REGENTS PARK CHRISTIAN SCHOOL
COMMUNITY NEWS

Our Vision

To foster a Christ centred learning community where all students receive an education which enables them to know the Lord Jesus Christ, grow in Him and serve Him to their full potential

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IMPORTANT DATES TERM 3 2014

12 Aug
HSC Showcase Evening

13 Aug
School at Work Tour: 10.30-11.30am

14 Aug
Prefects Induction

20 – 22 Aug
Prefects Retreat

21 Aug
Primary State Athletics

22 Aug
Primary Circus Incursion

25 Aug
CIS Rugby League 7s

26 Aug
Yr 8 Geography Field Study

PRAYER POINTS

Please pray for the families affected by the Malaysian Airlines disaster and our politicians who are overseeing the matter.

Please pray for our Principal who is on sabbatical study leave

Please pray for our Year 12 students who are currently doing HSC Trials

[17] And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him. Col 3:17

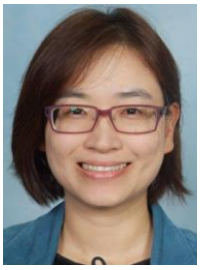
Term 3 Week 3
8 August 2014

PRINCIPAL'S MESSAGE

Meet our Family Chaplain

I would like to introduce our Family Chaplain. Mrs Michelle Lin is employed jointly by the school and Heartbeat Church (formerly Regents Park Community Church). Michelle has strong pastoral and musical gifts which she uses enthusiastically in the school community, the church and in our local community. Primary parents particularly will see Michelle leading the choir, meeting parents at the school gate, attending assemblies and organising morning teas. In addition, Michelle teaches piano to a growing number of students. Here is a message from Michelle explaining her vision for this exciting role.

Les Barnard, Acting Principal



Christian Community

Since taking on the role of Family Chaplain at Regents Park Christian School, I have been searching for the best way to demonstrate a Christian community. In so doing, I have discovered my path and my vision in this role.

The book, Life Together, written by a German Christian, Dietrich Bonhoeffer, discusses Christianity and community. According to Bonhoeffer, "Christianity means community through Jesus Christ and in Jesus Christ; no Christian community is more or less than this". In other words, Jesus Christ should be the centre of our community, and we belong to one another.

Working at the school and the church, I have observed that both the school and the church are and should be strongly bonded with the local community in order to create a Christian community. From Tuesday's English classes, Friday's "Mums & Bubs" to the Primary Choir's visit to nursing homes, we are demonstrating what a Christian community should be. We help people from non-English speaking backgrounds to build up their confidence in communicating. We give local mums & bubs a place to meet friends; we visit nursing homes to bring joy and hope through singing. By doing this we are connecting with one another and building a Christian community where people can encounter Jesus Christ.

If we believe God is love, then we should put it into practice in our everyday life. As the Bible teaches us to "have kindness and compassion for one another"; "always considering others better than ourselves" (Philippians 2: 1 & 3), I really would like to encourage each of us to be part of this Christian community so that we can become the channel of God's love where people can be touched.

Michelle Lin, Family Chaplain

ALL SCHOOL NEWS

BOYS' HAIRSTYLES



If your son is needing a haircut, please ensure that they do **not** talk you into a *comb-over* style (pictured).

As described in the Primary and Senior Handbooks: ***hair must be worn neatly and must not cover the collar or fall below the eyebrows. Hair should be cut in a conservative style and of <u>even length</u>. No part of the hair may be shorter than a No. 2 comb/clipper.***
Students may face suspension from school for breaches of this policy.

ABSENCE NOTES

Remember that it is a **legal requirement that children attend school.** If a child is away from school – for any reason – it is the parents' responsibility to send a signed note of explanation. Notification by SMS, although appreciated, does not replace this requirement. **If your student will be absent due to a family holiday or similar, an application form must be completed and returned to the Office for approval by the Principal IN ADVANCE.** When your children are absent, ensure they are provided with a note of explanation to give to their teachers on their return.

PARENTING INFORMATION – DISCIPLINE

(from Michael Grose 2014)

Discipline is easy when children are easy. It can be downright tricky when children are difficult, have interesting personalities or who at more difficult developmental stages. However, it's with challenging kids that we need to get our discipline techniques right.

Here are **10 common mistakes** I see many parents make when trying to get cooperation from their children; keep them safe or teaching them to behave well.
Do any of these "bloopers" ring a bell?

1. Repeating yourself. If so, you are training kids to become parent-deaf. Kids learn more from respectful actions than your repeated words so talk once, twice at most, then DO something.
2. Shouting to be heard. You are better off going below the noise baseline to get their attention rather than raising your voice.
3. Setting limits too late. Set a limit a few weeks after new object or situation is introduced (e.g. kids get a new mobile phone, teen starts going out at night) and suddenly you are seen to be taking away a freedom. Set limits first then loosen them up later.
4. Setting no limits. Boundaries, rules, expectations and standards teach kids what's expected. Boys love them. They also like to push against them so you need a firm backbone.
5. Failing! to follow through. Talk! Threaten! Nag! No way! See No. 1 above.
6. Making consequences too harsh. 'You're grounded for a month Mr 6 year old' is a tad harsh and will usually bring resentment, not to mention confusion. Stick to the 3 R's of being respectful, reasonable and related to the behaviour when setting consequences and you can't go too far wrong.
7. Applying consequences when you or they are angry. When anger is in the air kids will become mad at you.....if they listen at all. Calmness makes a huge difference to effectiveness at the point of discipline.
8. Mixing discipline with counselling. Never mix the two as it sends mixed messages. If a child misbehaves manage that situation. If you suspect something negative is going on in their life, then deal with that at a separate time. Keep the two actions separate so they can both be effective.
9. Deferring discipline to a child care centre, pre-school or school. This is taking the easy way out and teaches kids that you don't have real authority. Have the confidence to be the authority and take a lead.
10. One parent is always being the bad guy. This gets wearing. Also it's hard to have fun when you are the tough cop all the time. If you are in a two parent situation take discipline in turns.

We've all made mistakes when disciplining kids. Tiredness, emotion and lack of skill can get in the way of effective discipline. But part of the evolution and growth of you as a parent involves eradicating some of your old ways, and replacing them with new, more effective, more sophisticated ways of managing yourself and your kids.

Should you wish to discuss any concerns you have, please contact myself or Michelle Knight on (02) 9644 5144 or email us on counsellor@rpcs.nsw.edu.au.

Rochelle Dawson
Student Wellbeing Co-ordinator and School Counsellor

REGENTS PARK COMMUNITY CHURCH BECOMES…

HEART BEAT
Church - Regents Park

New name, same place, same time. All welcome!

SCHOLARSHIP OPPORTUNITY

The Australian Veterans' Children Assistance Trust (AVCAT) is a not-for-profit organisation administering scholarships to help children, and in some cases grandchildren, of the Australian ex-service community with the costs of full-time education. The most deserving candidates are provided with financial assistance to facilitate their tertiary studies. AVCAT relies on the generosity of the ex-service and business community as well as private donors. Applications for 2015 open 18 August and closed 31 October. If you would like to find out more about supporting AVCAT or applying for a scholarship, please contact: T: 02 9213 7999 E: avcat@dva.gov.au
W: www.avcat.org.au

UNIFORM SHOP – Closed Friday 22 August

We would like to inform parents that the school Uniform Shop will be closed on Friday 22 August. Parents are encouraged to use the weeks leading up to this date to ensure that any urgent uniform matters are dealt with and that their children are presented in full school uniform. Parents requiring assistance with school uniform can contact the school by phone (96445144) or email (uniform@rpcs.nsw.edu.au).

FREE ENGLISH CLASSES - Term 3

Hi everyone! We are a very supportive group where you can practice your English!
Who: Family and friends are all welcome!
Where: Heartbeat Church (59-61 Regent St)
When: Tuesdays from 9.30 – 11am
Dates: 22 July – 16 September
Contact: Michelle Lin – 9738 9799 (church office)

MUMS & BUBS PROGRAM

Activities: Play, story, craft and music
Time: Fridays (10.30 am – 12.15 pm during school terms)
Where: Heartbeat Church (59-61 Regent St)
Fee: $1 (donation)

PRIMARY NEWS

PRIMARY STARTING TIME: 8:30am

This year, the hours of the primary department were changed to **begin at 8:30am and finish at 3:00pm**. We start our day with Morning Recess to allow our students a time to be physically active and to reconnect with their friends and classmates. This is an important time for our students and was strategically designed for our students' well-being. Recess ends at 8:45am with a brief morning assembly before students go to class.
Students are expected to be at school at 8:30am, with supervision being provided from 8:00am. As previously advised, **students who are not at school for the morning assembly at 8:45am will be marked late and parents will need to provide a signed note of explanation.**

Please ensure your child is given every opportunity for academic success and ensure they are at school on time.

PBS PRIMARY: BE RESPECTFUL, BE SAFE, BE KIND AND BE A LEARNER

Next week, our focus will again be on showing kindness in our school by "***Using good manners.*"** Good manners let people know that we value them. By being courteous and thoughtful we tell others that we appreciate them and value them above ourselves. It is important to slow down and think how we can honour another: by allowing them to go first, helping them out, saying thank you, or even just smiling. People who show good manners are known as gracious people and are well-liked by all they meet.

'CONGRATULATIONS' ZONE COMPETITORS!

Well done to our Zone Athletics Competitors and to Mr Jennings for an excellent job coordinating the Zone Competition! Thank you, as well, to our secondary student helpers (Michayla Rinaldi, Tarrence Tan, Ethan Skinner, Gaby Da Silva, Samuel Sette, Naomi Eigenmann, Annalise Elbazi, Rosemary Tawdrous, Mimi Mansaray & Jackie Bazzi) for setting such a great example of servant leadership!

This year we have 8 students who will be representing our school at the CSSA State Athletics Carnival on 21 August. Congratulations go to Tusi Aonga, Evanleigh Callus, Daniella Machuol, Tori Oreshkin, Joy Tuisau, Sam Tuisau, Langi Tu'ulakitau & Reuben Veneracion!

LEARNING IS HARD WORK – CHILDREN NEED TO BE IN PEAK CONDITION!

Just as our athletes at the Commonwealth Games need to be in peak condition to perform their best – so too, our students need to be in great shape to learn well. Our teachers are doing their best to create interesting and intellectually challenging learning activities for our students. Students need to eat healthy food, drink plenty of water, be physically active and get plenty of rest. Most primary children need 10-12 hours of solid sleep. Please contact the primary office if you would like practical ideas on how to help your child achieve their best.

BOOK WEEK CELEBRATION: CONNECT WITH BOOKS

On Friday, 22 August, we will be celebrating Book Week with a performance by Solid State Circus. Parents and younger siblings are welcome to attend. We will also be having a *Book Fair* to enable students to purchase books and raise money for our primary playground equipment. More information will be provided shortly, but if any parents are able to assist with the Book Fair, please contact the primary office.

FATHER'S DAY

Our Father's Day Breakfast will be held again on Friday, 5 September. Last year's event was a fantastic morning for all with good food, great coffee and lots of laughs. We hope those important men in our students' lives will be able to set aside time on this day so that our community may honour them. Raising giants for God's kingdom is no small thing. We will also be holding a **Father's Day Gift Stall** that week as a fundraiser for our primary playground equipment. Any help you may be able to offer would be greatly appreciated. More information on Father's Day events will be sent home soon.

PRIMARY ASSEMBLY

Here is our updated assembly roster for Term 3. Due to the Trial HSC exams being held this term, we will need to cancel our Primary Assembly on Friday 8 August, which will alter our assembly roster from 15 August onwards. As a consequence, 1-2M, 1-2K and Kindergarten will have their Assemblies early in Term 4. We apologise for any inconvenience this may cause.

Class	Date
5-6C	15 August
Solid State Circus	22 August
4D	29 August
Father's Day	5 September
3H	12 September
1-2B	19 September

OPERATION CHRISTMAS CHILD

This year we are once again encouraging our families to prepare a Christmas box to give to a child in a developing nation. Boxes should contain: *Something to love; Something to wear; Something special; Something for hygiene; Something to play with & Something for school*. A donation of $9 to assist Samaritan's Purse with the cost of postage is also appreciated. Brochures, providing more information, as well as Christmas boxes are available from the primary office and from Mr Perera in secondary. Completed boxes should be returned to the school by Friday of Week 1, Term 4 (10 October).

CRUNCH N SIP & EAT IT TO BEAT IT

As you are aware, we are a Crunch n Sip school. Every morning around 10am, our primary students and staff enjoy a Crunch n Sip Break. We encourage parents to provide their children with a serving of fresh fruit and a drink bottle filled with water to enjoy at this time. In an effort to encourage healthy eating habits in our young people, the Cancer Council provides weekly nutrition snippets for Community News. We hope you take advantage of this information to make good nutrition and its benefits part of your family's lifestyle.



SECONDARY NEWS

SECONDARY ZONE AND STATE ATHLETICS

On Monday 28 July, Mr Woods, Mr Forster and Mrs Baron had the privilege of taking 53 students to represent the school at the South Zone Athletics Carnival held at The Crest. All students participated to the best of their ability and were a credit to themselves and the school. Well done to all students who competed and to those who provided assistance at field events.

The top 2 students in each event are eligible to compete at the CSSA State Athletics Carnival to be held on Wednesday, 27 August at Sydney Olympic Park as follows:

Adam Castucci – 2nd 13yrs Long Jump
Nathan Roberts – 2nd 12yrs High Jump
Sunia Siasau – 1st 12yrs Discus
Sasha Oreshkin – 1st 14yrs Javelin
Cruise Taiatini – 2nd 13yrs Javelin, equal 2nd 100m, 2nd 400m
Tui Katoa – 2nd 15yrs 400m
Drey Mitchell – 2nd 16yrs Shot Put
Isaac Puleiku – 1st 16yrs Shot Put
Tinashe Goto – equal 2nd 16yrs High Jump
Julian Rinaldi – 1st 17yrs Long Jump, 2nd 100m
Thomas Tamine – 2nd 17yrs High Jump