The Lord’s Message

“A fish that is alive swims against the flow of water. One that is dead floats down with the water. A true Christian goes against the current of a sinful age. A false Christian is swept away by its swiftness.”

St Philaret of Moscow

Important Dates

Term 1
Week 6
Friday 4 March
Darebin Division Senior School Inter-School Swimming

Sunday 6 March
Greek National Day 25th March To The Shrine Yrs 2-12, 11.30am

Week 7
Monday 7 March
Immunisations Year 7 Students, 11.30am

Wednesday 9 March
PA Meeting, 6.30pm

Friday 11 March
Athletics Carnival (at St John’s College)

Week 8
Monday 14 March
Labour Day – Public Holiday – School Closed

Week 9
Monday 21 March
Parent Teacher Conversations F-12

Tuesday 22 March
Greek Independence Day, Whole School Assembly, 8.45am

Friday 25 March
Greek National Independence Day

Roman Catholic Good Friday – Public Holiday

2016 Camps

Years 5&6
Monday 29 February – Wednesday 2 March
Campaspe Downs

Years 7&8
Monday 29 February – Friday 4 March
Campaspe Downs

From the Acting Principal

Dear students, staff, parents and friends of St John’s,

Yiasas and Da jia hao!

Thanks for your views

As part of our review of the College homework policy, yesterday a number of parents gathered to share their views by participating in a discussion group. My thanks for making the time. The views gathered from the parents will be merged with the views of the staff and students. Subsequently, a recommendation will be made to the College Board for a reviewed homework policy.

Thanks for volunteering to support at the Years 3 & 4 camp

My thanks also to several parents who volunteered to participate in our 2016 Years 3 & 4 school camp to Bacchus Marsh – Mrs Sarandis, Mrs Charisiou and Mr Teligioridis. Much appreciated.

Pastoral Care – YOU CAN DO IT

Across the College – from Foundation to Year 12 – our teachers are focused on ensuring our students are supported and guided in their social and emotional development. To do this, we use a program called YOU CAN DO IT. This program provides a series of topics and activities that students will work through under the guidance of the Pastoral Care teachers in the Junior, Middle and Senior years of schooling. Some of these topics include organisation, anger, friends, resilience, getting along, self-esteem, conflict resolution and confidence.

It is our view that by deliberately focusing on topics such as these, we will be able to empower our students with the skills to achieve and succeed as they journey forward.

2016 Student Council

Finally, we congratulate our 2016 Student Councillors. Please see the list of Council members included within this newsletter. Being a student councillor is an important role and we look forward to their contribution to the life of the College.

Best wishes for the week ahead.

Don Walkley
2016 Student Council

MEMBERS

1. College Captain: Kon Eliades
2. College Captain: Tiana Stavros
3. College Vice Captain: Pythagoras Harry Karakoutos
4. College Vice Captain: Aesop Christina Fotias
5. College Vice Captain: Olympia Florentia Theodoreskou
6. College Vice Captain: Plato Zois Stavrakas
7. Year 11 Councilor: Angelique Psarakos
8. Year 11 Councilor: Evelyn Gentikoglou
9. Year 10 Councilor: Matthew Dudley
10. Year 10 Councilor: Tina Katsaros
11. Year 9 Councilor: Kostas Lontos
12. Year 9 Councilor: David Dudley

Senior School News

VCE 2016: How to study
Studying before exams is the best way to be prepared. You can make it easier by preparing a dedicated study area, breaking it into manageable steps, revising what you've already studied, and managing expectations and pressure.

Break it down
You look at the amount of stuff you have to learn for a course or exam, and it feels like a huge, unmanageable task. So, break it down. Make a list of small, achievable study steps – maybe summarising a category or chapter – and tick each one off as you do it. Then, make a list that builds on that – you'll get further, more quickly, than you thought was possible.

Make a space
Decide on an area to study in (even just a corner of your room), and don't do anything else there. This'll make it easier to avoid procrastinating. Make it a clean, well-lit, comfortable space so you're not constantly getting up and walking away.

Take breaks
Don't force yourself to push on through when you're tired. You can only absorb so much in one sitting. Try to take at least a ten minute break for every hour of study you do. Also, don't sacrifice sleep to study – you need to get good sleep to be on top of your game.

Revise
Instead of just working your way from one end of the textbook to the other, take time to go over what you've already looked at. This will help it sink in and become more accessible in your memory. Go over last week's formulas, charts, essays or chapters while you're pushing on with this week’s.

Take the pressure off
Working up to exams can be (and probably is) pretty stressful. If pressure's motivating you, and isn't a problem, great! If it's getting to your head though you can relieve it by:

- talking to someone outside the situation
- getting some time away from study
- revising your expectations
- talking to people who you feel are putting extra pressure on you.

Kind Regards,
Mr. J. Savopoulos
Head of Senior School

Maths Help Club
Every Tuesday
Time: 3.30pm to 4.00pm
Location: Library

Mr. J. Failia
Head of Maths and IT

SPORTS NEWS

St John’s College Athletics
Please note the St John’s College athletics will be held at the college on the 11th of March and not the Coburg athletics track.

Inter-school sports
The Year 5/6 students have had a good start to the inter-school fixture in cricket and rounders. A special mention to Christos Charisiou and Nicholas Vandoras for their outstanding batting!

Greek Orthodox Sports
Please note the balance of payment for the Greek Orthodox Sports event in Perth this May is due on the 18th March. The total cost per student is $700.

Year 11 PE
Last week the Year 11 PE students dissected long bones as part of their studies on body systems.
**Fitness Testing**

Students started the year testing their fitness and skills in PE classes this week.

**EVENTS AND ACTIVITIES**

**Saint Charalambos Feast Day - Panigyri**

On Sunday 14 February our College Leaders and many students, attended with their teachers the Divine Liturgy at St Charalambos Church, in Templestowe, and received Holy Communion. We thank the many parents who brought their child/ren to the church. After the Divine Liturgy, the students of our Dancing Group performed traditional Greek dances at the Panigyri that followed.

A big thank you to the Very Rev. Elias and Rev. Antonio, as well as Mr. A. Georgiou for welcoming all our students, teachers and parents to their parish.

Mr Andreas Georgiou, Board Member, amongst St John’s Students after church.

**Mrs A. Papaconstantinou**

Greek Teacher and Events Coordinator
**EVENTS DURING TERM 1 BREAK**

**Important Notification:**

- Drummers
- School Leaders
- and students

will need to represent our College to the wider community at the following events which coincide with Term 1 break.

**Protaprilia Event: Sunday 3/4/16**

- St Andrew’s Church, 201 Mahoneys Rd, Forest Hill,
- 10.00am Church,
- 11.15am Marching with Drummers & Wreath laying ceremony

**Battle of Crete Event: Sunday 10/4/16**

- College Leaders at St Eustathios Church (at 10.00 am) for Doxology
- Drummers & students at the Shrine of Remembrance at 11.30am for Marching & Wreath laying ceremony.

**DRUMMERS**

Are reminded that they will need to attend THREE out of the four events.

- Greek National Day.
- Protaprilia.
- Battle of Crete.
- Orthodox Good Friday.

*All Drummers need to wear clean, white gloves*.

**STUDENTS**

Are reminded to wear clean summer uniform, including blazer, and have polished shoes. Girls need to wear yellow & light blue ribbons in their hair.

**Parents and students please support the above Events**

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**PARENTS’ ASSOCIATION**

**Gelato Day**

Dear Parents/Guardians,

The Parents’ Association is organising a Gelato Day on **Tuesday 8th March** at lunch time for our students. We are selling Aurora Gelato in pre-packaged individual 100g tubs. Each tub has only one flavour and can be purchased for $3.50. A flyer was sent home last week.

If you wish to purchase some gelato please fill in the details on the flyer and return in an envelope including money to the school by Friday 4th March.

We would like to encourage the students to order their gelato in Greek as they come to collect on the day…. help them practice σοκολάτα… βανίλια…. φράουλα. All profits made will go towards funding the school’s IT upgrade.

Ο Σύλλογος Γονέων πουλάει παγωτό για τους μαθητές την Τρίτη 8 Μαρτίου. Συμπληρώστε την παραγγελία, και επιστρέψτε στο σχολείο μαζί με τα λεφτά μέχρι την Παρασκευή 4 Μαρτίου.

**List of ingredients for each flavour**

**Chocolate Gelato:**

MAY CONTAIN TRACES OF EGG & NUTS DUE TO SHARED EQUIPMENT. * Sucrose * Invert Sugar * Skim Milk Powder * Dextrose * Cocoa Powder * Cream * Vegetable Gums * Water 65%, * Vegetable Gums (407, 410, 412, 415) * Vegetable Emulsifier (471, 466, 460)

**Vanilla Ice-Cream:**

MILK MAY CONTAIN TRACES OF EGG & NUTS DUE TO SHARED EQUIPMENT. * Sugar * Skim Milk Powder * Cream * Flavour (HALAL) * Water 60%, * Vegetable Gums (407, 410, 412, 416, 466) * Vegetable Emulsifier (433, 471)

**Strawberry Gelato:**

MAY CONTAIN TRACES OF EGG & NUTS DUE TO SHARED EQUIPMENT. * Sucrose * Glucose (Corn) * Dextrose * Citric Acid * Lemon Juice (2%) * Strawberries (14%) * Water 65%, * Vegetable Gums (410, 412, 415)

Regards,

Parents’ Association