There is a Japanese proverb which says "Fall seven times, stand up eight." Giving students the opportunity to experience difficult and challenging activities develops strength of character and resilience.

Resilience is an extremely important element that assists children to face the complexities of modern life. Teaching children to recognise negative thinking patterns and replace this with 'helpful thinking' aids children to build the resilience they need to face arduous tasks and succeed. Rather than just survive children learn to thrive and bounce back from any of life's disappointments.

Next week students will be undertaking a practice NAPLAN test to assist them in understanding the formalities of the testing process. The school will be providing workshops on healthy living and stress management techniques to build resilience in students when they face exam conditions.
From the Principal (continued)

Last week our students enjoyed a camp on the school oval. This is another way we are assisting students to build resilience and embrace the new and unknown. We were extremely proud of the students in the way they tackled challenging activities such as setting up their own tents and demonstrated an independent attitude in taking responsibility for their daily living activities.

Our special thanks extends to all the staff who assisted with the camp including Emma Percasky, Danielle Troeger, Peta Harding and Orly Vetcher. A very special mention goes to Kathy Gould and Emma Harrison who shared the evening with me and gave up their night time sleep to give the students this special opportunity. Finally, congratulations must go to the Sinai students for a fabulous camp and tremendous leadership skills!

With Purim quickly approaching we urge parents and community members to make sure they have placed their lunch orders and RSVP’d attendance to Kathy so we can cater appropriately for numbers expected. Gold Coast parents and community members must book seats on the bus by **14 March 2016** if required.

We have planned many exciting activities and look forward to seeing you on the day. Please do contact us if you have any questions about the upcoming festivities.

Debra Creed—Principal

STOP PRESS

‘Mommy and Me’ is back this Thursday—contact the school office on 3349 9088 for details
Student Awards

Last week Sargent Jim Bellos our Adopt-A-Cop paid us a visit to award our very special student of the month to a girl who consistently demonstrates a positive attitude to everything she attempts.

Our Vice Captain proudly presented the Environment Award to a very special Eco Warrior who has been observed working hard to recycle scraps during eating time.
Centre Sunday

Sinai College would like to extend our thanks to the Jewish Communal Centre Retirement Village for holding a Centre Sunday last week with all proceeds going to Sinai College.

The day was the brain child of Noga Elbaum and raised $600 for Sinai College. Our gratitude not only goes to Noga for donating all the food but also the for the amazing amount of work generously volunteered to create spectacular dishes for the guests. Under the watchful command of Ilane Lenga, Kathy Gould, Rebecca Cohen and Marieka Epstein whipped up plate after plate of food for guests.

It was a marvellous day with approximately 100 people attending. There was standing room only by the time the brunch got into full swing. Members of Maccabi were also there to encourage sporting activities on the day.

The highlight was definitely the speciality brunch of Israeli Ful Medames with Hummus and Tahini. Ful Medames is an Egyptian dish of cooked fava beans served with vegetable oil, egg, cumin, lemon juice, onion and chili pepper. It is a staple food in Egypt especially in Cairo and Gizah.

We understand plans are already underway for the another Centre Sunday featuring a Kosher Romanian style BBQ so stay tuned for news on the next exciting event.
Ready, Set, Go .......... Off to Camp Sinai

Definitely one of the highlights of the term was Camp Sinai. Every student participated in our outdoor activities and fun with the older students remaining for an evening under the stars.

The day commenced with the Junior and Senior students using all their skills to put up tents and camp beds on the bottom oval. After several attempts tents were secured and the students ready to participate in further festivities.

They were joined by our Preppies and Year One students for a gruelling obstacle course around the oval. Challenges included crawling under tarpaulins, hurdling, bean bag throws, tunnelling and hula hooping. It was a great testament to the students that every student finished the course.

After a delicious munch and crunch prepared by our resident gourmet chef Kathy Gould the students enjoyed a session of Israeli dancing with Maya Chester. Before breaking for lunch they then went off in search of a myriad of treasures as part of a scavenger hunt.
Getting their strength back from a meal of pizza, corn and fruit salad, students then embarked on an afternoon of racing including egg and spoon and sack races.

With the sound of the bell the younger students left the older intrepid students to spend the night on the oval. Evening activities included bonfires, marshmallow toasting, spotlighting and story telling. We were privileged to receive a visit from Sargent Bellos and Rabbi Jaffe. Dinner was a delicious spaghetti and salad.

The next morning after breakfast all the students enjoyed making artworks from items gathered on the scavenger hunt the day before as a perfect end to a wonderful camping experience.
Sinai College staff and students would like to invite you to join us in our celebration of Purim.

When: Thursday, 24 March 2016
9.00 am to 3.00 pm

Where: Jewish Communal Centre (JCCQ)
20 Moxon Road Burbank

RSVPs Essential for catering purposes by
Monday 14 March 2016 to Kathy Gould
Email: admin@sinaicollege.qld.edu.au or phone 3349 9088

Buses to the JCCQ for Gold Coast families are available:
Bookings are essential.
Clean Up Australia Day

As part of Clean Up Australia Day the students at Sinai College decided to put on their Eco Warrior hats and help improve the environment around Sinai College.

As part of a team effort the students scoured our beautiful grounds for any piece of litter that may blot the landscape and have adverse affects on wildlife. Together they collected several bags of rubbish making the grounds absolutely pristine. Well done to all involved.
Staff News

Meet Our IT Guru

Sinia College welcomes Anthony Chelsom as our new IT guru. We are delighted that Anthony is able to come every Tuesday to help up with our IT issues. Technology is a wonderful thing—when it works! We are very lucky to have electronic whiteboards, computers, ipads, chrome books and projectors here for the students. So far Anthony has been run off his feet adapting, fixing and improving all our IT which is so vital for 21st century learning.

SCHOLARSHIP OPPORTUNITIES

Sinai College offers a number of scholarships to provide opportunities for students to benefit from a Jewish education.
Story Writing Stars

The Year Three students have been focused on extending their narrative writing skills and learning about creativity and plot development. We are sharing just one example of writing from the talented students in that class with our readers this week.

The Bursting Volcano

A long time ago on an island, there was a big smoking volcano. Two thousand people surrounded the volcano.

One day we were all walking when ashes began floating around (It gives a signal a volcanic explosion is going to happen). All of us didn’t realise until boiling hot lava shot up into the sky. We all looked straight up when it shot up!

The lava started coming down then it shot back down the volcano with people staring at it. The ashes cleared and everyone started talking about the bursting volcano.

By Sophie Kaplan
BEGINNERS HEBREW COURSE
1st Term - 5 Sessions
Feb 25th - March 24th

WHO?
Mrs. Maya Chester, Hebrew tutor. Email to join:
maya.chester@gmail.com

WHERE?
Sinai College library
20 Moxton rd. Burbank

COST?
$150 - 5 lessons of over an hour.

WHEN?
1st Term - 5 sessions
Thursday mornings
9:15am - 10:30am

SHALOM BRISBANE!
Modern Hebrew is the official language of the state of Israel and it is also spoken by many people around the world as a second language. Learning to communicate and understand Modern Hebrew will enable you to enhance your connection to the rich world of Jewish and Israeli culture.

Syllabus:
Provide basic tools and knowledge needed to understand simple conversations in key topics. Learn to communicate verbally using fundamental Hebrew vocabulary, grammar and sentence structure.

About me:
Native Hebrew speaker. Substantial experience in tutoring & training. Hebrew Tutor at IML UQ.
NAPLAN

Next week all year 3 and year 5 students will be sitting a ‘practice’ NAPLAN test. The purpose of this exercise is NOT to cover subject matter on the test as this is taught on a daily basis during class lessons, but to assist students in becoming comfortable in formal exam conditions.

Prior to the testing students will receive a workshop to cover topics such as:

1. Identifying key words in exam questions
2. Exam techniques
3. Using planning time
4. Self-care and resilience

The real NAPLAN exams are held in May and we aim to support our students through the process in the most positive manner possible so the testing reflects their true potential.

EXCELLENCE PROGRAM

ENGAGE | EXTEND | EXCEL

In 2016 Sinai College is excited to launch its ground breaking Excellence Program with innovative options for student learning.

- Enrichment Activities
- Co-curricular Opportunities
- Extension Programs
- Acceleration Options
- Personalised Learning Plans
- Mentor Programs

Sinai College
Caring for the future, today!

To explore the unlimited educational possibilities for your child book an interview with the Principal on (07) 3349 9088 or email admin@sinaicolege.qld.edu.au
AVA Pet PEP School Visit

This week our students greatly enjoyed a visit from the AVA Pet Prep Team. This educational program is an initiative of the Australian Veterinary Association and includes a visit from a member of Brisbane City Council and a veterinarian.

The students were treated to two sessions focused on different areas of pet care. Responsible pet ownership showed children how to look after and pat animals. It also alerted the students to dangers such as collars that indicate a dangerous dog. The second session focused on pet health care and included information on the role of a veterinarian in the life of a pet. The vet shared information on the new role of medicine in saving animals lives.

All the students represented the school in a manner that made the teachers feel very proud with their intelligent questions and comments.
17TH APRIL 2016
MACCABI TENNIS DAY.
9am – 1pm

Frew Park (Milton Tennis Courts)
Round Robin Doubles tournament for
Group A 18-80 years
Group B 12-18 years
All standards welcome - male or female

REGISTER NOW
Call Lee McNamee on 0417723399 or email lee@psarc.com.au with your name and partners name

$50 ($40 for students) entry fee for each double team (incl coffee cake, hotdog and drink)

$12 spectator fee (incl coffee cake, hotdog and drink.

Annual Trophy for winners.

PLEASE PAY DIRECT TRANSFER
Include Reference Tennis and Suzanne,
Maccabi Queensland
BSB 034 070
ACC 000122147
Tuckshop

Just a reminder that there is only 2 more weeks of ‘Falafel Fridays’ to go before the end of term. Orders must be in by the Wednesday of the relevant week. Tuckshop has been very popular this term with the children enjoying nutritious and mouth watering fare. Next term the tuckshop will be offering healthy but delicious Kosher pizzas as a winter warmer.
Reminders

Students in Years 3 and 5 will be completing a practice NAPLAN test on 16 March 2016 in readiness for the official test in May.

Our next Adopt A Cop visit for 2016 occurs at assembly on Friday 18 March 2016.

Parent/teacher interviews are currently taking place. Please ensure you have booked your interview to speak to your child’s teacher.

Tuckshop, ‘Falafel Fridays’, is every Friday. Please ensure payment and orders and payment are made by 3.00 pm Wednesday.

Swimming continues on Wednesdays. Please ensure students bring togs, goggles, towels and SWIMMING CAP. Students from Prep to Year Six should wear their sports uniforms to school.

Families interested in tennis lessons for their child (Monday for Prep to Year Six) (Thursday for Pre-Preps) should contact Remar Tennis Academy.

Families interested in lunchtime Krav Maga lessons for their child should contact Jeremy on 0427 915 110.

Enrol now for 2016

Contact details:

✉️: 20 Moxon Road, Burbank 4156
📞: 07 3349 9088
✉️: admin@sinaicollege.qld.edu.au
🌐: www.sinaicollege.qld.edu.au