

## COLLEGE NEWS

Issue 4, 31 Mar 2022

Noosa Christian College

CURRENT VALUE - INTEGRITY - Do the right thing even when others aren't watching.

### WELLBEING PROGRAM

50% of people struggle with mental ill-health. 54% of people never ask for help dealing with their mental ill-health. 1 in 9 people aged between 15-44 tries to take their own life each day.

These statistics paint a picture of the real-life struggles our students face. Life has its ups and downs, but when it all seems to be too much, are we brave enough to ask for help? To support our students on this journey, Livin, a non-profit mental health organisation, was invited to share with our students. Livin was founded to empower young people to speak up when they struggling because 'it ain't weak to speak'! Breaking the stigma of mental health and providing preventative tools that help normalise asking for help are the goals of Livin.

Mick, the speaker, shared many of his own struggles with mental illness and encouraged the students to notice when they are not feeling mentally well, just like when they are aware that they're not feeling physically well. He also encouraged them to be good listeners and good observers so they notice when a friend isn't okay and to offer to get them some help.

The take always for looking after our mental health:

- \* Exercise
- \* Nourishment
- \* Supportive social networks
- \* Sleep about 10 hours each day for 14-20 year olds
- \* Limit social media platforms
- \* Quiet contemplation, prayer, slow breathing

The Year 10-12 students appreciated the reminder that it ain't weak to speak.

Mrs Kelly Paul, Secondary Teacher.





#### Principal's Article



This term has been one with many interruptions, but our students have still had opportunities to experience and extend their academic, social, physical, spiritual and emotional skills.

It has been a pleasure to see our NCC family continue to grow this term and we have now reached a new milestone of 340 students with a growth of 22.75%

since last year. This is due mainly to 'Word of Mouth' that is you as parents and community members who deal with our school and enjoy working with our students. It is also due to our wonderful staff who are passionate about what they do and their caring attitude towards students.

We look forward to Term 2 hopefully being a more settled term. In this term we are looking forward to the commemoration of ANZAC Day both at school in the first week and on the following Monday (ANZAC Day) representing the school at both the Dawn Service and the 11:00am march in Cooroy. We would love to see as many students as possible join in the March (in formal school uniform) as well as all our student leaders.

This ties in with our value of Respect for the first three weeks of Term 2. Also coming up in the term - WOW (Week of Worship), Sporting Carnivals, Primary Camp (Years 4 to 6), NAPLAN and Mother's Day Stall.

We hope our students have a wonderful Easter break and keep safe over the holidays. "Commit to the Lord whatever you do, and He will establish your plans." Proverbs 16:3

Warm regards, Mrs Jeanette Martin, Principal.

#### NCC OSHC IS COMING SOON!

We will be offering after school care from 3:00pm to 6:00pm and vacation care during term breaks from 6:00am to 6:00pm. More information to come at the beginning of Term 2. Thank you for your patience as we go through the process of obtaining government approval to run OSHC. We are 5/6 of the way through the process. We are trying our best to have it up and running as soon as possible.



# WHAT IS HAPPENING IN SECONDARY

## YEAR 12 BIOLOGY

Year 12 Biology braved the weather and spent the day at Coolum Headland on the rocky shore. They relived their childhood as they hunted for shells and pretty rocks, chased crabs back into hiding, and inspected every nook and cranny. Then it was time to work.

The students needed to collect data for their next assignment. They recorded the temperature, pH, and salinity of the sea water. Then, using 25 cm quadrats, the students counted how many of each type of living thing they could see in each square.

It was tedious work but the weather cooperated for the most part and they quickly moved on to exploring again.

This wet bunch deserved a visit to the Golden Arches on the way home. Which totally made their day.

It was certainly a memorable trip. Well done, Year 12!

Mrs Kelly Paul, Secondary Teacher.













Order forms have been sent home this week via the youngest in the family. An email with an online order form has also been sent.

Orders are to be in by Friday 22nd April (and no later).

## SECONDARY AWARDS

Congratulations to Secondary award recipients for the past 2 weeks:

#### 16th March

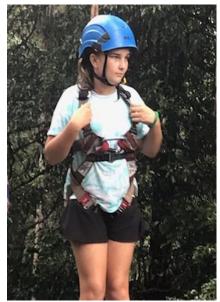
Thys Benade, Jayden Brodsky, David Drinnan, Kyra Godber, Luke Harris, Lilly Kennedy x 2, Judah Krummel, Liam Loiacono, Alexander Longmate, Lachlan Markert, Luke Marks, Toran Matchett, Bethany Mayes, Xavier Mostert, Caden Norton, Kyan Packer, Jordyn Paul, Byron Potter, Georgia Potter, Isaiah Powell-McKinnon, Zac Pulbrook, Ryan Roylance, Meeka Smith, Holly Thomson, Andie Voigt, Grace Walker, Johny Wyspianski, Brayden Young x 2, Winter Young.

#### 22nd March

Elizabeth Ash, David Drinnan, Judah Krummel, Sami MacAllan, Lydia Owers, Jericho Paul, Alouise Schmider, Jasper McNeich, Jordan Virgo, Nate Williams, Meeka Smith, River Shofay.

## YEAR 7 CAMP PHOTOS











QCCC MAPLETON

## WHAT IS HAPPENING IN PRIMARY

The Primary students have attended Eumundi Pool for swimming every day for week 7 and 8.

On Tuesday 29th March, the children participated in life saving skills to help them if they ever fell into water or felt unsafe around water.

Students wore a PFD (life jacket) and practiced skills they have learnt to save energy, as well as safe ways to enter the pool.

It has been a very intensive two weeks, however, it is great to see the children progress and gain so much confidence during the swimming block.

Mrs Jodi Presecan, Secondary Coordinator.



















During the weeks the College was focusing on the value of Service, the Year 3 class has been making thank you cards for the staff of Kabara Aged Care.

The students had a choice of thank you cards, which they coloured and then wrote a special message to the staff. A few girls also created some cards for the residents to cheer up their day.

Mrs Flynn delivered them and unfortunately wasn't able to get a photo because of COVID-19 restrictions.



Mrs Jacqueline Taylor, Year 3 Teacher.

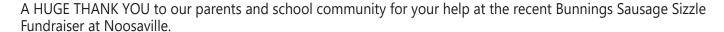


Easter
Bonnet Parade
Friday 1st April 9:00am
Kindy to Year 6









We made \$1,500 profit for resources for our Kindy children. An awesome effort!

Mrs Celeste Wareham, Kindergarten Teacher.



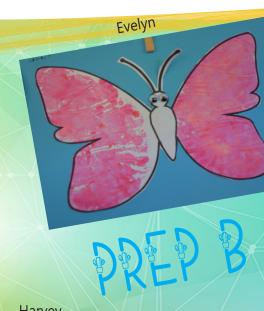


## WHAT IS HAPPENING IN





Stevie







Sophie



Jellyfish



Oliver



Nina





Coach James Weller will be offering after school lessons in Term 2 at Noosa Christian College, so look out for further information that will come out in the holidays.

Secondary students will also be able to choose tennis as a Thursday afternoon sport option in Term 2 and they will travel by bus to the Cooroy Tennis Centre.



### ADVENTURERS

Adventurers is a fun, Christian, activity-based program for children that is family-friendly and designed to support parents/caregivers in providing Bible-based learning and new skills for children. It offers a wide range of learning experiences for children 4 to 9 years of age. For further information, please email: noosaadventurerclub@gmail.com



#### PHOTOS FROM MOVIE NIGHT 26TH MARCH



## PATHFINDERS

#### **APRIL 2022 DATES**

2nd April 1:30 - 5:30pm NCC Chapel

9th April Teen Expedition Info Night Venue TBA

14th - 18th April Pathfinder Camporee

Please contact Noosa Pathfinders for more information: noosapathfinders@gmail.com



