

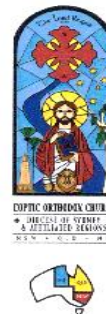


# SAINT MARK'S

## COPTIC ORTHODOX COLLEGE

*To live is Christ*

HEAD OF COLLEGE NEWSLETTER



Wednesday, 1 August 2018

Volume 23 Edition 5

### Upcoming Dates

#### AUGUST

- 2 Thu Early Bird Liturgy 6 – 8 am
- 3 Fri Jeans for Genes Day
- 6 Mon Yr 12 HSC Trials Commence  
7-9 Secondary Parent Teacher  
Interviews, 3:30-7:30
- 7 Tue Theotokos Fast commences till  
21 August
- 9 Thu Early Bird Liturgy 6 – 8 am
- 14 Tue ICAS Mathematics Competition
- 15 Wed K-6 Life Ed commences
- 16 Thu Early Bird Liturgy 6 – 8 am
- 17 Fri K-6 National Science Day  
K-6 Book Parade
- 20 Mon 10 & 11 Secondary Parent  
Teacher Interviews, 3:30-7:30
- 21 Tue K-6 Meerkat Production @ Hall
- 22 Wed The Assumption of the  
Theotokos  
Life Education – K - 6
- 23 Thu Early Bird Liturgy 6 – 8 am
- 30 Thu Early Bird Liturgy 6 – 8 am
- 31 Fri Yr 11 Preliminary Exams  
commence  
Daffodil Fundraiser  
Kinder 2019 Orientation Morning

#### SEPTEMBER

- 2 Sun Fathers' Day
- 3 Mon Fathers' Day Morning Tea 9 – 10  
am
- 4 Tue 7-12 Sec School SPORTS Photos
- 5 Wed Primary School SPORTS Photos
- 6 Thu Early Bird Liturgy 6 – 8 am
- 11 Tue El-Nayrouss Coptic New Year –  
NSW Parliament House, SMC  
Choir, 6 pm
- 13 Thu Early Bird Liturgy 6 – 8 am
- 17 Mon Stage 2 Camp – Taronga Park  
Zoo
- 20 Thu Early Bird Liturgy 6 – 8 am  
Yr 12 Valedictory Liturgy K-12  
K-6 Parent Teacher Interviews
- 21 Fri K-6 Parent Teacher Interviews
- 24 – 26 Yr 11 Community Service
- 26 Wed Stages 3, 4 & 5 Camps – various  
locations for each
- 27-28 Yr 11 Retreat
- 28 Fri Term 3 Theotokos Term

Dear Parents,

Welcome staff, students and parents to Term 3,  
Theotokos term.

Next week, our Yr 12 students will commence their Trial  
HSC exams which will be continued over a two-week  
period. Although a few have experienced the expected  
waves of anxiety, I can honestly say that we are all so  
very proud of them and their commitment to their  
studies.

Whatever their outcomes will be, we know they are  
preparing themselves for their best effort, and will learn  
from these upcoming exams as further preparation  
towards their final exams in October.

Our prayers and support continue to be with all students  
sitting for their Trials with every member of staff doing  
their utmost to ensure they are not doing this and feeling  
alone.

August also sees us commencing the two-week Fast in  
the lead up to the Feast of the Dormition & Assumption  
of the Ever Virgin Mary. Please be aware that during the  
two-week fast commencing 7 August, our Canteen will  
be serving the Fasting Menu until 21 August.

Bookweek will be celebrated by all classes Kinder – Yr  
6 (please see Flyer included) in August with a Bookweek  
Parade scheduled for Friday, 17 August between 1 – 2:50  
pm for K – 6 in our College Hall. Parents are most  
welcome to attend.

We are also undertaking some national awareness days  
during August/early September to assist in raising funds  
for the Cancer Council and Cancer Foundation. These  
include Daffodil Day on Friday 31 August where items  
will be on sale via St Demiana House students, and St  
Marina's House Genes for GENES Day (Fight Cancer  
Council) THIS Friday where for \$2 coin, each student  
and member of Staff may wear their favourite Jersey on  
top of their jeans (no blazer required on this day) from  
any sport (NRL, AFL, Soccer, Basketball, Hockey and  
other).

### **The Assumption of the Body of Saint Mary**

Saint Mary is regarded as the highest saint in the Orthodox Church. She is higher than all the heavenly saints and any man or woman saint who ever lived. She is called the Theotokos, which is a Greek word meaning “Mother of God.” Saint Mary is the Mother of God. The Coptic church focuses on the life of Saint Mary in the month of August. The fast of Saint Mary is from August 7 – August 21. The feast of the assumption of Saint Mary is August 22.

On this day, 16 Misra (August 22), was the assumption of the body of our pure Lady Saint Mary, the Mother of God. August 22 also marks the end of the fast of Saint Mary, and is a big feast day. Two other people in the Bible were also assumed. These are Enoch and Elijah. Regarding Enoch, we read “Enoch walked with God; and he was not, for God took him” (Genesis 5:24). Regarding Elijah, we read, “And Elijah went up by a whirlwind into heaven” (2 Kings 2:11).

While Saint Mary was keeping vigil, praying in the Holy Sepulcher, and waiting for the happy minute of her liberation from the bonds of the flesh, the Holy Spirit informed her of her forthcoming departure from this vain world. When the time drew near, the disciples and the virgins of the Mount of Olives (Zeitoun) came and the Lady was lying on her bed. Our Lord, surrounded by thousands and thousands of angels, came to Her. He consoled her, and announced her with the everlasting joy which was prepared for Her. She was happy, and she stretched out her hands, blessed the Disciples, and the Virgins. Then, she delivered up her pure soul in the hand of her Son and God, Jesus Christ, Who ascended her to the higher habitations. As of the pure body, they shrouded it and carried it to Gethsemane. On their way, some of the Jews blocked the way in the face of the disciples to prevent the burial. One of them seized the coffin. His hands were separated from his body, and remained hanging until he believed and repented for his mischievous deed. With the prayers of the holy disciples, his hands were reattached to his body as they had been before. Saint Thomas was absent at the time of Saint Mary’s departure, but he came after the burial. On his way back to Jerusalem, Saint Thomas saw angels carrying Saint Mary’s pure body and ascending with it to heaven, and one of the angels said to him, “Hurry and kiss the pure body of Saint Mary.” When he arrived to the disciples, they informed him about Saint Mary’s departure. He told them, “I will not believe, unless I see her body, as you all know how I did doubt the Resurrection of our Lord Jesus Christ before.” They took him to the tomb, to uncover the body but they did not find it, and they were perplexed and amazed. Saint Thomas told them how he saw the pure body ascending to heaven, carried by angels. The Holy Spirit then told them, “The Lord did not Will to leave Her Holy body on earth.” The Lord had promised his pure apostles that they would see her in flesh another time. They were waiting for the fulfillment of this truthful promise, until the sixteenth day of the month of Misra, when the promise of seeing her was fulfilled. They saw her sitting on the right hand of her Son and her Lord, surrounded by the angelic Host, as David prophesied and said, “At your right hand stands the queen” (Psalm 45:9). Saint Mary’s life on earth was sixty years. She was 12 years old when she left the temple (she stayed in the Temple 9 years), then spent 34 years in the house of the righteous Saint Joseph, and spent 14 years in the care of Saint John the Evangelist, as the Lord commanded her saying, “Woman behold your Son,” and to Saint John, “Behold your Mother.”

<https://lacopts.org/orthodoxy/our-faith/the-holy-virgin-mary/saint-mary-in-the-orthodox-concept/>





### UNIFORM SHOP UPDATE

We hope everyone enjoyed the school holidays, and that some quality family time was enjoyed.

The shop is now fully stocked with all winter items and we are excited to advise that there are various new items which have been approved as part of the school uniform:

- The new winter scarf with the school emblem is now available.
- Oz Tag shorts can now be purchased from the uniform shop.
- A new navy fleece half zip jacket is now available as an additional item for sports days.
- The new blue senior jumper is now available. Students who are wearing the current maroon jumper can continue to do so, however senior students who need to purchase a jumper will now be required to purchase the updated blue senior jumper.

The uniform shop details are:

- Email: [stmarks@fusionschoolwear.com.au](mailto:stmarks@fusionschoolwear.com.au)
- Tel: 0476 411 241
- Both the Price List and Order Form are now located on the school website.
- Shop hours during the term will be as follows:
  - Monday 8:30am - 11:00am
  - Thursday 1:30pm - 3:30pm

We look forward to seeing you in the shop



### From the Deputy Head of College, Mr Adam Osborn

*'Nobody rises to low expectations'* - Calvin Lloyd.

Our role as educators and educational leaders is to foster inspiration and expectation in each student. This fostering enables each student to find their best potential. It explores and unwraps the strengths that each person possesses and uncovers new skills and abilities that may have yet to be discovered. As educators and as parents our ultimate goal is to guide and lead students to 'flourish'. We need to be enabling students to understand and own their learning in academics and life, with the emphasis on expanding their own expectations of what they can achieve.



This emphasis is an influential tool for helping young people believe that the impossible can become possible with determination and faith in the person they have each been created to be. Expectations are powerful. They are like gears in a motor that help provide the momentum and movement required in life to overcome obstacles and accomplish great feats. If we lower them so we can always achieve at a below par or average level, we never allow students to face the questions raised from failure and we nullify the chance to take risks, explore new ways to accomplish tasks and the freedom to fail in a safe and secure environment. If we set the bench mark too high, we run the risk of deflating ambition and creativity. We need to help young people raise expectations in their learning and take ownership of their goals.

Expectations grow. They evolve as we teach our young people to find their current limits and extend themselves with support and care. We need to celebrate success and inspire hope when failure has taken place.

Some blessed words from Fr. Tadros Y. Malaty to inspire us on the journey ahead. From his work on ***'Establish your kingdom within me'*** Every new morning my soul shouts: Who is going to roll away the stone for me? My inner mouth

wants to enchant the joyous hymn of resurrection! Send Your angels to roll away for the stone of my grave. But only You can grant me resurrection!

Blessings and prayers, **Adam Osborne**

### Science Championships 2018 – Yrs 7 - 10

Dear Team,

As part of our Science Week Initiative for 2018, the Science Faculty would like all parents to actively encourage our students in Years 7-10 to participate in the following:

### Education Perfect Science World Championships - The World

Championship is held during Science Week from 4pm (AEST) Monday, August 13th through to 4pm Monday, August 20th! This is a great way to get your students excited about engaging with the Science content on Education Perfect. Students who score over 500 points will receive a personalised certificate and will go into the draw to win some amazing prizes.

I will put up posters around our science classrooms to encourage students to participate and potentially gain a certificate or even a prize!

### RED NOSE DAY

Red Nose Day has been held annually every year and continues to be the major fundraiser for SIDS and Kids as well as raising awareness of the issues surrounding sudden infant death.

St George House held a fundraiser for Red Nose Day to raise money for Sudden Infant Death Syndrome (SIDS), where students were able to purchase Red Nose Merchandise at recess and lunch time on Red Nose Day 29<sup>th</sup> June 2018. St Mark's was able to raise \$1069 to contribute towards this good cause.

Thank you to all those that bought merchandise on the day. It was a great effort.

Find out more at [www.sidsandkids.org/research/current-research](http://www.sidsandkids.org/research/current-research).







### **CONASTA 67**

Laboratory technicians in Australia have two major training conferences, one is an event offered by the state association like ASETNSW, and the other is organised by ASTA which coordinates Australian science teachers, and is called CONASTA. I started on Saturday morning with other volunteers to pack the conventions bags, and then attended the opening night at the Australian Museum on Sunday.

It was held for 3 days at Sydney University during the July holidays, and was open to all science teachers and trainees, STEM co-ordinators, laboratory technicians and primary teachers. Present were trade booths and representatives from all the major science institutes. The conference ran at the same time as the international chemistry educators convention (IEEC) so we also had speeches from international specialists in teaching science.

Keynote addresses were given by the Federal Minister for Education and Training, Senator Birmingham, and Australia's Chief Scientist Dr Alan Finkel.

They both emphasised the importance of having qualified teachers for science, maths and STEM. The government is working hard to encourage programs to train more specialist teachers.

They know that future students will have to specialise in their fields and be able to collaborate as most "big" science projects involve several countries and many institutions.

Maths has again become a prerequisite for university entrance to science, commerce and engineering degrees. Even as chemistry



knowledge underpins most of general science.

CONASTA also had seminars on subjects for the new science syllabus and demonstrated new teaching resources. I went to sessions on using Lego Mindstorm to teach physics and learnt how to build an insect hotel with Taronga Zoo educators. My favourite speaker was Dr Brad Tucker from ANU. He is a noted astronomer and science educator, and talked about the new Australian Space Agency and the problems encountered when exploring the universe.

Looking forward to CONASTA 68 which will be held in Darwin next year.

Ms Fincato, Science Lab Assistant



**From the Head of Primary, Mrs Silvia Nada**

## Primary News

Dear Parents/ Guardians,  
Welcome back to Term 3.

We pray that you had an enjoyable break. Term 3 is a very busy term but full of great events and activities. We look forward in enjoying these events with you.



### **Term 3 Parent teacher interviews**

You will be receiving a progress report for your child this term followed by an interview in week 9.

### **Term 3**

Term 3 is filled with many activities and you will be reminded via class dojo of the activities/events.

Coming events:

Science Fair: Week 4 (16<sup>th</sup> August)

Book Parade: Week 4 (17<sup>th</sup> August)

Life Education Healthy Harold: Week 5 (20<sup>th</sup> August)

Meerkat production: Week 5 (21<sup>st</sup> August)

2019 Kindergarten Orientation: Week 6 (31<sup>st</sup> August)

Spelling Bee competition: Week 7 (3<sup>rd</sup> September)

Parent Teacher Interviews: Week 9

### **Congratulations**

Congratulations to the new members of semester 2 School Representative Council. We are excited to be working with you and continue this amazing leadership.





## BOOK FAIR



Saint Mark's Coptic Orthodox College is hosting a Scholastic Book Fair on Thursday 16<sup>th</sup> August to Wednesday 22<sup>nd</sup> August to increase literacy and to encourage our students to read.

Our Book Fair encourages children to be excited about reading and learning. The students will have the opportunity to purchase books appropriate for all reading levels. You will receive a brochure featuring some of the books that will be available for purchase. Please look at this with your child and consider visiting the Book Fair.

The Book Fair will take place in the school library and will be open from 8am to 4pm each day. We hope to see you there.

# Jazzy Juniors OSHC

## Before/After School and Vacation Care

- Nutritious, tasty and fulfilling meals
- Homework sessions run by our qualified educators
- Variety of fun, interactive and stimulating indoor and outdoor activities



**WE ARE CCB APPROVED!**

Centrelink can cover up to 100% of the fees payable!



Like our Facebook page for more info:

Jazzy Juniors OSHC

[www.jazzyjuniors.com.au](http://www.jazzyjuniors.com.au)

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ENROL NOW!





# Canteen Menu



## NON FASTING

Chicken kebab roll	\$ 4.50
Chicken nugget roll	\$ 3.00
Sausage & onion wrap	\$ 3.50
Chicken wrap	\$ 5.00
Hamburger	\$ 5.00
Chicken burger	\$ 4.00
Pie & sauce	\$ 3.50
Chicken nugget	0.50 c each
Ham & salad roll	\$ 5.00
Sausage roll	\$ 2.50



## FASTING WITH FISH

### FASTING WITHOUT FISH

Scallop burger	\$ 3.50
Veggie burger	\$ 4.00
Pasta	\$ 3.00
Zaatar	\$ 2.50
Zaatar & cheese	\$ 3.50
Chips roll	\$ 3.00
Salad roll	\$ 5.00
Foul roll	\$ 3.00
Falafel roll	\$ 5.00
Pizza	\$ 4.00
Rice & Veg	\$ 3.50
Hot Noodles	\$ 2.50



Fish roll	\$ 4.00
Calamari roll	\$ 3.50
Chips roll	\$ 3.00
Scallop burger	\$ 3.50
Veggie burger	\$ 4.00
Large Pasta	\$ 3.00
Zaatar	\$ 2.50
Zaatar & Cheese	\$ 3.50
Tuna salad roll	\$ 5.00
Noodles	\$ 2.80
Pizza	\$ 4.00
Small pasta	\$ 2.00
Spring roll	\$ 1.00

## DRINKS

Breaka	\$ 2.00
Up & Go	\$ 2.00
Water	\$ 2.00
Aroona	\$ 1.50
Powerade	\$ 4.00
Ice chocolate or coffee	\$ 3.50
Slurpy	\$ 1.50
Ice Tea	\$ 4.00



## BREAKFAST

Toast with butter	0.50c each
Toast with vegemite	0.80c each
Toast with jam	0.80c each
Cheese & tomato toasted sandwich	\$ 3.50
Cheese toasted sandwich	\$ 3.00

- Street Ice cream products available
- Hot chocolate available in winter
- Lollies once a week only



# SCHOOL ZONE OFFENCES

## WHAT ARE YOU RISKING?\*

### FACT

Children are small, harder to see, behave unpredictably and are extremely vulnerable. They need **YOU** to take extra care when driving and parking around school zones.



### No Parking

No waiting. You have 2 minutes to drop-off or pick-up. You must stay within 3 metres of your vehicle.

PENALTIES FROM  
**\$183**  
+ 2 DEMERIT POINTS



### No Stopping

You must not stop on a length of road with a No Stopping sign. The first 10m from an intersection is a no stopping zone. Yellow kerb lines are also No Stopping zones.

PENALTIES FROM  
**\$330**  
+ 3 DEMERIT POINTS



### Bus Zone

Only a public bus can stop in a bus zone.

PENALTIES FROM  
**\$330**  
+ 3 DEMERIT POINTS



### Mobile Phones

Extra fines apply for using mobile phones in a school zone.

PENALTIES FROM  
**\$439**  
+ 4 DEMERIT POINTS

May be subject to Double Demerits

### Speeding Offences



40km/h is the limit. Children are vulnerable, so slow down in school zones.

PENALTIES FROM  
**\$192**  
+ 2 DEMERIT POINTS

May be subject to Double Demerits

### Pedestrian Crossings

1. In a queue of traffic, no part of your vehicle can stop on a pedestrian crossing.
2. Do not let your child in or out of a vehicle at a pedestrian crossing as this is a No Stopping zone.

PENALTIES FROM  
**\$439**  
+ 2 DEMERIT POINTS

### Driveways & Footpaths

Do not park on or across a driveway or footpath.

PENALTIES FROM  
**\$330**  
+ 2 DEMERIT POINTS

### U turns

Illegal on or near a pedestrian crossing and across double white lines.

PENALTIES FROM  
**\$330**  
+ 3 DEMERIT POINTS

### Double Parking

Double parking is illegal and is very dangerous in a school zone.

PENALTIES FROM  
**\$330**  
+ 2 DEMERIT POINTS

PENRITH  
CITY COUNCIL



\*Fines current as of March 2018. Fines and demerit points are subject to change. For more information check out the NSW Centre for Road Safety website.



ASH FRASER



Grasshoppers program is specifically designed for children aged between 3 – 5 years. Children will have the opportunity to participate in a variety of fun and safe football focused games and drills with an emphasis on developing the children's gross motor skills and social skills.



Starting Date 28 July 2018  
Saturday Mornings from 10am - 10:45am  
Walshaw Park, Bass Hill  
Register at [www.ashfraser.com.au](http://www.ashfraser.com.au)



ASH FRASER

## TERM 3 - 2018 REGISTRATIONS NOW OPEN!

8 WEEK FOOTBALL SKILLS & CONDITIONING PROGRAM

OPEN TO BOYS AND GIRLS  
AGES 5-11  
ALL SKILL LEVELS

FOR MORE DETAILS VISIT [WWW.ASHFRASER.COM.AU](http://WWW.ASHFRASER.COM.AU)

CHRISTOPHER

0421 524 669 | [INFO@ASHFRASER.COM.AU](mailto:INFO@ASHFRASER.COM.AU)

INSTAGRAM - @ASHFRASEROFFICIAL

FACEBOOK - ASH FRASER

# **“NO LIMITS TO LEARNING” TUTORING SCHOOL**

## **Make 2018 your year to shine!**

We are here to help your children achieve their best. We have been established for over 7 years proudly serving the local community. Our professional team of qualified teachers have achieved outstanding results. We continue to strive for our students to reach their optimum academic level.

**Please contact us on Mobile: 0414 566 209**

We offer one-on-one tutoring with specialised programs to suit each students individual learning needs. Our fees are very competitive!

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## **Hanans Migration Services**

Hanans Migration Services is an established migration agency located in South Wentworthville.

With over 20 years legal and migration experience in the Australian migration field, we assist with and provide professional advice on all onshore and offshore Australian visa enquiries, visa cancellation, visa review and ministerial intervention submissions.

We offer fixed and competitive fees for our services.

Assistance with Arabic language translation is provided upon request.

Contact us today via phone (ph 0411 099 086) or email ([hanansmigrationservices@gmail.com](mailto:hanansmigrationservices@gmail.com)) for a consultation.

Website: [hanansmigrationservices.com.au](http://hanansmigrationservices.com.au)

OMARA No 1801070  
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