

Sai Insights

Value: Love lived as Caring

Quote: "A simple act of caring creates an endless ripple"



Sathya Sai School

Term 1 Week 9

Caring of each other...



A very wise person (Karen Lea) said to me one day ~ "All anyone wants is to feel supported and if I can support someone it will be a gift." I often reflect on this and wonder ~ "If we all cared for each other, supported each other, took the time to listen and understand—what a loving place the world will be."

At Sathya Sai School (SSS), we explicitly teach our students to filter all thoughts through our values. We constantly remind our students to

S—Stop

T—Take Breath

O—Open our Heart

(i.e seek to understand then adjust)

P— have Positive thoughts

(i.e. Ask yourself—*Is it loving?*

Is it Peaceful?

Is it Truthful?

This process helps our students to be 'heart full' individuals who

are able to offer the world a new way of being. A world of kindness, care, respect, understand and support.

Students of SSS know we all have a responsibility to work towards creating a loving world. They know we cannot expect others to live the values while we don't. They understand that each individual is like a drop in the ocean of life and when each one of us accepts full responsibility for our actions and live the values—we all benefit.

I encourage all to affirm—

"I care for others and myself. I pay loving attention to people and things I care about, I give my best to every job."

Being caring means giving love and attention to everything around you — your belongings, pets, friends, your environment, your learning journey.

Be caring, be careful, be happy.

♥ Leelah Broughton

P & F Wellness Expo.

On 20 March 2016, the P & F organised a Wellness Expo which saw a steady stream of visitors attend. The Expo offered about 15 stall holders and presenters holding workshops on topics including kinesiology, crystal healing, essential oils, skincare, vintage fashion, acupuncture, osteopathy, Pilates etc... The P & F would like to

thank all parents for their invaluable support in helping them host this inaugural Wellness Expo.



24th March 2016

Important dates:

23 /24 Mar - High School Retreat

25 Mar - Good Friday

28 Mar - Easter Monday

30 Mar - HS Parent Teacher Interviews

30 Mar - 1 Apr - School Camp Grades 4-6

4 April—P & F Meeting

8 April - Cross Country Kingscliff,

Last Day Term1

Students return on Wednesday 27th April

Inside this issue

Sports News Pg 2

Class 1—Service Club Pg 2

School Activities Pg 3

Camp News & Year 7 News Pg 4

Science in Year 7 Pg 5

Class 4/5 ~ Art Work Pg 6

Sport News

NCIS Swimming

The NCIS Swimming Championships was held on the 1st March 2016. Sathya Sai School sent 9 super swimmers to compete. Despite the miserable weather, the students had a great day and represented our school with pride. Competition was fierce and many PBs were set. Echo Cranney even managed to qualify for the CIS Swimming Championships in the 8 years 50m freestyle. Special thanks goes to Kirsty Forsyth for acting as our school representative for the day. Well done to all our swimmers and we look forward to taking even more students to the NICS Swimming Championship next year.

Cross Country

Our annual Cross Country event will be held on the last day of term – 8 April 2015 and will cost \$4 per child. This year it will be at Jack Bayliss Park (northern) in Kingscliff. Although there is some shade, if you have a shade cloth, please bring it.

We will depart school at 9:15 and have Crunch & Sip when we arrive. Dolphin Club will sell Crunch & Sip for 20c to raise money for Fingal Coast Care. The rest of the day is as follows:

Age Group	Distance
Whole school walks track.	
5/6 years	½ lap (with buddies)
7 years	1 lap
8 years	2 laps
9 years	2 laps
10 years	3 laps
11 years	4 laps
12/13/ 14 years	4 laps
Parent/Teacher race	1 lap
Lunch	
Presentation (time dependent)	
Picking up rubbish	

The P & F Committee are organising lunch for students and their families. Home baked donations will be for sale on the day and paid for separately. If you are able to donate baked

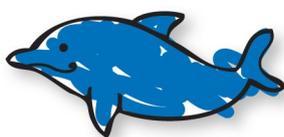
items please list all ingredients. The cost for a vegie sausage or lentil burger on Lebanese bread with or without cheese and sauce plus a popper is \$3.50. Additional poppers are \$1. Please ensure your orders are placed by Friday 1 April 2016.

Tennis News

Year 7 has enjoyed playing Tennis at the Murwillumbah Tennis courts each Wednesday morning. Students have learnt how to hold a tennis racquet, execute a forehand and backhand volley, forehand and backhand groundstroke and how to serve. Students are also learning the scoring system of tennis and the components of a tennis court.



~ Michelle Jarrett & Trista



Class 1 ~ Dolphin Club Service Project

This year Class 1 will be working towards building our awareness of all things environmental. So far we have been helping Miss Kaye in the garden every Tuesday morning and we have started to make our own books about dolphins and people. We have discussed how we can continue to sponsor our dolphin

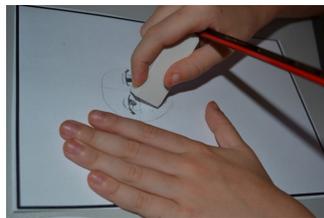
Scooter off the coast of Byron Bay and will be holding our annual fruit stall at the cross country. So, on the last day of term, Friday 8th April when the school is conducting our cross country at Kingscliff, the Year 1 class will be providing cut up pieces of fruit for sale at 20c a piece.

All money raised will then be donated to Fingal Head Coastcare, a not-for-profit organisation that cares for Fingal Headland. We hope that we can count on your support to help us raise funds for this wonderful organisation.
~ Cal Atkins

Harmony Day

On the 21st March the whole school had a great time celebrating Harmony Day. The junior school students came dressed in Mexican clothing or colours and learnt many new things about Mexico. They rotated around three activities: cooking burritos, playing Mexican games and creating their own piñata. Meanwhile the senior school students participated in fun Japanese activities which included anime art, origami and

various Japanese games like Kemari and Jyanken. The senior students brought in foods from different cultures to taste and share. The year 7 students even joined in and helped out with the activities. Thanks to the parents who came along to help make our day such a success.



Responsible Pet Program

The children in class 1 & 2 had a lovely morning last Wednesday 9th March because they got to meet Vikki and her beautiful dog 'Steeler'.

Vikki taught us all the safe way to approach a dog and what to do if you are approached by an angry dog.

We are feeling much more informed about how to keep our-

selves safe around dogs and we even learnt a new song to help us remember what to do.



Financial Literacy @ SSS

On 14 March 2016, Sathya Sai students participated in a program entitled Start Smart which is a free educational program offered by the Commonwealth Bank. Students learnt about money as a concept – what it's worth, and how to keep it safe. Guided by Captain Cash students were excited about becoming superheroes with their money. By

challenging them to 'Spend to Their Needs' and 'Wait for Their Wants', students are able to distinguish between their needs and wants, and prioritise spending accordingly. Using fun rhymes, hands-on activities and colourful characters, this workshop puts students on a lifelong path of practising solid financial habits.





Camp News ~ grades 4 - 6

How exciting....camp is almost upon us! What a wonderful way to celebrate the last few weeks of term... new skills, new challenges and new experiences.

Just a reminder...your child should arrive at school at their usual time (camp bus will leave at 10am). We will return to school at the regular finishing time on Friday afternoon (camp bus returning approx. 2pm on Friday afternoon).

All meals will be vegetarian and all special dietary requirements will be provided for.

Please ensure that both medical forms and “the camp rules” section are signed and returned to the office ready for collating.

Activities will range from archery, rock climbing, raft building, canoeing, low ropes, mud brick making, orienteering and general camp skills. All camp events promote our values of cooperation, caring, friendship, dedication, teamwork, sharing and perseverance.

We have asked all students to pack extra plastic bags in case

the weather is wet during these particular outdoor activities. Please also label all belongings in case we need to return lost items to students after camp.

We look forward to this wonderful time of the year with excitement and enthusiasm.

Kyl Churchill & Michelle Carlier
(Stage 2/3 Teachers)



Year 7 ~ Learning by Doing

Rainforest Centre, Murwillumbah Tourist Information Centre

Year 7 recently visited the Rainforest Centre at Murwillumbah Tourist Information Centre to enrich their learning about Water in Geography. Students were given a talk by local historian and resident artist Andy Reimanis about the formation of the Caldera and changes that have taken place in the Tweed Valley over time. They will now collate the information collected on the excursion and produce a poster describing key elements of the atmosphere, lithosphere, hydrosphere, biosphere and human interac-

tions taking place in the area and immediate surrounds.

Tweed Regional Art Gallery

Students were given the opportunity to personally view the artworks and recreated room of featured artist Margret Olley in an excursion to Tweed Regional Art Gallery this week to complement their Visual Art study on Spaces. Year 7 was given a private guided tour of the gallery by Education and Audience Development Officer Jodi Ferrari who challenged them to appreciate artwork from a

variety of perspectives. Students thoroughly enjoyed the Art Gallery and were even able to create their own digital still life paintings using a specialised program on iPads at the gallery.



Music Ensemble

Over the last couple of weeks I have heard many instrumentalists try out for The Sathya Sai School Band and I have been astounded at the enthusiasm of all the players. Unfortunately at this stage, not everyone is able to participate, but I would like to encourage everyone that auditioned to keep practising as the band is in its initial formation which will develop and evolve

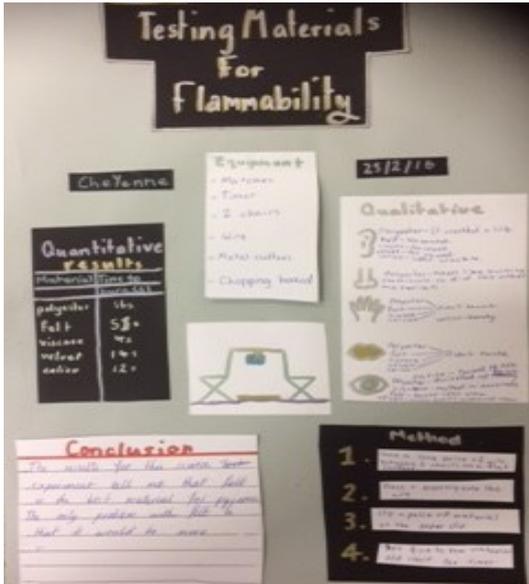
over time. The Sathya Sai School Band has had its first rehearsal and over the year we will be working on developing ensemble playing skills, as well as the ability to read music. It is really important that musicians focus on a regular practise schedule to encourage long term improvement on their instrument, and hence the quality of the band. I do ask that all members have

their parts practised to allow our band time to be focussed on playing together, and not practising individual parts. I look forward to spending time with this lovely group of children and after lots of practice, everyone will get to hear us at our first performance down the track. ~

Kate Oakley-Grant from the Music Room.

YEAR 7 SCIENCE UPDATE

Year 7 Science has been a very educational and experiential place of learning this term. Students have discovered how to be a Scientist. They have completed several practicals to explain and understand qualitative and quantitative observation, inference and predictions and measuring and recording results. As a class we tested the flammability of 5 different materials, recording our observations through our senses and quantitatively recording the time it took for the material to stop burning. Students completed this practical after reading an article in a newspaper dated August 21, 2007 from New Zealand ‘Tests ordered on clothes after formaldehyde scare on children’s pyjamas’. We had to imagine we were appointed as a scientist to Choice group and write a scientific report based on our findings. The students, in their conclusion, had to recommend a pyjama fabric.



Cheyenne’s Scientific Report

The unit is called ‘May the Force be With You’ and Year 7 have explored what Force is. They had to use plasticine to mould figures that depict force. A picture is shown above. We have also started to look at the differences between contact and noncontact forces. A practical of contact force ‘air soccer’ is shown below. Khlea and Flynn are competing against each other. Finally we have looked at concepts around gravity, air resistance and parachutes. Students have been given their first science assessment task which involves designing, testing and writing a scientific report. Some of the pictures below show their initial attempts at building and flying.

Plasticine figures showing force as a push or pull



~ by Lindel Gass

Sathya Sai School

9 Nullum Street
Murwillumbah NSW 2484
Phone: 02 6670 8800
Fax: 02 6672 6016
Email: schooloffice@sathyasai.nsw.edu.au

**We are on the web:
www.sathyasaischoolaust.org**

The End of Education is Character

SRC News

Thank you to all who got involved in our term service in Week 7. You all looked FANTASTIC in your orange and puppy dog ears! Our chosen charity was Story Dogs and all money raised will go towards continuing the fantastic program they run within schools.

Each fortnight, our SRC mem-

bers meet with Mr Churchill and have their SRC meeting. This is where they have an opportunity to discuss any important events in the school or raise any concerns or ideas the students may have suggested. These suggestions come from class meetings the SRC members are having with their own class and

teacher. Students are encouraged to advise the SRC members of any concerns or suggestions they have in these class meetings which can then be raised at our group meetings.

~ Mr Churchill

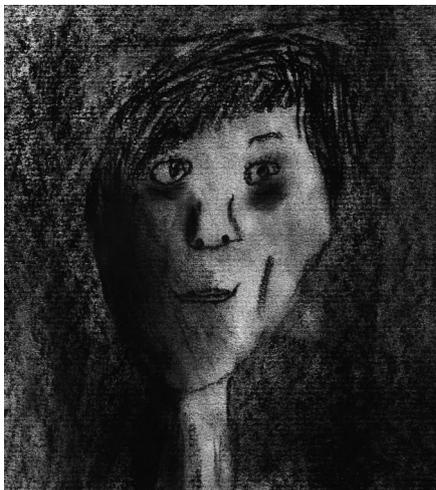
Class 4/5 ~ Integrating Love lived as Caring in Art

Our artwork reflects the values of care, love, understanding, fairness and justice.

We have a deep understanding of the Indigenous Australians' feelings and hardship during the arrival of white settlers to Australia and during the period of The Stolen Generations. This was an unpleasant chapter in Australian history where children were forcibly removed from their homes and taken from their families. The students art comes from a place of empathy and caring as they were powerless to fight against authorities. ~ Michelle Carlier



Leanna Hensell



Luis Frantti



Jack Rawling

P & F News

Next P & F Meeting : Monday 4 April 2016

AGM & Elections: Monday 2 May 2016

We have created a number of additional positions, to assist spreading the love (workload) thus allowing more parents to become involved. Everyone is welcome and no previous experience is necessary, as you will be guided and supported. We love to work as a team and we have a lot of fun doing so. Please consider taking up positions in our school P & F

Thank you Justin Walsh for our beautiful school grounds. Please do let the office know if you can help with mowing.