



THE CHRONICLE

Wagga Wagga Christian College

FROM THE PRINCIPAL

This week is a time of tests and trials for many students in the College, and I'd love for you to pray for them. Over the next two weeks our Year 3, 5, 7 and 9 students will be completing NAPLAN tests whilst the Year 7 to 11 students will also be attempting examinations in different subjects. I know that many struggle with the pressure of working quickly through exam papers. I know that some feel that they are not good enough, or that they can't find the words to write what they are thinking, or even that "everyone else is smarter".

Can I encourage you to talk with your children about how they feel about tests and exams? My encouragement to them is to carefully concentrate and try their best. I read so many articles about children showing different gifts and strengths, and they shouldn't feel as though they are worthless because they can't easily answer a question or two. Would you mind especially praying for the students who need some sort of adjustment such as having someone read for them or write their answers?



It takes a lot of trust in relying on another person to answer questions on your behalf, and we are appreciative of the adults who have generously provided some time for this support to happen. Apart from praying, if you are a person who can support our students in this way can I encourage you to contact our Learning Support team to offer assistance? It would be such a blessing to our children if you could help in this way.

Another test to pray about is our Athletics Carnivals happening soon. Similar to the exams mentioned above there are some children who struggle with the pressure of competition. And similar to the exams, I encourage you to talk with your children about how they feel about the different physical activities we set for them to complete. My desire is for all children to attempt each task with diligence and persistence. In other words, just get them to try their best!

Hopefully you received another package of RAHT kits over the last two weeks? We hope you are finding them useful, and I appreciate the parents who are ringing us to let us know if their child is unwell from COVID. I aim to send you an update whenever we hear about positive results, and this quick information is appreciated by other families.

I hope you have a great week.

Phillip Wilson
Principal

"My desire is for all children to attempt each task with diligence and persistence. In other words, just get them to try their best!"

Mr Phillip Wilson
PRINCIPAL



HIP HIP HOORAY!

*Junior School
Pop-Up Canteen
is back!*

Thursdays @ Recess
under the JS COLA

Slices, Chips and Drinks available.

Prayer Points

GIVE THANKS

- Amazing teachers and support staff who look after the students with exam anxiety

PRAYER FOR

- Students completing NAPLAN tests
- Students completing Year 7 to 11 exams
- New students and their families who have joined us this term

HOW TO MAKE AN EXAM DAY A GOOD DAY!

YEAR 7 - 11 EXAM WEEK IS WEEK 3A.
NAPLAN EXAMS FOR YEARS 3, 5, 7 & 9 WILL BE HELD FROM 10 - 19 MAY.

<p>GET A GOOD NIGHT'S SLEEP</p> <p>It is important to get a good night sleep the night before an exam. It will be easier to focus if you are well rested.</p> 	<p>GET ORGANISED</p> <p>Make sure you have everything you need by organising your pencil case the night before.</p> 	<p>EAT A MEAL BEFORE HAND</p> <p>Remember to eat breakfast and lunch before the exam to prevent your stomach from rumbling and distracting you.</p> 	<p>ARRIVE EARLY</p> <p>Give your self plenty of time to get to school; you don't want to be in a rush to get to the exam.</p> 
<p>DRINK WATER</p> <p>An easy way to improve your concentration is to stay hydrated, so remember to bring a bottle of water to the exam.</p> 	<p>STAY CALM</p> <p>If you feel yourself getting nervous, take some deep breaths and feel your body relaxing before moving onto the next question.</p> 	<p>READ THE QUESTION</p> <p>Don't rush through the exam. Make sure you read the question at least twice before writing the answer.</p> 	<p>LEAVE TIME AT THE END</p> <p>Make sure you leave time at the end of your exam to check your answers.</p> 

Information sourced from OxfordSecondary. co.uk

NAPLAN - 2022

WEEK 3A

	Year 3		Year 5	Year 7	Year 9
	3C	3T			
Tue 10 May	Writing	Writing	Writing		
Wed 11 May			Reading	Writing	Writing
Thu 12 May	Reading	Reading	Conventions of Language & Numeracy		
Fri 13 May	NO NAPLAN TESTS WILL BE HELD ON FRIDAY 13 MAY 2022				

WEEK 4B

	Year 3		Year 5	Year 7	Year 9
	3C	3T			
Mon 16 May	Conventions of Language	Conventions of Language			
Tue 17 May	Numeracy	Numeracy		Reading	Reading
Wed 18 May				Conventions of Language	Conventions of Language
Thu 19 May				Numeracy	Numeracy
Fri 20 May					

WRITING

Tutorials

WEDNESDAY AFTERNOONS
FROM 3:15 - 4:00PM
IN THE LIBRARY

Open to any Year 7 - 12 student keen to improve their writing skills. This is an opportunity to get feedback on writing tasks. See Mr Xeros or Mr Wallace for any further information.

MATHS

Tutorials

THURSDAY AFTERNOONS
FROM 3:30 - 4:30PM IN C2

Open to any Year 7 - 12 student keen to improve their maths skills. See Mr Gyles for any further information.

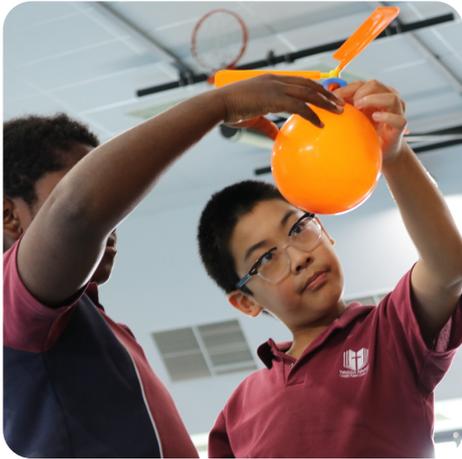


DECATHALON WINNERS

Introducing the winning Decathlon Team!! A massive congratulations to this Year 5 team who won convincingly last week against TRAC and Sturt Public OC at the Regional da Vinci Decathlon. Eight students competed across 10 disciplines: engineering, mathematics and chess, code breaking, art and poetry, science, English, ideation, creative producers, cartography and legacy.

The students had worked hard to prepare for the competition, taking extra classes during break times, after school and in the holidays with the support of staff and parents who mentored them through the different subjects.

[SEE ALL THE PHOTOS HERE . . .](#)



SCIENCE IS FLYING HIGH WITH QUESTACON VISIT

Life skills as well as Science experiments were part of Questacon's presentation to Kindergarten to Year 6 students. As students sought to follow the lead presenter in a series of tricky arm maneuvers they learnt that if you want to do something well you need to focus on one thing at a time! Students also learnt how fun Science can be. Through a study of music you can learn about sound, and there is a lot you can learn from a balloon about flight!

[LEARN MORE HERE . . .](#)

Consider Creation



NEW PLAYGROUND BENCHES

Thanks to your support of the Open Day BBQ (back in Term 1!) the College has been blessed with the first in a series of new picnic settings for the playground.

The beautiful wooden finish on the playground tables is an eco friendly, sustainable, all natural Australian grown hardwood timber.

The students are enjoying eating from these fresh new tables, which are substantially longer than their predecessors. A big thank you to the Maintenance team for their construction!



THANK YOU FOR YOUR SUPPORT AT THE MOTHER'S DAY STALL

There were serious faces, displaying great concentration as the students deliberated on just which present to buy their mother, aunt or grandmother at the Mother's Day stall this year. A wonderful range of gifts were on offer including a range of earrings from local Christian artist Amy Beer. Maybe you were a lucky recipient!

A massive thank you to the Mums who made the stall possible: Linda, Kristy, Kat, Julie, Rachel, Lisa and Mel! You were amazing! \$950 was raised towards support for student travel to extra curricular activities. Thank you for your part!



KINDY PAMPERS MUMS

Now a tradition in Kindergarten, the Mother's Day Pamper Afternoon was a great success!

There was a wonderful gathering of mums, aunts and special friends last Thursday who enjoyed the delightful afternoon tea and activities set up throughout the Kindergarten classrooms. There was so much to fit it and it was wonderful seeing the joy on student's faces as they shared their learning space with someone special.

[SEE ALL THE PHOTOS HERE . . .](#)



BRINGING A BOOK TO LIFE IN KP

After learning about Anzac Day and the sacrifices of Australia and New Zealand's armed services, Kindergarten completed special artwork and wrote letters to the women and men at the local Airforce base. A massive thank you to Thomas's Mum and Isaiah's Dad for visiting KP for a special presentation of a billy filled with words of encouragement. A week later KP was surprised by the return of the billy with letters addressed to each student, flags, magnets and rulers. It was such an amazing experience to have visitors to the classroom who could share what it was like to be part of the armed forces. Thank you for coming!

[SEE A SPECIAL VIDEO OF THE VISIT HERE . . .](#)



CAN YOU HELP?

IXL Environment are collecting brown and red onion paper skins and clean avocado seeds and skins to make some naturally dyed products!

Rather than throwing away these kitchen scraps, drop them into the College for the IXL Environment class!

You can bring your red onion skin, brown onion skin and avocado seeds and skins to Miss Kimberley Scriven in the MPC Music Staffroom.



LOVIN' SPORT



SOFTBALL PUTTING WAGGA ON THE MAP!

A massive congratulations to CJ Lang (Year 12) and Luke Anderson (Year 8). This week the boys went to Sydney to trial for the CIS Boys Softball Team and they were successful! What a wonderful achievement!!

The boys will now participate in the NSW All Schools competition under the CIS banner! We look forward to hearing their news!



RUGBY GALA DAY

Our teams worked hard at the Rugby Gala Day on Friday! The Year 5/6 team worked well together as a team to score tries and hold a strong defensive line; while the Year 3/4 team won two out of four games, with an outstanding result against Griffith North, with the College winning 30-5. Special mention to the try scorers, including Ruby D., Tresor, Harry E., Thabo, Poppy and Harry B. who scored five tries. A big thankyou to College Dad, Mr Timothy Owers, for coaching the Stage 2 team. Mr Gyles is looking forward to building on this great start next year! Great team work!



UNION REPRESENTATIVE

Year 8 student, Oscar Nugent, has recently been selected for the Southern Inland Rugby Union Junior Representative Program (U14). Oscar will now compete in a series of training camps in May and June, culminating in a trial match from which the final squad will be picked for the National Tournament in Canberra in July.

We wish you all the best Oscar! Well done in getting this far!!



NSW STATE SOFTBALL

Harleigh Lang (Year 9) and Luke Anderson (Year 8) represented NSW in the Country Sliders U14 softball team at the National Competition held in Canberra over Easter.

After four days of State level softball both the boys and girls teams came fourth out of eight in the competition.

What a wonderful achievement! Congratulations Harleigh and Luke!!

COLLEGE COUNSELLOR

Mr Geoff McLean

Hello there!
Thanks for stopping by . . .



EMPOWERMENT

WELLBEING

AFFIRMATION

EXAMS AND ANXIETY: A PERFECT MATCH?

Summary

- Situational Anxiety increases motivation and alertness
- Cognitive distortions lack evidence and should be challenged
- Positive self-talk can counteract this negative thinking, and increase self-confidence

Some things partner well: bacon and eggs, movies and popcorn, winter and fireplaces. Two things that always seem to join forces are exams and anxiety. Are they destined to always go hand-in-hand or can we have a test without being stressed?

Well, it depends. It is perfectly normal and actually helpful to experience situational anxiety prior to an exam. It can increase our motivation to prepare prior to a test and be ready for it. And when we walk into that exam room, the action of our adrenal glands and sympathetic nervous system can see us benefit from an increase in alertness and presence in the moment. [1]

However, being human, sometimes we let our thoughts get away with us in what is known as cognitive distortions. These are irrational thoughts that tend to be negative and lack evidence.

Leading up to a test, students may hold cognitive distortions such as:

- “I’m going to fail!”
- “If I don’t do well on this test, I’ll never get a job.”
- “All my classmates are smarter than me. There’s no way I’ll do well on this test.”
- “I never do well on tests, so I won’t do well on this one.”
- “I passed the first test, but only because it was easy.”
- “The teacher doesn’t like me, so he’ll probably give me a bad grade.”
- “If I don’t get an A, I’m worthless.”

Where’s the evidence?

Once students identify cognitive distortions that are harmful, they can challenge them by examining the evidence and counteracting with positive self-talk. Instead of the negative cognitive distortions above, below are some examples of positive self-talk:

- “I’m well-prepared for this test.”
- “I’m going to do my best.”
- “I can get through this.”
- “I can see myself passing this test.” [2]
- “This is going to be okay.”
- “I’ll use relaxation skills to calm down.”
- “Tests are never as bad as I think they’ll be.”
- “Even though I’m anxious, I can still do well.”

TAKE ACTION:

Make your own list of positive self-talk and put it somewhere you’ll see it every day – on a mirror, opposite your timetable, inside your lunchbox and repeat the statements every time you see the list.

SOURCES

[1] [3 Reasons Why Anxiety Is Good For You | Psychology Today](#)

[2] [Treating Test Anxiety \(Guide\) | Therapist Aid](#)

Scholastic

BOOK CLUB

Due
Wed 11 May

SECOND HAND
UNIFORM SHOP - TLA

Each Thursday

3:00 - 4:00PM

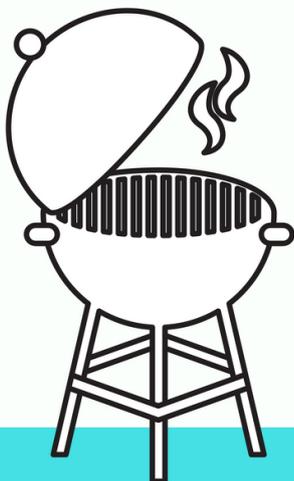
Contact
community@
wwcc.nsw.edu.au
if you can help out.

Can you spare an
hour a term?
We need volunteers
in the Uniform Shop!



YR 7-12 ATHLETICS CARNIVAL

FRI 13 May



CAN YOU HELP?
at the Canteen
on Friday?

CONTACT
COMMUNITY@WWCC.NSW.EDU.AU



CHURCH COMMUNITIES YOU ARE WELCOME!



Connect online and discover meeting times and more with the following church communities:

