



CARMEL ADVENTIST COLLEGE | Glenisla Road, Carmel WA 6076 | T: +61 8 9293 5333 | F: +61 8 9293 5307 | E: secondary@carmelcollege.wa.edu.au

MESSAGE FROM THE PRINCIPAL

Christine Ward and Jan Daley, ladies that have worked in education for over 25 years, wrote a book titled *'Learning to Learn'*. This book contains some excellent insights on the important of drinking water and how it can help students.

As a parent you can help your child's learning by understanding what inhibits or impacts learning and what enhances learning. It is important that parents consistently play an active role in monitoring learning closely in the home environment. Some changes are simple to implement, other much harder.

Drink more water. The evidence from medicine, sport and education research indicates that drinking plenty of plain water is vital for brain fitness and health. The brain dehydrates quickly, even before we begin to feel thirsty. Therefore, lack of water impacts concentration levels and allows boredom to set in. Furthermore, drowsiness and confusion can take over and impacts the recall of information.

It has been found that when students replace high caffeine or sugary drinks with water, behaviour improves remarkably, conflict levels are reduced and work output levels increase. In some pre-schools, only water is allowed and it has been found that the children are better behaved and more focused on learning. Students often perform better in tests and examinations when they drink water during study sessions opposed to drinking popular soft drinks. Therefore, as exams and end of term tests are approaching we encourage you to suggest that your children drink plenty of water.

In the Bible we are told of the story of the woman at the well. Here Jesus asks her to draw Him a drink and then later offers her some of His water. The water He has to offer is 'living water'...'whoever drinks of this water will never thirst again'. My prayer is that we all take Jesus up on the life giving offer.

John Minett
Deputy Principal

CALENDAR

YEAR 11&12 EXAMS
THURS 11TH-19TH JUNE

YEAR 9 - AMAZING RACE 2
FRIDAY 19TH MAY

YEAR 10 EXAMS
MON 22ND - FRI 26TH JUNE

YEAR 12 OED EXPEDITION
TUES 23RD - WED 24TH JUNE

YEAR 10 WORK EXPERIENCE
MON 29TH JUNE - FRI 3RD JULY

YEAR 8 CAMP
MON 29TH JUNE - FRI 3RD JULY

YEAR 7 CAMP
TUES 30TH JUNE - FRI 3RD JULY

CANCER COUNCIL MORNING TEA

The Cancer Council Morning Tea Chapel was an incredible success! I would like to say a special thank you to Judy Rowe, Lorraine Kinsey, Tania Mason, Shelley McBroom and Brad Flynn. All are courageous parents of our College Community, who willingly took the time to come and share with us a part of their cancer experience. Also to our vibrant students Eden McBroom, Georgia and Sampson Melville who also shared from their perspective how Cancer has impacted their lives and shared with us how we as individuals can improve our support.

Everyone who shared had a beautiful outlook despite coming from such life altering, difficult situations. The positivity demonstrated was nothing less than inspirational - thank you! When you see these brave people around our community remember to encourage and thank them for sharing and helping to educate our College.

I would also like to thank everyone who donated delicious morning tea items to be sold for fundraising. Our current total is \$736.50 and we still have some money to collect. How exciting! All money will be donated to the Cancer Council to assist further cancer research.

**Pr Miranda
Chaplain**



SCHOOL UNIFORMS

Parents are encouraged to ensure that their child is wearing correct uniform to school each day. In the unlikely event that your child has any uniform infringement, a written note needs to be supplied and given to your child's homeroom teacher.

STUDENT DRIVERS

Students who drive to school are reminded that they need to ensure ALL road rules are followed. Extra care is needed when on school premises. Students who fail to comply with the College guidelines in relation to driving to school will be banned from driving onsite.

YEAR 9 LEADERSHIP CONFERENCE

Year 9 students were inspired and motivated after attending the inaugural "Altitude Day" leadership conference on Friday 5 June at the Hotel Ibis, Perth. The conference was designed to empower students at a critical stage of their life and school journey. Through a combination of games, interactive presentations, inspirational guest speakers and networking opportunities, students were challenged to step outside of their comfort zone and realise their potential.

Students have returned to school motivated with the knowledge that even in Year 9 they can be active and inspiring leaders in the school and community. Here are some comments from the students that attended:

Nathan: "It was really inspirational and a really good experience."

Ryan H: "The speakers were inspiring and interesting - it was never boring."

Bridie: "It was a great experience! The activities took us out of our comfort zone and taught us how to be better leaders in our school and community."

Maisy: "It was inspirational and unexpected!"

Sela: "It was fun, entertaining, encouraging and a great way to meet students from other schools."

Tana: "I learned a lot and met new people."

Michael: "I could feel the love."

Emily: "Ain't no mountain high enough..."



SCHOOL BUS NEWS

We have some wonderful and concerned bus drivers that do not like leaving of an afternoon if they know they are missing a student that travelled on their bus that morning. This can hold up multiple buses as they have to drive out in order. If you are picking up your student early or if they have an after school program that means they will not be getting on their afternoon bus can you PLEASE have your child inform the bus driver in the morning or tell an appropriate person. This may be a trusted friend on the same bus, the teacher on afternoon bus duty or if they are still on campus, walk down and tell the bus driver. Thank you.

SEMESTER ONE REPORTS

Semester One reports will be posted out during the school holidays. Please expect them during the second week.



Last week, the Prefects ran a chapel program called Designer Made. It was a program which was styled around the talent show concept, highlighting that there are so many in our student body who have some quite unique and different skills, and that all offer something to those around them. We'd like to thank Pierce Webb for his fascinating, but tummy-churning, arm twisting, our Indigenous students for their fantastic "chooky" dance, Emma Davis for playing the piano, and Bethany Gosling for her lovely ballet performance. We've got some talented kids!

But the most hilarious talent came from four of our teachers who strutted themselves up and down the Assembly Hall aisles in some very creative costumes, once again highlighting that the outside is changeable and fleeting, and not as important as what is on the inside. Our hearts are what God really cares about, and this message was brought out in a very creative way by our Prefects.

