The Lord’s Message

“Troubles are usually the brooms and shovels that smooth the road to a good man’s fortune; and many a man curses the rain that falls upon his head, and knows not that it brings abundance to drive away hunger.”

St Basil the Great

Important Dates

Term 1

Week 9
Monday 21 March
Parent Teacher Conversations F-12
Tuesday 22 March
Greek Independence Day, Whole School Assembly, 8.45am
Thursday 24 March
Term 1 Concludes, F-12
Friday 25 March
Greek National Independence Day
Roman Catholic Good Friday – Public Holiday

Term 2

Week 1
Monday 11 April
Term 2 Commences for students
Wednesday 13 April
PA Meeting, 6.30pm
Thursday 14 April
School Photos F-12, Full Winter Uniform including blazer
Week 3
Monday 25 April
ANZAC Day – Public Holiday
Friday 29 April
Greek Orthodox Good Friday – No School
Friday 29 April
Greek Orthodox Easter Sunday
Week 4
Monday 2 May
Greek Orthodox Easter Monday – No School

From the Acting Principal

Re: Parent Teacher Conversations – Change Of Location

Parent Teacher Conversations will be held on Monday 21 March. Regretfully, as a result of unexpected circumstances, we have to change the venue from the gymnasium to the following:

Junior College

<table>
<thead>
<tr>
<th>Teacher/ Year Level</th>
<th>Venue</th>
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<tbody>
<tr>
<td>Foundation – Year 2</td>
<td>Music Room</td>
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<tr>
<td>Mrs Chochlaka</td>
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<tr>
<td>Miss Grbac</td>
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<td>Mrs Vlahos</td>
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<td>Mrs Dimitriadis</td>
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<tr>
<td>Years 3 – 6</td>
<td>Multipurpose Room</td>
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<tr>
<td>Mr Papadopoulos</td>
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<td>Ms Chen</td>
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Senior College

<table>
<thead>
<tr>
<th>Teacher Name</th>
<th>Venue</th>
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<tbody>
<tr>
<td>Mrs Bitsas</td>
<td>Library (Resource Centre)</td>
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<tr>
<td>Ms Giannos</td>
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<tr>
<td>Ms Pastorelli</td>
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<tr>
<td>Mr Savopoulos</td>
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<tr>
<td>Mr Lonie</td>
<td>Room 2 – Science Labs</td>
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<tr>
<td>Ms Mourtzios</td>
<td>Entrance &amp; Location – via canteen/gym side of College</td>
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<tr>
<td>Mrs Hodgson</td>
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<td>Mr Sherwood</td>
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<tr>
<td>Mrs Papakonstantinou</td>
<td>Room 3 – Science Labs</td>
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<tr>
<td>Mr Salmanidis</td>
<td>Entrance &amp; Location – via canteen/gym side of College</td>
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<tr>
<td>Mrs Sarigianoglou</td>
<td></td>
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<tr>
<td>Mrs Verghese</td>
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<tr>
<td>Mr Armenopoulos</td>
<td>Room 4 – Science Labs</td>
</tr>
<tr>
<td>Mr Failla</td>
<td>Entrance &amp; Location – via canteen/gym side of College</td>
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<tr>
<td>Ms Yianoulatos</td>
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<tr>
<td>Mr Mikhail</td>
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Finally, I would like to express my apologies, in advance, for any inconvenience that the change of venue may cause you.
Junior School News

Parent Teacher conversations
Parent Teacher interviews will be conducted on Monday 21 March from 2-7pm. Classes will finish at 1.45pm. If you are unable to collect your child/children at 1.45pm, there will be supervising teachers until 3.15pm. If your child/children catch the school bus after school, the bus will pick students up as per the normal time of 3.15pm.

March to the Shrine
I would like to sincerely thank the families that attended the march to the Shrine on Sunday the 6 March. The students were very impressive and represented the College with pride. We received many positive comments from the public about our wonderful students.

Greek Independence Day Assembly
On Tuesday 22 March St John’s will hold its annual Greek Independence Day assembly in the Gymnasium commencing at 8.45am. Parents and friends are encouraged to attend this significant event.

Canteen purchases – Fasting Period
Please note that as we have commenced the period of Lent, there will be no meat products sold at the canteen.

Wanted
If you have any board games, Lego or chess games that you no longer need and would like to donate to the school, it would be very much appreciated.

Term 2 commencement
Term 1 concludes on Friday 24 March. Term 2 commences on Monday 11 April. Students return to school term 2 in winter uniform.

Warm regards
Mrs Anamourlis
Head of the Junior College

Senior School News

DEBATING
On Thursday 10 March our D Grade debating team consisting of Elih Gentikoglou (Year 8), Elyssa Velases (Year 9) and Evangelia Ellades (Year 9) competed in the first round of the DAV 2016 debating competition against Ivanhoe Girls’ Grammar school. The topic was, ‘Australia should become a republic’ and we were the affirmative team. Elih focused on the changing social identity of Australia and the importance of becoming a republic. Elyssa argued about the importance of having an Australian as Head of State and the process involved in becoming a republic and. Evangelia rebutted the opposition and summarised our points. After a close debate, the adjudicator awarded the debate to the IGGS 227 to 226. Elyssa Velases was awarded equal best speaker for her fine presentation. Congratulations to all team members on a well-planned and cohesive argument and thank you to the parents, siblings and relations for supporting our students on the night.

VCE: Dealing with anxiety

What to do about anxiety
Anxiety, worry, fears – when they’re getting in your way you need to do something about them. It sucks if you can’t be everything you want to be because you’re paralysed by worry. But you can do something about it. There are a ton of things you can do to manage and deal with anxiety. Some of them will work for you better than others.

Top tips for tackling anxiety
Things to do that have been shown to help include:

- **Exercise.** You might not feel like it, but getting sweaty five times a week makes people less anxious, stressed and depressed.
- **Self-talk.** Learning self-talk that'll help you combat negative thoughts that are going through your head.
- **Practical stuff.** Looking at practical things you’ve got to deal with and knock them over one at a time – avoiding things feeds anxiety.
- **Build a toolkit.** Getting tools like deep breathing and relaxation techniques, that'll help when things get too much.
- **Try to focus your thoughts.** Find out more about meditation and mindfulness techniques.
- **Check your thinking.** Study your negative thought patterns so you can see when things start to get out of control, and challenge them when they start.
- **Share carefully.** Trying not to unload your worries on people who are worriers too.

Kind Regards,
Mr J. Savopoulos
Head of Senior School

Maths Help Club

Every Tuesday
Time: 3.30pm to 4.00pm
Location: Library

Mr J. Failla
Head of Maths and IT
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.
**Lemon Cake**

**What we need:**
- 3 cups self-raising flour
- 1 1/4 cup sugar
- 2 tablespoons lemon zest
- 2/3 cup olive or vegetable oil
- 1 tsp vanilla essence
- 1 tablespoon lemon juice
- 1 cup soda water

**For the glaze:**
1 1/2 cups icing sugar
juice of 1/2 lemon
zest of 1 lemon

**Method:**
1. Mix the flour with the sugar and zest.
2. Mix oil, vanilla, juice and soda.
3. Add the flour, mix to a smooth thick batter.
4. Pour in a ring form cake tin or other cake form. Bake at 160 degrees for 40mins.
5. Take out of cake tin and let cool slightly.
6. Brush over the surface while it is still hot. To make the glaze, place all ingredients in a saucepan until it becomes a thick glaze.

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**Easy Cookies**

Makes approx. 15 cookies

**What we need:**
- 1 cup fasting/vegan margarine softened
- 1/2 cup sugar
- 2 cups self-raising flour

**Method:**
1. Preheat oven to 175 degrees.
2. Prepare two large baking sheets lined with parchment/non-stick paper.
3. In a large bowl, cream together the margarine and sugar.
4. Add flour and continue to mix until mixture forms a soft dough (it will be crumbly at first, but keep mixing and it will form a dough). Form dough into a ball with your hands.
5. Roll dough out on a surface dusted with flour, with a well-dusted rolling pin. Cut into rounds and place on prepared baking sheets. Repeat as necessary.
6. Bake for 16-18 minutes, or until cookies are pale golden brown. Let cool on baking sheets. Enjoy!