

2013

Monday 11th March - PUBLIC HOLIDAY

Friday 15th March – Sports Day

Thursday 21st March – Kindy Transition
8.45 – 11.00

Friday 22nd March
Grandparents and Special Friends morning
J/S
Open Afternoon MS/SS

Sunday 24th March
Blessing of the School (new buildings)

Tuesday 26th March
School Photo day

HOW ARE YOU FEELING?

I'm sure we have all experienced going to bed feeling just fine physically and emotionally, only to wake up the next morning feeling tired and irritable.

Why??? Why do we feel this way we ask ourselves? Then we usually begin to tell anyone who will listen how we feel. It is interesting to note that we tend to talk a lot more about our negative feelings than we do our positive ones. Talking about how we feel increases the intensity of those feelings. So we should maybe keep quiet about the negative feelings and talk more about the positive ones.

So, if we do wake up in the morning and are feeling down, flat and like we just don't want to get out of bed, often we will just stay in that moment because we don't think we can control this. We have a feeling and we think that this is how it has to be.... BUT.... no it is not! We do have a choice! We can dwell on that one thought and other challenges may arise during the day causing us to spiral down OR..... we can choose to say no, and not let these feelings control us and our mood.

Feelings are much like waves, we can't stop them from coming, but we can choose which one to surf. Jonatan Martensson

We have a choice and we can change our thinking through God's strength. He gives us the strength to do what is right, but we are the ones who must choose it....God won't do it for us.

Philippians 4:13 I can do all things through Christ who strengthens me.

Our mind is a battle field between positive and negative thoughts. One of our greatest weapons in this battle is our feelings. If we let them control us, we are fighting an uphill battle. Just think, if we waited until we felt like doing some exercise, we may not necessarily ever do it. If we waited until we felt like going on a diet, we probably wouldn't ever do it.

We need to discipline ourselves and conscientiously make decisions in advance, to not allow our emotions to take over. We have the power through Christ to see good in all things.



So, how are you feeling???????

Author: Joyce Meyer

Submitted by: Michelle Jude



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FROM THE PRINCIPAL.....

On Wednesday we had photographer, Liz Dessart visit the College to take some photographs of our students. Being able to wander around with our amazing group and see them interact with others in the set up and delivery of these was a delight to see. They were wonderfully behaved, beautifully presented and yet again, made me incredibly proud. What a fantastic school we have!



IN SYMPATHY

It is with sadness that I inform the Navigator College community of the passing of a former student, Annabelle Watson from a car accident last weekend. Annabelle attended our College for two years, having left us in Term four, 2011. Our deepest sympathies extend to Tim, Jane and family as well as Annabelle's friends who knew and loved her.

SHADE SAIL

How wonderful to see the shade sail over the Junior school playground! After the hard work of last year's fundraising team we can now boast a wonderful shade that will give our younger students hours of shaded enjoyment! Many thanks.

SUNDAY SERVICE AT NAVIGATOR

On Sunday the 24th of March Our Saviour's Lutheran Congregation invite all families and friends of the College to attend a celebration service here at Navigator (10am) to bless the new school buildings and grounds and to pray for the blessing of the Senior School and administration buildings soon to start. Everyone is welcome. A sausage sizzle will be provided after the service. A salad or dessert to share would be appreciated.

AFTER SCHOOL ROAD CROSSING

May I PLEASE ask parents, caregivers, friends and anyone else who picks up the students at the end of the day to use the school crossing. We spent many hours convincing the authorities that we needed a crossing and it is very disappointing to see parents and others escorting children across the road when the crossing is within stepping distance. Apart from the safety issue after school its just the right thing to do and the right thing to teach our children. I respectfully ask that you use the crossing. Many thanks in anticipation.

**God bless,
Kaye**

SCHOOL PHOTO REMINDER

Please note that school photo's will be taken on Tuesday the 26th of March. We would like to remind everyone that the students need to be in Official summer uniform. SRC/Captains and Prefects should display their badges and House and Vice House captains will need to bring their sports Uniforms for their official House photos.

SCHOOL FEES

A reminder that the due date to pay Term One's school fees has now passed. Please settle any outstanding accounts, as soon as possible. Thank you.

**Liz Smith, Business
Manager**

SCHOOL BASED IMMUNISATION PROGRAM FOR 2013

This year the Year 8 and 9 students will once again participate in the School Based Immunisation Program. The date for this has been set for the 4th of April. Please ensure you have returned your child's consent form to the front office if you have not already done so.

Any questions about this program please contact Aaron Price, Environmental Health Officer for the Port Lincoln City Council on 86 212 320. Thank you.

2013 ICAS COMPETITION

This week the youngest child in each family was given a note about the upcoming ICAS competitions. These competitions are organised through the University of New South Wales and provide the opportunity for students to test their knowledge and understanding of the following subject areas:

Computer Skills, English, Mathematics, Spelling, Science, Spelling and Writing.

These competitions are optional and are run through a 'user-pays' system. If you would like your child to participate in any or all of these competitions please refer to the note for competition entry fees and competition dates. All entry forms and fees are due back at the front office by Monday the 18th of March.

If you require more information about these competitions, please don't hesitate to contact me, or alternatively visit the ICAS website.

www.eaa.unsw.edu.au/icas



Parent Information Night

Wednesday the 27th of March, 7.30pm

The service learning tour to Indonesia will once again be offered this year to the Year 11 Students. We will be holding an information evening for those who have expressed an interest in participating.

UNIFORM SHOP

From the beginning of Term 2 Navigator College Students are required to wear Winter Uniform.

To avoid the rush at the end of Term could you please make a start on your child's uniform requirements.

Please refer to our Uniform Policy for full details. Any queries, please call or visit our Uniform Shop during opening hours.

Uniform Shop Opening Hours

Tuesdays 8:30 – 10:30

Wednesdays 8:30 – 10:30

Thursdays 2:30 – 4:30

SPORTS DAY

Once again the year has sprung out of the blocks and Sports Day will be upon us soon. The essence of the Navigator College Sports Day is focused on participation and whilst we continue to grow we endeavour to maintain this quality. Responding to the school community feedback we wish to change a few things for this year. Each student will be pursuing their personal best using the bench- mark system used in previous years, gaining points for their house. Alongside this a personal scoring system will be occurring to reward our high athletic achievements thought- out the day. Furthermore from years 8-12 only the top four competitors across each year level will receive ribbons to help limit the quantity of ribbons purchased. Finally from years 8-12, students will only need to participate in 4 of the 6 (can participate in 6 if wanted) tabloid events, which students will nominate for prior to Sports Day. It would be wonderful to see you on the day to experience and join in the wonderful culture we endeavour to uphold here at Navigator College.

Thank you,
Greg Maxfield

COMMUNITY NEWS

IMPERIALS NETBALL CLUB

Registration Night - Tuesday 12th March 3:45pm - 5pm
Registration Night and 1st Selection Trials - Tuesday 19th March 3:45pm Juniors start trials at 4pm, Seniors at 6pm.

2nd Selection Trials - Tuesday 26th March, Juniors 4pm, Seniors 6pm

All held at Ravensdale Courts. New players welcome and coaches required for all grades.

Contact - Megan 0448001006 or Jasmine 0415854392

E-mail - imperialsnetballclub@hotmail.com

STAMFORD TCE UPGRADE

Council are scheduled to commence road works on Stamford Terrace from Windsor Avenue to Marina Drive in mid-March 2013.

The proposed works include constructing a kerb on the eastern side of the road and reconstructing and resurfacing the section of Stamford Terrace between Windsor Avenue and Marina Drive.

It is expected that the works will take up to six weeks for completion.

Speed restrictions will be introduced throughout this time and unfortunately access to properties may, at times, be restricted. Council will endeavour to minimize the impact and apologize for any inconvenience caused throughout this time.

Contact 86212322 for further information,

Craig Matena

Operations manager

ERAPPA CAMP

At the start of the week, the year 8's headed off to ERAPPA in Iron Knob. The students had a great time and showed they were all risk-takers, pushing themselves to climb higher and building their confidence as the camp progressed. The students supported each other and participated in some great team-building activities. Each student left the camp knowing they had succeeded, whether it be successfully completing the leap of faith or having a go! Every step taken that asked the students to step out of their comfort zones was a success.

Mrs Perkins and Mr Borchardt



Navigator College 2012 Sports Day Program

Walk to Ravendale: 8:50am
Devotion time: 9:00am
Opening Ceremony: 9:10am
War Cries: 9:10am – 9:30am

Tablet Events: 9:30am – 1:30pm

	10YO Boys	10YO Girls	11YO	12YO	13YO	14YO	15YO Boys	15YO Girls	Open Boys	Open Girls A	Open Girls B
9:30am	HJ 2	Discus 2	HJ 1	Vortex	Discus 1	Break	Sprint	Shot Put 2	HJ 1	HJ 2	Javelin
10:00am	HJ 2	Vortex 2	HJ 3	HJ 1	Vortex	Discus 1	Break	Sprint	HJ 1	Shot Put 2	HJ 2
10:30am	Shot Put	Shot Put 2	HJ 3	HJ 2	HJ 1	Javelin	Discus 1	Break	Sprint	Sprint	HJ 1
11:00am	Sprint	Sprint	Shot Put	HJ 2	HJ 3	HJ 2	Javelin	Discus 1	Shot Put 2	HJ 1	HJ 1
11:30am	Break	Break	Sprint	Shot Put	HJ 3	HJ 2	HJ 2	Javelin	Break	HJ 1	Sprint
12:00pm	Discus 2	HJ 1	Break	Sprint	Shot Put	HJ 2	HJ 1	HJ 2	Discus 1	Break	Shot Put 2
12:30pm	Vortex	HJ 3	Discus 2	Break	Sprint	Shot Put 2	HJ 1	HJ 2	Javelin	Discus 1	Break
1:00pm	HJ 1	HJ 3	Vortex	Discus 2	Break	Sprint	Shot Put 2	HJ 2	HJ 2	Javelin	Discus 1

Lunch Break: 1:30pm – 1:50pm

Ball Games / Team Games: 1:50pm – 2:15pm

4/5 Vice-Captain Ball

6/7 Spoke Relay

8/9 Corner Spray

10-12 Captain Ball

Relays: 2:15pm – 2:45pm

Yr. 4/5 Girls

Yr. 4/5 Boys

Yr. 6/7 Girls

Yr. 6/7 Boys

Yr. 8/9 Girls

Yr. 8/9 Boys

Open Girls

Open Boys

Novelty Relay

Presentation

Clean up

(If time permits)

2:45pm

See Class Teachers for Dismissal 3:00pm

REMEMBER

- Move quickly and orderly between events
- Have parents help you score
- Have students to run over score sheets at the end of each event
- Have students remember who is in front and behind them in the line
- Students should be with you at all times unless given permission by you (toilet)
- Encourage students to HAVE A GO!
HAVE FUN!!!



Open Day at Navigator College

Friday the 22nd of March
from 1.30_{pm}

We invite families to take a tour of Navigator College. See our empowering academic curriculum in practice and how we inspire our students to be active, life long learners.

All welcome. Take this opportunity to register and secure your child's placement.

ENROL NOW
limited vacancies
for 2014



Technologically Advanced Practices. Modern Innovative Facilities.
Empowering Academic Curriculum. Inclusive Compassionate Community.
Flexible Learning Opportunities.