



St Euphemia College

School Newsletter

Term 1 Week 10

Principal's Report



Upcoming Events

7 April

Year 3

Church Attendance

8 April

Year 12 Parent
Teacher Interviews

9 April

Primary Parent
Teacher Interviews

11 April

School Ends for all
Students

12 April and 29 April

Staff Development
Day

As we approach the end of Term 1, let us pause and think about the growth our students have experienced in such a short space of time. One of our key goals here at the College is to foster compassion within our students.

We foster compassion by embodying it ourselves. Showing empathy and kindness towards others, whether it is a friend or a stranger. This could be as simple as helping a friend with their homework or volunteering at a charity. By participating in acts of kindness, children develop empathy, compassion and a sense of responsibility towards others.

At the College we also encourage our students to see the world from different perspectives and appreciate the blessings they have in their lives. The power of forgiveness in learning to let go of resentment and anger for their own wellbeing. Just as we apologise for when we have made mistakes, we need to learn to forgive others when they apologise to us. Forgiveness fosters compassion and heals relationships.

Raising compassionate children is a journey that requires patience, consistency and intention. We lead by example, practising acts of kindness, cultivating critical thinking and nurturing empathy and compassion in our next generation. Our goal is to empower our students to become compassionate leaders who will create a just, empathetic and compassionate world of tomorrow.

Community News

Ms Louise Shakallis will be leaving us at the end of the term. Ms Shakallis has been our School Counsellor for many years and during her time at the College she has had a positive influence on the wellbeing of our students. We thank her for her contributions and wish her all the best in her new role.

Penny Pachos



Deputy Principal's Report - Primary

Church Attendance

As we enter the month of April, I am pleased to announce that we will be resuming our Sunday church attendance tradition for students, starting this week with Year 3. Students are to meet outside the Church Hall at 8:50 am, ready to go into Church with their teachers and classmates at approximately 9:00 am. Students are to wear their full school uniform including their blazers. The Service is scheduled to conclude 10:30 am.

Prep's Teddy Bear Picnic

On Tuesday 2 April, our Prep class enjoyed their Teddy Bear's Picnic. In class, the students have been learning the letter 'Tt' and reading a variety of stories and learning classic nursery rhymes such as 'Twinkle, Twinkle, 'Teddy Bear, Teddy Bear' and Three Blind Mice.



Excursion to Audley-Bola Creek Rainforest, Royal National Park

On March 28th, our Year 5 class went on a school trip to Audley-Bola Creek Rainforest in the Royal National Park. We went there to learn more about Geography and Science, like how the environment changes and how animals and plants adapt.

When we arrived, we got off the school bus and met our Ranger. He showed us some toy animals and told us funny stories, even making a joke about one of our teachers. Then, we explored the rainforest with two Rangers, seeing lots of birds and animals and hearing bushes rustle. We also saw big trees and vines twisting around them.

After our tour, we had a picnic and then went fishing with Ranger Chicken Nugget. We used small nets and caught many little silver fish. Finally, we went bug hunting and found ants, an earthworm and leeches. The Ranger even surprised us with a toy snake!

It was a great trip and we learned a lot.

Johnny Stratikopoulos

Upcoming Events

Tuesday 9 April
Parent Teacher
Interviews

Tuesday 7 May
9:00am
Easter Hat Parade



Year 3 Spotlight

In Health, Year 3 students are exploring the essential traits that define strong friendships. They are learning to empathise with others, practising active listening and showing kindness and compassion towards each other. Through various activities and discussions, they're discovering the importance of trust, honesty and reliability in building lasting friendships.

Students are also developing conflict resolution skills, understanding the significance of compromise and forgiveness in maintaining healthy relationships with one another. Additionally, they are encouraged to celebrate their differences, appreciating each other's strengths and supporting one another's growth.

During Art they had the opportunity to complete portrait drawings of their friends. Through this creative endeavour, students not only expressed their creativity but this also reinforced the value of their friendships and the joy of celebrating each other's uniqueness.



Staff News

As we approach the conclusion of Term 1, I would like to inform you of some changes to our staffing. **Ms Sallak** will be commencing her maternity leave shortly. We wish her all the best during this special time in her life. In her absence, we are pleased to introduce **Ms Petrides**, whose passion for teaching and experience will make her an excellent addition to our school community.

Elizabeth Xanthoudakis



Welfare Coordinator's Report

Uniform and Attendance Update

As we transition into the cooler months, it is important to note some essential updates regarding uniform and attendance policies at our College.

Uniform Reminders

In Terms 2 and 3, Secondary School students need to adhere to the winter uniform guidelines. This includes the compulsory wearing of blazers each school day. Additionally, students may choose to layer with school jumpers underneath for added warmth.

Please be advised that non-school jumpers or hoodies are not permitted as part of the uniform. Any such items will be confiscated, and replacement school jumpers will be provided on loan, subject to availability.

For detailed uniform requirements, please refer to the Student Diary. Should you have any further queries regarding uniform guidelines, feel free to reach out to your Year Advisor.

Attendance

Regular school attendance for your child's academic success and holistic development. At St Euphemia College, we are committed to nurturing not only academic excellence but also spiritual and personal growth.

Regular attendance fosters a sense of responsibility and discipline in students, enabling them to fully engage in the learning process and build meaningful relationships within our community. Each day missed represents a lost opportunity for learning and growth, impacting academic achievement in the long run.

Parents play a crucial role in ensuring their child's attendance. It is mandatory to provide a written explanation for any absences within seven days. For prolonged absences due to illness, a medical certificate must be submitted to the school attendance officer promptly.

Let us work together to cultivate a culture of commitment to learning, ensuring that every student at St Euphemia College reaches their full potential.

Thank you for your ongoing support and cooperation in these matters.

Steven Prevezanos





College Chaplain's Message

On the Second Sunday of Lent, our Holy Church reflects on the healing of the paralytic. This day is also dedicated to the memory of Saint Gregory Palamas, Archbishop of Thessalonica.

In the Gospel reading (Mark 2:1-12), we recall Jesus' return to a house in Capernaum where a large crowd had gathered to hear Him preach the Word. The Evangelist Mark describes the crowd as so asphyxiating, that there was not even room near the gates for anyone to enter.

The narrative changes scene, and we are told that a paralysed man was brought to the house, carried on his bed by four of his friends. Not deterred by the obstacles, the four friends climbed onto the roof of the house, lifted off the thatched roof, and gently lowered the paralysed man to the ground in front of Jesus.

Moved by the paralytic's suffering Jesus immediately showed compassion on him saying, "Son, your sins are forgiven you."

Some of the experts in the law were scandalised by this and questioned Jesus' authority to forgive sins as this was for God alone. Jesus responded to their hardness of heart saying, "Which is easier, to say to the paralytic, 'Your sins are forgiven you,' or to say, 'Arise, take up your bed and walk'? But that you may know that the Son of Man has power on earth to forgive sins" - He said to the paralytic, "I say to you, arise, take up your bed, and go to your house."

Immediately the man was healed and the many people who had gathered gave glory to God as they had never seen anything like this.

While it is easy to wonder at the miracle of God's love and power, and feel that the Gospel account does not have a direct relevance to us, Saint Gregory Palamas, in his commentary on this account offers a powerful interpretation.

Because of sin, we are all spiritually paralysed and need to come to Christ for healing. However, our sin often keeps us away and so we need four friends to bring us to Christ so that we can be healed. These friends Saint Gregory continues are:

1. Acknowledgement of our sinful condition – The ability to recognise our sins is the beginning of our journey to reconciliation with God. When we honestly evaluate our lives, we will discover that we have sinned in word, mind, thought and neglect. But, we have nothing to fear by this realisation as God is merciful and loving, and will forgive us if we return to Him.
2. Confessing our sins – Having recognised our sins we are left with two choices. We can remain in and with our sins, or we can cast them off ourselves through confession. By confessing our sins, we reconcile with God and receive forgiveness for our sins.
3. Rejecting evil in our lives – Having been forgiven through the Sacrament of Confession, we are called to struggle to avoid further sin. We can achieve this by striving to do God's will and not following the evil temptations in the world.

[Click here for
Orthodox Calendar](#)



4. Prayer to God – Our greatest help in our spiritual struggle will be the Grace we receive through prayer. Prayer is communion with God. By praying sincerely and consistently, we will receive the insight we need in our journey to Christ.

These 'four friends' will bring us to Jesus Christ. However, we still need to humble ourselves in order to draw near to Him and receive His blessing. We can only do this when we remove the roof tiles of our reasoning, our reliance on human reasoning that often goes against faith in God.

As we continue our Lenten journey, let us work on acquiring the 'four friends' we need so that we can come to Christ.

Fr Peter Mavrommatis



Careers News

UAC

UAC Webinar: Applying to Uni with Ease

3 April

Learn how to navigate the UAC application for University entry in 2025.

Topics discussed include:

- ATAR calculation
- Application and offer timeline
- Explanation of 'Adjustment Factors' and 'Selection Ranks'
- How to effectively preference University course

UAC 2024/25 Key Dates

3 April Applications for EAS, Equity Scholarships and SRS Open

16 September Applications for SRS Close

30 September Early bird application close

18 December HSC & ATAR Results Released

Steps for Year 11 & 12 Students

Click the *Steps to Uni* link to find suggestions for researching your post-school options, the process of applying to university through UAC, and the purpose of the ATAR and how applicants are selected for courses.

Anastasia Prevezanos

[UAC Webinar here](#)

[Steps to Uni](#)



Debating

It has been a highly successful start to our Secondary School debating journey this year. Our school will be competing in the HICES debating competition where they will debate against other independent co-educational schools.

Our Year 7 and 8 debate teams competed against Georges River Grammar and argued the negative side of the topic *That financial literacy education should be compulsory in all Australian Schools*. Both of our debates showed an abundant amount of knowledge on the topic. Students had the opportunity to showcase and refine their public speaking skills and their rationale and critical thinking through a virtual zoom debate setting. They delivered speeches presenting compelling arguments and used highly strategic rebuttals which supported their team case.

Congratulations to both our teams, who worked collaboratively to present highly unified debates. Our teams comprised of:

Team 1: Peter Vourtsanis, Chrysovalantou Condoleon, Haney Zeidan, Chris Prevezanos

Team 2: Elyana Ali, Katherine Afionis, Helen Ramis, Larisa Panic

Congratulations to **Team 1** who were awarded the first win for the year. Team 2 are also congratulated for their debate; however, resulted in a marginal loss. All our debaters presented a strong, unified team case with well prepared arguments. Their witty nature and extraordinary public speaking skills ensured them excellent results.

Our teams are now preparing for their next debate on the topic, *That we should increase the Medicare levy for smokers*. We wish them all the best of luck for their second debate.



Debating Teachers

Ms Diamant, Ms Pertsoulis & Ms Ifandoudas



Primary School Sports News

PSSA Sport

All PSSA games for Friday 5 April have been cancelled due to the expected rains.

PSSA resumes in Week 2 of Term 2, **Friday 10 May** for our winter sport competition. A note to all students in the respective PSSA Winter teams, will be distributed during Week 1 of Term 2.

Athletics Carnival

The Athletics carnival held at Canterbury Athletic Field was an extraordinary blend of energy, enthusiasm, and sheer athleticism, combining both Infants and Primary students in a celebration of sportsmanship.

Bathed in the warm embrace of the sun, the field echoed with wonderful cheers from the spirited teams of Zeus, Apollo, Aphrodite, and Athena, alongside many parents who came out to cheer on their children.

The Primary showcased remarkable talents in track and field events, including the lightning-fast sprints of the 100m, 200m, 400m, and 800m races, alongside the graceful leaps of long jump and high jump, and the impressive throws of discus and shot put.

The Infants classes revelled in their own delightful array of competitions, from the laughter-filled antics of tunnel ball and egg and spoon races to the exhilarating challenges of sack races and the thrilling 25m and 50m dashes.

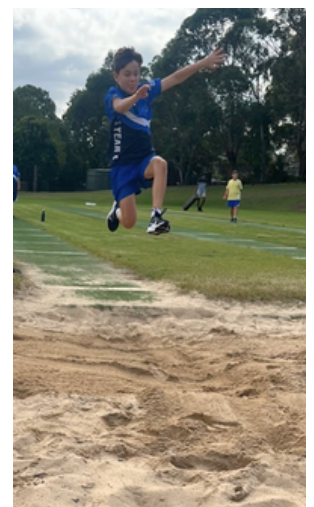
A huge congratulations to House Captains for Athena – **Peter Arvanitopoulos, Alexia Issa**, Zeus – **John Stathopoulos, Alysandra Kalimeris**, Aphrodite – **Demetri Zantiras, Georgina Grapsias** and Apollo – **Luka Vujovic, Elektra Antoniou**, for their efforts in decorating the stands with a remarkable display of colour and encouraging their fellow housemates in harmonious cheers.

A huge thank you to all the staff, in both the Infants and Primary for coming together and pulling off a wonderful, successful day.

The winning House team will be announced at Monday's assembly.



Gina Vourtsanis
Primary Sport Coordinator





Secondary School Sports News

SWISSA Soccer Gala Day

In the early hours of Tuesday, the St. Euphemia Secondary School Boys and Girls Soccer Teams embarked on a journey to Jenson Park and Valentine Park, respectively, to partake in the annual SWISSA Soccer Gala Day.

During the round-robin phase, both teams exhibited stellar performances, securing equal first positions with 4 wins and 1 draw each, thereby earning coveted spots in the finals. Despite enduring challenging weather conditions, the boys' team displayed commendable resilience, yet narrowly lost 1-nil, securing a respectable second place overall. Conversely, the girls' team emerged triumphant in their finals match, claiming the championship title.

Heartfelt appreciation is extended to Mr. Spyrou, Mr. Spanos, Ms. Edhouse, and Mr. Xathoudakis for their unwavering guidance and support, instrumental in achieving such remarkable outcomes.

SWISSA Basketball Semi-Finals and Finals

The SWISSA Opens Basketball Semi-Finals and Finals, along with the Junior Basketball Finals, are scheduled for 9 April 2024, marking the end of the 2024 Term 1 SWISSA Basketball season.

Three St. Euphemia basketball teams have secured their spots after finishing first on the season's ladder:

Semi Finals	Open Boys	V	All Saints
Finals	Junior Boys	V	All Saints
Finals	Junior Girls	V	St Mary and Minas

If our Open Boys Team emerges victorious against All Saints, they will advance to face the winner of the second semi-finals game between Redeemer and St. Marks in the subsequent finals game.



Monique Lou
Secondary School Sports Coordinator



Seeking Parents from All Year Groups!

Your involvement matters! We're seeking parents from all year groups, Primary and Secondary, to join our P&F. Your participation, no matter how small, makes a big difference. To get involved please register below.

Thank you for your support!

St Euphemia College P & F Expression of Interest

