

2019



April Newsletter

Term 1, Week 10

SANTA SOPHIA CATHOLIC COLLEGE |

85 HAMBLEDON RD, SCHOFIELDS and 1 WELLGATE AVE, KELLYVILLE

Santa Sophia Catholic College

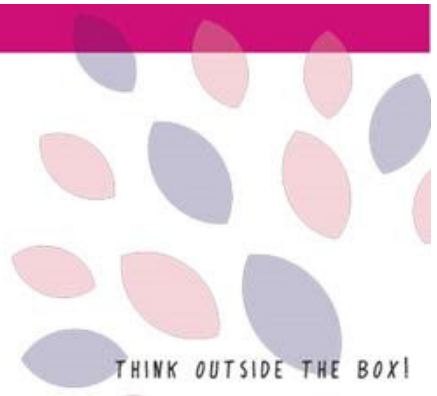


April eNewsletter

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Welcome Address

Mark De Vries



[WATCH NOW!](#)



Year 7 Camp

Miss Magistrado

In Term 1, our Year 7 students travelled to the Sydney Sports and Recreation Centre in North Narrabeen to develop their leadership skills, communication, resilience, and social relationships.

Among the Australian greenery and damp grounds, students participated in various team building activities, which allowed students to exercise cooperation, collaboration and patience with each other in new situations. The activities required students to build the tallest tower out of crates, balance on a wooden plank as a group, locate the group from one location to another by swinging on a rope and manoeuvre through a maze while wearing blindfolds. Although some groups didn't achieve the physical goal of the task, they accomplished the greater goal of cooperation and group work in various situations.



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During the camp, students also had the opportunity to participate in canoeing and the high ropes course, which challenged students to overcome their fears as well as encourage their peers in uneasy situations.

Students gathered their canoes and kayaks and followed the instructor down the creek.



Canoeing activities involved races, switching boats and swimming, which the students found very enjoyable. Students who participated in the high ropes course did so with courage as they overcame different scenarios at large heights. This was a great achievement for all students, especially those with acrophobia (i.e. phobia of heights). Students also participated in the flying fox where they exited the high ropes course and landed safely on the ground via an overhead cable.



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THINK OUTSIDE THE BOX!

On the first night of camp, Year 7 participated in an eventful Games Night facilitated by the venue staff. Group work and team building were the goals of the night, which allowed students to refocus on having safe fun within their school community. As the night progressed, heavy rain, hail, thunderstorms and frequent lightning confined the group in the hall for hours until there was a gap between the lightning strikes for students to travel back to their cabins. Students used this time to further bond and build their friendships through meaningful conversations, laughs and a lot of food!



The Year 7 Camp was a big success and the students are to be congratulated on their maturity and cooperation throughout the two-day event, as well as Mr. Liam Magann, Ms. Vivienne Pintado and Mr. Michael Knight on their active supervision and genuine care for the students during this time!





Body Worlds Vital Exhibition

Miss Pintado: Visual Arts



The excursion to the Body Worlds Vital Exhibition was an incredible opportunity for the Visual Arts students at Santa Sophia to learn about form and the art of the human body. Studies of anatomy have always been an important part of art education. Artists who know how the human body is put together and how its muscles work are better able to portray people in painting, sculpture, and other art forms.

This knowledge is important, even if artists choose to represent the human form in abstract ways. The students had to draw these human bodies in a booklet using the "8 head proportion guide", this related to their current studies of portraiture and the proportions of the face.

The students created fantastic detail in their drawings by drawing from life and overall it was a very successful day!



Miss Magistrado: Science

In Week 9, Year 7 and 8 attended the Body Worlds Exhibition in Town Hall to learn about the human body, health and wellness.

The exhibition served as an entry event to the students' Science project about body systems in Term 3 as students were given the opportunity to view real human bodies, a large arrangement of individual organs, arterial and organ configurations as well as body slices that were preserved through the process of plastination.

Many students found the exhibition to be fascinating as they learned about how the body works as well as how to fight life-threatening diseases, such as cancer and diabetes, while other students found it to be a very uneasy experience. Throughout the exhibition, students explored each body system and how they work, and students applied their knowledge of human dignity to their encounters with the displays as they were reminded that each specimen once belonged to a human person.

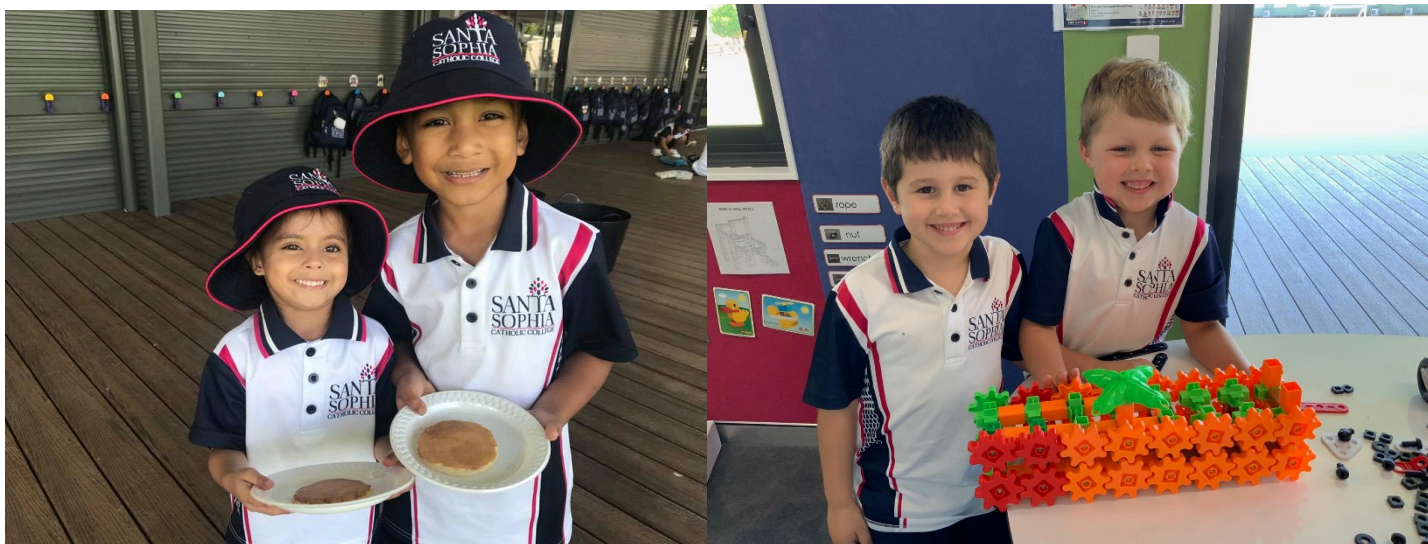




Kindergarten Overview

Miss Musgrave

Kindergarten has had such an amazing term. The children already have a great sense of ownership over the space and we are seeing their individual personalities emerge as they build on their confidence. This term in particular highlights children building self-confidence, sharing common interests, learning new things about each other and forming friendships with others.



We have begun writing and reading groups in Kindergarten and we have seen so much growth this second half of the term. The students have been developing their skills in writing a simple sentence with a capital letter, finger spaces and full stops. The students have thoroughly enjoyed reading groups and the children have engaged in a variety of learning pods such as the farmer's market, iPad, letter, fine motor and story making pod.

The children have been learning about 2D shapes and numbers from 0 to 20 in Mathematics. The children have enjoyed creating their own picture using a variety of 2D shapes and concrete materials and associating 2D shapes with real life objects. The children have also been growing in their confidence in numeracy particularly when rote counting to 20, recognising numbers and playing numeracy games.

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The children have immersed themselves in a range of activities during investigation time. The children have been investigating how things move and what things are made of. In all of these activities, the children are gaining valuable experiences in socialising, working as a team, strengthening their fine motor development and challenging their minds.

It is hard to believe that the children have already finished their first term of Kindergarten. School holidays are right around the corner so we hope you have fun these holidays and we look forward to seeing you next term.





Stage 4 Sports Report

Mr Faccin

It has been a fantastic start to the 2019 sporting year at Santa Sophia. Already in Term 1 we have shown great promise of the year ahead. Our initiative of running sporting activities throughout the recess and lunch break has been a great success this term with students participating in a wide range of sports including dodgeball, table tennis, volleyball, badminton and lots of soccer. Next term we'll be running some organised competitions where students will participate in groups and teams to complete a range of challenges and activities. At the start of the year I challenged each student to participate in at least one event or trial for one representative team. Already 90% of students have met this challenge. Not every student enjoys sport so at Santa Sophia we ensure that there are multiple ways students can still develop a love and appreciation of physical activity and health be it participating in events, practicing sports photography or videography.

On Monday 4th March our students gathered for the College Swimming Carnival at Riverstone Pool. It was a great day with the majority of students participating in races and almost all students involved in the novelty activities. I would like to acknowledge all the parents who were able to come along and support the students.



It is events like the swimming carnival that assist in developing the community and culture of this wonderful school. Also thank you to the staff and students from St John Paul II for welcoming us to be part of their community event.



The swimming carnival was a great success for many students with several records broken and other students competing for the first time in a swimming carnival.

Record Breakers:

Aiden Zammit (12yrs Boys) 50m Free, 50m Back, 50m Breast, 50m Fly, 100m Free

Grace Hodgkin (12yrs Girls) 50m Breast

Sairam Datla (13yrs Boys) 100m Free

Holly Keyvar (13yrs Girls) 50m Free, 50m Breast, 100m Free

Kurt Seget (14yrs Boys) 50m Free, 50m Back, 50m Breast, 50m Fly, 100m Free

Madi Morgan (14yrs Girls) 50m Free, 50m Breast, 50m Fly, 100m Free

Jessica Bollard (14yrs Girls) 50m Back

Age Champions:

12yrs Boys: Aiden Zammit

12yrs Girls: Charlotte Rowe-Dunn & Grace Hodgkin

13yrs Boys: Siaram Datla

13yrs Girls: Holly Keyvar

14yrs Boys: Kurt Seget

14yrs Girls: Madi Morgan

On Friday 29th March four swimmers attended the PDSSSC selection trials. Aiden broke the school 100m Freestyle record, Kurt broke the 50m Free and 50m Breast records, Madi broke the 50m Free & 50m Back records and Holly broke 50m Free, 50m Breast, 50m Back & 100m Free school records.

Only two days after the swimming carnival we held our Cross Country carnival where every student was challenged to push themselves and participate in the event by running or walking. It was great to see so many students getting involved in College activities.



We will be taking a team of over 20 students to the PDSSSC Cross Country Carnival in May. A special recognition to the following students who finished first for their age under the qualifying standards.

12yrs Boys: Kenneth Tjhin

13yrs Boys: Aiden Stacey

13yrs Girls: Holly Keyvar

14yrs Boys: Jayden Ormsby

14yrs Girls: Sadie O'Neill.

For a reminder of all updates on what is happening with sport at Santa Sophia, students and parents can visit the Santa Sophia Google Classroom page.

Student Reflections:

Year 7 Camp

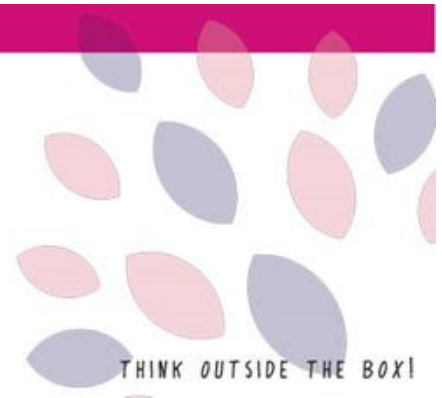
Madison Rowley

This year for camp we went to Narrabeen sports centre and had lots of fun. Our camp included canoeing and high ropes as the main activities but we also had team building activities and games after dinner.

We also got stuck in a hail storm and a thunderstorm during the games so after we finished we had to watch a movie. But overall we had lots of fun and made new friends.

Eloise Mills

Camp was the best. We went to a sports and recreation centre. When we arrived, all of Year Seven were split into two groups to do different activities. First we went on a ropes course. There was four different obstacles. They might have been tricky but we all went on it in the end! At the end of the ropes course there was a flying fox!! I want to go back and do it again.



On the first night we did a lot of fun games, I even won one! The second day we went kayaking, either with or without a partner. I went with a friend. We crashed into everything! It was really funny. After a while we got the hang of it, but we were still better going backwards!!

At the end of the river we could have a little dip. The water was extremely cold at first, but once you got used to it, it was fine. I was a bit sad to leave our new kookaburra friends behind but at least we got to see our parents again!

Science Excursion

Rosalina Diab

On Wednesday 27th of March our whole school (Years 7 and 8) went on an excursion to the city to look at the Body World exhibition. The purpose of this excursion is the opening event into our topic in Term 3 for our Science projects.

At the excursion, we saw real human bodies, muscles and organs. The excursion was self-guided so we could move along when we wished. We looked at many elements of the human body such as lungs, kidneys, liver and many more. We had a workbook to fill out about all the systems in the body and that made it more fun as we really had to look at the information to find our answers.

There was so much about the excursion that was interesting such as nerves and the brains, BUT the most interesting part has to have been what each country eats. Australia had a lot of meats whereas the Japanese family had more rice. It was interesting seeing what fuels our bodies.

The excursion had many parts to it. Each part was a part of the body and a sign with some information in it. At one point in the excursion, it was at the lungs and there was one good lung and one smoker's lung. The smoker's lung was BLACK. This shows what we are doing to our bodies and how it affects us. The BLACK lung was also a lot smaller which was caused by smoking.

The excursion taught us all so much, a lot even, and with the ACTUAL HUMAN BODIES, it made it more realistic and more amazing because we could see the portions of an adult human body, (as that is what they were adult human bodies). In conclusion the excursion was very informative and was very fun.



Upcoming Events

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
April	7	8 Santa Sophia Connect: Primary 7pm	9 Santa Sophia Connect: 8pm Secondary	10 Blazer fitting: 5:30pm – 8:00pm	11 Last day of Term	12 Staff Development Day	13
May	14	15 Holidays	16	17	18 Holy Thursday	19 Good Friday	20
	21 Easter Sunday	22 Holidays	23	24	25 ANZAC Day	26	27
	28	29 Staff Development Day	30 Students Return	1	2	3 PDSSSC Cross Country	4
	5	6	7	8 Primary Uniform Evening, 6pm	9	10 Mother's Day Liturgy	11
	12 Mother's Day	13 NSW All Schools Swimming	14 NAPLAN	15 NAPLAN	16	17	18
May/June	19	20	21	22	23	24 Year 8 Art Excursion	25
	26	27 PDSSSC Soccer Gala Day	28 Athletics Carnival	29	30	31	1



Attachments

Month
eNewsletter

[Link to E-newsletter](#)