

2023

WEEK 1A, TERM 1



THE CHRONICLE

Wagga Wagga Christian College

FROM THE PRINCIPAL

Welcome to our 2023 Chronicle.

I really hope you've had a great start to the year, and that you are finding it easy to settle into the school routine. At the end of the second day I wanted to let you know I have been thrilled about the support shown by your children toward others. A few teachers have taken time to tell me about the care and concern shown to newer students. Perhaps you could encourage your child to look out for those around who may be struggling?

Over the break we were able to complete several landscaping projects, and there are a few more that are about to begin, including play equipment and some concrete and grass courts that can be used for recreation and classes. Our maintenance staff are certainly caring for us all as they perform their work in days that range from blazing hot to biting cold. Please pray for them as they complete their work each day.

Thank you to the families who are carefully driving in the carpark each day. It certainly makes a difference to keeping the children as safe as possible.



Please remember if you are turning left onto Koorinal Road as you exit it is important to stay in the lane that runs next to the office. Thank you especially for your patience yesterday as we were faced with rain and long queues.

Thank you also to the families who are joining us for their first year at Wagga Wagga Christian College. As mentioned in a letter home last week I would like all families to reach out to welcome others to our great community – it is something that makes us special. Another challenge is to find out if there are ways that you can be involved in your child's learning (even if you've been with us for many years). It makes a difference to both the staff and students, and even the older children are a little bit proud about their parents helping. I know though, that many of you are extremely busy and I look forward to catching up even if it's just for a few minutes at one of our information nights coming up in the next month. As always, please feel free to ask questions if you're not sure about what is happening at the College.

Thank you again for being part of our community. I appreciate your involvement.

Phillip Wilson
Principal

To ALL Students Returning to School

If you see any of the following:

- another student struggling to make friends
- another student being picked on
- a student who is new, shy or not with the "in-crowd"
- a student who is eating lunch alone

Be a Leader! Be a Warrior!

Say hi. Smile at them. Ask if you can sit with them. Include them. You never know what that person is facing inside or outside of school.

Your kindness will make a difference in someone's life.



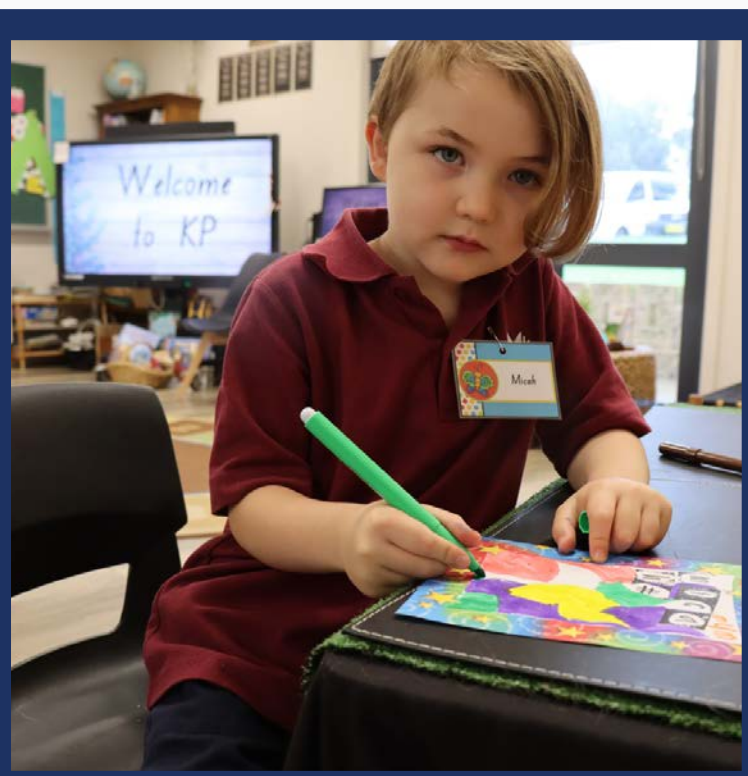
Prayer Points

GIVE THANKS

- Rest over the Summer break
- New opportunities to grow personally and together
- Our College!

PRAYER FOR

- Settling of new families, students and staff
- New Families Welcome Dinner this Thursday
- A great year of learning and connection



First Day 2023



The Board of
Wagga Wagga Christian College



INVITES YOU
to attend the

New Families
WELCOME DINNER

FEB 02 2023

5:15pm Fully supervised activities for children
(aged 3 years & up) in the TLA (Library Building).

5:30pm Parent Meeting in the MPC.

6:30pm Family BBQ dinner in the Breezeway.

Please RSVP by Monday 30 January
for catering and planning purposes
with your child supervision needs & any dietary requirements to
Community Relations
community@wwcc.nsw.edu.au

WE LOOK FORWARD TO SEEING YOU THERE!



WAGGA WAGGA
CHRISTIAN COLLEGE

OPEN NIGHT

TUESDAY 7 MARCH 2023
4:30 - 7:30PM

EXPLORE
PRESCHOOL - YEAR 12

TOURS
OPEN CLASSROOMS
2024 INFORMATION SESSIONS
PERFORMANCES

WWCC.NSW.EDU.AU
401 KOORINGAL RD
WAGGA WAGGA



STUDENT LEADERSHIP GROUPS

Mini Mart

Lunchtime Thursday 9 February on the Secondary Quad

Open to all Year 7 - 12 students. Discover the leadership groups for 2023, meet the Student Leaders, sign up and be an active part of a group this year.

Student Leadership
Group
2023
AGRICULTURE

Student Leadership
Group
2023
CAFE SERVICE GROUP

Student Leadership
Group
2023
COMMUNITY &
FUNDRAISING

Student Leadership
Group
2023
MUSIC

Student Leadership
Group
2023
STEM

Student Leadership
Group
2023
STUDENT HEALTH
& WELLBEING

Student Leadership
Group
2023
WELCOME TO
WORSHIP

Student Leadership
Group
2023
WORSHIP BAND

COLLEGE COUNSELLOR

Mr Geoff McLean

Hello there!
Thanks for stopping by . . .



EMPOWERMENT

WELLBEING

AFFIRMATION

HOW DO YOU FEEL ABOUT RETURNING TO SCHOOL?

Name it to tame it!

Going back to school after the holidays is a transition that can be challenging to navigate. Perhaps you're filled with positive emotions, perhaps there's more hesitation. How would you describe your feelings as we commence Term 1 2023?

People can readily identify Happy, Sad and Angry, and Pixar's 2015 animated film Inside Out popularised Disgust and Fear to the common palette. But did you know recent scientific studies suggest there are at least 27 distinct emotions that account for the human range of feelings? (1)

Being able to label what you are feeling has been shown to reduce the severity of the emotion and allowing us to work through them and develop skills to deal with them in the future. Labelling the emotion supports moving the feeling from our primitive downstairs brain responsible for feeling (limbic system) to our upstairs brain (pre-frontal cortex) which governs higher order thinking. Giving a name to the emotion takes it from a sometimes overwhelming, unknown feeling, to something with a title and boundaries around it.

Simply put, we name it to tame it.

Sometimes we may need a little help to enrich our emotional vocabulary, so I've included a feelings thesaurus to help us out.

Next time we are experiencing a big emotion remember give it a name using the thesaurus if you need to.

After all naming it, tames it.

the very small Feelings Thesaurus

ANGRY	HAPPY	SAD
AGGRESSIVE	CHEERFUL	BUMMED
REPULSED	GRATEFUL	EMPTY
ANNOYED	CONTENT	BORED
RESENTFUL	JOY	GRIEF
DISGUSTED	DELIGHTED	DEPRESSED
OFFENDED	OPTIMISTIC	HELPLESS
FRUSTRATED	FULFILLED	DISAPPOINTED
OUTRAGED	SATISFIED	HURT
FURIOUS	GLAD	DISCOURAGED
THREATENED	SENTIMENTAL	PAIN
PEACEFUL	SURPRISE	FEARFUL
BALANCED	AMAZED	ANXIOUS
LOVING	DUMBOUNDED	OVERWHELMED
CALM	ASTONISHED	CAUTIOUS
NURTURING	EMBARRASSED	SCARED
CONNECTED	BEWILDERED	FRIGHTENED
RELAXED	SHOCKED	STRESSED
GENTLE	CONFUSED	HESITANT
SAFE	STARTLED	VULNERABLE
GROUNDING	DAZED	NERVOUS
TRUSTING	TAKEN ABACK	WORRIED
SHAME	EXCITED	POWERFUL
ABANDONED	AMUSED	BRAVE
INSIGNIFICANT	ENTHUSIASTIC	FIERCE
AWKWARD	ANIMATED	CREATIVE
ISOLATED	HOPEFUL	INSPIRED
HUMILIATED	AWE	CONFIDENT
JEALOUS	HYPER	IMPORTANT
IGNORED	CURIOUS	COURAGEOUS
LONELY	PLAYFUL	PROUD
INADEQUATE	ENERGETIC	DARING
REJECTED	SILLY	SUCCESSFUL



by WholeHearted School Counseling

upcoming sessions



headspace is offering free mental health education webinars in Term 1, 2023 for Parents and Carers in the **Murrumbidgee**. Follow the links to register.



Connecting and communicating with my young person

Date: 7 February 2023

Time: 12:00 - 1:15pm AEDT

Location: Online webinar

Registration: bit.ly/3W7SvqU

This session aims to:

- Strengthen knowledge and understanding of the mental health challenges facing young people today
- Increase awareness of your young person's emotions, thoughts, feelings, and behaviours
- Identify opportunities for connection with your young person and enhance your conversational approach
- Introduce skills and strategies to encourage and support help-seeking



Navigating uncertainty and change

Date: 7 March 2023

Time: 6:00 - 7:15pm AEDT

Location: Online webinar

Registration: bit.ly/3w6GlnC

This session aims to:

- Strengthen understanding of how young people can be affected by change and uncertainty
- Build skills and strategies to support young people who are navigating change
- Identify signs that young people may need additional support
- Build awareness of local, state, and national supports available to young people



For more information: Contact us at programsupport@headspace.org.au

At Centacare South West NSW
we are passionate about supporting
all people in our community.
We are part of Wagga Wagga, Albury,
Griffith, Mulwala & surrounding communities.
We believe in wellbeing for all.
We run courses in...

ANGER MANAGEMENT

Offering you greater awareness and understanding of how your brain works, what lies beneath your anger, and how grief and loss impact anger. This course is especially suitable for separated parents who have been court-ordered or legally recommended.

PARENT TRAINING IN BEHAVIOUR MANAGEMENT

Parents will learn the basics of behaviour management and how to apply these skills effectively and consistently to increase parenting and carer confidence in managing challenging behaviours.

KEEPING KIDS CALM

This program helps parents/carers to understand their children's emotions and behaviour and offers strategies on how to help their child be calm and better manage challenging behaviours.

KEEPING KIDS IN MIND

This course is for parents who have separated and are having a difficult time managing conflict between each other. It also aims to help parents support their children through their experience of separation.

1-2-3 MAGIC AND EMOTION COACHING

An education course for parents/carers about how to manage difficult behaviour in children aged 2-12 years old.

ENGAGING ADOLESCENTS

This course teaches parents and carers strategies for how to have challenging conversations with their teenagers about their behaviour.

PARENTING CHILDREN WITH ADHD

The goal of this course is to inform and empower parents/carers to work together with their child to cope with the challenges of ADHD. This course provides practical, workable strategies that will make a difference in the lives of all family members.

TRIPLE P PROGRAM

Can help you with a specific problem, or provide tips on parenting and help with understanding your child's development and behaviour.

SUPPORT WITH YOUR RELATIONSHIPS

We offer individual, couples and family counselling to help support, strengthen and improve relationships.

SUPPORT FOR YOUR MENTAL HEALTH

Speak confidentially with one of our professional counsellors or psychologist who are skilled in helping people to improve their mental health and wellbeing.



centacare
southwest nsw

Here for you...

Book today

Call 1300 619 379 or email
info@centacareswsw.org.au

TERM 1 TIMETABLE 2023

PROGRAMS	WHERE	WHEN	TIME	FEES	FACILITATOR	ABOUT
Anger Management	Online via Microsoft Teams	Tuesday 7th, 14th, 21st, 28th February and 7th March Registrations close: Wednesday 24th January	6:00pm - 8:00pm	S \$100 C \$60	Yun and Tammy	This program helps support people to understand and cope with their feelings of anger.
Keeping Kids in Mind	Online via Microsoft Teams	Thursday 16th, 23rd February and 2nd, 9th, 16th March Registrations close Thursday 2nd February	6:00pm - 8:00pm	S \$100 C \$60	Viv	This program is for separated parents who are experiencing ongoing conflict.
1,2,3 Magic and Emotion Coaching	Online via Microsoft Teams	Wednesday 1st, 8th, 15th, March Registrations close: Wednesday 15th February	11:00am - 1:00pm	S \$80 C \$50	Kate and Stina	A program for parents/carers about resolving difficult behaviour in children aged 2-12 years old, incorporating children with special needs.
Understanding the Impacts of Trauma on a Child's Development	Online via Microsoft Teams	Tuesday 7th, 14th, 21st March Registrations close: Tuesday 28th February	11:00am - 1:00pm	FREE	Greta	Helping children who have experienced trauma.
Parenting Children with ADHD	Online via Microsoft Teams	Monday 13th, 20th, 27th March Registrations close: 27th February	6:00pm - 8:00pm	S \$60 C \$40	Maree and Tammy	Parenting Children with ADHD program has been designed to give parents and carers an understanding of what ADHD is, its nature and how it impacts on the child and his/her family.
Engaging Adolescents	Online via Microsoft Teams	Tuesday 14th, 21st, 28th March Registrations close: Tuesday 28th February	6:00pm - 8:00pm	S \$60 C \$40	Keryn and Nicola	An education course for parents/carers about resolving difficult behaviour in teenagers.

Book today

S = Standard C = Concession Prices

Call 1300 619 379 or email
info@centacareswsw.org.au

Henwood Park Football Club



**Registrations OPEN
1st February**

**All ages
under 5's - under 16's
Girls and Boys
Active Kids Voucher**

www.hpfc.org.au/register/

**Contact Robyn via
registrar@hpfc.org.au**

Fundraising High Tea

with proceeds shared between

Lilier Lodge & Can Assist Wagga Wagga

19
SUNDAY MARCH 2PM TO 5PM
2023

at Food I Am, 29 Kunzea Place, Springvale NSW 2650

\$55.00 per person

Tickets available via
<https://foodiam.com.au/classes-events>

*Special Guest Speaker
Performance by the Australian Army Band
Kapooka Jazz Ensemble
Raffle and Lucky Door Prizes*



Contact Lilier Lodge for
enquiries or any Group Bookings
02 6925 5240



CHURCH COMMUNITIES YOU ARE WELCOME!



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



WAGGAWAGGA
EVANGELICAL CHURCH



South Wagga Anglican Church

