THE GEN

Weekly Newsletter



LOOK AFTER YOUR BRAIN

A message from our Principal

The human body is remarkable, and no single organ or system can function well or at all without the help of another. Our brains are like a computer hard drive and are wired explicitly so that the correct messages are sent to the right places at exactly the right time. It really is amazing. We often talk about our mental health or cognitive wellbeing. This simply means how well information is processed by our brains and judgements are made and is a predictive of academic achievement and success. It is also essential for attaining knowledge and having a positive learning experience. So, in light of this, we need to look after our brains and thus our mental and cognitive wellbeing, especially in our children.

One way to do this is lighten the load on working memory or give your brain a break. A simple brain break can go a very long way to achieving better mental health and cognitive well-being. It doesn't mean you have to lie down and shut your eyes and not think, but what it does mean is you need to actually do something physical.

Parents, you realise this means getting your kids OFF A DEVICE and making them move. Using a device is not considered physical or a way to help mental health or cognitive well-being. Playing ping pong, or ga ga ball, or going for a bike ride, swim, run or bushwalk, these are all physical things to do that will definitely help your brain. We need to be active not just for our heart, our weight and our fitness, but also to support our brains to be the organ that God created them to be, the hard drive which works with precision right when we need it to.

VERSE OF THE WEEK:

You will seek Me and find Me, when you search for Me with all your heart.

Jeremiah 29:13

PRAYER/PRAISE POINTS:

- Thank God for the holidays coming up and pray that we all return fresh, invigorated and rejuvenated!
- Pray that students will behave in love towards one another and with respect and obedience towards the teachers.
- Praise God for the hints of Spring that have been popping up everywhere!

School families to pray for:

- Murphy
- Nathan
- Newton
- O'Neill
- O'Sullivan

Geneva Christian
College PROVERBS 3:6

STUDENT OF THE WEEK

KINDER:

Jarman Smith - for always doing his best with a happy heart

PREP:

Sage Moscicki - for for always listening and doing the right thing during assembly practices

YEAR 1:

Kudzu Mukarati - for amazing silent reading **Phoenix Delaney** - for being a leader in our memory work and looking out for his friends

YEAR 2:

Meika Cooper - for taking responsibility for her own behaviour

William Sully - for being cheeky and funny, but not taking a joke too far

YEAR 3:

Chelsea Mukarati - for working really hard to finish her golas for the term

Ariana Fourie - for focusing on her work and completing it with quality

YEAR 4:

Celeste Meijer - for helping to clean up the classroom after Fun Friday

Samuel Quirk - fitting back into the classroom routine and getting on with his work

YEAR 5:

Cara-Mari Fourie - for always displaying The Golden Rule of kindness to others

Peter Echikwonye - for much improved work in My Place and Math Pathways

YEAR 6:

Kayla Atkins - for doing a fantastic effort in AUSLAN

Liam Baldock - for improved participation in AUSLAN

CLASS OF THE WEEK:

Year 3 - for the best behaved class during Assembly this week



YEAR 7:

Trafalgar Von Rock - for being kindhearted, friendly, and having a "give it a go" attitude **Nathanael Haidau** - for showing great sportsmanship and being supportive of his schoolmates at Futsal

YEAR 8:

Daisy Padman - for memorising her Scripture passages before going on holiday **Aiden Ashdown** - for great participation in Drama

YEAR 9:

Kate Digney - for exceptional effort at finishing off with high achieving results

Rowan Edgerton - for always saying a cheerful good morning as he gets off the bus

YEAR 10:

Maeve McDowell - for a great attitude at the Futsal competitions and being an encouraging team member

Jake Lincolne - for a great competitive spirit and being a big encouragement to team players at Futsal

YEAR 11/12:

Charlotte McCulloch - for her approach in staying on top of her work while going through trying circumstances

Jenna King - for her dedicated and committed approach to her school-based traineeship

EMPLOYEES OF THE WEEK

Melissa Cleaver - for being so thoughtful of other people's needs and makes scrummy soup!

Alan Payne - for being a shining light at the bus stop this week



INFORMATION

TERM 3 HOLIDAYS

September 30th - October 16th

School will return for Term 4 on TUESDAY, October 17th



NEW BABY

We are thrilled to welcome the arrival of Connie Alice Acheson to our school family - 18/9/23. A beautiful daughter to Wesley and Lauren Acheson. Such a perfect blessing from God.



LONG WEEKEND & STUDENT FREE DAY

MONDAY 6TH NOVEMBER - PUBLIC HOLIDAY
TUESDAY 7TH NOVEMBER - STUDENT FREE DAY
(DUE TO STAFF PLANNING DAY)



ZOOPER DOOPER DAY

Next Wednesday, the Year 6 leaders will be selling Zooper Doopers in the Primary Kitchen. Cost is 50c each. All proceeds will go toward raising funds for the school library.

HANDWRITING AWARD

Congratulations to the following students who received the Handwriting Award this week:

Kinder - Melody Russell

Prep - William Hetherington

Year 1 - Amity Conway & Jordan Thorpe

Year 2 - Hailey Richardson & Ezra Ziesel

Year 3 - Olivia Wheatley & Eli Stephenson

Year 4 - Zoe Heathcote & Charlie Harker

Year 5 - Rosie Broomhall & Cassanova Von Rock

Year 6 - Brody Atkins

TOMORROW

CASUAL CLOTHES DAY

Tomorrow is Casual Clothes Day. Students may wear neat, modest casual clothes for a gold coin donation.

All proceeds go towards the Wombat Ward (Children's Ward) and the Launceston General Hospital to help replace and upgrade existing supplies.

TERM 4 SUMMER UNIFROM

In Term 4 we change to our Summer Formal Uniform. Now is a great time to check what you need and make uniform purchases at the front office. **Primary Girls:** summer dress, green cardigan, bottle green socks with black polishable shoes.

Secondary Girls: summer dress, blazer, bottle green socks with black polishable shoes. Green Jumper optional.

All Primary students must have a Geneva school hat. The wearing of school hats is encouraged for Secondary students. We have 3 different styles available for \$12 each.

Please see the Front Office to purchase uniform.



FUTSAL

This week we have participated in the Christian Schools Futsal Competition in Launceston. On Tuesday, our Year 9/10 teams (boys and girls) competed and won both divisions. On Wednesday, our Year 7/8 teams (boys and girls) competed and also won both divisions. Today and tomorrow our Year 3/4 and 5/6 classes are competing. Stay tuned for photos next week.

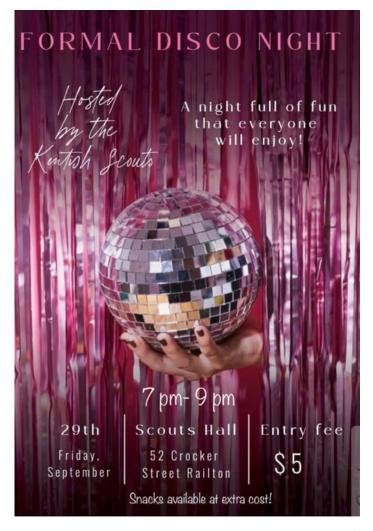


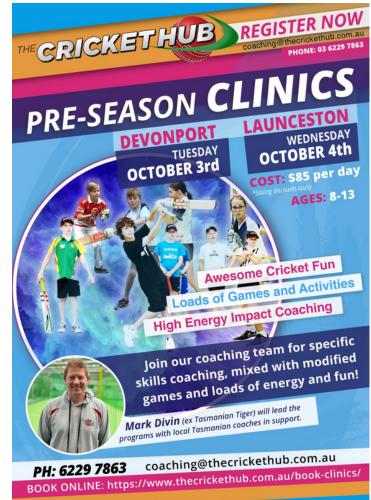
WEEK 9 PHOTOS



part of their ongoing assessment. The meals have been so delicious - we are very spoilt.











"I send my children to a Christian school as the staff share the same values as our family and are wonderful role models for my children." Sarah, a parent in NSW

Share how faith makes a difference:

mychristianschool.au





Bring along your friends & have heaps of fun playing cricket!

JUNIOR CRICKET

Who? Any kids between ages 9-14 who are keen to learn new skills and play cricket!

Where? Latrobe Cricket Club Indoor Nets

When? Training/skills sessions every Wednesday from 4th October afternoons between 4:30 - 6pm

> For more information, contact: Stephen Kettle on 0407 185 608

Coaches:

- U12's Phil Loone
- U14's Cory Plumbridge

More information:

Keep an eye on the following Facebook pages:

- Banjo's Under 12 Latrobe Demon Cricket Club
- Banjo's Latrobe U/14's Cricket Team

The club will supply all training equipment.

Kids will require a bat, helmet, adominal guard, gloves and pads.

