FROM THE PRINCIPAL

Dear Parents/Guardians and Students,

Welcome to the 2008 Academic Year here at ISIK College.

In welcoming our old parents and students, we this year are also welcoming over 100 new students and their families.

In addition to this, our staff members have also increased and we welcome aboard our newest staff members who have joined our ISIK College family.

Our fine school is made better by the new additions to our family. We also especially welcome our Coordinating Principal Mr. Tuncay Terzi who is also the principal of the Eastmeadows Girl’s Campus.

Over the Summer holidays a lot of hard work has been undertaken to complete stage 4 of the building process and stage 5 is under construction. Many improvements on facilities are constantly being undertaken and many more will be following soon.

Each year new and great changes are being introduced and as the year progresses you all will be informed about these new programs and your input and participation will be welcomed.

The success of any institution is the help, support and dedication that everybody puts in together. We anticipate to achieve bigger and better things for our children with everybody’s valuable contributions.

This year will also bring another first to our school. We will graduate our first VCE students at the end of this year. An exciting prospect for all of us and our Year 12 students have settled in well and our VCE students have already started working very hard to achieving great results at the end of this year.

We are proud of all our students, they have made a great start to the year. We hope this will continue on in this manner until the end of this year.

Your prayers and support are always welcomed and please pray for all our students.

In having mentioned VCE, we are also celebrating the fact that the Education Department has issued an important certificate in recognising that our school, ISIK College is a Prep to Year 12 School.

Included in this newsletter we have the details of our staff and what subjects they will be taking.

Congratulations to Ms Aynur Ljatif who got married over the holidays. We welcome her back as Mrs Aynur Usta.

Wishing you all a happy, safe and productive new year.

Regards,

Erdal Kocak
Principal

UPCOMING EVENTS

Cake Stall-Monday 11th February

"Education is not the filling of a bucket, but the lighting of a fire."
- W B Yeats
Have a go at this quiz to assess your child’s nutrition and physical activity levels. Answer honestly, as it’s only you who’ll see the results.

**Nutrition**

1. How many serves of fruit does your child usually eat in a day, including fresh, canned and dried fruit?
   (a) None
   (b) One
   (c) Two or more

2. How many servings of salad and vegetables does your child usually eat in a day, including raw and cooked vegetables?
   (a) None
   (b) Between one and three
   (c) Four or more

3. How many snacks, such as chips, chocolate or cake, does your child usually eat in a day?
   (a) Three or more a day
   (b) One to two a day
   (c) None

4. How many sugary drinks does your child usually drink in a day, including cordial, fizzy drinks and fruit juice?
   (a) Two or more a day
   (b) One to two a day
   (c) None

**Physical activity**

5. How much moderate or vigorous exercise (walking, running, kicking a ball, etc) does your child usually do in a day (excluding exercise at school)?
   (a) 0–30 minutes
   (b) 30–60 minutes
   (c) 60 minutes or more

6. Does your child ever walk, cycle, skateboard, rollerblade or ride a scooter to school?
   (a) Never
   (b) Sometimes
   (c) Mostly

7. As a family, how frequently do you and your children do things like playing at home, walking, cycling or swimming together?
   (a) Never
   (b) Once or twice a week or less
   (c) More than twice a week

8. How much time does your child usually spend watching TV, playing computer games, reading or doing homework?
   (a) More than two hours a day
   (b) Between one and two hours a day
   (c) No more than one hour a day.

**Answers – Physical activity**

*Mainly As & Bs:* Your child needs more physical activity, at least 60 minutes a day:
- Do some time family activities
- Plan some easy, fun activities for children
- Encourage your child to walk or cycle to school
- Limit the amount of time your child is inactive and get them more active.
- *Mainly Cs:* Great, keep up the good work.

**Answers – Nutrition**

*Mainly As & Bs:* Your child needs to eat more healthy foods:
- Increase the amount of fruit and vegetables your child eats – remember these can be used as healthy snacks
- Encourage your child to drink water, not sugary drinks.
- *Mainly Cs:* Great, keep up the good work.
Swimming has gone off with a bang. Term 1 2008 has seen the year 4, 5 and 6’s start their Swimming program every Wednesday.