

Thurs 21 Mar 2013

## ENCOURAGING....EQUIPPING....EMPOWERING



*Lily Laura and Susy in Food Technology*



*Castlemaine State Festival activities*

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### HUMILITY IS . . . .

**Recognizing that achievement and success comes from the investment of others in one's life.**

Philippians 2 talks a lot about the humility of Jesus Christ, Son of God, who did not count equality with God a thing to "boast about", but was prepared to be born among men and women on Earth and to serve those around him, even being obedient unto death on the Cross of Calvary for a crime that all of us should have died for (Good Friday).

Jesus took our sin and being sinless himself made himself the perfect sacrifice for us to be forgiven and to live a life free of the penalty of our sin.

Jesus Christ then conquered death and was raised to life (Easter Sunday) and is alive forever. His Spirit is available to all who truly love God and desire to live for Him.

May all families know the true joy of Easter as we celebrate all that Jesus Christ has done for us.

**PLEASE PRAY THIS WEEK** for the MITCHELL MONA NATHAN and NICHOLSON Families.

### ARRANGEMENTS FOR THE LAST WEEK OF TERM 1

**Monday 25 March** will be a normal school day. Students are to come to school at the normal times in their summer school uniform.

Secondary Honour Roll begins at 4.30pm on Monday afternoon and students will return in time for the buses on Tuesday afternoon.

**Tuesday 26 March** will be Honour Roll Day and Primary students are asked to come in Sports uniform please. (Please see separate notices)

**Wednesday 27 March** will be a day set aside for parents and students to come for interviews with teachers. We would like each student, particularly older students, to accompany their parents to interviews please.

**Thursday 28 March** will be the last day of Term 1. We are planning to have a special focus on Indonesia for the day and so we look forward to this.

### INDONESIAN DAY (Hari Indonesia)

The special day will run for the morning and will conclude with a lunch from 12.15 onwards. Parents are very welcome to come and join us for lunch.

Students are asked to come dressed in summer school uniform, but please bring anything Indonesian to wear over the top of your uniform and any souvenirs you may have.

Sampai jumpa!

**Presentation Afternoon** will commence at 1.15pm in the assembly area where students will receive their awards and certificates for the term. (Students will be dismissed for the term at approx. 2.30pm)

Parents and other family members are invited to come along and join us as we celebrate the achievements of the students for the term. Students love it when their parents are able to come along to Presentation.

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## HONOUR ROLL TRIPS Tuesday 25 March ELC/DELTA

Students are to come dressed in sports uniform please. The combined Honour Roll will be an Activities Day (incorporating Easter) at school, including a BBQ lunch at the park. The afternoon will be spent watching an Easter DVD and other activities.

### GAMMA

The first term Honour Roll trip for all Gamma students that have completed all their Honour Roll requirements will be 'Cricket Willow' in Shepherd's Flat near Hepburn Springs. Students are asked to wear sports uniform and to bring a packed lunch including snacks and drinks.

The cost for the day will be \$3 and this will be added to parents' accounts. Normal school hours will apply for this day.

We are looking forward to a great day out together as we explore 'From Bud to Bat'.

### SECONDARY

Students who have completed their Work Requirements will be eligible to attend an overnight camping trip to Welshman's Reef from Monday afternoon 25 March to Tuesday 26 March. Separate notices have been given out to all students. Students will return in time for the buses on Tuesday.

### BUSES THIS WEEK

A big thank you to all for your patience and willingness to cope with the alterations to the bus services while the BCI Kangaroo Flat Bus was in for repairs. Thanks also to the Staff who stepped in to transport students either by bus or by cars as required. It is all much appreciated.

Thankfully the BCI was back in operation this morning.

### BISCUITS FOR PRISONERS

On Monday 25 March, a large batch of biscuits will be packed by some Year 9/10 students. This is part of a community venture to provide biscuits for all Victorian prisoners at Easter time to show God's love and that people care for them.

### SCIENCE QUIZ ANSWERS

1. What passes between the Earth and the Sun to cause a solar eclipse? The Moon passes between the Earth and the Sun to cause a solar eclipse.
2. What is distinctive about the call of the Lyrebird? It is an excellent mimic - it can imitate a large range of sounds.
3. What Kingdom do the conifers belong to? They belong to the Plant Kingdom
4. What do ichnologists study? The fossilized tracks and traces of animals such as footprints.

## IS TEENAGE SLEEP DEPRIVATION REALLY A SERIOUS PROBLEM?

For teenagers, nine or more hours sleep a night is ideal, eight hours is borderline, and fewer than eight is insufficient. Many teens aren't getting enough sleep. They like to stay up later, reinforced by their hyper-sociability and the omnipresence of electronic media.

What is the cognitive impact of chronic sleep deprivation? It can have a negative effect on tasks that require maintaining or manipulating information and on mood, behaviour, anxiety and depression. Students who get enough sleep are more attentive and, in most cases, get better grades.

**But surprisingly, the impact in all these areas is small, the effect size being .10.** Starting school later isn't an issue in Australasia as most schools don't open until after 8.30am, already at least an hour later than in the US where much of this research has been done. Students with parent-set bedtimes get more sleep. Teens can also be taught explicitly about the impact of chronic sleep deprivation. This might lead to their getting better at regulating their own bedtimes, including not playing action-packed computer games immediately before bed.

"Are Sleepy Students Learning?" by Daniel Willingham in *American Educator*, Winter 2012-13

### SWIMMING

Written by Elizabeth Patterson-Grade Three

On Tuesday we go swimming. We go on Mrs. Ever's bus. At the pool we get changed and then we have to wait for our turn. When we get in the pool we have lots of fun learning how to swim. We learn to dive, frog stroke, backstroke, front stroke, butterfly stroke and to kickboard. My teacher is Steve. He is kind. Swimming is my favourite sport in the world. We learn to save people's lives. It is so much fun.

### SWIMMING

Written by Naomi Brown-Grade Four.

On Tuesdays we go swimming at 11:30. Mrs. Kim drives the bus. When we get there we go into the change rooms and get changed into our swimmers. Then we have to wait for the ELC's to finish their swimming lesson. After that we get into the water. Our teachers name is Debbie. She helps us do different activities like, backstroke, freestyle, dolphin dives and other things. We also play games like traffic lights. Sometimes we go down the deep end, climb out, and dive in again. Well after having all that fun we have to get out, get changed and go back to school.

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