



St Euphemia College

School Newsletter

Term 1 Week 3

Principal's Report

Upcoming Events

20 February
Primary Swimming
Carnival

21 February
Year 12 Information
Night

22 February
Greek Orthodox
Archdiocese of Australia
HSC Awards Ceremony

26 - 28 February
Primary Meet and Greet



This week, the College celebrated the achievements of our 2023 HSC students. It was a wonderful occasion showcasing the impressive results of our High Achievers.

Our College Dux, **Eleni Kalantzis**, delivered an inspirational speech, giving the Secondary School students an insight into her steps to success. She emphasised the importance of being organised, following up with teachers, understanding the feedback you are given, and remaining consistent in your study habits. We thank her for her thoughtful address and advice and we extend our best wishes to Eleni and the Class of 2023 for their future endeavours.

Whilst schoolwork and study are an important part of any student's life, maintaining a healthy balance between work and relaxation is key to success. Student wellbeing is a high priority for the College. Students are encouraged to connect with their friends and family. These relationships foster resilience and a sense of belonging. Studies have shown the benefits of exercising regularly, for both physical and mental health and wellbeing. Additionally, adhering to a regular homework / study schedule fosters good habits. As I explained to our Secondary School students at the High Achievers Assembly, achieving goals involves making gradual changes to habits, which, over time, lead to attainable outcomes.





It is a timely reminder that the key to school success begins with coming to school on time, being prepared for lessons and ensuring that the learning of others is not disrupted. We draw on our College value of Respect in asking students to respect the learning environment and to work to the best of their ability.

I have spent some time in the Infants playground this week, and despite the heat, they are all settling into their routines with huge smiles on their faces. The Infants students are full of energy and so excited to be with their friends filling the College with immense joy. We kindly remind parents to pack their children's College hats daily as it is very hot on our playground.

We are delighted to welcome back our **School Counsellor, Ms Shakallis**, from maternity leave. Ms Shakallis is available for students who require support or guidance in managing their lifestyle to ensure they develop healthy wellbeing routines. Ms Shakallis can be reached via email at lshakallis@steuphemia.nsw.edu.au and is available Monday through to Wednesday.

Penny Pachos

Deputy Principal's Report - Primary

Welcome back to another exciting week of school! As we embark on Week 4 next week, I'd like to take a moment to celebrate the incredible achievements of our students.

At our recent assembly, we had the pleasure of recognising the outstanding efforts of our students who have truly shone as Superstar Contributors. These individuals demonstrated exceptional dedication, hard work and a positive attitude in and out of the classroom.

In addition to the Superstar Contributor awards, we also celebrated the commendable behaviour of our students with the presentation of the PBIS award. This award was presented to students for their commitment to following class expectations and creating a positive and respectful learning environment for everyone.

School Online Platforms

Although effective communication between parents and teachers plays a crucial role in ensuring the success of our educational community, we must also be mindful of the times these emails and messages are sent.

Our Infants Department Online Platform – Seesaw and our Primary Department Online Platform – Microsoft 365 are valuable tools for staying connected, however it is essential to establish a balance between school-related matters and personal time for our teaching staff.

Please avoid reaching out to teachers via Seesaw and Microsoft 365 before 8am and after 4pm. If you have any non-urgent concerns or questions, I encourage you to send an email or contact the Administration Office.



Upon receiving your email or message, teachers will make every effort to respond to messages and inquiries within 2 business days.

In case of urgent matters that require immediate attention, please contact the Administration Office directly. Our Administrative Staff will ensure that the appropriate staff member is informed and will address the issue promptly.

Morning Supervision

Students who arrive between 8:00am and 8:15am must proceed to the allocated bench behind the canteen area and wait until 8:15am. This designated area helps us efficiently monitor early arrivals.

After 8:15 am, students are free to enjoy the various play areas around the school. We believe that this time allows them to socialise, engage in physical activity and start their day with a positive mindset.

Prep Start Time

The Prep Class is open from 8:15am. For parents who arrive before this time, we kindly ask that you wait downstairs in the playground area until the classrooms are open for drop-off. This helps us maintain a smooth transition and ensures that our students have a focused start to their learning day.

Let's make Week 4 a week filled with achievements, smiles and positive moments. Here's to a great week ahead!

Introductory Meet and Greet

I would like to extend a warm invitation to you for our upcoming 'Introductory Meet and Greet with your child's class teacher. This event aims to foster a positive and collaborative relationship between parents, teachers, and students, setting the foundation for a successful academic journey.

To ensure a smooth flow of the event, we have arranged rostered times for each grade, as follows:

Monday 26 February

Kindergarten – 6:00pm

Year 2 – 6:30pm

Year 6 – 7:00pm

Tuesday 27 February

Year 1 – 6:00pm

Year 3 – 6:30pm

Year 5 – 7:00pm

Wednesday 28 February

Year 4 – 6:00pm

The meeting will take place in your child's classroom.

Ms Xanthoudakis





College Chaplain Message

In the Parable of the Talents (Matt 25: 14-30), we learn about a wealthy landowner who distributes his wealth among his servants while he embarks on a long journey. To one servant he gave five talents (a talent was the equivalent of 6000 days' earnings), to another two talents and to another one talent. The distribution was neither 'equal' or according to need, but according to each servant's ability.

The landowner went on his journey and returned after a long time to settle accounts with his servants.

The servant who received the five talents had worked hard, investing and trading with his master's money and returned with five more talents for which he was rewarded.

The servant who received the two talents had worked hard, investing and trading with his master's money and returned with two more talents for which he was rewarded in the same manner as the first.

The servant who had received the one talent "buried it in the ground" and so returned the one talent to his master. His master was enraged at this lost opportunity and punished the lazy servant.

Of course, Jesus is not giving us investment advice. Rather He reminds us that God gives each and everyone of us talents according to our ability. He does not give His talents to everyone 'equally', nor does He expect the return to be equal. However, He wants us to invest and grow whatever talents we have received, so that we are rewarded when He returns.

God has given each of us various talents, skills and abilities. We may be good learners; we may be good sportspeople; we may be good musicians; we may be good listeners; we may be good friends; Whatever talents God has given us, they are not ours to "bury in the ground", but His, and need to be cultivated and shared.

Do we bury the talents God has given us out of fear or laziness? Do we justify our lack of effort complaining that others are more talented? Or, do we invest in our talents, like we would invest our money, and make them grow?

Let us all remember, the Master will ask us to give an account of how we used His talents. Let us be like the good and profitable servants, let us work diligently and increase His talents. Let us be faithful over "a few things", so that He can make us rulers over many things, so that we may enter into His eternal Kingdom.

Fr Peter Mavrommatis





Director of Teaching and Learning

Cultivating learning dispositions establishes the groundwork for academic success, enhances resilience, and enables students to confront challenges with confidence and adaptability.

Our learning dispositions at St Euphemia College are G.R.I.T: Growth Mindset, Reflective Thinking, Inquisitiveness, and Teamwork. These dispositions serve as guiding principles, supporting academic success, fostering resilience and adaptability in our students' journeys.

A Growth Mindset emphasises the idea that intelligence, abilities, and talents can be developed and improved through dedication, effort, and resilience. Students with a Growth Mindset embrace challenges and view failures as opportunities for learning and growth.

Whilst a Growth Mindset propels our students forward, it's crucial to recognise the pitfalls of a Fixed Mindset. When individuals adopt a Fixed Mindset, they believe intelligence and abilities are unchangeable. This mindset can lead to avoidance of challenges, fear of failure, and limited growth potential. By fostering a Growth Mindset, we equip our students with the resilience and adaptability needed to thrive in an ever-changing world.

Three actionable strategies our families can adapt to nurture Growth Mindset at home include:

1. Embrace "Yet" Encourage your child to add "yet" to their vocabulary, promoting perseverance. Encouraging your child to adopt the phrase "I can't do this yet" instead of "I can't do this" instills a Growth Mindset by shifting their perspective from fixed limitations to potential growth. This simple shift implies that although they may not have mastered a skill or concept at that moment, they are on a journey of learning and improvement. For example, when faced with a challenging maths problem, instead of saying "I can't solve this," encourage them to say "I can't solve this yet." This subtle shift fosters a mindset of resilience and perseverance, empowering students to approach difficulties with optimism and determination.

2. Recognise Effort In the wise words of Kevin Durant, "Hard work beats talent when talent does not work hard." Celebrate hard work and determination, reinforcing that progress matters more than perfection. Watch [this video](#) for further inspiration.

3. Cultivate Exploration Create an environment where mistakes are valued as learning opportunities.

Let us partner to instil G.R.I.T in our students, empowering them to tackle challenges with confidence and resilience.

Matthew Panayotopoulos



Careers News



JobJump is an online platform that sends information about careers you are interested in via email.

Students and parents can register separate accounts to receive information on over 110 careers. The website helps parents plan and assist their son/daughter in achieving their Career dreams.

To register with JobJump, click the link.

In the second white box, enter your school password: **sec**

Students have access to the Job Jump website for their entire schooling years and for one year after they graduate Year 12. When Careers news are related to your interests, you will receive an email.

You can select as many careers as you like from the listing of 110 careers. If your son/daughter changes their mind, you can alter the choices using the top right hand side.

If you can't find the career they like from the list, select a career which is in the field they like. For example, they may like the field of Tourism because they like travelling and the idea of having a career in the Tourism industry is not a bad idea. In the listing select 'Travel Agent' because all Tourism careers news will come to you.

Once you have registered, you can also use all parts of the website to enjoy all of the following:

- Year 10 subject selection advice across 110 careers.
- Writing letters, resumes, what to say to an employer, where to find your future employer.
- A comprehensive digital ATAR and University Course sorter that works hand in hand with the UAC Handbook making life now a breeze for you to search for your chosen courses.
- JobJump finds the relevant TAFE courses
- Job vacancies based on your area location.
- University scholarships and their direct links
- Bonus points, Overseas Exchange, Accommodation across Universities in NSW and their direct links.
- EAS information.
- Find my Career quizzes.
- Hobby projects across 110 careers to inspire and engage students in their career.
- Universities Open Days listing and links.
- Videos across 110 careers.
- Gap Year and Volunteering opportunities.
- Interstate University admissions centres' links.
- How to obtain your own son/daughter's independent work experience.

Anastasia Prevezanos
Careers Coordinator

[Click here to register
JobJump](#)



Year 7 Camp

The Year 7 and Year 11 cohorts embarked on an adventure to The Great Aussie Bush Camp in Kincumber, where laughter echoed through the trees. From canoe capsizes to getting drenched in the forest, it was an unforgettable experience filled with joy and laughter.

Our days were packed with thrilling activities like the leap of faith, Big Swing, Treetops, rock climbing, orienteering, canoeing, and raft building, fostering teamwork and making the transition into High School easier.

While the challenges pushed us beyond our comfort zones, they also created lasting memories. A heartfelt thanks goes out to our dedicated teachers, Mr. Panayotopoulos, Ms. Ntiamoah, Mr. Koutsoukis, Mr. Spyrou, and the Year 11s, for their unwavering support and shared laughter throughout the journey.

Haney Zeidan
Year 7 Student





Secondary School Sports News

CIS Knock Out Soccer

On Tuesday, February 20, the St Euphemia Open Boys Soccer team will compete in the first round of the CIS Knock Out Soccer Championships against St Joseph's College in Hunter's Hill. We wish them the best of luck in their upcoming match.

Secondary School Swimming Carnival

The Swimming Carnival returns as a compulsory whole-school event in 2024. It will take place on Friday, March 1, at the Birrong Aquatic and Leisure Centre.

Students will be transported to and from the College and venue in private buses.

Term 1 SWISSA Basketball Competition

Next week, February 20, 2024: No games are scheduled. Our teams will focus on rigorous training in preparation for the remainder of the season.

Stay updated on our team's progress in the competition through the link provided. Results are updated weekly on Thursday afternoons.

Week 3 SWISSA results

Open Boys Basketball	def	Redeemer Baptist School	36-15
Open Girls Basketball	loss	Redeemer Baptist School	14-16

Junior Boys and Girls games were not held and will be rescheduled.

Monique Lou
Sports Coordinator

[Click here for SWISSA updates](#)



Primary School Sports News

Intensive Swimming

The school's swimming program, held at C & M Aquatic Centre, is making waves of progress. With Year 2, Year 3, and Year 5 classes participating, the pool is alive with the energy of eager learners. Students are not only revelling in the joy of swimming but also soaking up valuable skills that will stay with them for life. From perfecting strokes to building water confidence, the program is proving to be both enjoyable and enriching for all involved. A reminder that there will be **no swimming lessons on Tuesday 20 February**, for Years 3 and 5, due to the Swimming Carnival.

Basketball Clinic



The Basketball clinic led by Coach Gerard from Basketball Boomers has been a slam dunk success, with Prep, Kindergarten, and Year 1 students fully immersed in the action. From dribbling drills to shooting practice, the clinic is igniting a passion for the sport among the youngest members of our school community. Coach Gerard's expertise and enthusiasm are contagious, inspiring the students to develop their skills and teamwork abilities on the court. With each session, the participants are not only honing their basketball talents but also fostering a sense of unity and sportsmanship that will extend far beyond the court.

PSSA Summer Sport

As we enter the second week of PSSA Summer Sport tryouts, excitement is building as students showcase their skills in Basketball, Softball, T-ball and Cricket. The courts and fields are buzzing with activity as hopeful students give their all to secure a spot on the team. For those who missed out on their first choice, there's good news, another opportunity awaits this Friday and next, where they can try out for a different sport. This flexibility ensures that every student has a chance to find their place and participate in a sport they're passionate about.



Primary Swimming Carnival

The Primary School's highly anticipated Swimming Carnival is Tuesday 20 February, at the Max Parker Leisure and Aquatic Centre in Revesby. As the excitement builds, a gentle reminder to parents, if notes haven't been returned yet, they must be submitted by Friday of this week to facilitate the organisation of races. Students are urged to pack their own lunch and healthy snacks from home, along with ample water and sunscreen to stay hydrated and protected from the sun throughout the day.

Parents are warmly welcomed to attend, with an entry fee payable upon arrival. To ensure the smooth running of the event, all students and parents are kindly reminded to remain in the stands and refrain from wandering around the pool area, as it may disrupt ongoing races.

Let's make this carnival a memorable and enjoyable experience for all involved! Additionally, congratulations to our House Swimming captains for 2024: Alexandar Savic and Ana Macura for Apollo, Elias Abara and Zoe Vaporidis for Aphrodite, Theodore Wallace and Jennifer Sentas for Zeus, and Kosta Repousis and Mary Tezaris for Athena.

Gina Vourtsanis
Primary Sport Coordinator





Join us on a literary journey at the College Book Club



Students engage in **lively discussions** and sharing their love of literature and insights about our world

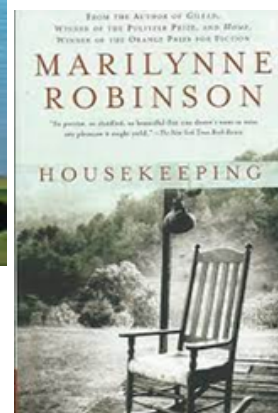
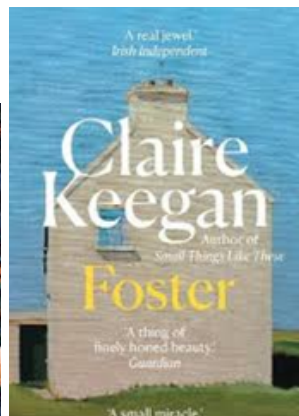
Enjoy **excursions** that include book shopping and reading and writing experiences at the State Library of NSW.

We meet in **E11**

Years 7-9: Week B Monday at lunchtime

Years 10-12: Week B Friday at lunchtime

Bring your lunch and current read





ST EUPHEMIA COLLEGE

YEAR 12 HSC INFORMATION NIGHT

WEDNESDAY 21 FEBRUARY
6:30PM - 7:30PM

- STUDENT RESPONSIBILITIES
- NESA RULES AND GUIDELINES
- EXPECTATIONS FOR 2024

REFRESHMENTS WILL BE SERVED

YEAR 12 ADVISOR

