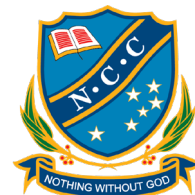


COLLEGE NEWS

MARCH 7, 2024

CURRENT VALUE

Service



PRINCIPAL'S REPORT

How much time do you spend on technology in a day?
How much time does your child/children?

Check it out ...

Open your phone settings, go to digital wellbeing (yes, it is called digital wellbeing), and check it out! And that is just your phone! Were you surprised? Are you concerned about the amount of time you and/or your child/children spend on technology and the effects it possibly has on their wellbeing?

An article by Stiglic, N., & Viner, R. M. (2019), *Effects of screen-time on the health and well-being of children and adolescents: A systematic review*, indicates that for children and young people aged 5 to 17 years, screen time may have negative effects on:

- weight and diet (especially from TV viewing)
- behavioural problems, anxiety, hyperactivity, attention, self-esteem, and psychosocial health.

Anagha Joshi and Trina Hinkley in their short article, *Too much time spent on screens*, suggests guidelines for screen time for the early years (birth through to five years) and children and young people (5 to 17 years). These guidelines were developed from systematic reviews of the evidence about the effects of physical activity, sleep and sedentary time (including screen time) on children's development, health and wellbeing. For screen time, the guidelines recommend:

- no screen time for children younger than two years
- no more than one hour per day for children aged 2 to 5 years
- no more than two hours of sedentary recreational screen time per day for children and young people aged 5 to 17 years (not including schoolwork).

Continued on page 2

IMPORTANT DATES

March 8
School Photo Day

March 13 - 25
NAPLAN Online - Years 3, 5, 7 & 9

March 15
Whole School Photo

March 18 - 22
Work Experience

March 22
National Ride 2 School

PRIMARY SRC EASTER STALL

wednesday 27th march

• hot cross buns • easter bunnies • eggs • and other sweet treats



"Building Pathways to Success"

CONGRATULATIONS MR & MRS SHERAR



Congratulations to Mr Jason and Mrs Amy Sherar on the birth of their gorgeous daughter, Ella. Ella was born on the 7th February and we have received this beautiful family photo to share with our school community.



WELCOME MRS MIRONOWICZ

On Monday 4th March we welcomed Mrs Julie Mironowicz to our school as our new Receptionist.

Below, is a little bit about our newest staff member:



"Hi, I'm Julie, the school's new receptionist. I have two children that attend the school and for the past 3.5 years our family has been lucky and blessed to be a part of this beautiful community on the Sunshine Coast.

When I need to relax, I like to listen to music that sounds good, chop vegetables, go for walks in beautiful places, spend time in my garden, or just being near water or at the beach really soothes my soul! I am looking forward to meeting all the students and families here at NCC!"

PRINCIPAL'S ARTICLE CONTINUED

I have just finished reading 'Digital Cocaine' by Brad Huddleston and I would like to share a review of his book with you. Brad Huddleston asks the question, "What's the difference between half a line of cocaine and an hour playing a video game? Nothing, as far as your brain is concerned."

"What can you do to be effective at multitasking? Nothing, as far as your brain is concerned."

In the book Digital Cocaine, Brad Huddleston will replace your confusion, hesitancy and fear as it relates to the digital world with the facts that can make you and your family safer and more secure from page one.

Whether it's gaming, cyberbullying, or the decline in grades, you'll get a look inside your wonderful God-designed brain to understand how it interacts with the exploding world of digital communication and how you can keep your family safe.

Your smartphone, tablet and computer can be powerful tools to help you ... or not. The choice is yours. Brad Huddleston's words give you the power to make that choice.

Noosa Christian College has purchased and placed five copies in the library for parents to loan. Visit our school library and borrow a copy. It is a very worthwhile and easy read.

God Bless, **Mrs Jodi Presecan, Acting Principal.**



GARDEN CLUB

Our 'Green Thumbs Club' started this week. It's a daily gardening club open to all Primary students during their lunch break. So far, we have been weeding our overgrown garden beds outside Year 5, in preparation for planting over the coming weeks.

**Mrs Allison Blandin de Chalain,
Gardening & All Things Healthy Coordinator.**





KINDERGARTEN NEWS

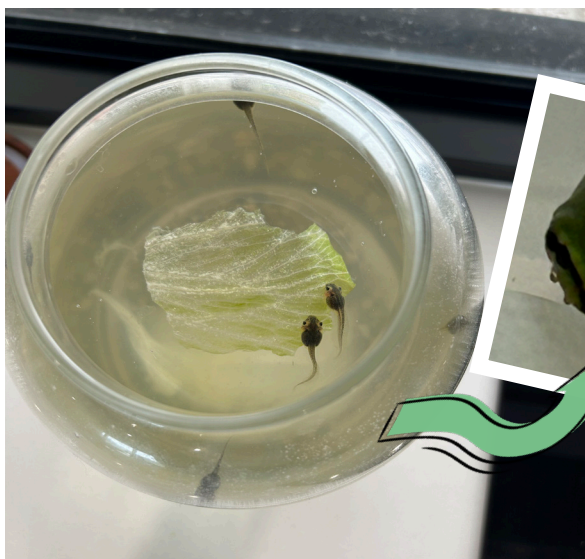


Kindy friends have watched tadpoles turn into frogs. We were learning about how our awesome Creator God has made lots of things for us to enjoy and learn about.

We learnt that the frog lays eggs, they hatch and become tadpoles, they grow back legs, then front legs and their gills disappear, and they breath with their lungs.

The tadpole's tail gets shorter and shorter until it has completely gone and it becomes a frog!

Mrs Celeste Wareham, Kindergarten Teacher.



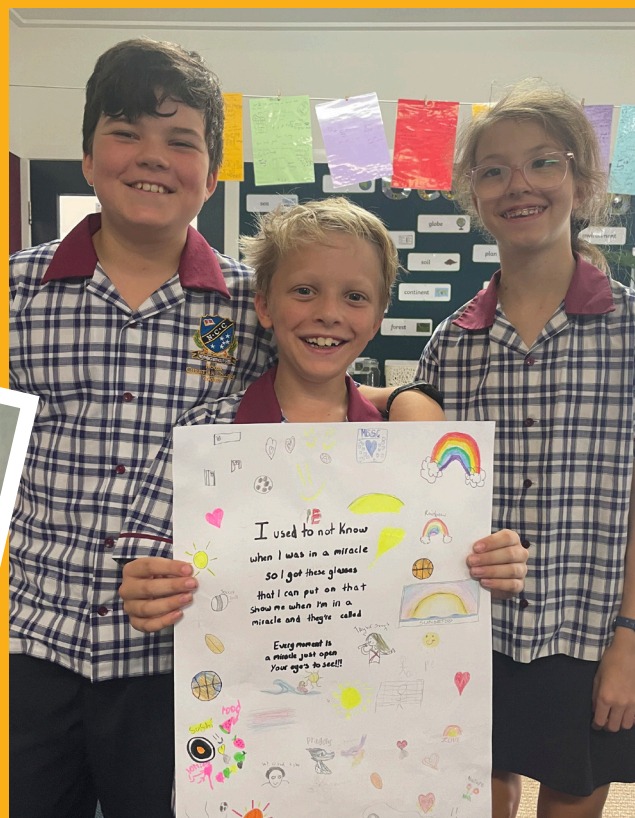
TERM 1 BOOK FAIR



When? - Monday 11th to Thursday 14th March
Where? - Library Resource Centre

We will be open from:
 8:30am to 9:30am
 11:30am to 12:00pm
 3:00pm to 3:30pm

Reflecting on our little miracles ...



PRIMARY NEWS

YEAR 2 *Flourish*

The Year 2 Flourish Program has launched again in 2024. Each Thursday a Year 2 class visits Kabara Aged Care Home and the children spend an hour with the elderly residents.

Activities include, playdough, singing, colouring in, 'Show and Share' and a variety of other fun things designed to promote interaction between young and old.

Year 2 students are learning that it only takes a smile and spending a little time with somebody to make a big difference in the community. The program has received a very positive response from children, the elderly and the staff.

Mrs Angela Gray, Flourish Coordinator.

The highlight for many students was the giant swing which saw them flying through the rainforest canopy with incredible speed! A massive thanks to Mr Bond, Mrs Botha, Mrs Presecan, Mr Davies, Ms Bunk and Mr Beaden for looking after the students on camp.

Mr Andrew Beaden, Year 6 Teacher.



YEAR 4B UPDATE

As part of the speaking and listening component of the literacy program, 4B have been writing, practicing and presenting speeches every Friday.

They are focusing on the elements of tone, pace, volume, gesture, and eye contact with popular topics including 'My Dream Cubby House' and 'My Favourite Celebrity'.

L to R: Fletcher Stowe, Tavey Hoogesteger (Cubby Queen) and Rylan Lamb



YEAR 6 CAMP

The Year 6 students had an awesome time at the QCCC Camp in Mapleton. Students were encouraged to have a positive attitude when facing new challenges and learned to support their team in working towards collective goals.

The students are to be commended for their effort, team-work and willingness to give new activities a go.

YEAR 5 ~ SCARCITY

Year 5 have been given the task to plan for the establishment of a new community on 'Paradise Island' in Economics & Business. The students were delegated as the town planners. The students have been involved in learning about needs and wants, goods and services, resource production, and scarcity.

We enjoyed a competitive but friendly game of musical chairs in order to understand that the chairs in this exercise were the resources that satisfied a want. If there are a limited number of chairs for the amount of students, they become scarce.

Miss Margaret Graham, Year 5 Teacher.



CLEAN UP AUSTRALIA DAY PHOTOS



SECONDARY NEWS

STUDIES OF RELIGION EXCURSION

"From Excursion to Conversion" ... The Secondary Studies of Religion students attend the Brisbane Hebrew Synagogue to learn about Judaism.

Students were guided through a personalised tour, getting to see 200 year old torahs, attempted to play a Shofar (horn) and asked ethical questions in relation to Jewish beliefs and practices. The students were commended for their questions and respect in the dialogue on some challenging topics. Year 11 student Jalen would like to see the Kippah (Jewish hat) included in the uniform shop.

All in all it was a great day learning first hand about Judaism.

Mr Lachlan Campbell, Secondary Teacher.



YEAR 9 SCIENCE

Year 9 Science students are studying plants and this week they dissected flowers. Who knew that flowers had so many intricate parts?! Our God is indeed a wonderful designer!

Mrs Kelly Paul, Secondary Teacher.



YEAR 11 BIOLOGY

Year 11 Biology students are studying enzymes and factors that affect their reactivity. Today, they used fresh liver and hydrogen peroxide to investigate the reactivity of catalase. More bubbles means more reactive. Great job, Year 11!

Mrs Kelly Paul, Secondary Teacher.



YEAR 7 HOME ECONOMICS



SECONDARY GRIP LEADERSHIP CONFERENCE

Recently our Senior Student Leaders had the opportunity to attend the GRIP Leadership Conference in Bokarina. GRIP stands for Generosity, Responsibility, Integrity, and People; all values that are important for any aspiring leader.

The conference focused specifically on training student leaders for their roles in their schools. Students learned about topics including "The Sacrifices of a Student Leader", "How To Lead When It Feels Like Nobody Wants To Follow", and "How Can I Improve My Own Leadership Effectiveness."

The presenters were highly engaging, and all our student leaders came away with skills and ideas that they could put into practice right away. Our students represented our school well and it was a privilege to join them at this conference.

Mr Phillip Paul, Secondary Coordinator.



Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

CLEAN UP AUSTRALIA DAY

Each year, our students get involved in Clean Up Australia Day. The Secondary students travelled to different locations around Cooroy equipped with gloves, rubbish bags, antibacterial hand spray and an attitude to serve! The students enjoyed the beautiful weather and time outdoors improving our local community.



YEAR 7 HISTORY

"THIS IS YOUR LIFE"

Our Year 7 History students have been working hard learning about chronological sequencing, selecting significant events, and technical drawing, with producing a timeline of their lives.

Miss Jackson noted, "It's great seeing the journey of our Year 7s...and the photos." As a Secondary Department, it is indeed great to get to know our Year 7s a little more and it is great for them to share their story too.

Hopefully, it will be a year for making some great new memories.

**Mr Michael Ewer,
English and History Teacher.**

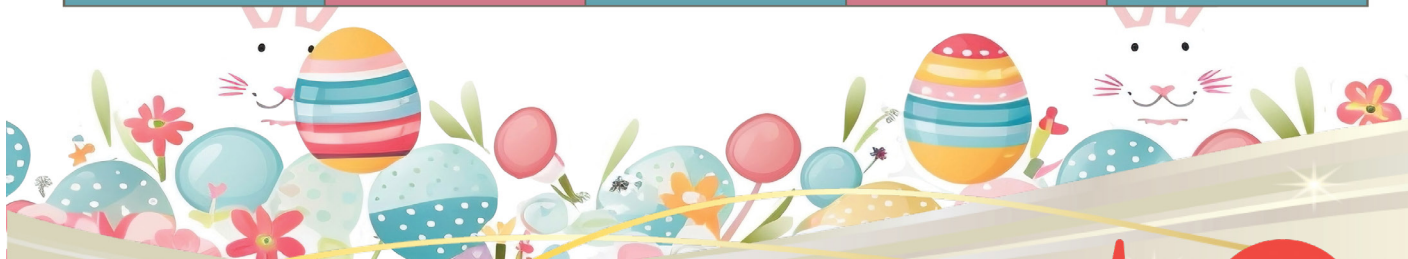
OSHC VACATION CARE



Easter Holiday Program

For bookings or further information, please contact Andrea, OSHC Coordinator:
0499 942 418 or oshc@noosacc.qld.edu.au

MONDAY 1ST APRIL	TUESDAY 2ND APRIL	WEDNESDAY 3RD APRIL	THURSDAY 4TH APRIL	FRIDAY 5TH APRIL
EASTER MONDAY PUBLIC HOLIDAY CLOSED	EASTER BAKING DAY No extra cost ~ Let's have fun baking Easter cookies and cupcakes. Tantalize your taste buds!	EASTER EGG HUNT No extra cost Ready! Set! Go! Find as many eggs as you can with your friends!	HQ WILDLIFE ZOO Excursion Cost ~ \$25 Let's go on an adventure and search for animals together.	PAINTING/ARTS/RAFTS DAY! No extra cost ~ Let's paint Easter Bunny pots and get creative.
MONDAY 8TH APRIL	TUESDAY 9TH APRIL	WEDNESDAY 10TH APRIL	THURSDAY 11TH APRIL	FRIDAY 12TH APRIL
WHEELS DAY No extra cost ~ Come with your favourite set of wheels ... skates/bike/roller blades and helmet for a rolling good time!	LET'S MOVE TO MUSIC No extra cost Who has the best groove?	NATURE DAY No extra cost Let's go out into nature and collect and create Indigenous artworks.	A DAY AT THE MOVIES! Excursion cost ~ \$25 Munch your way through some popcorn with your friends while you watch the movie Noah's Ark (G Rated).	OSHC PARTY TIME No extra cost Games, music, party food and balloons.



FAITH FM ANNOUNCEMENT



Faith FM Australia is looking to partner with Noosa CC families in this area to provide a community radio channel for our local community. Several new radio licenses have been obtained recently on the FM band and Faith FM are looking to install 5 new low power transmitters and antennae. This is a new opportunity for homeowners to join in the growing number of installation sites across Australia - now more than 280 nationally. Faith FM broadcasts 24 hours a day 7 days a week right around Australia and is now also taking off in New Zealand. The channel offers radio programs on health and diet, music, biblical themes and personal relationships. The content is helpful, informative and inspiring and gives listeners guidance in improving their physical and spiritual wellbeing. There are no ads or commercial content. Faith FM is 'positively different' radio and has interesting and engaging content to listen to, whether you are at home, working in the shed, or driving in your car. You can also listen to Faith FM via their mobile app – available for free from the App Store/PlayStore.

We are actively seeking locations to install a small antennae and a 'playbox'. The antennae is 3 metres long, single pole, white or cream colour for low visibility. The 'playbox' is about half the size of a shoe box and needs to be plugged in to a 240v outlet. It is small enough to be concealed under furniture or in a cupboard. If you let us install an antennae and plug in a playbox at your home or shed we can pay you \$250 per year. If you also let us plug into your internet modem that payment increases to \$500 per year. The playbox uses 50 watts of electricity in total and the antennae emits no more than 10 watts of signal. Power usage is about \$10 per month and internet data usage is 20gb per month. The payments Faith FM can make to you is significantly more than the cost of operation. Once installed the equipment is autonomous and does not need servicing. Faith FM uses LPON (low power open narrowcasting) radio and is located at 87.6, 87.8 and 88.0 on the FM band. No approval is required from council. As the new licences are geographically based we are looking for new sites in the following suburbs around the Noosa area; Peregrine Springs, Peregrine Beach, Coolumb, Yaroomba, Marcoola, Ninderry, Yandina Creek, Cooribah, Ringtail Creek, Noosaville, Noosa Heads, Tewantin, Weyba Downs and Castaways Beach. If you live in any of those locations and are interested in becoming part of the Faith FM network, helping to meet the needs of your local community, then please contact Alan Blake on 0403 164 310. Further information can be provided upon request.

