

Weekly Newsletter



GOOD STRESS

A message from our Principal

According to the World Health Organisation, mental health conditions are increasing worldwide and around 20% of the world's children and adolescents have a mental health conditions, with suicide the second leading cause of death among 15 – 29 year olds. This seriously concerns me, as I know it will concern you. When I researched the triggers, many articles indicate stress as one major factor and I know from personal experience this was the case for me. But I also know that stress is a natural part of life. We have to pay bills, recover from a cold or lack of sleep, have deadlines to meet and kids to run from here to there. In fact, stress helps us meet our daily challenges and motivates us to reach our goals and can actually make us smarter, happier and healthier. That's right, good stress is necessary for a healthy life. It is the bad stress that we need to avoid. It is the kind that wears you down, leaves you jittery and stops you from sleeping. This can then lead to anxiety, confusion, poor concentration and a decrease in motivation, enthusiasm and performance. We need to recognise the things that cause us bad stress and do things to prevent it. For example we need to learn to:

- manage our personal time
- accept that we can't control everything
- think about your blessings
- seek support from honest, positive people
- stay fit and healthy
- do things that you enjoy
- get a good nights sleep

And the most important thing is to talk to God. He created our bodies perfectly and knows us inside and out. He will keep our hearts and minds in perfect peace as we continually reflect on Him and all He has done for us!

Verse of the week:

With God, all things are possible!

Matthew 19:26

Prayer/praise points:

- Pray for 11/12 students as they prepare for their exams.
- Pray for safety for our bus drivers on the road
- Praise God for His blessings and unending favour and grace.

School families to pray for:

- Saltmarsh
- Schelbach
- Scott/Thorpe
- Scrimgeour
- Sheean

Geneva Christian College PROVERBS 3:6

STUDENT OF THE WEEK

KINDER:

Eltani Spaulding - for her creativity and neatness in her drawings and artworks

PREP:

Maggie McGuire - for always exempling the golden rule, through kindness, love and compassion

YEAR 1:

Hunter Howells - for his writing stamina and for hard work in My Place

Rafaella Whittle - for excellent attention and engagement at our Wings Wildlife excursion

YEAR 2:

Lauren Rouse - for being a flexible thinker and adapting when changes occur

Hudson Johnson - for working well with others

YEAR 3:

Indy Richardson - for enthusiastically getting into her work. (Colossians 3:23)

Mitch Newton - for being faithful in the tasks that has been given to him. (Luke 16:10)

YEAR 4:

Minka Snetler - for completing her times-tables in the second week

Jacob Urbanczyk - for completing his times-tables in the second week

YEAR 5:

Keeley Forward - for an outstanding work ethic and a positive, happy outlook

Peter Echikwonye - for showing courage by sharing in Assembly

YEAR 6:

Abigail Roberts - for working consistently to complete her work and asking questions that help her team

Liam Baldock - for great work in Drama: listening and following instructions

Congratulations!

YEAR 7:

Isabella Gardam - for being diligent in her subjects and working hard to complete her work on time

Logan Dolega - for being a great student and respectful of his teachers and colleagues

YEAR 8:

Ruth Nicolle - for working diligently on her math pathway modules

Ryley Lincoln - for having a great sense of humor and always keeping us on our toes

YEAR 9:

Naomi Robertson - for being a champion ARCHER

Clay Mott - for excelling with his time management and showing thankfulness

YEAR 10:

Alessio Juen - helping in cleaning up the nasties at Interlaken

YEAR 11/12:

Rachael Robertson - for keeping up with assignments while away in Europe

Gabriella Scrimgeour - for her conscientious efforts to her studies

EMPLOYEES OF THE WEEK

Miss Cailey Milburn - for showing initiative by taking on extra jobs to help out around the school

Traci Acheson and Jess Ginn - for their wonderful organisation in packing the shoeboxes

Thank You

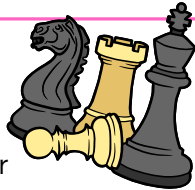
INFORMATION

HANDWRITING AWARDS

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

Kinder - Patrick Langan
Prep - Poppie Whiteley
Year 1 - Marcel Cetaj & Charlie Tabuyo
Year 2 - Payton Wyllie & Mia Howells
Year 3 - Doo Echkiwonye & Luca Fauvette
Year 4 - Madelyn Scott & Samuel Quirk
Year 5 - Sophie Ralph & Franklin Mansson
Year 6 - Elektra Malas & Toby Ralph

CHESS



On Wednesday, some of our Senior students competed at the State Inter Highschool Chess Final in Launceston. As a school, we were represented well and ended up coming equal 3rd overall. Well done to Aaron, Jack, Jake, Thomas, Tom, Oliver, Gypsey and Atticus.

CASUAL CLOTHES

Tomorrow is casual clothes day. Students may wear neat, modest casual clothes for a gold coin donation. All proceeds go to Samaritans Purse Shoeboxes. Thank you!

CHANGING UNIFORM AT SCHOOL

We are wanting to remind families about our guidelines on changing clothing at school. We have had quite a few students who are wanting to get changed at school for after school work and sporting activities. This is not something we have given permission for in the past as it uses valuable class time, uniforms can get lost and damaged and we want our students to leave the school and board school buses wearing correct uniform. Thankyou for your understanding.

TERM 4 IMPORTANT DATES

WEEK 4

Long Weekend (Monday Nov 6th)

Student Free Day (Tuesday Nov 7th)

Year 8 Interlaken camp (Wednesday Nov 8th - Friday Nov 10th)

High School swimming commences (starting Nov 9th)

WEEK 5

Year 6 Narnia Camp Day (**Sunday, Nov 12th**)

Year 11/12 Exams commence (Monday Nov 13th)

WEEK 6

Year 6 NARNIA Play
(Monday Nov 20th - Thursday Nov 23rd)

WEEK 7

Swimming Carnival (Thursday Nov 30th)

Show Day Holiday (Friday Dec 1st)

WEEK 8

Primary swimming commences (Week 8 & 9)

Year 11/12 Interlaken camp
(Wednesday Dec 6th - Friday Dec 8th)

WEEK 9

Primary swimming continues

WEEK 10

Presentation Night (Monday Dec 18th)

Seniors Dinner (Tuesday Dec 19th)

Last day of school & whole school picnic
(Wednesday Dec 20th)

2024 TERM DATES



TERM 1 - February 6th - March 28th (8 weeks)

TERM 2 - April 16th - June 28th (11 weeks)

TERM 3 - July 23rd - September 27th (10 weeks)

TERM 4 - October 15th - December 18th (10 weeks)



SWIM PROGRAM

Our secondary students will start the Learn to Swim program next week (week 4). Please ensure your child has modest swimwear, towel, and a plastic bag for their wet clothes. Your child will be informed of their exact swim days/ times by their teacher. If you are unsure please contact the Front Office.

INFORMATION

SPRING STAMP, COIN & COLLECTABLES FAIR

SUNDAY 12th November 2023 9.30am – 2.30pm

Latrobe Memorial Hall

Special Post Box available to post all your
Mail and Christmas Cards.

MAJOR RAFFLE

GROCERY HAMPER includes Christmas Cake
Christmas Pudding, HAM & WINE etc

Tickets: \$1.00 EACH

FREE KIDS STAMP & COIN HUNT

Free Philatelic Fun bags for the Kids

ADMISSION - ADULTS \$2 CHILDREN – FREE

Hosted by the Devonport Stamp and Collectables Club INC



Port Sorell Table Tennis Club

at the Banksia Centre

*Beginners welcome
PSTTC is a family-oriented club*

- First session free
- Free use of equipment
- Free coaching

Session times:

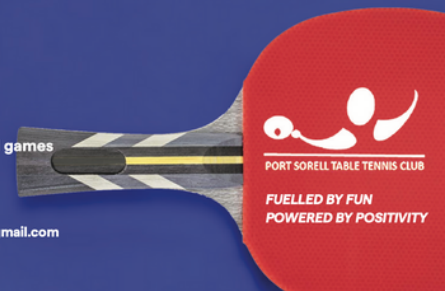
Mondays 2.00 – 5.00pm: coaching, practice, casual games

Wednesdays 6.45 – 9.30pm: roster (all levels)

Saturdays 1.00 – 4.00pm: roster, competitions, practice, social games



Contact: Christa on 0400 841 121 or portsorelltabletennis@gmail.com
<https://revolutionise.com.au/psttc/>



PORT SORELL TABLE TENNIS CLUB

FUELLED BY FUN
POWERED BY POSITIVITY



The Primary Kitchen & Garden Staff & Students Present...

COOKIE and SEED Sale day

@ lunchtime on Thursday 16th November
Outside the primary kitchen

Cookies \$1 each (max 5 each)
* GF, Dairy free, eggfree options *

Sunflower and Tomato Potted Seeds \$1 each

All proceeds will go to Loaves & Fishes

"a free statewide emergency food provider, delivering food and hope
to Tasmanians doing it tough"



with MIGHTY HELPFUL MITRE 10

**WORK TOWARDS A NEW
VEGGIE PATCH, RENO OR
SCHOOL ACTIVITY!**

Simply register your school,
Families shop at Mitre 10,
Scan the QR code to upload their
receipt and select your school,
And we'll give 10% of their spend
back to the school!

Each registered school will get 10%
of their purchases back as Mitre 10
gift cards!

How to get involved:

1. Register your school to the 'Grow Your School' program
2. Promote 'Grow Your School' in the school's newsletters from October 30 to December 3. Colour artwork can be supplied as required.
3. Collection of receipts dated between October 30 to December 3 will be counted and each school will receive Mitre 10 Gift Cards to the value of 10% of purchases from the Garden & Paint Departments

How to grow your school's earnings:

1. Families & staff shop at their local Mitre 10 from October 30 to December 3 in the paint and garden departments,
2. Scan the QR code at checkout and upload a photo of your receipt and select your school to add to your school's earnings

To register your school contact Rebekah MacKenzie:
rebekah.mackenzie@mitre10.com.au; 0407 917 458.

WEEK 3 PHOTOS



DANCE



YEAR 10 INTERLAKEN

