Horse trainers give small amounts of arsenic (the principal ingredient in rat poison) to race horses on a daily basis. In these small regular amounts, it acts as a tonic, improving the horse’s coat quality and their general energy levels, resulting in better performances in their races. If given in a single large dose, the arsenic would kill the horse. Study is a lot like arsenic. It works most effectively in small regular doses. The last minute cram where you try to take everything in one huge dose will most probably kill your chances of success.

Last week was a busy one, with a trip to the monastery for Years 3-6, combined Coptic College masses for Years 7-12 at St Bishoy and Years 3-6 at St Mary and St Mina’s and the combined Coptic College’s Public Speaking Competition for Years 7 to 11. The students and teachers who attended the monastery reported that they had a wonderful time. These outings are significant in the development of spirituality and identity. I hope that in the future, this event will be better supported by the parent community. The masses provided an excellent opportunity for the students from the three colleges to share their spirituality and mix socially and allowed the students to have a sense of being part of a larger faith community. The public speaking highlighted the tremendous talents within our community and our students are to be congratulated on their performances and the wonderful manner in which they hosted the event.

The basketball posts should be arriving in the next day or so and we are hoping to have them installed shortly. Obviously, a certain amount of fencing and window protection is required before the courts can be functional. The artificial grass for the upper surface has been ordered, with work to commence on the surfacing of the upper level in coming weeks. We hope to have all work completed this term with a view to having the playground and car parking areas fully functional for Term 3. Similarly, progress on the canteen is accelerating, with a view to trading commencing in Term 3.

We have had a significant problem with students arriving late for school, particularly high school students. This lateness causes disruption to many. Students must learn to appreciate the importance of punctuality. Such tardiness would be unacceptable in an employment situation and it is important for the College to help to develop skills and habits that properly equip our student body for life beyond the College. We ask for the strongest possible support from home in helping to address this issue. All students who arrive late to school, without acceptable reason, will be assigned the task of playground duty at second lunch. This will commence as of June 4th.

As always, your families are in my prayers. I pray that God continues to bless our College community.

Mr Stephenson
College Principal
Dear Parents,
When you deposit school fees at Commonwealth Bank of Australia branch, please ensure that the bank teller enters your child’s surname at (to account description) and ring the college to confirm your payment otherwise the college will receive money as an unknown deposit- suspended account.

NOW ACCEPTING ENROLMENTS
The College is accepting new enrolments for Kindergarten 2013 and other years. Please contact the school office for an application or visit the school website at http://www.stbishoy.nsw.edu.au for the downloadable application form.

NO STAFF DEVELOPMENT DAY
Term 3 will commence for ALL students on Monday the 16th of July. There will be no staff development day.

CHANGE OF DETAILS
Please notify the school office of any changes of personal details including name changes, addresses, phone numbers or emergency contacts. This is to ensure that we can contact you in case of emergencies and so the school reports are sent to the correct addresses.

UNIFORM SHOP
The College Uniform Shop will be open on: Tuesday 8.30 am to 9am and 2.30pm to 3pm, Thursday 8.30am to 9am and 2.30pm to 3pm and Saturday 7pm to 8pm

ABSENT
If for any reason your son or daughter is absent from school, please call the school reception to let the College know by calling this number 9675 7433.

PAYMENTS
Instructions to Parents for All Payments (Photos, Excursions etc..) EXCEPT School Tuition Fees
1. Please write your child’s full name on an envelope. (One envelope for each child).
2. Write your child’s Year and class (for example “4A” Year 4 Class A)
3. Please write the amount of money you will be placing in the envelope on the outside of the envelope.
4. Please include the permission note – without this, students are not permitted to attend excursions etc).
5. It is the parents’ responsibility to ensure the correct amount is placed in the envelope.
6. Please do not approach Reception to get change or envelopes.

By doing this you are helping to contribute to the smooth running operations of the College.
We thank you in anticipation of your cooperation in this matter.

PRIMARY AWARDS

Week 4 awards

<table>
<thead>
<tr>
<th>KA</th>
<th>KGY</th>
<th>1J</th>
<th>1K</th>
<th>2R</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rafeal Fakri</td>
<td>Tiana Reed</td>
<td>Marina Daoud</td>
<td>NA</td>
<td>Jeremiah Mikhail</td>
</tr>
<tr>
<td>Sandra Jabo</td>
<td>Androw Georgi</td>
<td>Rediet Dereseen</td>
<td></td>
<td>Arsany Yassa</td>
</tr>
<tr>
<td>Veronika Ragheb</td>
<td>Jeniffer Tadros</td>
<td>Kyrollos Habashi</td>
<td></td>
<td>Jessica Jebbo</td>
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<tr>
<td>Bishop Shaker</td>
<td>Martin Zaki</td>
<td>Maximus Bulis</td>
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<td>Naomi Salib</td>
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<td></td>
<td>Christian Metias</td>
<td></td>
<td></td>
<td>Silvana Jamous</td>
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<tr>
<td>3SO</td>
<td>4ST</td>
<td>4P</td>
<td>5O</td>
<td>6J</td>
</tr>
<tr>
<td>Joy Boulos</td>
<td>Jason Ibrahim</td>
<td>Alwin Joseph</td>
<td>Macarious Girgis</td>
<td>Abraam Boktor</td>
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<tr>
<td>Demadious Bulis</td>
<td>Antony Faoud</td>
<td>Kirollos Georgi</td>
<td>Martina Philopos</td>
<td>Olivia Daoud</td>
</tr>
<tr>
<td>Martina Botros</td>
<td>Eliana Youssef</td>
<td>Joyce Todary</td>
<td>Abanoub Bolis</td>
<td>Maria Philopos</td>
</tr>
<tr>
<td>Daniel Abdelmaseih</td>
<td>Stephanous Escandor</td>
<td>Mariam Kamal</td>
<td>Yustina Awad</td>
<td>Angela Popovic</td>
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Bronze
KA Allayna Anna Sachin, Veronika Ragheb, Elbron Nissan, Alex Jamous, Carlos Elmaet, Merone Bogale, Michael Wasif 1J Angelina Bahdi 2R Andrew Habashi, Tatiana Salama 4S Andrew Bolis, Youhanna Yowakem, John Kamal, Mary Yassa, Antony Fouad, Matthew Tadros 4P Philomena Daoud, Mehraty Michael
MONASTERY TRIP

Indeed it was a very lovely day spending it with the beautiful and polite Kids of St Bishoy College. Many thanks for the Staff who did a good job with the Kids.
We will love to see in the future the older group Yr 7--Yr 12 if possible.

Thank you and God bless
Bishop Anba Daniel
Bishop & Abbot of St Shenouda Monastery
Sydney, Australia

HEALTH MATTERS

As the winter weather approaches it is important to maintain a healthy lifestyle.
Eating breakfast every day, drinking 8 glasses of water and frequently hand washing with soap and water are 3 easy and effective ways to help maintain health.

Regular exercise and getting some fresh air is also a great way to keep our bodies fit. Exercise also helps reduce stress levels. Eight hours of uninterrupted sleep is also needed for young brains to function properly. Tired brains do not learn!

To help maintain the health of all of the St. Bishoy Coptic College community members, especially those with serious medical issues, we offer the above as suggestions.

Thank you,
S. Narouz

FLU SEASON

As the weather is getting colder, many students are getting the flu. Please ensure students do not come to school if they are sick as others are prone to becoming ill as well as teachers. Please provide your children with a box of tissues for classroom use. Thank you for your support and cooperation.

KIDS CORNER

Sudoku

<table>
<thead>
<tr>
<th>2</th>
<th>4</th>
<th>3</th>
<th>1</th>
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Joke

What runs but never walks?

Water
UNIFORM

Now that the winter uniform needs to be worn due to the cold weather, the uniform requirements are outlined below. If it is very cold and you wish to wear another shirt underneath the school uniform, please ensure the shirt is the same colour as the uniform shirt eg. School shirt= light blue. Hair colour is also not permitted in hair. If for any reason the uniform requirements are not met, please ensure you notify the class teacher via the diary. Upon the third uniform offence, primary students are sent home to rectify the uniform. We thank you for your cooperation in this matter.

<table>
<thead>
<tr>
<th>Boys School Uniform</th>
<th>Boys Sport Uniform</th>
<th>Girls School Uniform</th>
<th>Girls Sport Uniform</th>
</tr>
</thead>
<tbody>
<tr>
<td>Long sleeve school shirt</td>
<td>School sports shirt</td>
<td>Girls school tunic</td>
<td>School sport shirt</td>
</tr>
<tr>
<td>School tie</td>
<td>School sport pants</td>
<td>Long sleeve school shirt</td>
<td>School sport pants</td>
</tr>
<tr>
<td>School navy pants (no cargo’s)</td>
<td>School sport jacket</td>
<td>School tie</td>
<td>School sport pants</td>
</tr>
<tr>
<td>School socks</td>
<td>Plain white socks</td>
<td>Navy blue school tights</td>
<td>Plain white socks</td>
</tr>
<tr>
<td>Lace up black shoes</td>
<td>Sport shoes</td>
<td>Lace up black shoes</td>
<td>Sport shoes</td>
</tr>
<tr>
<td>Maroon school jumper</td>
<td>(predominantly black or white)</td>
<td>Maroon school jumper</td>
<td>(predominantly black or white)</td>
</tr>
<tr>
<td>School hat</td>
<td>School hat</td>
<td>School hat</td>
<td>School hat</td>
</tr>
</tbody>
</table>

SCHOOL MASS

On Friday the 25th of May, Years 3-6 attended a combined mass at St Mary and St Mina Coptic Orthodox Church. It was great to have the students participate and pray together. The students also had time to eat their recess and socialise with the other students from both St Mary and St Mina and St Mark’s Coptic Orthodox Colleges.

PARENT TIPS

Wow being a parent can be a hectic job sometimes, we are busy working, running children to and from school and sport, spending time with extended family and just the day to day running of a family. We are usually quick to discipline our children if we catch them doing something wrong, but what about positive praise when we see our children doing something wonderful???

As a general rule we need to use positive praise to negative at about a ratio of 9 to 1. So spend a day noticing everything your child does right and notice the difference!

More positive words to praise your child .................

* You're Incredible
* You Make Me Happy
* You Make Me Laugh
* You're Fantastic
* You Mean The World To Me

ANGELOS CHILD CARE

Open 7am till 6pm

REBATE AVAILABLE

Fees start as low as $11.00 per day
Including ALL meals

53-59 Methven street Mount Druitt
PH: 96753320
Web site: www.angelosccc.vpweb.com.au
Email: angelosccc@stbishoy.org.au

VACANCIES EVERY DAY FOR ALL AGES, ALL MEALS PROVIDED, FRIENDLY AND EXPERIENCED STAFF
OPEN 7AM TIL 6PM MONDAY TO FRIDAY
ADVERTISEMENTS

FIRST IN BEST DRESSED
There is a resort to rent at Forster 3.5 hour North of Sydney for a weekend $200.00 or the whole week for $600.00. Cleaning fees to be paid upon arrival ($39.00) flat rate.

This includes using all the facilities on site (tennis court, table tennis, lawn for a soccer games play area, giant trampoline swing for the kids ) board games and balls also available, bike riding swimming pool, boat hiring for fishing or riding at a low rate half or full day.

The unit accommodates 6 people regardless of age. 2 bedroom fully equipped kitchen with microwave TV DVD BBQS in front of the units. All units are one story level. Close to shops beaches and parks.

Camp site also available with your own tent and use the same facilities. $20.00 per day. Cleaning fees to be paid upon arrival ($39.00) flat rate.

Available during the whole year excluding school holidays.

For booking please ring Eva on 0405 180533 after 3.30pm

Parents’ zone

How can you help?

There are a number of ways to reinforce the Sneeze safe program at home to help your child use a tissue correctly and learn good respiratory hygiene habits for life:

1) Ensure that there are always tissues handy around the house.

2) Send your child to school with a pack of pocket pack tissues. These are small compact packs that fit in your child’s school bag. It’s also useful to have tissues in coat pockets and lunch boxes. Please check regularly that any used tissues are removed from these places.

3) Encourage your child to cover their coughs and sneezes and blow their nose properly: help them to practise this, ensuring that they blow their nose and don’t just wipe it, that both nostrils are fully covered with an opened-out tissue and if possible that their mouth is closed.

4) Remind your child to throw away used tissues and to wash hands after nose-blowing or coughing/sneezing into a tissue. Show your child how to wash his/her hands properly using soap.

5) Talk about the Sneeze safe program and ask your child what they know about colds and cold germs. Explain how viruses are too small to see and can spread easily through the air and touch. It is also worth emphasising how flu can make some people very ill indeed.

6) Go through the Sneeze safe stories and games together, helping your child to read the words and encouraging them to learn from the online games.

http://www.sneezesafe.com.au