



# St Euphemia College

School Newsletter

Term 1 Week 9

## Principal's Report



### Upcoming Events

**3 April**

Primary Athletics  
Carnival

**8 April**

Year 12 Parent  
Teacher Interviews

**9 April**

Primary Parent  
Teacher Interviews

We had a wonderful Open Day today taking prospective parents and students on a tour of our College grounds. The student guides, **Anasta Andreou**, **Athan Glekas**, **Lily Zhang** and **Dimitri Boukas** were impressive and showcased our College with pride. The feedback from the visiting families was positive. The warmth of the College radiates in any interaction visitors have with staff or students, and that really is what makes this College so special.

It has been a week of positives, with events and performances that have highlighted how proud we are to stand together as a College community. We received glowing comments for our enthusiasm, respect, smiles and joy at the Greek Independence Day celebrations over the weekend from the Greek community at large. It was a wonderful occasion, and an opportunity for us to all come together to pay our respects to those who lost their lives and fought for Greece's independence.

As the weather begins to cool, it is timely to remind all our families, that students must wear their College jumpers or blazers to school if they are cold in the morning. Our student's improved appearance has been noted by the local community. I am proud of the effort our students have gone to, to ensure they are in correct school uniform.

The long weekend will provide both staff and students with a well-deserved break this week. For those in our community who are celebrating Easter this weekend, we wish you a Blessed Easter. To our Orthodox families, we hope you have a safe and relaxing break.

Penny Pachos



Wellbeing Show  
Postponed

## Deputy Principal's Report - Primary

### Canterbury Bankstown Greek Independence Day Celebrations

A select group of Year 6 students attended Earlwood Senior Citizens Centre on Monday to be part of the Canterbury Bankstown Greek Independence Day celebrations.

Everyone spoke so highly of their performance and their presence in general. The students not only entertained the audience with their outstanding Greek dances, they also enjoyed dancing with the senior citizens.

Thank you also to Ms Pachos, Ms Giannoulis, Ms Lina and Ms Stavroula for taking the time to attend the event.



### 25 March Assembly

On Wednesday 27 March, the Primary School celebrated 25 March with an assembly to commemorate the significance of the day.

The performances included speeches by our School Captains **Mary Tezaris** and **Elias Abara**, Greek dancing from our Year 3 and Year 5 students, beautiful rendition of Greek songs by our Year 4 and Year 6 students and poem recitals by **Dimitrios Kaffes**, **Nicholas Tsardoulis**, **Jorge Kaffes**, **Malena Vldinioti** and **Emmanouela Louloudi**.

Congratulations to all our students and thank you to our parents who supported our students.





## Year 2 Spotlight

Year 2 have been learning all about growing and changing in their Science lessons.

Our little gardeners have been busy planting and nurturing bean seeds, inspired by the classic tale of, 'Jack and the Beanstalk'. With a touch of magic and a lot of enthusiasm, these young botanists are discovering the wonders of nature firsthand. Armed with watering cans and gardening gloves, they are cultivating their green thumbs, eagerly tending to their tiny seedlings each day.

Excitement fills the air as they eagerly anticipate the day when they'll measure just how tall their beanstalks will become. Through this hands-on experience, our Year 2 students are not only learning about plant life cycles but also cultivating a love for gardening that will surely blossom for years to come.





## Kindergarten Excursion

The Kindergarten class embarked on an exciting trip to the Botanical Gardens on Tuesday 26 March. Engaged in a day-long program named Alexander's Trail, they delved into a range of English and Mathematical activities amidst the lush greenery. It was the first excursion of the year for the students, and it was an unforgettable experience for all.

'I loved seeing the ducks flying in the sky and hearing them paddle in the pond'- John Sentas KD 'I loved seeing the eel swimming in the pond and saving Alexander just like it happened in the story. I also loved exploring the gardens and seeing all the flowers.'

Mary-Ana Karam KP



Have a lovely weekend and Happy Easter to our families that are celebrating this weekend.

Elizabeth Xanthoudakis

## College Chaplain's Message

The Sunday of Orthodoxy

The first Sunday of Great Lent is known as the Sunday of Orthodoxy. On this day, our holy Church commemorates the restoration of holy icons.

When one considers why the Orthodox Church uses icons, one will conclude that it is because of the Incarnation. If photographic technology existed at the time of Jesus, we would doubtless have photos of Jesus. Because such technology did not exist, the ancients painted His image. According to tradition, the Apostle Luke painted the first icons.

Icons bear witness to the fact that God, who is by nature bodiless, took human flesh and united it to Himself, forever uniting the divine nature to human nature, to matter, sanctifying it and redeeming it in Himself. Therefore, the Orthodox have always understood iconoclasm to not simply be a rejection of the use of icons, but a heresy that denies the Incarnation of God, thereby denying humanity salvation in Christ.



[Click here for  
Orthodox Calendar](#)

In His physical body, our God lived, died, and resurrected for us. He saves us and bestows upon us His sanctifying grace through means of matter. Hints of this theology can be seen in the Gospels when Jesus' clothes become light-bearing at the Transfiguration, when the woman with the issue of blood is healed by touching the fringe of his garment, etc.

St John of Damascus writes, "In times past, God, without body and form, could in no way be represented. But now, since God has appeared in flesh and lived among men, I can depict that which is visible of God. I do not venerate the matter, but I venerate the Creator of matter, who became matter for me, who condescended to live in matter, and who, through matter, accomplished my salvation; and I do not cease to respect the matter through which my salvation is accomplished.

As clearly stated by St John of Damascus, Orthodox Christians do not worship icons, though some people, in ignorance, accuse us of idolatry. This issue came to a head in the eighth and ninth centuries when, probably under the influence of Islam, some Christians began to destroy icons and persecute those who venerate them.

So, if we do not worship icons, then why are we bowing before them and kissing them?

Christianity began in a culture that was not a horizontal, but a vertical society. There was no sense of egalitarianism in the ancient east. Any decent person showed great respect to elders in both society and the faith. In Japan, we can still see remnants of a vertical society. Japanese people venerate and bow to their elders and superiors, not as a form of worship, but to show respect. In the same way, Christians have always bowed to their superiors in the faith in order to show respect. Even in the Bible, the Prophet Nathan prostrates himself before King David (1 Kings 1:23), not out of worship, but respect for the office given him by God.

Christianity also comes from a culture in which people greeted one another with a kiss. The New Testament is full of references to that practice. When the Orthodox greet their Lord Jesus Christ or one of His friends (the saints), we recognize that we are greeting a superior who is worthy of honour. We therefore bow respectfully before the image of that person and greet them with a kiss.

The saints did not cease to exist when they died, nor are they idle. They are interceding for us, that we would finish the course with faith and love as they themselves did. We greet these superiors of ours, asking for their prayers as we navigate the trials, temptations, and difficulties of our lives. We hope to be united with them in Christ and enjoy the heavenly community one day.

Additionally, because of the Incarnation, God's grace is bestowed upon us through the icons of Himself, His mother, and the saints.

When we venerate an icon, we are effectively showing honour to God. Our veneration passes through the matter and to the prototype whose image is depicted, and if it is a saint, the honour really passes to God Himself because it is His grace that has vivified and sanctified that saint. The material icon gives us physical creatures a means of showing veneration.





One may wonder about the Old Testament prohibitions for images. Are we not breaking one of the Ten Commandments? In short, no. While prohibiting idolatry, God actually commanded all sorts of images be made for His temple/tabernacle. The high priests would bow when approaching the holy of holies containing the Ark with the sculpted cherubim. God Himself is the original icon/image maker, for He made humanity in the image and likeness of God and has gifted humanity with creativity - Adam and Eve were the first icons.

The Israelites lived in a culture that was extremely idolatrous. Therefore, the prohibitions on them are exceedingly strict. But it is not the same with us. While we may “idolize” people or things that we’re passionate about, it is not the same as actually carving an idol and worshiping it as a god.

The Incarnation has changed our perspective on matter. God, who created matter and called it good, has taken it upon Himself and united the divine with human nature. We proclaim His Incarnation through iconography and recognize that faith in God is not a mind game, but an actual incarnational reality that we live when receiving His grace through matter (such as through the sacraments and through icons). Glory to God who has chosen matter to be the means of his salvation of the world!



Fr Peter Mavrommatis



# Careers News

## University of Sydney Academic Excellence Scheme

The Academic Excellence Scheme recognises high performance in English and Mathematics by applying adjustment factors to boost your selection rank.

Depending on the course you have applied for and whether you achieved a Band 5, 6 or E4 in high-level English or Mathematics in the NSW HSC in 2024, you can have an adjustment of up to five points added to your ATAR or equivalent IB score, to raise your selection rank for an eligible course.

## Defence Careers Information Session

3 April

Considering a career in the Navy, Army or Air Force?

Speak with current serving personnel at an upcoming information session and ask your questions - is a career in the Australian Defence Force for you?

It is highly recommended you book as soon as possible to avoid missing out as places are strictly limited!

## Discover Physiotherapy at Notre Dame

17 April

Do you wish to practice as a physiotherapist? You'll learn about the different undergraduate and postgraduate physiotherapy programs offered in Notre Dame Australia, internships, support offered, study load, and scholarships from staff and students in the School of Health Science and have your questions about the University of Notre Dame answered.

## Nursing at Notre Dame Australia

30 April

The University of Notre Dame Bachelor of Nursing degree is highly regarded and is the foundation of a career in nursing. You'll learn about the program, internships, support offered, study load, and scholarships from the staff and students in the School of Nursing and have your questions about the University of Notre Dame answered.

## UNSW Year 10 & 11 Experience Days

22-24 April

Join us on campus for a day and discover what it's like to be a UNSW student.

Choose from +45 different workshops, connect with current students & experts, explore UNSW's vibrant campus lifestyle and enjoy a free lunch from our delicious food trucks.

## UCAT and Pathways into Medicine and Dentistry

8 May

This forum is an excellent opportunity for teachers, students and their parents to find out about the UCAT, pathways into medicine, and have all questions answered.

Anastasia Prevezanos  
Careers Advisor

**ACADEMIC EXCELLENCE  
SCHEME**

**DEFENCE FORCE**

**PHYSIOTHERAPY NOTRE  
DAME**

**NURSING NOTRE DAME**

**UNSW HERE**

**UCAT HERE**



## Director of Learning

As we bring our series of articles on G.R.I.T to a close, we turn our attention to the word behind the acronym: Grit. This final piece is dedicated to understanding and nurturing grittiness—a blend of passion, perseverance, and resilience that fuels our journey towards long-term goals.

Grit is the driving force that helps us push through obstacles, maintain focus on our objectives, and bounce back from setbacks. It's what keeps us moving forward, even when the path ahead seems daunting. Emphasising grit within our community encourages a culture of resilience, where students are prepared to tackle challenges with determination and a steadfast commitment to their aspirations.

Here are three actionable strategies to foster grit at home:

1. **Set Long-Term Goals:** Encourage your child to set and pursue long-term goals, breaking them down into smaller, manageable tasks. This process teaches the value of persistence and the importance of celebrating small victories along the way. It's about understanding that every step forward, no matter how small, is progress towards achieving their broader ambitions.

2. **Watch and Discuss the Ted Talk on Grit:** Angela Duckworth's Ted Talk on grit provides profound insights into the power of passion and perseverance. Watching this together as a family can be a great way to spark conversations about the importance of grit in achieving success. Discuss the key points and how they might apply to your child's life and goals.

3. **Model Grit:** Children learn a great deal from observing the adults around them. Demonstrate grit by sharing your own challenges and the efforts you put into overcoming them. Discuss times when you've had to persevere, the setbacks you've faced, and how you've managed to keep pushing forward. This not only shows them that challenges are a normal part of life but also how they can be navigated with determination and resilience.

As we conclude our series on G.R.I.T, let us commit to fostering an environment that values and cultivates these learning dispositions. Together, we can inspire our students to embrace challenges, pursue their passions relentlessly, and achieve their full potential.

Matthew Panayiotopoulos

[Click Here for Ted Talk](#)

## Year 8 Technology

### The Oz Harvest Presentation







The Oz Harvest Presentation was a wonderful time that was orchestrated beautifully to teach our year that food waste is a serious problem. The Oz Harvest team put together a slideshow that showed us how Australia and the rest of the world are wasting food which we were told wastes money, feeds climate change and leaves people without meals. The Oz Harvest team also showed us videos and examples of food waste and they explained how they attempt to save as much food as possible to help give to the poor. I believe the Oz Harvest Presentation was an enlightening experience that has showed and taught us that we should preserve food and not waste and throw away food as it wastes money, feeds climate change and creates more people that go to bed hungry.

Michael Lambros

## Primary School Sports News

### PSSA Sport

The third round of winter PSSA tryouts concluded last week. Students will be notified on receiving a spot on the respective teams first week back in Term 2.

Summer PSSA returns on Friday 5 April. Training sessions also resume on Thursday 4 April.

The Senior and Junior Basketball teams will be training in the school playground at 3:15 pm for sessions with their coaches, concluding promptly at 4:00 pm for parent pickup. Meanwhile, students participating in Softball, Tball, and Cricket will be training at Bankstown Sports Complex. Students will be departing from school at 2:45pm with a bus. A reminder that a bus has not been booked to return to school and parents must collect their children by 4:00 pm from the complex.

Good luck to all the teams participating on Friday. Games begin 10:00am and conclude by 12:00pm. Please note that the Basketball teams will be playing at a school venue for round 2, due to the stadium closure.

### Summer PSSA Fixtures – Friday 5 April

Junior Girls Basketball	SEC	V	Greenacre
Junior Boys Basketball	SEC	V	Greenacre
Senior Girls Basketball	SEC	V	Greenacre
Senior Boys Basketball	SEC	V	Greenacre

(Playing at Bass Hill Public School)



Girls Softball	SEC	V	Banksia Road
Boys Softball	SEC	V	Banksia Road
Girls T-Ball	SEC	V	Birrong
Boys T-Ball	SEC	V	Greenacre
Junior Cricket	SEC	V	Malek Fahd
Senior Cricket	SEC	V	Malek Fahd

### **Combined Greek Orthodox Schools' Swimming Carnival**

Congratulations to the students who participated in this year's Combined Greek Orthodox Schools' Swimming carnival that was held at the Birrong Aquatic Centre, on Tuesday 26 March. We had the pleasure of hosting the event and it was lovely to see all our parents braving the sun to support our students with their swimming events.

A big congratulations to our sister College, St Spyridon, who displayed remarkable talents in the pool and took out the trophy once again. Congratulations to All Saints Grammar, who also competed with enthusiasm and many of their students placing in their events.

Most of all though, I wanted to extend a huge congratulations to our college's swim teams, both in the Junior and Senior Schools. I witnessed a remarkable display of sportsmanship, effort, and willingness in all events. It was lovely to see the encouragement that our students exhibited to not only their fellow teammates, but to the students from the other Colleges. I am extremely proud of everyone's efforts. A big thank you to the staff that also took the time to assist me on the day, I could not have been able to host a carnival without your assistance on the day.

Overall, an enjoyable day was had by all, and we look forward to our upcoming carnivals.





## Athletics Carnival

All students in the Infants and Primary School have received a note regarding our upcoming Athletics Carnival. All notes need to be returned as soon as possible. The carnival will be held on Wednesday 3 April at the Canterbury Athletic Field, Princess St Canterbury. All parents are welcome to attend, however, a reminder to the parents to please remain in the stands and cheer on their children from there, as there will be many events occurring on the day and on the field, as well as the teachers, who will be very busy organising the events for all of our students.

Gina Vourtsanis  
Primary Sport Coordinator

## Secondary School Sports News

### Week 9 SWISSA Basketball Results

Open Girls	LOSS	St Marouns	36-10
Open Boys	WIN	St Marouns	68-19
Junior Girls	WIN	St Marouns	13-6
Junior Boys	WIN	St Marouns	26-2

### SWISSA Basketball Semi-Finals and Finals

The SWISSA Basketball Competition is set to conclude on April 9th, 2024. The senior semi-finals will be followed promptly by the finals. In the junior divisions, there are no semi-finals; teams advance directly to the finals.

Congratulations are in order for the St. Euphemia junior girls and boys teams, both of whom have secured spots in the finals. Additionally, congratulations to the senior boys team for making it to the semi-finals.

Monique Lou  
Secondary School Sports Coordinator





Left to right: Maria Sinanis-Pierou (Board Secretary), Deacon Father Meliton (Parish Deacon), Very Reverend Father Panagioti (Parish Priest), Penny Pachos (Principal), Chirs Siropoulos (Board President)