

# Newsletter



Term 1 Week 4

1 March 2018

There are very few athletes who have managed to stave off Father Time in the same way as Tom Brady, the quarterback of the New England Patriots. Brady has just come off a season where at the age of 40, he was named the Most Valuable Player in the National Football League (NFL) and led his team to the Superbowl.



Brady has placed an increased emphasis on his health over the last few years, including changing his diet to one that is predominantly vegan. He has also focused on sleep, heading for bed by 9 p.m.

Sleep has become a big factor for NFL teams and players looking for that extra edge. In an article written on the Sports Illustrated website<sup>1</sup>, Harvard medical doctor, Charles Czeisler, is quoted as saying that if you exist on four hours of sleep per night for a week, then it is like drinking a six pack and then going to work.

So if sleep is so important for teams in the NFL, what about for young people who are coming to school each day? And if lack of sleep impacts on performance in the way that Dr Czeisler claims, then students who are sleep deprived are setting themselves up for failure.

What are some of the impacts the modern world has on sleep? How many young people take a phone, tablet or computer to bed with them each night? How is that helping their sleep patterns? Or their mental health?

Mindmatters, an Australian Government initiative, provides the following suggestions for helping young people get sufficient sleep:

- Try to get up at about the same time each morning.
- Do physical activity during the day, preferably outside.
- If you're worrying about things during the night, set aside some time for problem-solving during the day.
- Avoid drinks that contain caffeine (e.g. tea, coffee or soft drinks) after 4pm as it's a brain stimulant.
- Allow yourself time to wind down before going to bed. If you're working or studying, stop at least 30 minutes before bedtime. Try to relax before bed, avoiding phones, tablets and TV.<sup>2</sup>



The Bible records that we are to consider the body as the temple of God (1 Corinthians 6:19), suggesting that the way that we treat our body impacts on how well we can worship God. For lots of reasons, having a good night's sleep is actually helping you in multiple ways.

Have a great week.

Steve Littlewood

1 <https://www.si.com/mmqb/2015/11/11/how-the-science-of-sleep-is-transforming-the-nfl>

2 <https://www.mindmatters.edu.au/about-mindmatters/news/article/2016/02/08/the-importance-of-sleep-for-teenagers>

Is moving house something you enjoy? If you ask most people whether they enjoy moving, you will find that the majority of the time, they will respond with a resounding "No". It's inconvenient, it exhausts time, energy and money, and results in disrupting everything that we had already spent time, energy and money to create a home and define our comfort zones.

Moving house is ultimately inconvenient because it compels us to step out of these comfort zones. I recently moved with my wife and kids from the mainland and have spent time, energy and money to settle in the beautiful island of Tasmania. My kids, amongst others like myself are new

to Hilliard Christian School, and I have noted that this has displaced them from comfort zones. Moving homes and schools are inconvenient.

However, as a Christian, I have become familiar with God leading me out of comfort zones on a frequent basis. As much as I



don't like it, I've observed in the Bible that God has done this to most people that have committed their lives to Him. Abraham gave up his home, business and network to become a nomad, Moses left royalty to become a shepherd, David left being a shepherd to become royalty, Esther entered the King's pageant to save the people of God and the list goes on. The epitome of this was God leaving heaven to become a human, in order to pay the ultimate price of sin by dying on the cross.

The lesson from these examples is that God uses these inconvenient times of moving house to grow and strengthen me in areas in my life that I have neglected. I look forward to how God will use this time to show me where I need to grow, and my goal at Hilliard Christian School is to help students make the most of their inconvenient times, so that they too can grow. Although the inconvenient investment of time, energy and money may seem difficult now, I look forward to the end of 2018 where we celebrate as God shows the dividends of the investment we place in our school.

*"We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation. And this hope will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love."* Romans 3:3-5 (NLT)

*Pr David*

## Athletics Carnival

The Hilliard Christian School Athletics Carnival is taking place Tuesday 13 March 2018. Students will leave by bus after homeroom for a 10am start at the Domain Athletics Centre. Students will leave the grounds at 2pm to arrive back at school with enough time to catch the school buses home. Families are encouraged to come and support the students. Please make sure that you return the permission form as soon as possible and indicate whether your children will be travelling on the school buses to and from the centre or travelling with a guardian. Please also



remember that students are to be in full sports uniform, unless they are wearing house colours, and are to wear a hat throughout the day. Jackets are advisable as the weather may be cold or wet. We are in need parent volunteers so if you are willing and able to help on the day, please call the office or email myself at [alex.mcandrew@hilliardadventist.com.au](mailto:alex.mcandrew@hilliardadventist.com.au). We look forward to a great day!

### *Selected Factors Impacting on Student Achievement*

#### **SIGNIFICANT**

- Teacher estimates of achievement (1.62)
- Collective teacher efficacy (1.57)
- Response to intervention (1.07)
- Classroom discussion (0.82)
- Feedback (0.73)
- Providing formative evaluation (0.68)
- Direct instruction (0.60)
- Service learning (0.58)
- Spelling programs (0.58)
- Parental involvement (0.49)

#### **MINIMAL IMPACT**

- After school programs (0.40)
- Gaming/simulations (0.37)
- Online/digital tools (0.32)
- Ability grouping for gifted (0.30)
- Mobile phones (0.29)
- Matching style of learning (0.23)
- Class size (0.21)

#### **NEGATIVE IMPACT**

- Summer vacation (-0.02)
- Television (-0.18)
- Home corporal punishment (-0.33)

Source: <https://visible-learning.org/nvd3/visualize/hat-tie-ranking-interactive-2009-2011-2015.html>

## Educational Administrator's Orientation Program

On Monday and Tuesday (26 & 27 February), Miss Baker, Mr Littlewood and Mr Rabe spent two days at an Orientation Program for school administrators organised by Adventist Schools Australia, the parent body of Hilliard Christian School.

There were a number of themes throughout the two day course that relate to the new standards adopted by the Non-Government Schools Registration Board. There was a focus on data collected about the school as being the "beginning of the conversation", an overview of the Quality Assurance program administered through Adventist Schools Australia and Curriculum Planning. As well as these, there were seminars on professional wellbeing and spiritual leadership. Margot Smith, the General Manager of Membership for the Institute of Leaders and Managers also presented.

Pictured are (from left to right): Mr Lyndon Chapman (Associate Director, Adventist Schools Australia and Director of Tasmanian Adventist Schools), Mr Darren Rabe, (Primary Coordinator), Miss Kristy Baker (Director of Teaching), Mr Stephen Littlewood (Principal), Mr Daryl Murdoch (Director, Adventist Schools Australia).



## Canteen

A big thank you to Mrs Robyn Dowsley for offering to take over the canteen for us from Monday 19 March.. And thank you also to Mrs Kylie McIntyre for planning to help out. I'm sure that you will appreciate the food that these ladies will prepare. And I'm sure that they would appreciate more people willing to help out.

Each family will be given some Canteen forms that need to be filled out for each canteen day. These need to be returned with money and handed to the class teachers on Monday morning,



## Happenings

5 March - 16 March	Primary Swimming
12 March	8 Hour Day (No School)
13 March	Athletics Carnival
30 March - 3 April	Easter
13 April	End of Term



Remember to return your forms with your email address so that we can email the Newsletter directly to your inbox.



*Joy can be real only if people look upon their lives as a service and have a definite object in life outside themselves and their personal happiness. " Leo Tolstoy*



# Hands on cooking

Enjoy a cooking session with a difference.

Come and enjoy a cooking session where you are a part of the cooking team and then sit down at the end to enjoy what has been cooked by all. Lots of fun and laughs while learning to cook some good wholesome, vegetarian food.

There will be a minimum of 4 recipes shared.

**When:**

Sunday 18<sup>th</sup>  
March 2018

**Where:**

Hilliard Christian  
School  
32 Cheviot Rd  
West Moonah

**Time:**

5.00pm

**Cost:**

\$5.00

**RSVP:**

Thursday 15<sup>th</sup>  
March

**To**

Raluca Dan-Marica  
on  
0431 611 469

**Proudly  
supported by:**

Glenorchy Seventh  
Day Adventist  
Church

&

ADRA Glenorchy

