



St Euphemia College

School Newsletter

Term 3 Week 3

Principal's Report

Upcoming Events

August 11
Year 9 Divine
Liturgy

August 27
Father's Day
Breakfast

September 22
St Euphemia
Fete

October 5 & 6
Save The Date
Patriarchal Visit



In today's digital age, WhatsApp group chats have become a convenient way for our parent groups to connect, share information and create connections. While these tools can be useful for sharing quick updates, the chats can also lead to misunderstandings and misinformation.

The College asks all parents to communicate with staff directly, particularly if you have any concerns with your child's wellbeing or learning. The risk posed by engaging in WhatsApp group discussions that are not constructive include misinformation and rumours, lack of official updates and privacy concerns. Personal matters concerning your child are best handled privately with the College.

By addressing your concerns promptly with College staff, you are receiving accurate and reliable information, your concerns are addressed promptly and effectively and the bond between home and school is strengthened. Open channels of communication fosters trust and collaboration which is in the best interests of our students. Speaking directly with your child's teachers ensures that sensitive information is handled discreetly.

Always refer to school emails, newsletters and the school website for accurate information. If you have concerns, schedule a meeting with the relevant teacher. Meeting with staff is far more productive than messaging in a group chat.

Our primary concern is your child's educational success and wellbeing. While it is beneficial to be part of a WhatsApp group for general updates and community support, it's essential to strike a balance. Please keep channels of communication open with the College. We are always happy to meet with our families.

Penny Pachos



College Chaplain's Message

The feast of the Transfiguration of the Saviour on Mount Tabor is supremely important for Orthodox Christians, because it points us to our eventual fate. The light with which Jesus shone on Mount Tabor is the uncreated light of God Himself, a manifestation of theosis or deification. Not only will the righteous be deified at the end of time, but the entire physical universe will also be set free from corruption and decay.

Some days before His passion, our Lord Jesus Christ took Peter, James and John to the peak of Mount Tabor and was transfigured before them. He did this in order to strengthen them in the face of His passion and death. In the transfiguration, the disciples did not see events unfolding, because when we see, we see what we chose to see. Rather the Saviour Jesus Christ revealed His glory to the disciples as much as they could bear. The glory of God was revealed to them insofar as was humanly possible for them to understand.

Here, in a shrouded manner, is revealed to us all of the greatness, all the significance, not only of humankind, but of the material world itself, of its indescribable potential, not only earthly and transitory, but also eternal and Divine.

In Christ's transfiguration, we understand our calling for continual transfiguration in our lives from good to better through spiritual struggle and discipline.

Like the disciples, we are called to first ascend the mountain of prayer. The disciples witnessed Jesus' transfiguration while in prayer. He ascended Mount Tabor to earnestly and wholeheartedly pray. Only as our Lord communed with His Father was He transfigured and so we see that if we truly desire transfiguration in our own lives, we must be willing to pray. Are we willing to become people of prayer? Authentic, consistent, disciplined prayer of the heart? Such deep prayer does not come easily, but is learned and experienced through practice and discipline, through guidance and faith.

A second necessity on our path towards transfiguration is self-denial, sacrifice, and setting aside one's desire and will. We must empty ourselves of ourselves in order to make space for Christ's presence, and this automatically implies denial of our selfish ways and desires. We need to understand that the Christian life is not about 'me'! It is not about what I want, what I desire, what makes me happy! The Christian life is about the other – about God and our fellow person. It is for this reason that Saint Makarios the Great taught that we are saved through the other.

In the Lord's Prayer we say, "Your will be done!" True happiness only comes through love, and divine love always means sacrificing for the other! The paradox of the Christian life is that the more we sacrifice, the more we receive. The more we deny ourselves, the more we feel fulfilled. The more we die to ourselves, the more we discover life. This is precisely why Jesus foretold to His disciples before the transfiguration, "I must go to Jerusalem and suffer many things and be killed." Christ Himself followed that path of sacrifice and fulfillment, of death and life. And then He called His disciples to walk the same path. "If anyone desires to come after me, they must deny themselves, take up their cross and follow me" (Matt 16:24).

Just as we must sincerely focus our lives on prayer, we must also be ready to evaluate ourselves and see if we are living lives of self-denial, sacrifice and divine love. Only through such practices can we reach our goal of transfiguration!

Finally, transfiguration occurs only when we are ready to offer back to the world what God freely gives us. When Jesus was transfigured, Peter wanted to bask in His glory and suggested that he make tents for all to stay on the mountain and permanently enjoy the moment. Christ, however, reminded His disciples that such ecstatic spiritual experiences were a foretaste of the victory that awaits us, momentary bursts of enlightenment and energy to empower us to go on in the spiritual struggle in this brief life. We are transfigured so that we can then carry the divine light of Christ to the world around us. Our Lord desires each one of us to be transfigured, so that His light will then be carried forward to a dark world all around us! Transfiguration leads to service, ministry, and outreach!

So, what is our goal as Orthodox Christians? The Feast of the Transfiguration reminds us that our goal should be nothing less than our own personal transfiguration!

Fr Peter Mavrommatis

[Click here for
Parish Calendar](#)



Director of Teaching Message

On Tuesday night, our College community had the privilege of participating in an enlightening and impactful workshop led by Dr. Tom Nehmy, a highly respected clinical psychologist and wellbeing expert. This virtual event was part of a broader 9-week wellbeing program specifically designed for our Year 7 and Year 8 students.

During the workshop, titled "Seven Secrets to a Healthy Mind," Dr. Nehmy shared valuable insights into the factors that contribute to robust mental health and overall wellbeing. He highlighted the importance of maintaining a balance between stress and performance, explaining how good stress can enhance performance and he also emphasised the risks of distress and how it can lead to anxiety, fatigue and inefficiency.

One of the key messages was on identifying and correcting common thinking errors, which can significantly impact our wellbeing. Dr. Nehmy discussed several types of thinking errors, such as catastrophising, black-and-white thinking, and emotional reasoning, that can lead to negative outcomes if left unchallenged. By recognising these patterns in our thoughts, we can all develop strategies to reframe our thinking, leading to healthier and more constructive perspectives.

The positive feedback we received from our College attendees confirms the value of such initiatives in our ongoing commitment to student wellbeing.

Earlier in the term, our staff also benefited from Dr. Nehmy's expertise. Our teachers were equipped with essential psychological tools and strategies to support student wellbeing. Our College goal is to ensure that we are all aligned in fostering a nurturing and supportive environment for our students.

The College looks forward to continuing our collaboration with Dr. Nehmy in promoting the mental health and wellbeing of our students.

Matthew Panayotopoulos





Primary School Report



Looking back on this week, it was full of new experiences and fun. Kindergarten reached a significant milestone by celebrating 100 days at school. This celebration marks their progress and adaptation to school life over the first 100 days. The students came dressed up for the occasion, ready to celebrate this momentous event. They engaged in crafts and used their fine motor skills to create projects, all themed around the magic number 100.

But that wasn't all! Students enjoyed a pizza party, sharing smiles, laughter, and memorable experiences with their teachers and friends. Celebrating these milestones is not just about having fun with peers; it also provides an opportunity for teachers and students to reflect on their learning and growth since the beginning of the school year. School is such a special place for our younger students, and seeing their joy and enthusiasm, whilst celebrating these momentous occasions makes our work so worthwhile. The Kindergarten teachers celebrated the achievements and success of their students and look forward to watching them flourish throughout the remainder of the school year.

Upcoming Events

19 - 23 August
Book Fair

21 August
Book Week
Performances



Mathletics: Online Learning Platform

Our College has been successfully using the Mathletics program to enhance our students' math learning experience. This interactive online platform supports classroom instruction with personalised and engaging activities aligned with the NSW curriculum. By allowing students to work at their own pace, Mathletics helps them focus on individual strengths and areas for improvement. The program's game-like elements and interactive features make learning math fun and motivate students to practice regularly. Additionally, receiving weekly awards in our school assemblies adds another level of motivation for our students to complete their set tasks and engage in extra activities to reach their weekly goal of 1000 points.

Mathletics provides numerous benefits, including building a strong foundation in math skills, offering immediate feedback, and boosting students' confidence through independent learning and problem-solving. The program adapts to each student's learning pace, ensuring they are appropriately challenged and supported. Ensuring students are accessing the program on a weekly basis is highly recommended to ensure students are revising and consolidating content taught in class.



Term 3 Primary Staff News

Mrs Maria Papas will replace **Mrs Poulos** in 3LP from Week 4 until the end of Term.
Ms Joanna Hassouras will replace **Dr Koliris** in 6K from Week 4 till the end of Term.

Anna-Marie Pappas
Primary Teacher

Year 4 Music Lessons: Exploring Pitch and Melody

Year 4 students have been diving into the fascinating world of music by exploring the element of pitch. As part of their lessons, they have enjoyed learning the classic song "Do-Re-Mi" from The Sound of Music. Additionally, the students have been honing their instrumental skills by learning to play "Twinkle Twinkle Little Star" on the xylophone. This hands-on approach has been both educational and fun, helping students to understand pitch and melody through practical experience and beloved tunes.



Ms. Gina Stamos
Year 4 Teacher

Book Fair

It's that time of the year again where you can support our school's Book Fair and build on your child's book collection. Get excited about reading and allow your children to choose their own books to read.

Reading for pleasure unlocks the power of information and imagination and helps children discover who they are.

The theme of our Scholastic Book Fair this year is Enchanted Forest, where we hope to let imagination grow, one page at a time. Our book fairs are always a fun reading event that brings the books kids want to read right into our school. It's a wonderful selection of engaging and affordable books for every reading level.

Students will have the opportunity to tour the book fair and make a wish list with their class teachers.

Book Fair dates: Monday 19 August – Friday 23 August

Shopping hours: During school hours (for the Infants classes recess beginning **Tuesday 20 August** and for Primary classes during lunch)

Alternatively, students bring in their online order slips and Ms Vourtsanis will collect the books and deliver them to the students.

Ms G. Vourtsanis
Book Fair Coordinator



Secondary School Sports News

AICES Volleyball Cup

St Euphemia will be competing in the inaugural AICES Volleyball Schools Cup on **14 August 2024** at Sydney Olympic Park. We wish our volleyballers the best of luck at the event.

SWISSA Athletics Carnival

The annual SWISSA Athletics Carnival will take place on **20 August 2024** at the Blacktown Athletics Complex. Students who placed first and second with qualifying results have been invited to attend the event.

SWISSA OzTag Results

Open Girls A	vs	St Marks	9-0	WIN
Open Girls B	vs	All Saints	0-7	LOSS
Junior Boys	vs	All Saints	2-2	DRAW

SWISSA Draws for next week.

OzTag

Senior Boys	vs	St Marks
Junior Boys	vs	St Marks
Junior Boys	vs	Redeemer A
Open Girls A	vs	Open Girls B

Netball

Junior Girls	vs	St Mary and Minas
Senior Girls	vs	St Mary and Minas

Monique Lou
Sports Coordinator

Term 3 School Fees are now due

Term 3 school fees were due today **2 August**. A late payment fee of \$100 will be added to your statement if payment is not received today. Please do not hesitate to contact our accounts team if you need to discuss payment.



Soccer and Touch Football Clinics

During Sport on Fridays, students in the Years 5 and 6 non-PSSA groups have the opportunity to take part in a Touch Football Clinic for five weeks. Students will develop skills such as catching, throwing, and kicking under the guidance of qualified coaches from the Australian International Sports Organisation.

Years 3 and 4 non-PSSA groups will also continue to participate in the Soccer Clinic that they began last term. Students have already learned a variety of skills from the qualified football coaches at the Life Through Football Academy and have developed an amazing rapport with them. This term, students will use the skills they have learned and start learning how to play a game of soccer.

PSSA

The scores for Friday 9 August were as follows:

Team	Played Against	Result	Score
Senior Soccer Boys	Bankstown	5-2	WIN
Junior Soccer Boys	Bankstown	3-0	WIN
Senior Soccer Girls	Georges Hall	7-0	WIN
Junior Soccer Girls	Georges Hall	0-9	LOSS
Senior Netball	Bankstown	8-60	LOSS
Junior Netball	Bankstown	10-7	WIN
Senior Newcombe Ball	Bass Hill	2 Sets to 1	LOSS
Junior Newcombe Ball	Bass Hill	2 Sets to 1	LOSS

Next week semi-finals will be held for the Winter PSSA competition. Students will be notified by their coaches on whether their teams have made the semi-finals. In addition, training will be held for teams that make the semi-finals and they will be informed. We wish all teams the very best!

Gina Vourtsanis
Primary Sport Coordinator



P & F Volunteers Needed

Your participation plays a crucial role in creating wonderful experiences and lasting memories for our children.

Please sign up to volunteer via the link provided.

Thank you for your ongoing support and commitment we look forward to coming together as a community to create cherished memories for our children and community.

Our P&F meetings will be held in the primary college library at **6:30pm** on the last Wednesday of every month beginning **August 28** please come along!

Call Out For Sponsors

We are reaching out for any businesses that want to sponsor us! Please reach out via email parentsandfriends@steuphemia.nsw.edu.au for more details.

Father's Day Breakfast Invite and Gift order link

Click on the link to order your Father's Day Breakfast and or Gift.

Please note the Father's Day Breakfast date has been changed to **Tuesday 27th August**.

[P & F Click Here](#)

Father's Day
Breakfast and
Gift Order
[Click Here](#)



Pre-Sale RIDE pass

[Click here to pre book your ride passes](#)

Stall holders - Expression of Interest

Please email your interest to: parentsandfriends@steuphemia.nsw.edu.au

P&F Executive Team



Greek Orthodox Archdiocese of Australia

Historic Apostolic Visit of HIS ALL-HOLINESS ECUMENICAL PATRIARCH BARTHOLOMEW to Australia



OCTOBER 4 - OCTOBER 19, 2024

SYDNEY

Friday 4 October
Arrival Sydney International Airport
Saturday 5 October
Official Welcoming Doxology
Cathedral of the Annunciation
of Our Lady, 242 Cleveland St, Redfern
Sunday 6 October
Patriarchal Divine Liturgy
ICC - Sydney Theatre
14 Darling Drive, Sydney
Tuesday 8 October
Official Dinner, ICC - Grand Ballroom
14 Darling Drive, Sydney

MELBOURNE

Saturday 12 October
Arrival at Tullamarine Airport,
Melbourne
Sunday 13 October
Patriarchal Divine Liturgy
Margaret Court Arena
Olympic Blvd, Melbourne
National Parade
KIA Arena
200 Batman Ave, Melbourne
Monday 14 October
Official Dinner
Centrepiece at Melbourne Park
Olympic Blvd, Melbourne

SAVE THE DATES



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:

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childrenservices@gwccs.org.au



gwccs.org.au



@gwccservices



@gwc_communityservices



GWC

community services

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