Dear Parents/Guardians,

Term Three has ended with lots of exciting events to share with our parents and friends. As we were welcoming our new Kindergarten 2015 students along with their parents, we were also saying farewell to our Year 12 2014 students and celebrating this fundamental milestone in their life; reaching the end of their school years. The whole school gathered to pray the holy mass last Tuesday to celebrate Year 12 graduation and to pass our sincere best wishes as Year 12 students make their final preparations for the HSC exams and then as they take on life beyond school. We highlighted God’s promise, in Jeremiah Chapter 29: “God declares this: For I know the plans I have for you, declares the LORD, plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call upon Me and come and pray to Me, and I will listen to you. You will seek Me and find Me when you seek Me with all your heart.”

We also would like to congratulate our new School Captains; Mariana Ghabrial and David Beshay, as well as our new School Prefect; Mariam Farag.

It has been also a great honour to invite Jo-Anne Dooner, the author of a holistic reading program called “Get Reading Right”, to train our Primary teachers in implementing this program as of Term 4. This is part of the school’s participation in the Literacy and Numeracy Action Plan conducted by NSW government. Our participation in this Action Plan began in 2013 and will be finished by the end of 2016 to see significant improvement in our students’ literacy and numeracy results.

We would also like to congratulate Miss Monica Hara on her wedding that will take place during Term Three holidays. We are also saying farewell today to Mrs Mariam Gayed as she is getting ready to have her baby. Congratulations to both of them!

All staff at St Bishoy College would like to wish you a very safe and relaxed holiday and we are looking forward to welcoming all our students back in Term Four.

Mrs A Awadalla
Deputy
Up Coming Events
Wednesday 8th October
First day of Term 4
Monday 20th October
Tuesday 21st October
Japanese students visit
Tuesday 4th November
2015 Kindy Orientation 1
Thursday 6th November
Year 12 Formal
Friday 7th November
Japanese students visit
Tuesday 11th November
2015 Kindy Orientation 2
Year 6 Formal

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.

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!

Primary Perform-a-Poem Contest and Poetry Writing Competition
On 24th August 2014, primary had a wonderful and exciting assembly as a number of enthusiastic students participated in the Perform-a-poem Contest. Congratulations to the following students for their excellent results in the competitions.

Winners of Perform-a-Poem
Year 3: Yulianna Hanna (1st), Aneesh Chakravartula (2nd)
Year 4: Marie-Ann Girgis (1st), Jennifer Ibrahim (2nd)
Year 5: Mahrael Milad
Year 6: SA Kirolos Georgi (1st), Andrew Bols (2nd), GG Stella Yousif & Joyce Todary (1st), Jayson Ibrahim & Markos Gibryal (2nd)

Winners of Poetry Writing Competitions
Year 1: Annamarie Farah, Year 2: Jennifer Tadros & Tiana Read,
Year 3: Aneesh Chakravartula, Year 4: Marie-Ann Girgis,
Year 5: Carolyn Galdas, Year 6G Nadine Mekhail,
Year 6A Philomena Daoud
An exciting array of elective choices

The college was proud to see the encouraging turnout of parents for the Subject Selection Night held on Monday, 11th August, 2014. The evening was designed to provide parents and students with the range of electives on offer at the college for students who will be in Years 9 and 10 respectively in 2015. Parents and students collected useful information from excellent displays, colourful brochures, multimedia presentations and live demonstrations, as different faculties tried to impress students and parents with the benefits of choosing a particular elective. The college is pleased to offer Elective History, Commerce, Visual Art, Drama, Music, Business Services, PASS, Arabic and Food Technology.

We are delighted to see an increased engagement from parents in attending events organised by the college and look forward to meeting even more parents at our next function.

Mr Joseph

Head of Department
English/ HSIE/ Music
Awards
KR: Joice Ghaly, Bennett Jo Binoy, Marell Wasfy, Vraj Bhatia
1J: Angelus Nashed, Georgina Ghaly, Margaret Gerges, Ann Sergious, Nicholas Kassis, Karoulin Gadalla
3P: Christina Bolis, Marina Daoud, Marym Azer, Salim Assaf, Mina Milad
4H: Abanoun Nasry, Miriam Todary, Steven Yousif, Jennifer Ibrahim, Sarah Youssef
5H: Carolyn Galdas, Jack Mellross, Chloe Atteya, Joy Boulos, Abdelmasieh Fakri
6A: Youhanna Yowakem, Gideon Atteya, Mariam Ghannami, Kirollos Georgi, Arsanious Shenouda, Christopher Farah, Mary Yassa
6G: Markos Gibryal, Antony Fouad, Marina Guirguis, Mariam Kamal

Stage 2 Excursion
Once again, stage two participated in an informative and practical learning experience at Brewongle Field Studies Centre. Mr Popovski, Miss Hanna, Mrs Ferrett and Mrs Frag along with years 3 and 4 had a wonderful day of learning especially about Australia's past. Those that study History learn more about our world and the lives we lead as our lives become enriched with knowledge and understanding. From the past we can better understand our present and future. Our students were engaged and enriched with the wonderful learning that took place at Brewongle. We also had a lot of fun and enjoyed our day immensely.
Year 4

Year 4 enjoyed making their own pinch pots out of clay and they also carved their own designs.

St Mary’s Feast

On Monday 25th August, K-6 students celebrated the feast of St Mary and many classes performed lovely hymns. Thank you to Mrs Michael for organising the event.
Book Week

Book week is a week to encourage students to read more and be exposed to many types of texts. Mrs Ishag had the Book Fair in the library and students bought some great books to read. We also had the annual Book Character Parade. Thank you to Mrs Kelly who hosted the event and well done to everyone who dressed up as a book character. It was great to have the teachers dress up as well.
Here is a great artwork by AY Thomas in 4H!

Look at these Kangarco by KR!

High School Choir

On Tuesday 19th August, 8 students from St. Bishop Coptic Orthodox College went to St. Mary and St. Mina's Coptic Orthodox College at Bexley to celebrate St. Mary's feast. The students were accompanied by Mrs. Narouz and Mrs. McNally. The students were very excited about the event. The students who took part were Samuel Boshra, Kirlous Mikhail, Yustina Awad, Maria Boshra, Randa Dimitri, Yoana Rizkalla, Daniella Wasif and Marina Sadik. They sang two songs "Ya Omm Elwadaha" and "Mary Did You Know?" Both songs were sung beautifully, and the congregation enjoyed "Ya Omm Elwadaha" so much that they asked for the song to be sung again. Well done St. Bishop students, you have done your College proud!

Mrs. McNally
Year 2 Make Toy Parachutes!

Thanks to the help of Year 6A, Year 2K were able to learn how to make a toy parachute. The students in Year 2 have been learning about how toys move and the forces that impact upon toys. So the chance for our class to actually make a moving toy and watch the force of gravity take effect, as we watched our parachutes fall over the balcony, was a very exciting learning experience.

Father’s Day Stall

This month, a Father’s Day Stall was held for students to buy gifts for their fathers, uncles and grandfathers. Thank you to Mrs Ferrett, Mrs Farah and Mrs Michael for all their help running the Father’s day stall. It is greatly appreciated. May God reward you.

Go4Fun

Want ideas on raising healthy, active and happy kids?

FREE healthy lifestyle program for 7 - 13 year olds
Blacktown & Mt Druitt locations
Term 3 enrolments close July 4th
1800 780 900
go4fun.com.au
Buddy Project

Kindergarten and Year 5 worked together to make a building/house using recycled materials. It was great to have Year 6 help their Kindergarten buddies to complete their project for HSIE. Well done to all the Year 6 students for showing great leadership skills and assisting younger students.

Kindergarten Excursion

On the 18th September, Kindergarten went to Blacktown Library and attended ‘Story Time’. This consisted of students listening to great stories about trains and they had the opportunity to participate in the reading. The students also got to make a train of their own and use crepe paper for the coal. Thank you to Mrs Ferrett who came on the excursion.
Year 12 Graduation

“As you start your journey, the first thing you should do is throw away that store-bought map and begin to draw your own.” – Michael Dell

On the 16th of September, St Bishoy said goodbye to its Year 12 class of 2014. Although it was devastating to see them go, we pray and hope that they continue to prosper in their new life. Our day started off with a whole school mass where the Year 12 students said goodbye to their fellow students to begin a new journey out of school.

Not only did the graduates open a new avenue for themselves, but they also passed on their leadership positions to our current Year 11 students. Our new captains and prefects were announced and were handed the school candle as they read out their acceptance speech. We then had high school make a tunnel as the Year 12 students exited the school, as students, for the last time. The graduates and their parents made their way to the hall across the street where their graduation was held. Altogether, it was a very successful day. Special thanks to Mrs Narouz and all the staff that made it such a wonderful day. We will most definitely miss the Year 12 students and we would love to wish them the best of luck with the new adventure that they are about to start.

Mariana Ghabrial
Raising calm kids

With childhood and adolescent anxiety on the rise there's a simple but powerful technique that all kids should practice. Parenting ideas contributor Dr. Jenny Brockis explains the link between quiet time and the development of calm in kids.

Let me share the stories of two very different kids who shared a common challenge.

The first is treacle. From her first day of childcare, treacle would cry incessantly whenever her mother tried to leave. In primary school she made a number of friends but lacked self-confidence. By the time she was in secondary school, she was known as 'treacle of love'. In Year 10, treacle started missing school.

The second child is Jamie, who can always be a handful. Yet he continues to thrive in his studies. His parents have always been aware of his learning difficulties, and the child's emotional difficulties. He was constantly active during the other kids and quite absent. Jamie ended up being suspended from school.

As you can see, treacle and Jamie were two very different kids, but the challenges they faced were eventually recognised as being the same anxiety.

While treacle's anxiety was often a result of separation, and often more severe than Jamie's, anxiety is a common problem for children, especially in the early years. It's thought that the constant anxiety is a result of the developing brain, which is still learning to manage emotions.

One technique that can help is the 'technique of the blank page'. This involves the child blanking out their mind by focusing on their breathing. The child is asked to close their eyes and imagine a blank page. They are then asked to think about a situation that makes them feel anxious. Once they have identified the situation, they are asked to imagine themselves in that situation, but this time without the anxiety.

"The child is then asked to picture themselves in that situation, but this time without the anxiety. Once they have identified the situation, they are asked to imagine themselves in that situation, but this time without the anxiety. They are then asked to picture themselves in that situation, but this time without the anxiety."

Other techniques that can help include the 'technique of visualization'. This involves the child visualizing themselves in a situation where they feel calm, such as on a beach or by a waterfall. They are then asked to picture themselves in that situation, but this time without the anxiety.

I believe that both the technique of blanking out and the technique of visualization can be very effective in helping children to manage their anxiety.

Tips for Quiet Time

1. Choose a time that suits you and your child. Morning or evening is a great time for this.
2. Schedule in ten to fifteen minutes for the practice. You may need to start with just four minutes at first.
3. Find a place that allows your child to be quiet. This could be their bedroom or another quiet room in the house that they like being in and in which they can feel relaxed.
4. They can be home and in bed or sitting on a chair or on the couch. Try to avoid any noise or distractions.
5. Get them to gently close their eyes or look down towards the ground. Keep it simple for them to take a deep breath in through the nose, hold it for one to two seconds, and then slowly out. Keep them to do this two more times.
6. After the third breath, ask them to continue breathing in the same way, now noticing their chest expanding and their heart rate increasing. After about two breaths, focus on their chest rising and falling and feeling their chest rise and fall.
7. The next sequence requires them to notice any tension around muscles in their shoulders, hands, or anywhere else in their body. When they feel this tension, they can imagine the tension melting away, enjoying the sensation as they allow it to fade away.
8. Continue with the breathing exercises until you reach the end of your allotted time. When it's time to stop, you can give them a soft reminder to open their eyes, separate their hands and fingers, and then stop for a moment or two to get up to stretch and relax.

Practicing regular quiet time should start to produce some positive differences quite quickly. Once they have mastered the technique, it will always be available to them any time they feel over-awed or stressed. Just three deep breaths may be all they need.