As we approach the end of the year, it is a good time to reflect on our achievements over the past year and to help our students embrace the challenges of setting new goals for the year to come.

With this in mind, in an age of digital madness and instant gratification, the concept of goal setting is foreign to many of our students. As parents and teachers, we can assist our children to achieve academic success by helping them with some practical goal setting advice.

The key is to set S.M.A.R.T Goals:

- Specific
- Measurable
- Attainable
- Realistic
- Timely

A specific goal has a much greater chance of being accomplished than a general goal. Help your children establish concrete criteria for measuring progress. When a student measures progress, they can stay on track and reach target dates. Assist your children to establish goals that are attainable and realistic, both in terms of the energy and investment needed and the time-frame.

Students need to have short-term objectives that they work toward with the aim of moving closer toward their career goals.

In working partnership, we can help our students set these objectives if academic success is our goal!

Attainable – When you identify goals that are most important to you, you begin to figure out ways you can make them come true. You develop the attitudes, abilities, skills, and financial capacity to reach them. You begin seeing previously overlooked opportunities to bring yourself closer to the achievement of your goals.
You can attain most any goal you set when you plan your steps wisely and establish a time frame that allows you to carry out those steps. Goals that may have seemed far away and out of reach eventually move closer and become attainable, not because your goals shrink, but because you grow and expand to match them. When you list your goals you build your self-image. You see yourself as worthy of these goals, and develop the traits and personality that allow you to possess them.

**Realistic** - To be realistic, a goal must represent an objective toward which you are both willing and able to work. A goal can be both high and realistic; you are the only one who can decide just how high your goal should be. But be sure that every goal represents substantial progress.

A high goal is frequently easier to reach than a low one because a low goal exerts low motivational force. Some of the hardest jobs you ever accomplished actually seem easy simply because they were a labor of love.

**Timely** – A goal should be grounded within a time frame. With no time frame tied to it there’s no sense of urgency. If you want to lose 10 lbs, when do you want to lose it by? “Someday” won’t work. But if you anchor it within a timeframe, “by May 1st”, then you’ve set your unconscious mind into motion to begin working on the goal.

Your goal is probably realistic if you truly believe that it can be accomplished. Additional ways to know if your goal is realistic is to determine if you have accomplished anything similar in the past or ask yourself what conditions would have to exist to accomplish this goal.

T can also stand for **Tangible** – A goal is tangible when you can experience it with one of the senses, that is, taste, touch, smell, sight or hearing.

When your goal is tangible you have a better chance of making it specific and measurable and thus attainable.

**Water Safety**

Drowning is the greatest cause of accidental death in children under five in Australia. Each week, on average, one child drowns. Let’s put an end to childhood drowning for good.

In 1988 to combat drowning, Laurie Lawrence created the Kids Alive – Do the Five water safety program. The Kids Alive community service program educates the public on five important steps to reduce the risk of preschool drowning.

**Dear Parents and Guardians,**

There are forms available at the front office for you to request student leave. This is leave you can ask for if you know your child is going to be away (Such as when you go on a holiday).

This can be filled in and signed. When completed this is then handed to reception to be approved by the Deputy Principal.

Thank you

Admin
Up Coming Events

Thursday 6th November
Year 12 Formal

Friday 7th November
Japanese students visit

Tuesday 11th November
2015 Kindy Orientation 2
Year 6 Formal

Thursday 20th November
Year 7 Orientation Day

Wednesday 3rd December
Last day of Term 4

Change of Details

Please notify the school office of any changes of personal details including name changes, address, phone numbers or emergency contacts. Also, if your child’s medical condition has changed, please notify the office in writing. This is to ensure that we can contact you in case of an emergency and so the school reports are sent to the correct address. IMPORTANT: If you have become an Australian Citizen, please bring in the original Certificate to the office.

When your child is absent

We are currently using an SMS system to enquire as to why your child is absent. You need to simply SMS your reply with the reason your child is absent or you can still call the office on 9675 7433. This does not replace the absence note you need to provide to the classroom teacher as it is a Board of Studies requirement.

Uniform Shop

The uniform shop will be closed between Monday 10th November to Friday 14th November 2014.

Kindergarten 2015

Enrol your child in Kindergarten today! If you have a child entering Kindergarten in 2015, St Bishoy is accepting enrolments. The school offers many opportunities including sport, music, creative and digital activities. Get your enrolment form from the front office today!

Kindergarten Orientation

The 2015 Kindergarten students had their first Orientation Day today. The students were eager to participate in the activities and we look forward to seeing them again at the second orientation day.
COMBINED COPTIC COLLEGES PUBLIC SPEAKING COMPETITION A WIN FOR ALL

On Thursday, 23rd October, St Bishoy invited the participants from St Marks and St Mary and St Mina’s Coptic Orthodox College for a fantastic display of public speaking skills, combined with the ability to complete independent research on a topic chosen by the participants by a simple majority. The students received a warm welcome from selected students from our college who did a marvelous job in making the visitors feel relaxed and at home. The competition extended across all three stages of high school namely Stages 6 (Years 11 and 12), 5 (Years 9 and 10) and 4 (Years 7 and 8). All the participants received an hour and a half to prepare their speech and were allowed to use the internet to research their chosen topics. While the students prepared their speeches, the accompanying teachers engaged in useful discussions around teaching and learning in each school. We hope this professional dialogue will continue to inspire joint cooperation between the Coptic Colleges on academic matters.

We are immensely proud of the following students for representing our college with pride and proving themselves to be stiff competition for the visiting Coptic Colleges.

Stage 4 was represented by Bishop Bakhour (Year 7) and Fibronia Abdelshahid (Year 8); Stage 5 by Marsil Nazir (Year 9) and Richard Habashy (Year 10); Stage 6 by Marina Mickhail (Year 10) and David Beshay (Year 12)

Our students spoke with confidence and demonstrated their amazing talent in delivering an Impromptu Speech, for which all participants had to prepare and deliver a speech without any assistance from their teachers.

St Mary and St Mina’s Coptic Orthodox College was declared the winner in Stage 4; however Fibronia Abdelshahid (Year 8) from our college was declared Runner Up for her confident speech on the topic, ‘How We Look Is As Important As Who We Are On The Inside.’ St Marks Coptic Orthodox College was declared the winner in Stage 5; however, our very own, Richard Habashy from Year 10 was declared Runner Up for his commendable delivery on the topic, ‘We Can’t Go On Like This.’ Our star performer for the day was College Captain, David Beshay, who impressed the judges with his excellent speech on the topic, ‘We Have Become Desensitised Due To What We See on TV and Online.’ David was declared winner of Stage 6.

We would like to thank all our volunteers from high school who made this event a success due to their hard work and dedication. This event will continue to be an annual event that will bring about closer ties with the St Marks and St Mary and St Mina’s Coptic Orthodox College.
Awards

**Week 2 Encouragement Awards**

KR: Geo Mathew Sachin, Jeswin Joju Abraham, Maryam Kakush, Priscilla Biar, Dolagy Bakhoum

1J: Annamarie Farah, Margaret Gerges, Nicholas Kassis, Shavin Chana, Karoleen Habeeb, Mareena Takla

2K: George El-Chani, Karas Awad, Sandra Jabo, Shady Gobrial, Veronika Ragheb

3P: Rediet Dereseign, Marina Daoud, Perpetua Thabet, Aneesh Chakravarthula, Maximus Bulis, Salim Assaf, Swayam Kumar, David Bulis

4H: Marian Jabo, AY Thomas, Abboud El-Chami, Mena Takla,

5H: Joseph Gobran, Ana Maria Guirguis, Bedaba Habeeb, Salwa El Chami

**Clubs**

Our school has the pleasure of introducing clubs during lunch time throughout the week. Students have the opportunity to participate in a variety of different clubs on different days including chess, Lego and much more. It is great to see the students involved in different activities.

![Chess](image1)

St Mark's Festival

On Saturday 1st November, I had the pleasure of attending the Chess Competition that was part of the St Mark's Festival. I got to see some of our very own students compete against other children from different churches. It was great to see Karmen Georgi come 1st in her age group. Congratulations Karmen!

Miss Rezk

It's Buddy Time!

KR and 6A got to work together this term for their assembly. The students had a great time preparing and making great masks!
Craft

Take a look at this craft activity completed by Emmanuel Pelipos in Year 5! He used a stencil and a pin to make this design on black paper. What a great effect it has against a window.

Mufty Day

This term we had a Mufty Day. Take a look at the students who came to support the school by donating a gold coin.

SRC

This term, the current Year 5 students presented speeches in order to be voted in by their fellow classmates to be part of the Student Representative Council. The student presented a speech and grades 2-5 voted who they thought were the most appropriate students to join the SRC next year. We wish them all the best and look forward to the results at Presentation Day.
Students in grades 3-6 participated in the International Competitions and Assessment for Schools (ICAS). The assessments were for Writing, English and Mathematics.

Stay tuned to find out the results in the next newsletter.
عضو نقابة المحامين بولاية نيو ساوث ويلز غطاء الاستئجار
جمعية الوساطة الأسترالية
شركة المصالحة المتحدة معتدة حسب مقومات مجلس التشريع المهني

محامون ومدعوين بالحقوق المدنية

في مكتبنا القانوني لاستعادة الحقوق، نحن كشركة متخصصة نركز على تقديم خدمات شخصية بشكل مهني محترف وبطريقة فعالة وموجزة من حيث الكفاءة.
نحن متخصصون في تقديم المشورة لتناسب احتياجاتكم وتلبيل كل فرد على حدة لضمان حصول عملائنا على أفضل حلول ممكنة لمشكلاتهم وأسئلتهن.

خيرتنا نسعى لتقديم المشورة العملية بلغة عاطفية سهلة.
نحن نعمل بجد لتوفير الخدمات القانونية، فناجحنا هو نجاحكم.

المجالات التي نتخصص فيها هي:
- وصايا الديون والعقود ومدى ثبوت صحتها
- الملكية (سكني وتجاري)
- قانون الأسرة
- الاتفاقيات التجارية والمعاملات
- قانون العمال والترشيح
- التقاضي المدني
- حل النزاعات الأسرية
- الاتصال بتنازع

أكتب لنا على نسخنا التالي:
P: (02) 9630 9011
أو عن طريق البريد الإلكتروني:
F: (02) 9630 9012
Solicitors & Attorney

At Restorative Law Practice, we are a boutique firm focused upon providing professional personal services in a cost effective fashion.

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