



**Mid North
Christian
College**

Hope in
the Living
God

CHAPEL

Term 2

Week 4

Friday 21 May

Primary Chapel 9:00 AM

Mrs Ingles + Foundation

Senior Chapel 10:20 AM

Mr Veitch + Year 9

Week 5

Friday 28 May

Primary Chapel 9:00 AM

Miss Footer + Year 5

Senior Chapel 10:20 AM

Mrs Simmons + Year 10

CALENDAR

Week 4

Monday 17 - Friday 21

Second Year Aviation

Week 5

Monday 24 - Friday 28 May

First Year Aviation

Tuesday 25 May

Open Day 2 - 6 PM

Friday 28 May

Year 10/11 Uni Hub Visit

Year 6 SAPSASA Soccer

Year 1 + 2/3 Zoo Excursion

Friday 28 - Saturday 29 May

Veta Retreat Adelaide

Week 6

Wednesday 2 - Friday 4 June

Year 6 Camp

Week 7

Friday 11 June

Grandparents Day

Week 9

**Wednesday 23 - Friday 25
June**

PLP Camp

Week 10

Tuesday 29 June

Last day for students

**Wednesday 30 June - Friday
2 July**

Student Free Days

Phone 08 8632 4240

Email admin@midnorthcc.sa.edu.au

Office Hours Mon to Fri 8:15am to 4pm

News

Term 2

Week 4



20 MAY 2021

Dear Parents and Caregivers

On Tuesday 25 May, we will be hosting an Open Day from 2PM to 6PM. We warmly welcome you to attend and to bring your friends and family. One area that the College prides itself on is community and our aim is for Open Day to foster that deep connection with our wider community.

The Open Day will start with the official opening of our frontage redevelopment which will feature a special musical performance by the Year 1 class. After the official opening has been finalised, we will have musical performances, interactive classroom activities, a discovery trail, jumping castle, bungee run, barista coffee available, a free sausage sizzle and much more.

We will be running our Mid North Minis Playgroup throughout the afternoon. If you have a child aged between birth and five years old, they are warmly invited to join our play-based learning activities.

Our Leadership Team, Student Leaders and Community Leaders will be hosting tours throughout the afternoon and will be able to provide information on:

- What a quality Christian education looks like
- Classroom structures
- Subject areas
- Pre-school programs including Mid North Minis and First Foundations

Specialty programs we offer include; 'Genius Hour', 'the Rite Journey', 'the CORE Teacher Model', 'Bridge Builders', 'the Resilience Project', opportunities for Vocational Education and how we can offer our Year 11 & 12 students university units that count towards their ATAR.

Everyone is invited, and we are excited to see new and existing families experiencing who we are and what we do.

To register for the Open Day, please visit our website www.midnorthcc.sa.edu.au or call us on **8632 4240**.

Yours in His Service

Crystal Rich
Principal

WELLBEING - THE IMPORTANCE OF EXERCISE

When I was growing up, I would often hear health conscious people say that their 'body was a temple'. Little did I know at the time, but these people were quoting the following bit of scripture:

'Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honour God with your bodies.'

1 Corinthians 6:19-20

What a counter-cultural message - a church is not merely a building built with human hands: our very bodies are temples of the Holy Spirit!

Because of this, we must treat our bodies with the utmost respect. One way we can do this is through exercise.

Encouraging young people to exercise is beneficial because it:

- Helps the brain produce sleep hormones to help us rest at night.

- Clinical trials have demonstrated that exercise can be just as effective for lowering rates of depression amongst some sufferers of depression as anti-depressants.
- Exercise releases feel good hormones like endorphins and serotonin that help to promote wellbeing.
- Exercise can help people improve their concentration skills and their memory.

So how much exercise is enough for our young?

According to the Australian Department of Health, young people aged between 5 – 17 years of age should get 1 hour of moderate to vigorous aerobic activity per day. This includes playing on the playground, playing an active sport or playing other active games that involve a lot of movement.

The more young people move, the closer they will feel within themselves, that their body really is a temple.

Scott Nestor

Secondary Wellbeing Coordinator.

FOUNDATION VISIT BOWMANS PARK

On Wednesday 12 May, our Foundation Class went on an excursion to Bowmans Park. Children were separated into groups of 3-4 and assigned to an adult to supervise them across the park! They played in the Nature Play ground, dug for treasure and explored old buildings.

We're so grateful to our volunteers and staff for making this day so much fun. Check out the photos!



THE RESILIENCE PROJECT: GRATITUDE

We naturally have a negative bias and statistics show that we are 7 times more likely to focus on a negative rather than a positive. The first concept of The Resilience Project is Gratitude. Gratitude is the ability to focus on what we do have, rather than what we don't have.

The research says that if we record three things that we are grateful for at the end of every day, it rewires our brain to notice the positive and helps us to feel happier.

There are a lot of Bible verses imploring us to be grateful for what we do have, such as 1 Thessalonians 5:16-18 where it says 'Rejoice always, pray continually, give thanks in all circumstances, for this is God's will for you in Christ Jesus.' Gratitude is like maintaining your fitness – the more you train it, the better you get at it.

Here are three quick questions that you can answer to practise gratitude on a daily basis. This can be done individually, or with others:

- What were three things that went well for you today?
- Who is someone you feel grateful for today and why?
- What is it about your school, home or community that makes it a special place?

In Jesus' Name,

Chris Veitch
Health and Physical Education Coordinator

FRESH LOOK FOR AVIATION

Aviation Studies has recommenced with excellent flying conditions for the Second Year students. This term students construct control system gliders, demonstrating the connections to controlling the rudder, aileron and elevators and exploring these systems and further developing their understandings of flight control. Drone flying continues and resin work tasks add to the engineering course.



Thanks to Robyn and Paul Nieass for hosting a chicken and chips tea, allowing students to have a great time catching up socially and having a good time together. It's always a lot of fun.

The Aviation Hangar now has a new and fresh look with a new banner on the Hangar, pull up banners and new shirts. Special thanks to Janae for her design work on this. Come and see the Aviation Hangar at the Open Day and see the program in action. Next week we welcome the First Years back for their course, hoping for some favourable flying weather.



Thank you to a fantastic College community for their support with billeting and volunteering as well as the MNCC staff.

Coralie Crosby
Aviation Administrator

NOTICES

National Simultaneous Story Time

This year's National Simultaneous Story Time was very special because this year's book "Give Me Some Space" by Philip Bunting was read by an astronaut, Shannon Walker, from the International Space Station which is orbiting the earth. The book gave some insight into the different planets in our Solar System and also what makes Earth so special and why it is the only planet that has life. The Foundation to Year 3 students then enjoyed making mini air propelled rockets and seeing who's rocket could go the farthest, while the Year 4s made space shuttles. Anyone for astronaut icecream?



SATURDAY 29TH MAY
Going online for 2021
www.GraceConference.org.au

Grace Conference

GC is an opportunity for women of all ages to come together to look into the Bible and encourage each other. Hosted locally at:

Lighthouse Uniting Church,
390 The Terrace
Saturday, 29 May
9:00am -12:00pm

Register online or contact
Belinda Dick for further details

Cost \$15
www.graceconference.org.au

LETTERS SENT HOME

- PE Uniform days
- Year 1/2/3 - Zoo Excursion
- Grandparents Day
- Choir – Solos, Date Change & Open Night
- AHSS Fixtures
- Year 5 – Study Ladder & Seesaw
- Year 11 - Veta Retreat
- Year 10/11 - Visit to Uni Hub
- Year 8/9 - SSSSA Netball Knockout Comp
- Year 6 – Health Curriculum

We will be hosting
our **Open Day** on
Tuesday 25 May
from **2PM - 6PM**

Come join our interactive classes, witness presentations from our students, see how dreams soar in our Aviation program and bring your little one to participate in our Mid North Minis Playgroup.

We will have many activities to entertain the whole family including a Jumping Castle, Discovery Trail, Barista Coffee, a free Sausage Sizzle and much more.

We look forward to seeing you!

**Mid North
Christian
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**OPEN
DAY**
TUESDAY
25 MAY
2-6 PM

