



MARONITE COLLEGE OF THE HOLY FAMILY NEWSLETTER

23-25 Alice Street, Harris Park, 2150

Tel: 9633 6600 Fax: 9689 1662

Term 3 – Week 4: Friday 7th August 2015

MESSAGE FROM THE PRINCIPAL – Sr Margaret Ghosn

The Founder of the Congregation of the Maronite Sisters of the Holy Family, Patriarch Elias Howayek, is being considered for sainthood. In preparation for this great event I have written a short book detailing his extraordinary life. It is available for purchase for \$5 from the main office. I highly recommend it for all Maronites as it provides an insight into the history of Lebanon and the quest for Independence during the 1800s and 1900s.

Competition open to all staff, students and parents – The theme for this year is 'In the image of God.' If you think you can describe this in 50 words (in Arabic or English) or can visually depict this, I invite you to send me your submission to mghosn@mchf.nsw.edu.au

'In God's Image' means I was created to be unique. I present to God my qualities (have courage and be kind), my heart, my self-awareness, how I reason to come to conclusions, my conscience, my attitude, my actions right from wrong and my feelings for the deceased. God created me in goodness and holiness.
- Sally El Katrib (parent)

You are so good. You are so helpful. You are the one who will protect me from all. You are so rich. You are so great. You will be the one who will guide me on my journey. Can you please forgive me when I do wrong and love me as much as you loved your son. Please protect the world from being harmed because I know you can. - Anthony Germanos (3 Yellow)

DOING THE ROUNDS

Dates to remember - <http://www.mchf.nsw.edu.au/events/>

Primary Athletics Carnival was held on 4th August at Olympic Park

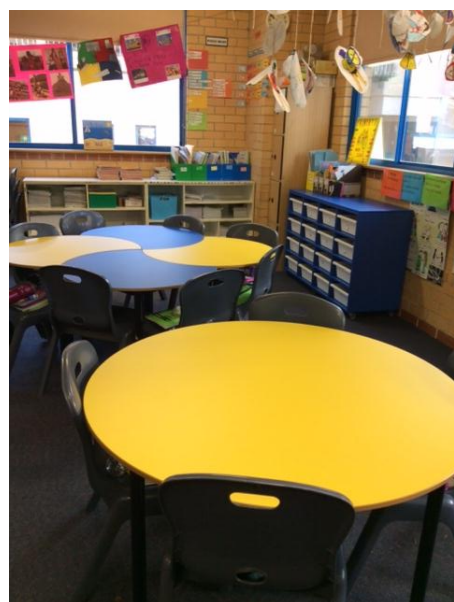




Primary NRMA Science and Road safety held on 7th August



The Yrs 3-6 Maths Extension students have spent weeks with Mrs Raffoul and Mrs Aberley working on budgets, itineraries and planning holidays to present at a Travel Expo. Yrs 3 and 4 planned interstate trips while Yrs 5 and 6 planned trips overseas. Yrs 2 and 4 and Yr 7 Geography class came to explore the expo and vote for their favourite destinations.



Thanks to the Parent Association's Chocolate fundraiser we were able to refurbish a Year 3 classroom and hopefully we can do the same for another 2 Primary classrooms in the coming weeks.

SRC Monster breakfast led by Ms Pietak and students, helped raise funds for College resources. – On 3rd August the Secondary SRC hosted a monster breakfast for all students. The day was full of nonstop cooking of bacon, eggs, pancakes and hashbrowns. Even though the day was chaotic and tiring, it was successful and a great experience. The SRC would like to thank everyone who helped out, both the teachers and students, and a special thanks to Ms Boutros for helping out a lot!

We thank Harkola for their donations to this fundraiser. Harkola:

3-7 Highgate St Auburn. Ph: 9737 5888 F: 9737 8095 W: www.harkola.com

On 4 and 5th August, a group of Yr 10 and 11 students attended AYCC's Youth Sustainability Summit at Granville – It was extremely enjoyable and helpful in providing young students who are passionate about the environment, to be empowered to do something to reduce the effects of climate change. We were presented with shocking figures about the drastic damage humans have inflicted on the environment. We have now formed the environmental group and are planning ways our College can decrease the effects on the environment. Thanks to Mr Julius for accompanying us – Murielle Aboukaram



Yr 10 subject selection evening held on 5th August 2015

Secondary sports and Leaders assembly held on 5th August with special guest Mr Joe Wakim



CONGRATULATIONS

Congratulations to 3 Orange who came 2nd in Australia last week and this week are 5th. The following students have come in the top 10 over the 2 weeks: Bella Moujalli, Brealle Hashem, Peter Al-Saiah and Theresa Boustani.

Congratulations to Olivia Bechara in Yr 2 purple who was chosen to perform in the dances at the opening ceremony of the netball world cup at Olympic Park tomorrow night. The opening ceremony involves months of rehearsals and looks at Netball in the 1800's to now. Olivia is the youngest performer!

Silver Award – Yr 8: Rita Laba

Congratulations to Mark Frangie (Yr 12) who has been accepted into the Academy of Interactive Entertainment (AIE). Mark is currently studying Industrial Technology Multimedia for his HSC and has been working on an interactive game for his Major Project. Mark's artistic and technical talents have gained him a placement at the AIE after an interview.

The 3rd Maths Olympiad proved challenging - Four Secondary students achieved 1 out of 5. Congratulations to Thomas Taouk, Teresa Raad, Nassif Abi-Khattar and Gabrielle Baker.

Rep sport - Girls frisbee defeated St Bishoy 6–2 and Inter boys AFL won 49-13 against St Agnes

PARENT CORNER

Woolworths Earn & Learn is back - From 15th July to 8th Sept, you'll receive one Earn & Learn sticker for every \$10 spent. Please be on board and encourage your child to bring these back as it benefits the school as a whole by boosting educational equipment and resources for student learning.

Japanese students – We are hosting 15-20 Japanese Secondary students at the College in Feb/March 2016 for a 2-3 week study tour. If any family is interested in accommodating a student a weekly payment of \$270 is provided. I need at least 15 families to assist us in this. If interested contact Sr Margaret.

Beanies, Scarfs and Caps - The College now has caps, beanies and scarfs for sale which are only to be worn by students. No other beanie, cap or scarf is permitted to be worn.

Drop off and pick up zone – in Alice Street is not a parking area. You are to simply drop off or pick up your children within 2 minutes. Far too many parents use this as a parking spot.

Syriac / Aramaic Language Centre Inc. - Maronite Eparchy of Australia in Collaboration with The Syriac Orthodox Church in Australia are pleased to announce that Syriac / Aramaic classes have commenced at: Syrian Orthodox Patriarchal Vicariate in Australia. St Ephrem's Cathedral Hall. 82 Joseph Street, Lidcombe NSW 2141. Every Friday 6:30-9:30 pm. Every Saturday 2-5 pm. Register by sending your expression of interest

1. Via email to: syriac.aramaic.lc@gmail.com
2. By post to: Syriac / Aramaic Language Centre Inc. PO Box 257, Lidcombe NSW 2141
3. By Phone to Fr Nabil Kaplo on 0426 143 372 | 02 9749 5035

Health Corner - There are five simple ways for your family to lead a healthy lifestyle:

1. Get active each day - it is important for the healthy growth, development and well-being of young people. Parents should be role models and have a positive attitude to being active.
2. Choose water as a drink – it has no added sugar found in fruit juices and sweetened drinks.
3. Eat more fruit and vegetables - helps children grow and develop, boosts their vitality, and can reduce the risk of many chronic diseases.
4. Switch off the screen and get active - Sedentary or 'still' time spent watching TV, surfing online or playing computer games is linked to kids becoming overweight or obese. Children and young people should spend no more than two hours a day on 'small screen' entertainment.
5. Eat fewer snacks and select healthier alternatives - fruit and vegetables, reduced fat dairy products and whole grains are healthy choices. Avoid chips, cakes and chocolate. For more information visit:

<http://www.healthykids.nsw.gov.au/home/fact-sheets/5-ways-to-a-healthy-lifestyle.aspx>

MCHF TV program– We have filmed 12 episodes featuring the Sisters, staff, students and parents of the College focusing on 'Educating for Success.' Discussions centre around the life of the College, the curriculum and extra-curricular activities. This week's episode: PDHPE & CAPA

<https://www.youtube.com/watch?v=GtE4QZZvtdg>

Designed by a group of leading Australian educators, Growing Minds is a multi-disciplinary before school, after school and vacation care organisation that engages children's minds and bodies. Growing Minds is about helping your children reach their full potential in an engaging, enjoyable environment. With a curriculum modelled on current best practices, we offer three core streams. Enrol Now for a Free One Week Trial (Use Code GMFREE6) - Located at Hassel St, Parramatta.

Visit us at www.growingmindsafterschool.com.au or 1300 GROW MINDS

Mon Cheri Laser Clinic has recently taken over Laserderm Harris Park on Shop 1 40-46 Alice street. We specialise in Laser Hair Removal and Spray Tanning Services. Our Laser specialist has over 6 years of experience and will make your session pain free. We use Gentlelase machine and recently purchased an Electric treatment bed for client comfort. We also have introduced our Australian organic grown Aloe Vera 100g Gel available at the counter, which has many natural benefits for the skin. We welcome your enquires. W www.moncherilaserclinic.com.au E info@moncherilaserclinic.com.au Ph: 9891 4446

Stay in touch - If you would like to receive the newsletter electronically write to admin@mchf.nsw.edu.au

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