The Lord’s Message

"Struggle with all your power to gain Paradise. And do not listen to those who say that everyone will be saved. This is a trap of Satan so that we won’t struggle."

St Paisios of Mt Athos

Important Dates

Term 3

Week 6
Wednesday 24 & Thursday 25 August
VCE Greek Bonegilla Excursion
Saturday 27 August
PA Dinner Dance

Week 7
Monday 29 August
Literacy & Numeracy Week
Beheading of the Forerunner – Strict Fast
Friday 2 September
Father’s Day Stall
Sunday 4 September
Father’s Day

Week 8
Wednesday 7 September
Whole School Liturgy, Sts Methodios & Cyril Church, 8.40am
Thursday 8 September
Maths Olympiad 5

From the Co-Principals

Senior School News

Academic Excellence
The following students achieved excellent results during semester one and received merit certificates during the Senior College assembly:

Year 9: Evangelia Eliades and Elyssa Velles

Year 10: Tina Katsaros, Nicholas Stavrou and Joanne Tawil

Orthodoxy Day
Orthodoxy Day was a great success and I would like to thank the Nuns from Gorgoeipkoos Monastery, Fr Chris, Fr Leonidas and Fr Demos for their amazing exhibition and to all that helped and contributed to the success of the day. Also, thanks to the chanters from David the Psalmist Byzantine Choir, part of our Archdiocese.

Father’s Day
Wishing everyone a nice and relaxing Happy Father’s Day.

‘Say No to Bullying’
As part of the Child Safe Standards the Senior College held an educational session on ‘Say No to Bullying’ with Year 7 students. The information was sourced and developed from the Alannah and Madeline Foundation. (refer attachment)

SAY NO TO BULLYING!
Debating
On Thursday, 11 August 2016 at 6pm our Senior College debating team made its way to Ivanhoe Grammar via Ivanhoe Girls' Grammar (long story) to participate in the 5th round of the DAV debating competition. The topic was: 'That the media should give equal coverage to men's and women's sports'.

We arrived at the venue eager to represent St John's and finish the 2016 competition on a high only to discover that Alphington Grammar, our opponents, had forfeited late that afternoon. Obviously our reputation as a formidable opponent preceded us! I've included the presentations of our first speaker, Elih Gentikoglou and second speaker, Elyssa Velvess to highlight the exceptional standard our students have been able to achieve this year. Also, thank you to Mrs Anamourlis for being there to offer moral support to our students.

First Speaker
Good evening. I'm Elih the first speaker for the affirmative team.
Our model is that the media should give equal coverage to men's and women's sport. We define the word media as the means of communication that reach large numbers of people, such as television, newspapers, and radio.
We define equal as a person or thing that is the same as another in status or quality.
I will focus on the role of the media in covering sport. Our second speaker, Elyssa, will argue that this debate is not just a sport issue; it's a cultural issue that needs to change. Our third speaker, Evangelia, will rebut the negative team and summarise our arguments. My first point will focus on the role of the media in this debate.
The media shapes the public's perceptions of the accomplishments of women playing sports and whether women in general can be strong, confident and highly skilled.
The media also shapes the dreams and aspirations of girls.
Boys grow up watching television, bombarded by heroic and confident images of themselves playing sports and being revered for their accomplishments.
They know they are expected to play sports and are encouraged to do so by everyone around them.
Girls do not receive these messages. This affects their self-esteem and promotes the stereotype that they aren't good enough.
This lack of equality in media coverage enforces the stigma that women are weak and therefore not as valued as athletes or sports stars.

My next point is that television coverage is also a critical ingredient for the success of professional women's sports and competitive professional sport salaries.
Sponsors are unwilling to finance individuals and teams that don't get good exposure—and few female athletes do.

If women's pro sports cannot attract sponsorship money they will continue to be depressed and the financial success of women's pro leagues and tours will be more difficult to achieve and difficult to promote.
At best, women professional athletes make half as much as male athletes (in tennis), and no matter how good they are, the media continually reinforces these differences.
Research also shows that what gets into a newspaper has little to do with "public interest" and is more about what interests the sports editor.

My third point focuses on gender bias in the reporting of sport.
We see a double standard in media coverage of women's sports. When male athletes receive media attention, such coverage is primarily focused on their skilled performance.
When female athletes receive media attention, the media is much more likely to focus on their physical attractiveness or non-sport-related activities.
Anna Kournikova, who has yet to win a professional tennis tournament, was one of only six women ranked among the most important people in sports.
Male cricketers' wives get more coverage, and in some instances, more sponsorship, than the Australian women's team.
Sally Pearson is a world and Olympic champion in one of the blue ribbon track events and, incredibly, lost sponsorship dollars after her gold medal presentation at London 2012. This double standard devalues the athletic achievements of female athletes compared to their male counterparts.
These are the reasons why the media should give equal coverage to men's and women's sport.

SECOND SPEAKER
Good evening everyone. I'm Elyssa the 2nd speaker for the affirmative team.
I would like to rebut the 1st speaker of the negative team.
My first point is that the issue of equal reporting of men's and women's sport is a cultural issue.
Sport is just one area where women do not receive the same amount of media coverage as men, and are
generally only viewed by the wider public when playing stereotypical female sports such as netball and gymnastics.

The argument that the media should give equal coverage to men's and women's sports is not just a sport issue, it's something far more deeply rooted. It's a cultural issue that needs a shift, and it cannot happen quickly enough.

It's not because 'nobody is interested', as many of the men who run TV, radio and newspaper sports departments continue to tell us. That argument was dismissed when 50 million people tuned in to watch Australia's most dominant cricket team, the women's team, win the 2013 World Cup in India.

Netball regularly plays to sell-out crowds, with the Sydney Swifts last year hosting 8000 fans at one match, more than went to watch one of the games played by their AFL cousins, the Greater Western Sydney Giants.

The Giants, though, with the benefit of television broadcast rights, have a salary cap of around $10 million. The Swifts operate under a salary cap of $300,000.

It was also shut down when SBS recorded a 48 per cent audience jump for the time slot when it broadcast a Matildas World Cup quarter final game. It's not because the standard is not good enough. Sally Pearson stands alongside Usain Bolt as an International Association of Athletics Federations Athlete of the Year. It's a wrong perception that the media has of women's sport.

My second point will focus on the issue of equality.

Women work just as hard as male athletes (and, in many cases, harder) but don't get as much credit or money as the men who play the same sports. These men have very large advantages for no reason at all. This is intolerable for women.

I know what many people are thinking: “But men are stronger and faster.” I agree that is typically the case. But if men are playing against men and women are playing against women, wouldn't the level of competition be the same?

If the competition is the same, and the athletes are equal, shouldn't there be equality in pay for the coaches who coach these athletes?

Female athletes should be able to get just as much credit for their accomplishments in sports as men already receive.

And the coaches of these women's sports should have the same salary as the coaches for men's sports and should get the same credit for what they do. Equality between men and women is a civil right, but if men and women aren't paid the same for playing the same sport or for doing the same job, then where is the equality? That is denying a basic freedom.

I hope people will notice this and stand up for equal pay and equal credit between both women and men. That is the only way things will change.

My final point is that an increase in women's sports coverage can change the sporting industry.

Our entire community would benefit from seeing more female athletes in the media. Young people, boys and girls, get to see ... that women can lead, they can be coaches, and they can be star athletes.

That's important for our young men and women to see, that their mum, their sister, their partner, their wife can be ... involved in professional women's sport.

More women would find employment in the industry reporting on women's sport, as well as participating. There would be opportunities for women to work as medical personal, personal trainers and specialist coaches in women's sport.

These are my reasons why the media should give equal coverage to men's and women's sport.

Carpark

St John's College is committed to the safety of our children within the local area, both inside and outside of the school grounds.

To reinforce safe driver behaviour around the College, we strongly urge parents and carers to drop off and pick up their children safely from school by adhering to the parking regulations and relevant signage i.e.

Signage

NO STOPPING - a vehicle must not stop in a No Stopping zone

NO PARKING - a vehicle must not stop in a No Parking zone

BUS ZONE - a vehicle must not stop in a Bus Zone

CLEARWAY - a vehicle must not stop along a sign posted Clearway

DOUBLE PARK – a vehicle must not double park

Under no circumstance must a vehicle enter or leave the carpark illegally.

Every driver needs to adopt responsible and good driver behaviour in and around our College. Drivers are also reminded of their requirement to comply with road user legislation. Drivers who continually ignore parking regulations at our College will be reported to the relevant authorities.

Finally, please do not leave children in cars unsupervised, particularly on a warm day. The inside of a car is much hotter than the ambient temperature of the day outside and can heat up very quickly, causing dehydration.

Let us all work together as a community to ensure the safety of each and every child in our school zone.

Kind Regards,

Mr J. Savopoulos
Co-Principal
Dear Parents/Guardians,

On Monday the 29th of August 2016 our annual Literacy and Numeracy Week together with Book Week will commence. Every year our students are very excited to take part in this special week as many activities are organised. The following events will take place:

**Scholastic Book Fair:** The Scholastic Book Fair is very popular at St John’s College. Our students are always eager to view the items and make personal purchases. Each class will have the opportunity to view the items and make a wish list. The Fair will be open at lunchtime and after school until 3:30pm. All purchases enable our school to receive free literacy and numeracy resources. There will also be a colouring competition held at our Book Fair this year. All students are encouraged to enter. Three lucky students will receive prizes for their work.

**Book Parade:** Our very popular Book Parade will be held on Tuesday the 30th of August at 2:45pm, in the Multipurpose Room. Students are encouraged to dress up as their favourite book character. Our Pre-Prep students are also invited to take part this year.

**Book Display:** Years 3-6 have written and illustrated various books during their library lessons. Years 3 and 4 have created (as a class) I Spy books and Years 5 and 6 have created junior fiction and nonfiction books. These books will be on display in the Multipurpose Room during the week for parents to come and view. On Wednesday the 31st of August the Years 5 and 6 students will read their books to the Year Preps. The Preps will decide which Year 5 and 6 books are the winning books! Our lovely Prep students have also created their first picture story books which will also be on display.

**Short Plays:** Year 2 has worked very hard during literacy to read and perform various plays. They will perform these short plays to the Year Prep and 1 students.

**Mini Metric Olympics:** Years Prep-2 will take part in a Mini Metric Olympics on Thursday the 1st of September. They will take part in various activities using informal measurements.

**Mathematics Riddles:** Students from Years 3-6 will be given a different Maths Riddle every day. They will try to solve these riddles as a class and give an answer to Miss Krikelis or Miss Doulgeris, by the end of each day. The answers will be announced each morning. The winning class at the end of the week will receive a prize.

**Professor Maths Incursion:** As part of our celebrations, Professor Maths will be visiting our school. Professor Maths brings a large range of hands-on activities, puzzles and games to school for students to engage in. All our students will take part in a session with professor Maths. Due to our busy school schedule, this incursion will take place during Term 4 on Wednesday the 19th of October. We look forward to an enjoyable Literacy and Numeracy week!

**Miss E. Doulgeris and Miss J. Krikelis**
Year 1 and 2 Teachers

---

**SENIOR COLLEGE EVENTS**

**CHESS OLYMPICS**

The 2016 St. John’s College CHESS OLYMPICS! As we celebrate the highs and lows of all the current sporting events of the Summer 2016 Rio Olympics, here at St. John’s College, we have decided to conduct our own mini Olympics in the LRC. It is in support of the application for inclusion of CHESS at the Tokyo 2020 Olympic Games that we decided to host our own support campaign. Meanwhile, the Additional Event Programme Panel determined a shortlist in June with a final decision to be made by the IOC in August next year. The chances of the mind sport actually being admitted are low but here at St. John’s College we never give up hope.

Students are partaking in a week-long event; the CHESS & CONNECT 4 mini games. Day 1: Monday; we had a few misses and a lot of hits! Stay tuned for the presentation of the winning medals next week!

---

Mrs L Verghese
LRC, Blended Learning
Δεκαπενταύγουστος, ο Μήνας της Παναγίας

Μεγάλη επιτυχία σημείωσε και φέτος η ημέρα Ορθοδοξίας στο Κολλέγιό μας. Οι μαθητές μαζί με τους δασκάλους τους, αλλά και πολλοί γονείς, παρακολούθησαν με ευλάβεια και την πρέπουσα κατάνυξη, τη Θεία Λειτουργία και μετάλαβαν των Αχράντων Μυστηρίων, εν όψει της μεγάλης εορτής της Κοιμήσεως της Θεοτόκου. Τη Θ. Λειτουργία τέλεσε ο π. Δήμος βοηθούμενος από τους ιερείς π. Χρήστο και π. Λεωνίδα.

Μετά το πέρας της Θ. Λειτουργίας ο π. Λεωνίδας άνοιξε την Έκθεση την οποία ετούτην μαζί με τον π. Δήμο. Φέτος η Έκθεση είναι αφιερωμένη στην Υπεραγία Θεοτόκο και θα παραμείνει ανοικτή για το κοινό, μέχρι τα τέλη Αυγούστου.

Οι αδελφές από το Μοναστήρι Παναγίας Γοργοεπηκόου, ετούτην έκθεση θρησκευτικού βιβλίου ενώ η Γερόντισσα Καλλισθένη μίλησε στα παιδιά του Γυμνασίου-Λυκείου.

Κατά τη διάρκεια της Θ. Λειτουργίας έψαλλαν μέλη της χορωδίας Δαυίδ ο Ψαλμωδός τα οποία δίδαξαν και ψαλτική στους μαθητές της δημοτικού σχολείου.

Το σχολείο ευχαριστεί θερμά, όλους όσους συνέβαλαν στην επιτυχία της ημέρας αυτής.

A big thank you to all our Priests, the Nuns from Gorgoeipikoos Monastery, all the Chanters from the Choir “David the Psalmist”, and everybody who helped and contributed to the success of Orthodoxy Day in our College.

Congratulations to all our students who took part in the Demosthenes Competition that was organised by the Modern Greek Teachers’ Association of Victoria. The Competition took place on Sunday 21 August 2016 and our students need to be commended for their excellent results in all the categories.

**In the Year 7/8 category:**
Topic: “An unforgettable event”
Victoria Patsakis 2nd Prize
Angelina Harka 3rd Prize

**In the Year 9/10 category:**
Topic: “My dreamed vacations”
Evangelia Eliades 1st Prize
Foteini Katsaros 3rd Prize

Acknowledgment/Praise
Topic: “Peace & the Olympic Games” was given to:
George Simos

Συγχαρητήρια σε όλους τους μαθητές οι οποίοι έλαβαν μέρος στον μαθητικό διαγωνισμό “Τα Δημοσθένεια”.

Ο διαγωνισμός οργανώθηκε από τον Σύλλογο Εκπαιδευτικών Νεοελληνικών Βικτώριας, την Κυριακή 21 Αυγούστου. Όλοι οι μαθητές μας ήταν άριστα προετοιμασμένοι και έτυχαν διάκρισης.

Σε ομιλία της η σύμβουλος εκπαίδευσης κ. Γεωργία Νικολαΐδου αφού συνεχάρη τους μαθητές, είπε ότι καλούμαστε όλοι να αγωνιστούμε για να διατηρήσουμε και να προωθήσουμε με τον καλύτερο δυνατό τρόπο, την ελληνική γλώσσα. Να πείσουμε όλα τα μέλη της εκπαιδευτικής κοινότητας να αξίζει αυτή την βαριά παρακαταθήκη που έχουμε κληρονομήσει από την αρχαία περίοδο, να την διατηρήσουμε, να την προστατέψουμε και να την προβάλουμε με ότι καλύτερο τρόπο μπορούμε να χρησιμοποιήσουμε.

Στην κατηγορία Α’ & Β' Γυμνασίου με θέμα: «Μια αξέχαστη εκδήλωση» το 2ο Βραβείο απέσπασε η Βικτώρια Πατσάκη ενώ το 3ο η Αγγελίνα Χάρκα και οι δύο μαθήτριες της πρώτης γυμνασίου.

Στην κατηγορία Γ’ & Δ’ Γυμνασίου με θέμα: «Οι ονειρεμένες μου διακοπές» το 1ο Βραβείο πήρε η Ευαγγελία Ηλιάδη και το 3ο η Φωτεινή Κατσαρού.

Ας σημειωθεί ότι ο Γεώργιος ήταν και ο μόνος μαθητής που διαγωνίστηκε σε αυτή την κατηγορία.

Ο Τομέας Ελληνικών του Κολλέγιου ευχαριστεί όλους τους γονείς οι οποίοι στήριξαν και έφεραν τα παιδιά τους σε αυτή την εκδήλωση του Συλλόγου Εκπαιδευτικών Νεοελληνικών. Θερμά συγχαρητήρια αξίζουν επίσης και
Parents’ Association News

Parents’ Association Dinner Dance

Tickets for the Dinner Dance on 27 August 2016 are now selling. Tickets are limited this year so we encourage you to buy your tickets early so as to not miss out.

Pricing:
- Adult tickets: $70
- Children (under 12): $40

Tickets can be purchased from the Junior School each morning from Monday 22 August 2016 to Friday 26 August 2016. You can also request tickets by email: pa@stjohnspreston.vic.edu.au or by calling 8373 4344.

Parents’ Association Dinner Dance

Proudly sponsored by:

- HOME APPLIANCES
- MELINA ON THE ROOFTOP
- HUNKY DORY
- NORTHERN EATERY
- XENIA GRILL
- ALPHA AROMATHERAPY & MASSAGE
- ELEOS SKINCARE

Bright Curtains

St John’s College

Father’s Day Hampers

The Parents’ Association is seeking donations of items that can be included in the Father’s Day Hamper(s). Any items that you believe can be included in a hamper, should be provided to the Parents’ Association via the School. Any items that parents wish to donate should be provided by 31 August 2016.

Kind Regards,
Parents’ Association
St John’s College
To celebrate National Literacy Week St John’s English department is proud to announce its Writing Competition. This competition is open to all students in the Senior College. The theme is ‘World Peace’. Students may submit an entry as a short story or personal narrative in no more than 400-600 words. Entries will be judged by a panel and winners (one winning entry per year level) announced in term 4 during Speech Night. All entries must be received by Friday 7th October 2016.

Please direct all enquiries to Mr. J. Savopoulos
SAY NO TO BULLYING!

TYPES OF BULLYING

There are four kinds of bullying.

**Physical bullying**
Physical bullying includes hitting, kicking, tripping, pinching and pushing or damaging property.

**Verbal bullying**
Verbal bullying includes name calling, insults, teasing, intimidation, homophobic or racist remarks, or verbal abuse.

**Covert or hidden bullying**
This sort of bullying is often harder to recognise and can be carried out behind the bullied person's back. It is designed to harm someone's social reputation and/or cause humiliation. Covert bullying includes:

- lying and spreading rumours
- negative facial or physical gestures, menacing or contemptuous looks
- playing nasty jokes to embarrass and humiliate
- mimicking unkindly
- encouraging others to socially exclude someone
- Damaging someone's social reputation or social acceptance.

**Cyberbullying**
Cyberbullying can be overt or covert bullying behaviours using digital technologies, including hardware such as computers and smartphones and software such as social media, instant messaging, texts, websites and other. Cyberbullying can happen at any time. It can be in public or in private and sometimes only known to the target and the person bullying. It includes:

- Abusive or hurtful texts emails or posts, images or videos
- Deliberately excluding others online
- Nasty gossip or rumours
- Imitating others online or using their log-in.

WHAT CAN I DO IF I'M BEING BULLIED?

Here are some things you can do:

- Tell someone, even if you don't think it will help. Just talking about a situation can help put it in perspective. You could talk to a friend; a parent; or a trusted teacher who you know will take what you're saying seriously
- Keep a record of incidents
- Call the Kids Helpline (1800 55 1800).

Bullies win when you're upset, so here are some things you can practice:

- Act unimpressed: pretend not to notice if you're excluded or if the bullying is verbal, say something like, 'yeah, whatever' or 'Oh, OK'
- Walk away
- Pretend to agree 'yep, that's what I'm like alright' 'Yeah, I've got red hair. Tried dyeing it but decided it was better red than green'
- Look around for other friendship groups in or out of school
- Get involved in clubs or activities at school where you'll be safe.
If you are being cyberbullied, you can:
- Block senders
- Keep messages by sending them to someone else. Don't look at them yourself
- Change passwords
- Don't retaliate
- Talk to a friend, parent or teacher
- If there are threats or calls to harm yourself, report abuse to the police and also the ISP or website

**WHAT CAN I DO IF A FRIEND IS BEING BULLIED?**

Bullying is bad for everybody – not just the person being bullied. It can make places like school or your sporting club seem unsafe and make you feel as though you don’t want to go there.

If a friend, or someone you know is being bullied you can do something about it. Even if you don’t feel as though you can step in and stop the situation yourself, there are still things you can do, like:

- Don’t stay and watch or encourage bullying. Walk away.
- Don’t get involved in harassment, teasing or spreading gossip about others off or online.
- Don’t forward or respond to offensive or upsetting messages or photos.
- Support the person who is being bullied to ask for help. For example, you could go with them to a place they can get help or provide them with information about where to go for help.
- Tell a trusted adult who might be able to help.

**Reminder - Victorian smoking bans**

From 13 April 2015, smoking is banned within four meters of an entrance to all primary and secondary schools in Victoria, and within the school grounds, under an amendment to the *Tobacco Act 1987*.

Their aim is to protect the community from exposure to second-hand tobacco smoke and to de-normalise smoking in the community and support people who have quit or are trying to quit smoking.

Please note that penalties do apply under the Tobacco Act.
Pepperoni Pizza Ribbon

Make a pizza for dad in the shape of a ribbon to show him he’s number one!

Dad Pancakes

This is an extra yummy way to wake up dad this Father’s Day!
Decorate dad’s favourite pancakes with icing sugar using stencils or plastic letters.

Cookie Monster Cake

Does your dad love cookies? Then make him this adorable Cookie Monster.

1. Bake your favourite cake in a round cake tin or buy a readymade round cake.
2. Decorate with a thick layer of blue frosting and a thin layer of chocolate ganache.
3. Decorate with your favourite cookies.

Sports themed cake pops

1. Use your favourite cake pop recipe and frosting and mix well.
2. Shape your mixture into balls, ovals etc.
3. Attach each ball onto a lollipop stick.
4. Place in fridge to firm up and then dip each cake pop into melted chocolate.

Chocolate Covered Sports Strawberries

1. Wash and dry strawberries.
2. Grab the strawberries and dip into melted chocolate of choice.
3. Swirl it around until it is fully coated. Hold the berry for a few seconds to allow excess chocolate to drip off.
4. Melt another chocolate of choice and pour into a piping bag.
5. Decorate/pipe as desired.