Wasef came first in her heat of the Girls 11 Year-Old 50m Freestyle and the 50m Backstroke, Monica Wilson came first in the heat of the Girls 12-13 Year-Old 50m Breaststroke and James Edward came first in the Boys 11 Year-Old 50m Freestyle.

The students who attended, represented our College and our faith to the highest standard. They supported each other and were proud of their achievements.

I would like to thank and congratulate each student for their fantastic behaviour on the day and for the way they proudly carried themselves in representing the name of St Mark's College. Overall, it was a wonderful day.

*God Bless.
Mrs. Abboud*

Careers News

TALK TO UNIVERSITY OF SYDNEY STUDENTS

Ask them any questions you have about getting into uni, studying and student life. They've all taken different paths to uni, including going through TAFE, making use of scholarships and moving from regional areas. Their experiences might help you to make decisions about studying at university.

Check out this link.

http://sydney.edu.au/future_students/domestic_undergraduate/why_sydney/talk/index.shtml

Outward Bound

Personal development courses, for all ages.

The Navigator Course - Preparing Youth for Life

Who it's for: Young people aged 15 - 18 years

What it is: 12 day journey of self-discovery

When it's on: All year round

Where it's held: The great Aussie wilderness

Get a head start by adding an Outward Bound certificate to your resume.

<http://www.outwardbound.com.au>

University of Sydney News

Year 10 Subject Selection Evenings on Wednesday 6 June & Tuesday 12 June.

Help for year 10 students choosing their HSC courses.

Bookings will be available at the beginning of second term.

Scholarship Information Evening - Wednesday 20 June

Open Day - Saturday 25 August

http://sydney.edu.au/future_students/news_for_schools.shtml

Computing Courses

School Holiday Courses for Children Aged 6 to 17 Years.

3D computer learning is combined with lateral thinking and problem solving activities.

Where: Sydney, Melbourne, Brisbane, Adelaide, and New Zealand.

<http://www.bubbledome.com>

Chartered Accountants Meet the Business Leader & Cadetships

Meet the Business Leader

22 August 4:30pm - 7:30pm

22 Erskine Street, Sydney

For Year 10 and 11 students interested in a career in business.

Contact: 1300 137 322

or service@charteredaccountants.com.au

<http://www.charteredaccountants.com.au/Students/Whats-on/Event-listing/NSW/NSW-Meet-the-Business-Leader.aspx>

Cadetships:

gain practical and commercial experience at university.

Find employers who may be offering cadetships in the

Employer Participation

Guide. <http://www.charteredaccountants.com.au/Students/Whats-on/Employer-participation-guide>

Cadetship Evening

Wednesday, 23 May 2012, 4:30 PM - 8:30 PM

Sydney Convention and Exhibition Centre, Darling Drive, Darling Harbour

For Year 12 students who are citizens or permanent residents of Australia.

<http://www.charteredaccountants.com.au/Students/Whats-on/Event-listing/NSW/NSW-Cadetship-Evening.aspx>

The Sydney Morning Herald HSC and Careers Expo

For Years 10, 11 and 12 students, their parents and teachers.

Thursday 31 May and Friday 1 June, 9am - 3pm

Saturday 2 June and Sunday 3 June, 10am - 4pm

Royal Hall of Industries, Moore Park

<http://www.hscandcareers.com.au/>

Careers in Sport Workshops

10.15 am until about 2.30pm

Sydney Olympic Park.

Thurs 17th May, Thurs 24th May, Wed 6th June, Mon 18th

June, Tues 26th June.

Cost: \$30 per person. Accompanying teachers are free.

www.sportnsw.com.au

julie.stafford@sportnsw.com.au

University of Notre Dame Australia's Bachelor of Medicine/Bachelor of Surgery Information Sessions

Sunday 25 March 2012, 9.30am-12.00pm

Tuesday 22 May 2012, 6.00pm-8.00pm

160 Oxford Street, Darlinghurst, NSW, 2010

Contact: T (02) 8204 4404 or email sydney@nd.edu.au

http://www.nd.edu.au/sydney/events/mbbs_course.shtml

Positive Parenting

Professor Matt Sanders

As a parent, you want to do the best for your child, but how do you know what's right? What do you do when your child answers back? Or is being bullied at school? Or starts telling obvious lies?

This year in your newsletter, I will share some of Triple P's proven tips for the best ways to handle common behavioural and developmental problems in children. From battling disobedience to encouraging homework routines, I'll cover those everyday issues to help you work out some strategies to suit your family.

I'll highlight common "parent traps" and hopefully make the very important job of raising kids as enjoyable and rewarding as possible.

But remember, parenting is sometimes hard work and it may take time to tackle more difficult problems. **The good news is that help is always at hand. The NSW Government is offering free parenting support through Triple P, one of the world's most highly-regarding parenting programmes. To find a Triple P group or seminar in your local area, call us on 1800 789 123 or visit our website www.families.nsw.gov.au.**

Getting Out the Door on Time

Professor Matt Sanders

For many families the morning rush hour is the most stressful part of the day. So how can you and the kids get out the door on time?

The key is organisation.

Get yourself ready first, before your child. To avoid last minute rushing prepare some things the night before and go to bed at a reasonable hour so you'll wake early enough. I also recommend against having the television on in the morning. Better to make sure the children are dressed before breakfast. Perhaps when they are fully ready you can turn the television on then.

Let your child know ahead of time that you'll be going out and explain exactly what the day's activities will be and their time requirements. Younger children can learn the importance of organisation by doing things for themselves. Teaching children to get dressed by themselves is a chance to practice independent skills and it also saves you time.

You may like to try the "beat the clock" game. Your child's goal is to be ready before the alarm clock sounds off. If your child wins, he earns a small treat or reward, such as a favourite snack in his lunch box.

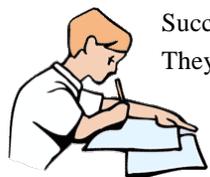
Tell your child exactly what tasks he must do to be ready to leave and thus win the reward. Make sure you set the timer for a reasonable amount of time and avoid giving repeated instructions or nagging your child to hurry up.

Often it will only take a two-week period of beating the clock before the rewards and the clock are phased out. Remember to always praise your child's achievements in learning better organisation.

Professor Matt Sanders is founder of the Triple P - Positive Parenting Program. To find a Triple P group or seminar in your local area, call us on 1800 789 123 or visit our website www.families.nsw.gov.au.

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The Ten Study Habits of Successful Students



Successful students have good study habits.

They apply these habits to all of their classes.

Read about each study habit. Work to develop any study habit you do not have.

Successful students:

1. **Try not to do too much studying at one time.**

If you try to do too much studying at one time, you will tire and your studying will not be very effective. Space the work you have to do over shorter periods of time. Taking short breaks will restore your mental energy.

2. **Plan specific times for studying.**

Study time is any time you are doing something related to schoolwork. It can be completing assigned reading, working on a paper or project, or studying for a test. Schedule specific times throughout the week for your study time.

3. **Try to study at the same times each day.**

Studying at the same times each day establishes a routine that becomes a regular part of your life, just like sleeping and eating. When a scheduled study time comes up during the day, you will be mentally prepared to begin studying.

4. **Set specific goals for their study times.**

Goals will help you stay focused and monitor your progress. Simply sitting down to study has little value. You must be very clear about what you want to accomplish during your study times.

5. **Start studying when planned.**

You may delay starting your studying because you don't like an assignment or think it is too hard. A delay in studying is called "procrastination." If you procrastinate for any reason, you will find it difficult to get everything done when you need to. You may rush to make up the time you wasted getting started, resulting in careless work and errors.

6. **Work on the assignment they find most difficult first.**

Your most difficult assignment will require the most effort. Start with your most difficult assignment since this is when you have the most mental energy.

7. **Review their notes before beginning an assignment.**

Reviewing your notes can help you make sure you are doing an assignment correctly. Also, your notes may include information that will help you complete an assignment.

8. **Tell their friends not to call them during their study times.**

Two study problems can occur if your friends call you during your study times. First, your work is interrupted. It is not that easy to get back to what you were doing. Second, your friends may talk about things that will distract you from what you need to do. Here's a simple idea - turn off your cell phone during your study times.

9. **Call another student when they have difficulty with an assignment.**

This is a case where "two heads may be better than one."

10. **Review their schoolwork over the weekend.**

Yes, weekends should be fun time. But there is also time to do some review. This will help you be ready to go on Monday morning when another school week begins.

These ten study habits can help you throughout your education. Make sure they are your study habits.

For many more useful tips on studying and maximising class time please refer to

<http://www.boredofstudies.org/studying.php>

Parents' Association

The first meeting was held on Monday 20th February and it was pleasing to see the large number of parents in attendance. Our new Head of College Mr Rekouniotis was welcomed and he outlined the future direction of the College and Fr Antonios presented the new school building project that will commence in mid 2012. This project will include new science laboratories.

I would like to invite you to our next meeting in March to assist the P&F Committee to raise \$15,000 to lay additional astro turf in the playground. In the next newsletter a list of fundraising events will be advertised.

Next Meeting
Monday 2nd April 7:00pm
Room D1

Looking forward to your support and assistance in 2012.

Mr M Rouchdi
P&F President

Jims Easy Tennis Holiday Camps at Lurnea

1/2 day holiday camp 9am-12pm or 12pm-3pm

Tue 10/4/2012 to Fri 14/4/2012

FUN – GAMES – AWARDS

*Improve hand eye co-ordination

* Meet new friends

*Have Fun

Ph: Gentleman Jim

NSW TCA COACH 0415 40 30 15

Tennis coaching and tennis parties available



St Monica's Prayer Group

"For where two or three are gathered in my name, there am I in the midst of them." – Matthew 18:20



*Sometimes as we work throughout the day,
We wonder if our prayers go unheard and astray,
And we ask God if He will listen to our endless requests,
For our children to be watched over and eternally blessed.*

On Friday afternoons at 2:15, we gather together to sing hymns, pray for students and make specific requests. We will also be praying for the Yr 12 students during their trials and HSC examinations.

One class and each of its students as well as class teacher(s) is dedicated per week.

Friday 23rd March Yr4

Friday 30th March Yr5

See you there!



Opening now for your convenience
All you need in one shop

Middle eastern groceries

Deli Products

Seeds and nuts

Fruits and vegetables

Lebanese bread

Indian products and spices

Gluten & lactose free product

And all other types of groceries

Special prices during the great lent

Freekeh 2 for \$5.50

Americana beans(foul) 80 c each or 3 for \$2

Fresh mixed nuts \$9.99 kg

Black olives \$5.00 kg

Bread sticks \$1.80

Mamoul for \$3.99 or 2for 7.50

Homemade Easter biscuits mix (Made to order) fasting cheese and fetta are available.

Bring this add and receive extra 5% discount off your shopping

**Address shop no 6/36 Walder Rd
Hammondville**

We open 7 days/week from 8am till 9pm