

Sai Insights

Value: Truth as Quest for Knowledge

Quote: "The more we know, the more we grow."



Sathya Sai School

Term 3 Week 6

25th August

Important dates:

26 Aug - CA/5 Assembly

31 Aug - 1 Sept - Book Swap

Sep 2 - Father's Day Morning Tea

Sep 5 - P & F Meeting

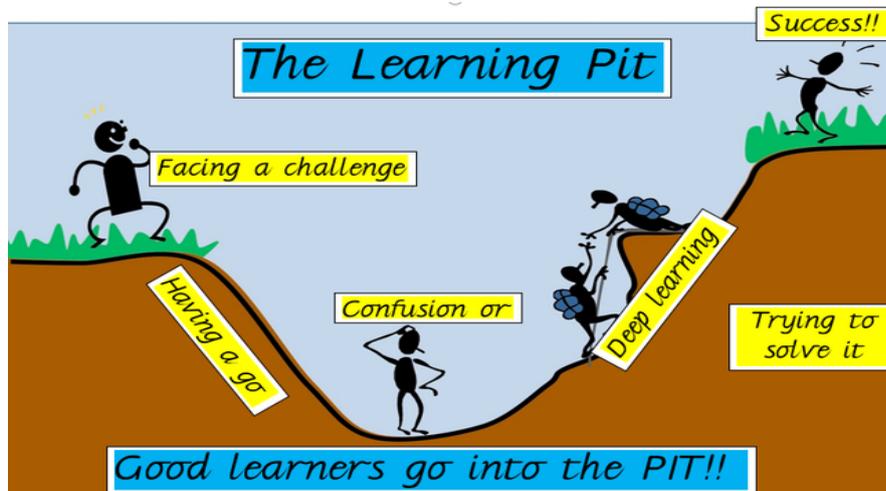
Sep 8 - Science Day MHS

The Learning Pit

Albert Einstein said, "The only source of knowledge is experience." As parents and teachers we go out of our way to try and provide our children with happy, safe and loving experiences. These experiences nurture our students hearts but can affect their resilience. Experiences which are challenging, out of our comfort zone and require a growth mindset is important for students learning and character development.

The learning pit model by James Nottingham provides a good framework to encourage students to recognize that learning is about pushing past confusion, uncertainty and digging deep to have a go, to question, collaborate and climb back up towards deep understanding and knowledge.

Let us not be afraid of the learning pit and embrace challenge and hardship as opportunities for growth and transformation!



Shining Bright !

Hearty Congratulations to :

- Cheyenne Hackwood who was the only NSW State Finalist from Year 7 entrants in the National Wool4School fashion design competition which had more than 12,000 students registering.

- Finn Shipard-Watson
- Finn Wash

Major prize winners in this year's for this years Les Peterkin Portrait competition.

- William Quantrill (The International Competitions and Assessments for Schools (ICAS) High Distinction in Writing & Distinctions in Science & Spelling)

- Max Schreer
- Jude Rutledge (ICAS Distinction in Spelling)

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Book Character Parade



Office



Coding @ SSS

On Wednesdays, several students in Years 4-6 have been participating in Computer Science lessons with Mr Ward. The focus of these sessions has been to introduce the students to the fundamental principles of computer science, with the aim of having the students write the code for their own game at the end. It is predicted that by the time the current students begin their

careers, understanding and writing code will be essential skills to have. Computational and logical thinking skills are imperative to writing good code, and these skills are transferable to a range of tasks, beyond the computer. I look forward to working with the students and seeing what games they can create! Mr Stephen Ward.

Parent Communication

Communication between parents and teachers is important and we ask parents to make an appointment to see teachers should they wish to discuss any matter regarding their child. It is difficult for teachers to speak to parents when they are doing yard duty or in the mornings when they are setting up their classroom or while walking up their students back to class. We seek your understanding and cooperation in this matter. Please see school office to make an appointment.

At our Dungay Campus

Year 6 and Year 7 students ventured out to the Dungay Campus for an exciting day filled with delicious, meaningful and educational activities. The students were split into two groups for the first two sessions: Pizza making and Science. After lunch students planted and weeded in the schools gardens under the guidance and expertise of Kaye.

Science

The Science session revolved around the branch called chemistry. Students discussed and explored the differences between a physical change and a chemical change. We looked at the periodic table and explored how elements combine to form compounds or molecules. In a chemical change a new substance is formed because the bonds are broken between the elements.

Students completed one practical and two demonstrations based on these chemical changes. The practical they participated in was called **'Tea Rainbow'**. After completing the method they observed different changes in colour in the tea. Lemon and vinegar, being acids, turned a yellowish colour whereas the bases such as bleach turned purple. They used a universal indicator chart to determine which chemicals were acids and which were bases.

The first demonstration was called the **'Magnesium Pop Test'**. Again students recognised that this was a chemical change reaction. Magnesium was identified on the periodic table. Students attempted to guess what elements made up hydrochloric acid (HCl). When this metal and acid combines, the bonds between them are broken and rearranged. The hydrogen gas released made a 'pop' sound when lit.

The last demonstration was called the **'Bottle Pop Demonstration'**. Students were now aware from their practical that they participated in that baking soda was a base and vinegar was an acid. The question was asked, 'What happens when these two substances combine'? They learnt that they form carbonic acid which is very unstable, breaking apart to form water and carbon dioxide. This creates lots of fizzing and tries to escape the solution. The students were then asked 'But what happens if we put a cork on the bottle?' We tested their hypothesis outside. We estimated it popped out 15-20m.



Students were given the opportunity to experience "paddock to plate" healthy cooking in a Food Technology taster session. Mrs McNaught assisted students in harvesting their own kale, lettuce, parsley, coriander and beetroot from the High School Vegie patch. Students then chopped and diced beetroot and sweet potato before frying them on the stove tops for a few minutes.

Technology and Society – Food Technology

Students then assembled pizzas with their choice of fresh, organic mushrooms, fetta cheese, tomatoes, kale, parsley and pineapple and coriander (from Mrs McNaught's garden!), topping them with their roasted veg and shredded cheese before popping them in the oven for 10minutes.

Students cleaned their benches and cooking utensils just in time for the pizza timer to sound. They then enjoyed eating their spoils for lunch.



Service ~ Visit to Heritage Lodge

On the 3rd of August, Kindy and their 5/6 buddies visited the residents at the Heritage Lodge Nursing Home. This was part of our school service, giving back to the community. We were able to share the poems that we performed at the Murwillumbah Eisteddfod, as well as some of our favourite values songs this year.

When we arrived, the residents were eagerly waiting and we were all very excited to perform. Afterwards we got to talk to the residents and hand out our cards and pictures that we made. Our students were amazing, showing the values of kind-

ness, understanding and compassion.

It was lovely to see the smiling faces of the residents, who thoroughly enjoyed our performance and were asking when we would all be back.

We were welcomed and appreciated by the nursing home residents and staff, however we felt very blessed to have the opportunity to visit and share some of our Sathya Sai love. Hard to describe in words!



NCIS Sports

On Wednesday 17th August, 35 Sathya Sai students travelled to Coffs Harbour to compete at the NCIS Athletics Carnival. The students did a wonderful job of representing the school and displaying the values of courage, good sportsmanship, determination, doing your best and perseverance. All the students approached the day with positivity and thoroughly enjoyed the carnival atmosphere.

There was fierce competition at every event, as students put their practice and hard work to the test. Three students qualified to represent NCIS in Sydney at the CIS Athletics Championships. Zara Cranage qualified in the High Jump and Discus events, Khlea McIntosh in the High Jump, and Max Quilter in the 800m run. Congratulations to these students and to the whole SSS Athletics team

for a wonderful day of sport. We wish the students travelling to Sydney a rewarding experience. Lastly, I need to thank the amazing parents who, not only drove their children all the way to Coffs Harbour and back, but also helped in the running of the boys' discus. Thank you very much! I am looking forward to next year's NCIS Athletics Carnival, where even more students from SSS can participate.

Extra curricular programs @ SSS



Sathya Sai's afternoon programs this term are focusing on celebrating the early arrival of Spring. **Rainbow Hearts** is our Year 1 girls' program in which students learn to use the language of colour to express their feelings. We start with silent sitting in circle around a mandala, with a creative visualization. Students share their wisdom, singing, dance, and listen to stories.

We finish with a session dedicated to an interactive arts based activity, when they express their own understanding of the session. Our next program is for the Year 1 boys' entitled—**Bird Clan**. Year 1 boys will get together and connect with birdlife. With spring coming, the birds are always so active, a perfect time for us to learn more about them and take action to protect them.

More news to come next term. Lastly, from last term's Fingal Head **Coast care** program, President Kay Bolton would like to keep the Sathya Sai families who attended the program engaged. Last Saturday Owen and Miles' family joined the Fingal group and together we planted 83 trees!! Other families said they will join next time. Every little help goes a long way!

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The End of Education is Character

P & F News

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Thank you for all your support at the Athletics carnival.

Help Needed

Our next school event is the Father's day Vege-Sausage Sizzle on Friday 2 Sept. 2016 and we need volunteers to

shop for the event and turn the veggie-sausages on the day. Please give your name at the front office if you can help.

Book covering required. See Office.

Important Notice ~

The performance dates for School Play 'The Jungle Book' is as follows:

Thurs, 15th Sept— 12 pm
Matinee (\$10 per ticket)
Fri, 16th Sept—6pm
Evening (\$15 per ticket)

Tickets for both performances will be available to parents & community for purchase at the Office from Monday 5th September on a 'first come, first served' basis.

The Jungle Book Play

Due to capacity constraint, each family is limited to purchase up to 4 tickets.

We seek your support in arranging for your child/ ward to be picked up at **1.00 pm** on **Friday 16 Sept 2016**.

Students will be required to return to school at **5.15 pm** and report to their teachers in their respective rooms for a **6pm performance**.

Please ensure your child has had



their evening tea before returning to school. We suggest parents pack a light sugar free snack and a drink bottle, so as students will not feel hungry or thirsty during the performance.

We are so excited about the performance and sincerely hope all parents and friends will be able to attend and enjoy.

Class 2 ~ Why is Quest of Knowledge important?

Ginger: "Learning new things is important because it makes you more confident in the things you can do."

Odhran: "Learning new things is important because it makes you smarter, then you are able to answer more questions correctly."

Harry: "I think learning new

things is important because when you grow up you will be smart, and might be smart enough to be an inventor or something."

Riley: "Learning new things is important because when you're older you need your mind in the business world. This is a saying I made up: Don't believe what peo-

ple say, believe what knowledge tells you."



Father's Day Invite

All father's and caregivers are invited to attend our father's day veggie-sausage sizzle organised by the SRC.

Day & Date : Friday, 2 September 2016

Time : 8:30 am to 9:15 am

Place : Sathya Sai School Senior Block



We will also be having our class paper aeroplane finals on the day!

Please come and join in the fun!

FAMILY FUN DAY

Saturday 1st October, 1pm-6pm
Sathya Sai School (High School campus)
16 Jack Williams Place, Dungay, NSW 2484

An afternoon dedicated to unite, energise and connect through activities enjoyable for the family.

Come join us for an afternoon of Games, Arts and Crafts, 'An Amazing Race', Live entertainment, Free food and Medical services.

Enjoy a fun carnival style environment at our School!