

Newsletter

12 MAY 2017

Parent Teacher Night (Secondary)

This week saw the very heart of our core business on display as parents and teachers sat together and conferenced about the academic progress and life circumstances of students. Scripture urges us, "Above all else, guard your heart, for everything you do flows from it." (Proverbs 4:23)

A minimalist notion of parent teacher night would contend that it was a conversation about academic progress pure and simple. Such a view is certainly practical, probably pragmatic, and risks minimising the virtue of connection over life circumstances, personal attitudes and self-esteem.

In my view, parent teacher conversations are an affair of the heart. In my experience, observation, and through eaves dropping (in a nice way) the discussion is always about the context of life. Rich conversations occur about the imagination, personal change over the previous few years, shifts in attitude, etc.

Importantly, these conversations are never just transactional exchanges of data. Being in the conversation not only leads to greater understanding, but causes new ideas, viewpoints and perspectives to be birthed.

Scripture has a perspective on this too: "The first to plead his case seems right, until another comes and examines him." (Proverbs 18:17)

At Calvin, we remain committed to doing all things from a biblical perspective. Without doubt we face challenges in making this real in life and relationship. It is important to reflect on the motivations and purposes for such events as parent teacher nights.

We have the mantra of "staying in the conversation". We believe that quality schools are built on quality conversations. In essence, this entreats us to remain in the conversation even when it is not affirming a preferred point of view. This may be tough to do on occasions.

There were no tough conversations that I was aware of on parent teacher night, because there was an absence of adversarial thinking. There was a presence of communal responsibility and a recognition of the virtue of multiple perspectives. The illustration of the blind men and the elephant has value here. You will probably know the story.

"Once upon a time, there lived six blind men in a village. One day the villagers told them, "Hey, there is an elephant in the village today." They had no idea what an elephant is. They decided, "Even though we would not be able to see it, let us go and feel it anyway." All of them went where the elephant was. Everyone of them touched the elephant.

"Hey, the elephant is a pillar," said the first man who touched his leg.

"Oh, no! it is like a rope," said the second man who touched the tail.
continued next page



Mr Iain Belot
PRINCIPAL

PRINCIPAL'S REPORT *continued*

"Oh, no! it is like a thick branch of a tree," said the third man who touched the trunk of the elephant.

"It is like a big hand fan" said the fourth man who touched the ear of the elephant.

"It is like a huge wall," said the fifth man who touched the belly of the elephant.

"It is like a solid pipe," Said the sixth man who touched the tusk of the elephant.

They began to argue about the elephant and everyone of them insisted that he was right.

In the parable, a wise man comes along and calms the dispute by affirming that everyone is right. Whilst our Christian worldview does admire wisdom, it acknowledges that such wisdom comes from God.

Yet we do speak wisdom among those who are mature; a wisdom, however, not of this age nor of the rulers of this age, who are passing away; 7but we speak God's wisdom in a mystery, the hidden wisdom which God predestined before the ages to our glory;...
(1 Corinthians 2:6-7 (NASB))

We are challenged by genuine conversations. Rightly, we resist the challenges to gather the likeminded around the water cooler, carpark, coffee shop and hold forth. We are right to sit together with our different perspectives and search for God's perspective – wisdom.

Parent teacher night is but one example of the best of Godly conversations at Calvin.

Blessings,
Iain





Glen Gerreyn,
Director and co-founder of
The Hopeful Institute, has spoken
to over 500 000 people around the
world in the last 12 years.
He has a passion for delivering
solutions for whole school
communities to shift individual
thinking and inspire audiences
to navigate the complexities of
contemporary society.

Monday 22nd May
7.30-9.00pm

Stanley Burbury Theatre
University of Tasmania
Sandy Bay
ENTRY BY GOLD COIN DONATION



A CALVIN CHRISTIAN SCHOOL COUNCIL INITIATIVE



Primary

Dear Parents,

THRASS

THRASS is a phonographic, multisensory learning model that makes reading and spelling acquisition much simpler, faster and more sustainable than conventional phonic based approaches. As a classroom strategy THRASS is fun, systematic, explicit and linguistically correct.

Last year, we revived THRASS in our teaching practice to ensure we had a K-6 approach to teaching literacy to our students in the school. This year, we are committing to consolidating our learning and practice of THRASS by bringing out one of the THRASS consultants to work with our teachers and school community again.

As part of our commitment to improving literacy practice in the school, we will be providing a parent evening where you will receive support and guidance in how you can support your children at home with THRASS. The cost of the parent evening will be covered by the school so there will be no cost to parents.

The parent evening will occur on Tuesday 23rd May, 7:00-8:30pm in the Multi-purpose Hall. Food and drinks will be provided.

We had a great turn out of parents last year and we encourage all parents to attend again. Please register your interest via the school office before Friday 19th May.

NAPLAN

I want to congratulate all our Year 3 and 5 students for completing the NAPLAN tests this week. You applied yourselves well and you are all commended for your efforts. I am sure you will all receive great results.

Cross Country

Well done to all Year 3-6 students for your efforts today at the Cross Country Carnival. You braved the elements and showed a great spirit to participate and push through to complete your races.

On Monday, starting at 1:30pm we will be holding the K-2 Cross Country at the primary school. We encourage all parents and family members to attend this event.

Finally, Happy Mothers' Day wishes to all our Calvin mothers. I trust you have a well-deserved, restful day on Sunday.

Warm regards

Caleb Cooper
Deputy Principal: Primary



After School Care

At the beginning of Term 3, the school, through Camp Australia, will be providing after school care for all Calvin students.

As we finalise arrangements, we will be holding a **Parent Information Evening** for those interested. This will be held on

**Thursday 1st June
at 6 pm.**

We will be releasing more information in the near future as we finalise details.

If this would be a useful service to you and your family, please register your interest for the parent evening via the school office before Friday 26th May.

Primary

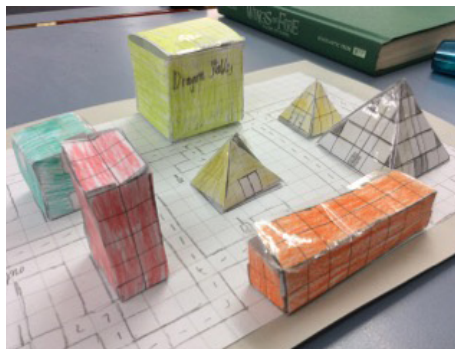
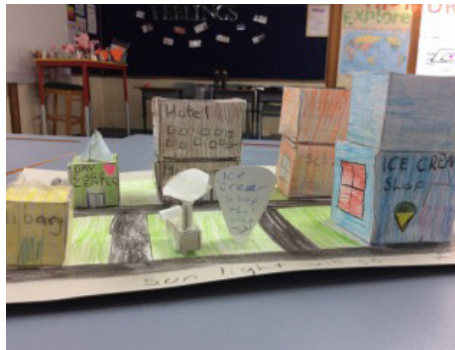
YEAR 5

Year Five have been making maths real this year. We have researched and planned amazing holidays, planned timetables for 24hr time and most recently we have made fantastic 3D cities. This activity was fun and helped consolidate learning around 3D and 2D shapes. Students were challenged to think outside the box and be creative in their city design. We hope you like them!

We, along with Grades 3, 7 and 9, are very happy to have completed NAPLAN for another year. The students concentrated so hard that if you listened closely, you could literally hear their brains whirring away. We are very proud of all the effort you put in!

Well done!

Ms Lizzy Sykes
Year 5 Teacher



PRIMARY SCHOOL OFFICE HOURS

Monday- Friday
8:30 am - 12:30 pm
1:30 pm - 3:30 pm
Phone: 6229 3814

SCHOOL ABSENTEES

Primary School Absentees
Phone: 6229 3814
or email:
primaryschool@calvin.tas.edu.au

STUDENT HEALTH

Have your child's health or allergies changed?
Please let the office know as soon as possible.

SMALL WONDERS PLAYGROUP

A free early years programme for children and their parents/carers. Thursday mornings during school term 9:00 - 10:30 am in the Kindergarten room.

CALVIN'S SMALL WONDERS PLAYGROUP

Teddy Bear Picnic
@ the Botanical Gardens

Thursday 18th May
9 am - 11 am

BYO morning tea,
picnic rug and teddy bears.

Bus is provided, but seats are limited, so book in early.



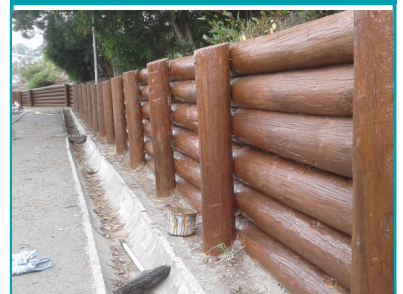
Small Wonders  CALVIN

Primary

PRIMARY SCHOOL CROSS COUNTRY



 **CALVIN**
CHRISTIAN SCHOOL
SCHOOL COUNCIL



At our last Working Bee, parent volunteers painted the primary school retaining walls near the turning circle.

Working Together
council@calvin.tas.edu.au

Secondary

SOSE AND ENVIRONMENTAL SCIENCE

On Tuesday morning, Dr Martin Moroni gave a 'mini lecture' to Year 10, 11 & 12 SoSE and Environmental science students on Carbon Cycle Storage in relation to sustainable forestry practices, in particular Tasmanian forests.

Dr Moroni is a noted expert in this field and has written many publications on sustainable forestry practices. It was an inspiring and informative lecture.

Mrs Penny Leder
Teacher of SOSE and English



SECONDARY SCHOOL OFFICE HOURS

Monday- Friday
8:00 am - 4:30 pm
Phone: 6229 4829

SCHOOL ABSENTEES
Secondary School Absentees
Phone: 6229 4829
or email:
absences@calvin.tas.edu.au

MAKING A DIFFERENCE THROUGH BUILDING COMMUNITY

BUILDING BRIDGES is a peers support program between senior students and Year 7 students.

The principle behind the Building Bridges program is for our senior students to grow in their leadership skills in serving others to build a sense of community and belonging with our year sevens to experience authentic Christian community up close. By meeting with the year sevens weekly, getting to know them, having conversations about issues that may impact on them, such, friendships, getting along with others, school work, etc. to pray, run devotions and play games.

The program offers many opportunities to serve others, and to gain a sense of being known and being blessed in the process.



STUDENT HEALTH

Have your child's health
or allergies changed?
Please let the office
know as soon as possible.

Secondary

TASMANIAN INTERSCHOOL EQUESTRIAN EVENT

During the school holidays, Calvin students Rhiannon Hennessy (Yr 12), Harriet Spakman (Yr 7) and Hannah Willoughby (Yr 9) represented Calvin Christian School at the Tasmanian Interschool One Day Equestrian event. Riders had to compete in three disciplines of dressage, cross country and show jumping. Over 50 riders from around Tasmania represented their schools at this highly competitive event. All three girls and their trusty steeds did very well.



Well done girls.

Years Seven & Eight Present

TRIMESTER ONE SHOWCASE

WEDNESDAY 17TH MAY 2017

CREATIVE ARTS & TECHNOLOGIES

DESIGN TECH VISUAL ART DRAMA
DIGITAL TECH MUSIC FOOD TECH

6.30PM FOR YEAR SEVEN

7.30PM FOR YEAR EIGHT

- PERFORMING ARTS CENTRE -

from the School Counsellor

Dear Parents and Carers,

It's been brought to our attention at school that many of our young people have watched a recent Netflix program called **13 Reasons Why**. We have been informed by **headspace** that this series contains some dangerous content and misinformation around suicide.

Sometimes as parents and carers we are not always aware of what our young people may be watching or are exposed to. But what we can do is inform ourselves about what sorts of conversations we can have with our children. I have included some information from Headspace about their concerns and have also included an article about a number of ways in which we can help and guide our young people to look after their mental health.

Please feel free to contact me if you have any concerns or questions.

dangerous content in 13 Reasons Why



headspace has today issued a warning following growing concerns raised by schools, parents and young people across Australia about some content featured in US Netflix series 13 Reasons Why.

The series – which debuted in Australia in late March and is currently streaming on Netflix - depicts a young woman who suicides. It presents the viewer with very confronting and graphic messaging and imagery inclusive of suicide method and means.

Since its debut both the national **headspace** School Support Program, which supports school communities in the aftermath of a suicide, and eheadspace, the national online and over-the-phone counselling service has received a growing numbers of calls and emails directly related to the program.

Kristen Douglas, National Manager of **headspace** School Support said the show exposes viewers to risky suicide content and may lead to a distressing reaction by the viewer particularly, if the audience is children and young people.

Head of eheadspace Dr Steven Leicester said clinicians working for the service had been dealing with a steady stream of concerned parents and young people since the show first aired.

“There is a responsibility for broadcasters to know what they are showing and the impact that certain content can have on an audience – and on a young audience in particular,” he said.

headspace School Support and eheadspace is urging school communities, parents, and mental health services to be aware of the dangers and risks associated for children and young people who have been exposed to this content.



SCHOOL COUNSELLOR

Our School Counsellor, Mrs Julia Willoughby, is available by appointment in both the Primary and Secondary schools.

Please email Julia at jwilloughby@calvin.tas.edu.au

from the School Counsellor



headspace
National Youth Mental Health Foundation

Tips for a healthy headspace



There are a number of ways you can look after your mental health and wellbeing every day...

Get informed

Understanding more about what you're going through is an important first step. Information to help you make good decisions about relationships, school, finances and seeking help is available in a number of ways. Read pamphlets, articles or fact sheets, listen to podcasts, talk to or watch videos about others who have had similar experiences, read trusted websites for information, or ask a trusted adult for advice.



Sleep well



Getting a good night's sleep helps you feel energised, focused and motivated. Adolescence is a time when a number of changes to the "body clock" impact on sleeping patterns and you are more likely to have problems with sleep. Developing a sleeping routine can help you sleep much better. To do this try to wake up around the same time each day, get out of bed when you wake up, and go to bed around the same time each night. Avoiding caffeine after lunchtime, having a quiet, dark and uncluttered bedroom and shutting down your phone, laptop and other electronic devices before bed can also help you get a good night's sleep.

Eat well

Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with your sleeping patterns, energy levels, and your general health and wellbeing. You might have noticed that your mood can affect your appetite and food intake. A good balanced diet with less of the bad things (e.g. junk food and lots of sugars) and more of the good things (e.g. veggies, fruit, whole grains and plenty of water) will make sure you have all of the vitamins and minerals to help your body and brain function well.



Physical activity

Physical activity is important for everyone's health and wellbeing. If you're feeling down or finding things are difficult, physical activity may be the last thing you feel like doing. But even small activities like walking around the block can help relieve stress and frustration, provide a good distraction from your thoughts, help you concentrate and can help you look and feel better. Find a physical activity that you enjoy (e.g. swimming, playing sports with friends or cycling) and make a plan to do it regularly.



Set realistic goals

Setting realistic goals can help you to work towards a healthy **headspace**. Small, realistic goals can be a great way to work towards feeling well – everyone has to start somewhere. Work towards eating well, getting more active, sleeping better and also think about working towards long-term life goals. Setting and achieving realistic goals can be incredibly motivating and can help build self-confidence.



Build strategies

We all have coping strategies – some good, some not so good (e.g. using drugs and alcohol). There are various positive coping strategies you can try; exercise, relaxation techniques, talking to someone, writing or art. Experiment with what works best for you.



Reduce harmful effects of alcohol and drug use

Some people make the mistake of thinking that taking drugs and/or alcohol can help get them through tough times. While it may help people to cope temporarily, drugs and alcohol are one of the leading causes of harm to Australian young people and can contribute to, or trigger, mental health problems over time. Being responsible and reducing your use can improve your health and wellbeing.



from the School Counsellor

Tips for a healthy headspace



Change your self-talk

Self-talk is the way that you talk to yourself, that voice inside your head. It can be positive (e.g. "I can make it through this exam") or negative (e.g. "I'm never going to be able to pass this subject"). There are a number of things you can do to change the direction of your self-talk. First, listen to your inner voice – is your self-talk helping you or reinforcing bad feelings? Next, try to replace your negative thoughts with more realistic ones. Try to look for a more rational spin on your situation or think of strategies to tackle your problems, rather than giving up hope. By working on your self-talk the more you'll feel confident and in control of yourself.



Develop assertiveness skills

Being assertive means standing up for your own rights; valuing yourself and valuing others' opinions without letting them dominate you. This can help build your self-esteem and self-respect. Being assertive is not the same as being aggressive. Remember to always listen, be prepared to compromise and be respectful of the other person's opinion, while still being confident, calm and knowing what you want.

Relax

There are many ways to relax and different relaxation techniques to use to overcome stress. Progressive muscle relaxation involves tensing and relaxing specific groups of muscles from your feet all the way to your head, while focussing on your feelings of tension and relaxation. You could also try breathing techniques, such as deep breathing or focussed breathing (breathing in through the nose and as you breathe out say a positive statement to yourself like 'relax' or 'calm down'). Place a hand over your diaphragm to make sure you're breathing slowly – you should feel your hand move if you're doing it right. Focus on breathing in slowly for 4 seconds, holding your breath for 2 seconds and breathing out slowly for 6 seconds.



Practice conflict resolution

Having a hard time with friends or family is difficult for most people. Talking through the issues in a calm and thoughtful way is the best approach. Avoid getting personal, be willing to compromise and listen to their perspective.



Help and be kind to others

Do something to help someone else. Acts of kindness help other people but also make you feel good. Give a compliment, offer to help someone out or volunteer either on a once-off project or an ongoing basis and allow yourself to feel good for making someone else feel good.

Be socially active and get involved

Social relationships are really important to your general wellbeing. It is okay to take time out for yourself but friends can provide support when you're having a tough time. Spending time with friends is also really important for keeping and building on existing friendships. Getting involved with volunteer work, hobbies, clubs or committees, or sports can help you feel connected to your wider community while also meeting new people. If you're not feeling up to going out, even a phone call, email, text message or Facebook message can help us feel connected to friends and family.

Play



Play is important for staying mentally healthy. Devoting time to just having fun can recharge your battery, revitalise your social networks, and reduce stress and anxiety.

Seek help



A problem can sometimes be too hard to solve alone, even with support from friends and family. Be honest with yourself about when you may need support and get professional help. You can see your general practitioner (GP), make an appointment to chat to someone at your local **headspace** centre or visit **ehheadspace.org.au**. Finding help might feel scary at the start but it gets easier over time. Getting support can help you to keep on track with school, study or work, and in your personal and family relationships. The sooner you get help the sooner things can begin to improve for you.



For more information, to find your nearest headspace centre or for online and telephone support, visit headspace.org.au

Whole School

CALVIN CHRISTIAN SCHOOL UNIFORM SHOP

UPDATE on NEW SOFT SHELL JACKETS

We have **SOLD OUT** in sizes 8 through to 16 but we have more coming and they should be here before the end of May.

Orders have arrived for parents who have asked to have one put aside.

If you would like to have a jacket put aside please ring Jo on 6240 1883 or email me ccs.kingston@midford.com.au

Don't miss out on the next shipment.

NEW SOCCER TOPS

Cost \$55 (size 6 through to XL.)

BASKETBALL SINGLETS

Cost \$45.

Reminder new style track pants \$55.00.
Size 2 to arrive early June.

The Calvin Christian Uniform Shop is open every
Tuesday & Thursday 8.30 am to 4.00 pm

NEW PHONE NUMBER

03 6240 1883

Email: ccs.kingston@midford.com.au

SCHOOL UNIFORM SHOP

Secondary Campus
Opening Hours
Tuesday and Thursday
8:30 am - 4 pm

WORKING WITH VUNERABLE PEOPLE REGISTRATION

Parent volunteers at Calvin are asked to obtain a Working with Vulnerable People Registration. For details please contact
Primary Office:
6229 3814
Secondary Office:
6229 4829

CALVIN FACEBOOK PAGE

For school life, information, photos and events, visit our Facebook page.

Whole School

Please support Calvin Christian School
by purchasing an
ENTERTAINMENT BOOK.

Funds raised will go to various projects
and the purchasing of resources for both
the Primary and Secondary campuses.



SCHOOL VALUES SURVEY

Thank you to the parents and students who completed the
recent School Values Survey.
Your input was very much appreciated.



Church
TOGETHER
KIDS

SUNDAY MAY 28, 2017 | 4:30PM
PRINCES WHARF 1 (PW1)
& BROOKE STREET PIER

A FREE, CHILLED & SUPER FUN KIDS
PROGRAM FOR ALL KIDS AGE 1 TO GRADE 6

REGISTER ONLINE AT CHURCHTOGETHER TASMANIA.COM
FOR EXPRESS SIGN IN ON THE DAY



Community

NATIONAL FAMILIES WEEK FREE BBQ

At LINC Kingston Thurs 18th May
3:30pm



COMMUNITY ART COMPETITION WILL BE DRAWN AT FREE BBQ

As part of National Families' Week Baptcare Family & Community Services Tasmania is running an art competition & BBQ to celebrate this year's theme:

Stronger Families, Stronger Communities.

Create an artistic response which highlights

“What makes your family or community great?”

The art work will be judged by a panel of volunteers who will then award the **winners** in a number of categories.

Once you have completed your **inspirational piece of art**, on your A4 template find your local **DROP BOX** (Kingston LINC) to complete your entry. Don't forget to add your details on the back of your art work, so we can contact you if you win. The completed art work will be put on display at your local **LINC** library. Drawn on Thursday 18th May at BBQ

Baptcare



We want to hear
from you!

Family orientated
prizes to be
awarded to the
winners



**FREE BBQ , Henna
Artist, Face
Painting & more...**

BAPTCARE

Ground Floor,
175 Collins Street,
Hobart, 7000