



**Fremantle
Christian
College**



TERM THREE

NEWSLETTER 7 5 AUGUST 2016

From the Principal's Desk

Tomorrow is the opening ceremony of the Olympic Games in Rio. Over the next few weeks many of the world's greatest athletes will perform amazing feats and for some they will develop an international reputation on the global sports stage. We applaud this and we love watching them perform at this top level. But even more important is a person's character. Character is defined as that particular combination of qualities in a person that makes them different to others.

Legendary basketball coach John Wooden (1910–2010) believed that character is far more important than reputation. "Your reputation is what you're perceived to be by others," Coach Wooden often told his players, "but your character is what you really are. You're the only one that knows your character. You can fool others, but you can't fool yourself."

In Revelations Jesus knew the truth about the Christians in Sardis. He challenged them to live their lives in a way which brought glory to God. "I know your works, that you have a name [reputation] that you are alive, but you are dead" (Rev. 3:1).

Our College motto is Faith, Character and Courage. Perhaps the true test of our character is what we do when no one is watching.

Mr Michael Ashton (Principal)

WHAT'S BEEN HAPPENING

The term has got off to a good start with lots happening around the school:

ICE SKATING FUND RAISER

Thank you to all the families who supported our Ice Skating Fund raiser over the holidays. A great time was had by all and in the process we raised \$570 for the College.

INDONESIAN MUSICAL EXCURSION



Year 6 & 7 students have been invited to attend a concert performed by Michael Jakarimilena (Indonesian Idol). This will be a wonderful experience for the children and links in beautifully with our Indonesian language program. In preparation for this concert AISWA held a workshop with our students to familiarise them with the music that will be performed at the concert.

YEAR 5-6 MARITIME MUSEUM EXCURSION





ART EXHIBITION- MONUMENT HALL



Cooking with Mrs. Milliken



If you have ten minutes, drop in to the Art Exhibition at Memorial Hall next to the school and have a look at the great display by FCC students as well as students from other local schools.

TERM 3 CLUBS



Dance Club with Miss Soh



Soccer with Mrs. Leal

BisFUND





Years 5- 7 have been given a challenge to create a business, convert their start-up capital into a profit, account for it and then donate it for use in a social enterprise somewhere around the world! Initiate Australia has developed the program, provided ambassadors to mentor our students and then have undertaken to help us track how the money has been used. Who knows- one day we may take some of our students to visit one of these projects!

UNIFORM SHOP

A big thank you to Kevin and Lorraine Jones who have kindly offered to run our uniform shop together with Iaina Parnell. The shop will be open every Thursday afternoon from 2.45 to 3.45pm. Please can I encourage you to try and purchase your uniform requirements within these times.

We are also in the process of establishing a small second hand uniform section. Any **donated** second hand uniforms in good condition will be offered for sale at discounted prices.

DADS AND DAUGHTERS DINNER



Our annual Dads and Daughters dinner is happening on Friday 2 September. This is a wonderful evening organised by our FCC Dads where dads can spend quality time with

their daughters. Please buy your tickets soon and book your table.

MANNA GARDENS



Our new Manna vegetable gardens have been built and are being planted. Crops grown will be donated to the Manna Feeding Program. A big thank you to Mrs Dods and her amazing team of volunteers for all the work they have put into this project. This is a wonderful project for our students to be involved in: gardening, sustainability and supporting local charities.

CAMPUS DEVELOPMENT UPDATE

The Campus Development Team have had several meetings with Parry & Rosenthal Architects this past month to advance the College Master Plan. Parry and Rosenthal's wealth of experience in education planning, facility design and procurement have meant these meetings have been fruitful and exciting. Bringing the Master Plan to the point where sketches can be displayed at a formal presentation involves a number of detailed stages. Things are moving in a timely manner however, towards a Master Plan Presentation Evening at the College, which has now been scheduled for Thursday, 13 October.

Please save this date. The evening will be informative and inspiring and you won't want to miss it. If you know of families who are considering FCC for their children, please invite them to this presentation where they will hear about the vision of the College and the plans for its significant development.

Your support and prayers for the Council and the Campus Development Team are much appreciated as we continue to plan and prepare for years of Christ-centred, excellent education in this region.

BUSY BEE

A big thank you to all those who came out on Saturday to work on our school grounds. We achieved a whole lot, including preparing for our Athletics Carnival, clearing a tree to improve security around the classroom block, working on our new Manna Vegetable Gardens and a general clean-up of the grounds.

These days also serve as a great opportunity to meet other families whilst modelling to our students the value of community and working together.



KEEPING SAFE: CHILD PROTECTION CURRICULUM (KS:CPC)

The staff at FCC have completed a day long course developing and implementing Keeping Safe: Child Protection Curriculum



The Child protection in schools, early childhood education and care services policy (2011) states that *“all children and young people in DECD preschools and schools will access approved child protection curriculum”*.

Themes

The curriculum is based on two main themes which are presented through topics and activities.

Theme 1: We all have the right to be safe

Theme 2: We can help ourselves to be safe by talking to people we trust

Focus Areas

The two themes are explored through four Focus Areas, which are examined in growing complexity in accordance with the age of the learners.

1. The right to be safe
2. Relationships
3. Recognising and reporting abuse
4. Protective strategies

More information can be found on the DECD website <https://www.decd.sa.gov.au/teaching/curriculum-and-teaching/keeping-safe-child-protection-curriculum>

SPEAK WITH CONFIDENCE SPEECH THERAPY

Mrs Jenny Edgar of Speak with Confidence Speech Therapy has kindly offered to screen all our Kindergarten and Pre-Primary children. This is a complimentary service. The screen will assess the children’s speech sounds. A brief report will be provided to all parents. There is no obligation to seek services from Speak with Confidence should you be advised that your child has a possible speech sound delay. We are very grateful for the support given to FCC by Jenny and Speak with Confidence Speech Therapy.

BOOK CLUB



Dear Parents & Carers,

Thank you for your support of FCC's Book Club so far this year. Scholastic Book Club offers a large range of books and resources which are great for our students. For any orders you purchase through the school, FCC receives 20% of the value to purchase additional resources for our classroom teachers that directly benefits our children.

ACCOUNTS

If you have any queries or concerns about your fees or related issues, please contact Amy Lew via the reception: Wed - Fri, or email finance@fremantlecc.wa.edu.au

FOR YOUR DIARY:

11 August Celebration Service
2 September Dads and Daughters Dinner
15 September Athletics

ABSENT FROM SCHOOL

A reminder of the importance of letting us know if your child is going to be away from school. Please either phone or email the office on:

9430 6635

or

admin@fremantlecc.wa.edu.au

Interviews for 2017

Interviews for Year 7 places are currently underway. If you are considering sending your child to FCC in 2017 or 2018, you are encouraged to contact the office to make an appointment.

CENSUS Tuesday 9 August

A reminder that Tuesday 9 August is Census Night!

A photograph of a man and a woman sitting on a couch, looking at a laptop. The text on the image reads: 'AUGUST 9 IS CENSUS NIGHT. OUR MOMENT TO PAUSE AND MAKE A DIFFERENCE.' Below this, it says: 'Look out for your household's Census letter. Use the unique Census Login to complete your Census online on August 9, or follow the directions to order a paper form. Get online on August 9.' At the bottom, there is a logo for 'Australian Bureau of Statistics' and 'Census census.abs.gov.au' with the tagline 'OUR MOMENT TO MAKE A DIFFERENCE' and the hashtag '#MyCensus'.

Message from the School Health Nurse

Is your child growing healthily?

Did you know that more than a quarter of Western Australian school children are overweight? Many children at risk of being overweight do not look obviously large.

As children move through puberty and into adulthood, being overweight often becomes more obvious and more difficult to manage. It is easier for children to move towards a healthy weight before puberty and adulthood.

Help your child to introduce small, achievable, healthy habits every day. For some ideas, go to *100 ways to Unplug and Play* –

<http://www.heartfoundation.org.au/SiteCollectionDocuments/100-ways-plug-play-brochure.pdf>

or *Nature Play WA* – www.natureplaywa.org.au

What can I do if my child seems to be overweight?

Limiting the amount of time your child spends in front of the TV or computer is a good start. Make some family rules about screen time and encourage everyone to do a range of different indoor and outdoor activities which gets them moving.

Encourage your child to be active and involve the whole family in physical activities where possible. Some activities you may like to suggest are playing active games or sport, walking to school, visiting local playgrounds, throwing a Frisbee or walking the dog.

Pay attention to your child's diet. 'Treat' foods that are high in fat and sugar need to be limited. Encourage your child to see 'treat' food, such as cakes, chips, biscuits and ice cream as food which should be eaten only occasionally.

Watch the portion sizes which are eaten at mealtimes. Put slightly smaller amounts on the plate.

The key is to balance the food eaten with physical activity and your child's growth and development.

It is important to avoid discussing weight with children. Weight loss is not recommended for children, unless under medical supervision. Healthy habits help children to 'grow into their weight'.

If you are worried about your child's growth or weight gain talk to your doctor or Community Health Nurse.

Janet Hutchison 93140117



NEW LIFE CHRISTIAN COMMUNITY **YOU'RE INVITED**

New Life meets each Sunday, 9:30am at John Curtin College of the Arts Hall in Fremantle and you are welcome anytime.

The Prayer Room, located on Level 1, 177 South Terrace in South Freo is where we can connect with Jesus and grow as a community throughout the week. It's really the 'hub' of New Life. Wednesday night is a good night to attend the Prayer Room with live music and prayer from 7:30pm.

Onething Kidz (OTK), Onething Youth (OTY) and Clusters (small groups) run weekly during the term.

**For more details check out newlifefreo.com or contact the Church Rep at FCC
Rachael Carbon | 0431 460 216 | rachael.carbon@newlifefreo.com**

