



St Euphemia College

School Newsletter

Term 1 Week 4

Principal's Report



But thanks be to God, who in Christ always leads us in triumphal procession, and through us spreads the fragrance of the knowledge of him everywhere.
(Corinthians 2:14)

This week I was fortunate enough to spend some time at the Primary School Swimming Carnival before the rain washed us all out. The girls and boys were full of energy and excitement both in the pool and in the stands cheering for their House. It was wonderful to see so many parents and grandparents at the Carnival. Occasions such as the Swimming Carnival bring the community together and gives students the space to interact with their peers and teachers in a relaxed and less regimented environment. Whilst the competition was fierce in the Olympic sized pool, the students in the smaller pool had so much fun with the novelty events. We hope the sun stays out for the entire day next Friday when the Secondary School students enjoy their Swimming Carnival.

On Wednesday night our Year 12 students and their parents joined Mr Verghios and me at the Year 12 Information Night. These students are now on the home stretch. They only have seven months of formal school to go and as we all know, this time will fly by. Mr Verghios gave the students some sound advice; be consistent, give it your best this year and let's end your schooling years the way you began them, with energy and enthusiasm. Our parents were appreciative of the information and the opportunity to ask questions. Our Year 12 students will go on their Spiritual Retreat next week. We hope they can enjoy some down time and reflect on the last 13 years and how they see themselves moving out into the real world at the end of this year.

Thursday night ended the week on a high, with our High Achievers receiving recognition for their efforts from His Eminence Archbishop Makarios Primate of Australia. It was a special occasion with all three Greek Orthodox Colleges in celebration together. These special moments and opportunities are a true blessing for our community.

Penny Pachos

Upcoming Events

26 - 28 February
Primary Meet
and Greet

26 - 28 February
Year 12 Retreat

1 March
Secondary School
Swimming Carnival

3 March
Dionysios Solomos
Awards

6 - 8 March
Year 9 Camp

24 March
Greek
Independence Day
March



Deputy Principal's Report - Primary

Welcome back to another week at St Euphemia College. It sure has been a busy week with our swimming carnival and sport tryouts.

Introductory Meet and Greet Sessions

I would like to extend a warm invitation to all our parents for our upcoming 'Introductory Meet and Greet Session' 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. The meetings will take place in your child's classroom.

| | |
|-----------------------|--|
| Monday 26 February | Kindergarten 6:00 pm Year 2 6:30 pm Year 6 7:00 pm |
| Tuesday 27 February | Year 1 6:00 pm Year 3 6:30 pm Year 5 7:00 pm |
| Wednesday 28 February | Year 4 6:00 pm |

School Absences

A reminder that all children are required to attend school each day that the school is open for operation.

Arriving at school and class on time ensures that students do not miss out on important learning activities scheduled early in the day and helps them to learn the importance of punctuality and routine.

On occasion, your child may need to be absent from school. Justified reasons for student absences may include:

- being sick, or having an infectious disease
- having an unavoidable medical appointment
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstance (e.g. attending a funeral)

Following an absence from school you must ensure that within 7 days you provide your child's school with a written explanation for the absence.

The following diagram shows how missing one day a fortnight, over the duration of one year, can have a long term impact on your child's learning.

Elizabeth Xanthoudakis

Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just... they miss weeks per year and years over their school life

1 day per fortnight = 4 weeks = Over 1 year missed

1 day per week = 8 weeks = Over 2.5 years missed



College Chaplain's Message

As we approach the Tridion, a period of preparation for Great and Holy Lent, our Holy Church recalls the miracle of the healing of the daughter of the Canaanite Woman.

In the Gospel reading (Matt 15:21-28), we learn that Jesus was travelling in the region of Tyre and Sidon. Here He encountered a woman from that region who was begging for her daughter's healing, as she was severely demon-possessed.

Seeing Jesus from a distance, she began to call out to Jesus, "Have mercy on me, O Lord, Son of David! My daughter is severely demon-possessed", over and over again. Jesus did not immediately respond to her petition, and so she kept shouting all the more so that His disciples asked Him to send her away as she was causing a spectacle. Jesus replied, "I was not sent except to the lost sheep of the house of Israel". But the woman continued to beseech Him, falling at His feet and saying, "Lord, help me".

To highlight her faith, Jesus said, "It is not good to take the children's bread and throw it to the little dogs." In other words, God's Grace is for those who truly love Him and cannot be cast away carelessly.

The response of the Canaanite Woman was salvific. So great was her faith, that she knew she needed only a "crumb" of His Grace, saying, "Yes, Lord, yet even the little dogs eat the crumbs which fall from their masters' table."

She did not want to take anything away from the children of Israel. She did not want someone to miss out for her to receive. Despite her weakness and unworthiness, she knew that even a "crumb" of His Grace would heal her daughter. And so, it was granted to her that her request was immediately granted.

The Canaanite Woman teaches us how to pray. She teaches us to pray humbly; to not test God with our arrogance or our sense of entitlement. She teaches us to pray patiently and to pray with perseverance. She does not give up when God does not immediately grant her request. She trusts that He will provide at the proper time. She sets an example of how we too ought to persevere when we think that God is not listening to us.

Many times, we think that our prayers are not being answered, forgetting that silence is sometimes the answer. We forget that God, like a good father, will only grant us what is truly "good and beneficial for our souls"; what He knows is good for us, rather than what we think we need.

Let us then continue in prayer through all the struggles that we face in our lives with patience and perseverance. God did not promise us that we would not face any trials and tribulations. He promised us that He would fill our suffering with His presence.

Fr Peter Mavrommatis



[Click here for
Orthodox Calendar](#)



Director of Teaching and Learning Report

Continuing our journey through the core learning dispositions that form the bedrock of academic and personal development at St Euphemia College, this week we delve into the essence of *Reflective Thinking* (R). Reflective Thinking stands as a cornerstone in our G.R.I.T framework, alongside Growth Mindset, Inquisitiveness, and Teamwork. It is a powerful tool that not only boosts learning outcomes but also fosters a deeper understanding of personal experiences and the world around us.

Reflective Thinking is a deliberate process of analysing experiences, responses, and practices to understand and learn from them. It enables individuals to critically assess their actions and decisions, leading to enhanced problem-solving abilities and a deeper level of learning. By embracing *Reflective Thinking*, our students learn to pause, ponder, and proactively seek ways to improve, making it an invaluable disposition for lifelong learning.

Here are three actionable strategies to encourage Reflective Thinking at home:

Encourage Journaling: A reflective journal can be a safe space for students to express their thoughts, feelings, and learnings from various experiences. Encourage your child to write regularly about their day, focusing on what they learned, challenges they faced, and how they overcame them. This practice not only helps in consolidating learning but also in understanding their emotional responses to different situations.

Ask Open-Ended Questions: Engage your child in conversations that require more than a 'yes' or 'no' response. Questions like "What did you learn from this experience?" or "How would you approach this differently next time?" stimulate reflective thinking. These discussions can help children become more aware of their thought processes and how they can adapt and improve them.

Model Reflective Thinking: Children learn a great deal from observing the adults in their lives. Share your own reflections on daily experiences or decisions with your child. Discuss the reasons behind your actions, what you learned, and how you might do things differently in the future.

Reflective Thinking is about leveraging past experiences to inform future actions. It teaches our students to be more mindful and intentional in their learning and personal growth. As we nurture this disposition, we empower our students to become more self-aware and adaptive learners, capable of navigating the complexities of the world with confidence and insight.

Let's continue to support our students in developing G.R.I.T, laying a strong foundation for their success both inside and outside the classroom. Together, we can inspire a culture of reflective practice, enriching the learning experience for our entire community.

Matthew Panayotopoulos



College Captains Report

We would like to extend a warm welcome back to everyone in the St Euphemia community! We have high hopes for our Prefect body, having engaged in early plans for what we want to achieve over the course of the year regarding fundraisers and events, all of which we are keen to embark on. In carrying out some of these fundraisers which aim to give back to the community, we wish to realise - through the grace of our Lord - the spirit of Greek Orthodoxy in St Euphemia College.

We also anticipate other upcoming events in the college, such as the Secondary School Swimming Carnival, and our own Year 12 Retreat in Collaroy. Great Lent is also approaching, beginning on Monday 18 March. We hope this Lenten Fast will be spiritually beneficial to the Faithful within and without of the College.

May God guide and Divinely console our students and staff this year, be that the Year 7 students plunged into Secondary School, or the Year 12 students making their final stretch towards the end!

Lachlan Manour & Angelina Miltiadou





Premier's Reading Challenge

The goal of the Premier's Reading Challenge is to foster a passion for leisurely reading among students, encouraging them to explore high-quality literature. This initiative is not a competition; instead, it presents a challenge to each student to engage in reading, expand their reading horizons, and delve into a variety of literary works.

Years **Kindergarten to 6** will begin the challenge on **Monday 26 February**. The challenge will end on **Friday 23 August** for student entries.

Secondary School students are also participating in the Premier's Reading Challenge this year. Students in Years 7-10 are encouraged to join the challenge which will also begin on Monday 26 February. Any students who are interested should see **Ms Pertsoulis**.

Kindergarten and Year 1 will complete the challenge in class.

Year 2 to 6 will complete the challenge at home. Students in Years 2 to 6 will be provided with a personal reading log, along with a note explaining the challenge. Students are expected to record any books they read, which have been listed on the Premier's Reading Challenge booklist, on their personal reading log. Booklists can be downloaded from the Premier's Reading Challenge website.

Students who complete the challenge will receive a Challenge completion certificate.

Students who have completed the challenge for the fourth year will receive a Gold certificate.

Students who have completed the challenge for the seventh year will receive a Platinum certificate.

Jenna Gallo





Certificate of Attainment in Greek 2024

The 2024 applications for the Certificate of Attainment are now available online under the auspices of Macquarie University. The closing date is **20 March 2024**.

The certificate is the only official state certification, which confirms the knowledge of Greek as a foreign /second language at six levels. It is recognised by all European Union member states and NESA.

Students wishing further information may contact myself at school or via email gpapastamatis@steuphemia.nsw.edu

Primary students may speak to their Greek teachers.

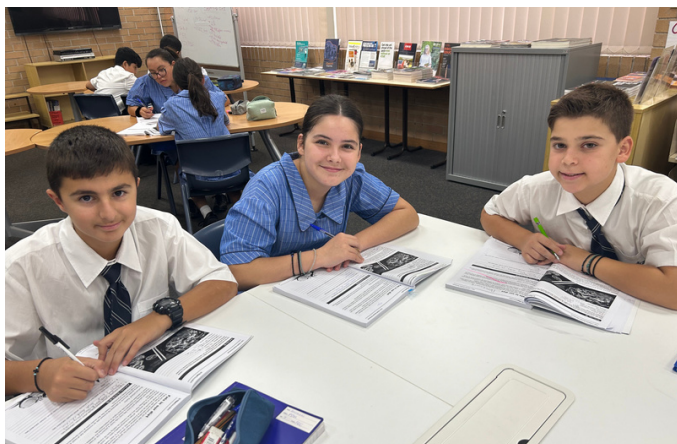
The Collegewill assist with the payment by reimbursing each student with a credit of \$50 towards their School Fees.

For more information and past papers, please [click here](#).

Good luck to all students who wish to participate as it is an educational and worthwhile experience.

Ms Papastamatis

Head of Languages/Senior History





Careers News

UAC's 10 most popular University courses in 2024

As last year's Year 12 students head to university for the first time, here are the most popular courses in 2024. Medicine and Business feature at number 1 and 2 again this year, with Commerce jumping up from 7th to 4th place compared to 2023.

University of Western Sydney Webinars

These informative webinars give students insights into degrees and career options that UWS offer through their courses.

The webinars begin on **27 February and run through to the 11 April**. Course information includes Communication degrees, Business degrees, Engineering degrees and Medical Science degrees.

UNSW Medicine Information Evening 12 March 2024

UNSW's Medicine Information Evening, for current year 12 students, will provide insight into the dynamic blend of hands-on clinical experiences and research-focused learning that you will be immersed in as a UNSW Medicine student.

UCAT Workshops

For those students interested in studying Medicine and need to sit the UCAT, this workshop will teach you techniques and strategies for the UCAT. They being on 29 March. Available dates include **29 March, 13 April, 18 May and 6 July**.

Anastasia Prevezanos
Careers Coordinator



[Click here for 2024
Discover Western
Webinars Information](#)

[Register here for 2024
UNSW Medicine
Information Evening](#)

[Register here for 2024
UCAT Workshop](#)



Year 12 PDHPE Excursion

Year 12 students had the valuable opportunity to participate in an ACPE workshop focused on the PDHPE Core 2 HSC syllabus. Throughout the day, we demonstrated our determination and competitive spirit by engaging in quizzes, trivia games, and physical challenges such as the agility test, 20m sprint, and vertical jump.

Additionally, we assessed our power output by measuring the watts generated while riding a wind-bike. In the ACPE gym, students targeted specific muscle groups using the fixed-weight machines, which was particularly beneficial for those new to gym settings.

Overall, this experience was inspiring and has solidified our understanding as we prepare for the HSC.

Alexia Maroudas
Student



Secondary School Sports News

House Captains

Congratulations to the following senior students who have been selected to lead their peers through the 2024 sporting year:

Zeus: Chrysafina Melas; Michelle Constantinou

Aphrodite: Tiana Sentas; Mariah Lascaridis

Athena: Chrissy Zouriakas; Eliana Evripidou

Apollo: Adam Alevris; Alexandra Khalilieh

Secondary School Swimming Carnival

Excitement fills the Secondary School as we eagerly anticipate the return of the Swimming Carnival for 2024. It will take place at the Birrong Aquatic and Leisure Centre on **1 March 2024** for a day of spirited competition and camaraderie.

AICES U/16s Boys Basketball Championships

Following their triumph as champions of the 2023 SWISSA Open Boys Basketball Gala Day Trials, the St Euphemia Boys will represent the association at the AICES U16s Boys Basketball Championships on Thursday 28 February 2024, at the Hills Basketball Stadium. We wish them the best of luck for the day.



SWISSA Basketball Draw

The Term 1 SWISSA Basketball Competition returns next week after a brief hiatus. The draw for February 27 will be as follows:

| | | |
|--------------------------------|----|---|
| Junior Boys Basketball | vs | St Mary and Minas Coptic Orthodox College |
| Junior Girls Basketball | vs | St Mary and Minas Coptic Orthodox College |
| Senior Boys Basketball | vs | All Saints Grammar |
| Senior Girls Basketball | vs | All Saints Grammar |

Monique Lou
Sports Coordinator

Primary School Sports News

Intensive Swimming

Swimming lessons will conclude for Years 3 and 5 on Monday 26 February. Year 2 will continue their lessons until the end of the term.

A big thank you to C & M Aquatic Centre and the coaches for their dedication. I hope all students have benefited from their lessons, improving their swimming skills and learning to stay safe in the water.

PSSA Summer Sport

PSSA Summer try-outs for Basketball, Softball, TBall and Cricket have now been finalised. Congratulations to the students who made the respective teams! They will receive notification with a PSSA contract to sign during next week. Well done to these students for their hard work and dedication.

Tryouts for Winter PSSA teams, including Soccer for both boys and girls, mixed Newcombe Ball teams, and mixed Netball teams will commence on Friday 1 March. We encourage all interested students to participate and showcase their skills.



Primary Swimming Carnival

The School Swimming Carnival, held on Tuesday 20 February, started off on a promising note after a rain-free morning, with the sun breaking through the clouds. Excitement filled the air as students from grades 3 to 6 eagerly prepared to participate in the swimming events. The morning kicked off with the exhilarating 100m races, followed by the shorter 25m sprints, and finally, the challenging 50m races. The stands were filled with colour from Zeus, Apollo, Athena, and Aphrodite houses, as students and their dedicated House captains cheered on their peers with enthusiasm. However, just as the competition was heating up, heavy rain suddenly descended, forcing us to pack up. Despite our best efforts to wait out the downpour, it persisted, and we reluctantly made the decision to call it a day. Despite the unexpected turn of events, spirits remained high, and the unity among students made the event a memorable one. The winning House will be announced at Monday's Primary Assembly.

Gina Vourtsanis

Primary School Sports Coordinator





GWC Playgroup

Little
Butterflies



Οι
Πεταλούδιτσες

St. Euphemia G.O Church Hall
6-12 East Terrace., BANKSTOWN



The playgroup will operate every Wednesday 10am – 12pm

At our playgroups, we provide children with the opportunity to develop new skills through an interactive and educational program that includes activities such as:

- + Painting, cutting & pasting
- + Singing & dancing to Greek & English songs + Story time
- + Outings to parks

For more information email/contact us on:

9567 2021



childrenservices@gwccs.org.au



gwccs.org.au



@gwccservices



@gwc_communityservices

GREEK ORTHODOX ARCHDIOCESE OF AUSTRALIA



community services

GWC Community Services is the community and social services arm of the Greek Orthodox Archdiocese of Australia.