



# Newsletter



**CARMEL**  
ADVENTIST COLLEGE

September 8, 2021 | Term 3 | Issue 14

## Adaptability...

The last 18 months has been a defining time in modern history.

In late January 2020, I returned from East Africa with the full expectation that Covid-19 was just a blimp on the travel landscape. My recent work has seen me spending four months each year in the developing world. And each time I went to a new country, I was intrigued with the cultural differences, the economic challenges, the work and social innovations in response to difficult times and events.

I thought of the men, women and children in these countries as highly adaptive and resilient.

But little did I know that the whole world would soon be experiencing a global pandemic. That homes, cities and nations would face issues around isolation, physical and mental health crises. As well as contending economic and policy priorities.

Adaptability wasn't an option. It was a necessity that came to every level of society and leadership.

We are still walking our way through this time in history. We are still wondering how the future will look. But we should remind ourselves of the phenomenal strength of the human spirit to unite, adapt and continue in the face of enormous adversity.

## Events Calendar

### Term 3

#### Primary Campus

- Year 5 Scitech Excursion.....Sept 13
- Junior Concert.....Sept 15
- Landsdale Farm Excursion (K/PP)..Sept 22
- Cross Country & Market Day.....Sept 24
- Term 3 Concludes.....Sept 24

#### Secondary Campus

- Yr 10 Trip.....Sept 3-12
- Yr 12 Outdoor Ed Camp.....Sept 6-8
- Haystack Cup (Basketball).....Sept 10
- Anchor Week.....Sept 13-17
- Cross Country.....Sept 20
- Term 3 Concludes.....Sept 24
- Yr 12 Exams.....Sept 24 - Oct 1

# GENERAL

## Late to school?

We really do appreciate your efforts to have the students on time for the start of school.



If your child is late to school for any reason, please ensure they come to the front office to be signed in **BEFORE** they go to their classroom.

## Lost Property

There are a number of items in our lost property. If students have misplaced anything...

**Primary Campus** - check the lost property cupboard located outside the staffroom.

**Secondary Campus** - see Chloe at the front office.

## Uniform Shop Opening Hours

### Carmel Primary (Primary Sports Uniform)

The uniform shop at the Primary school is open:

Tuesday | 8:45am - 9:15am

If this time does not suit, front office staff are always happy to assist.

### Carmel Secondary (Formal Uniform)

The uniform shop is open:

Tuesday | 8:20am - 9:00am

Thursday | 8:20am - 9:00am

Phone and email orders are encouraged. These will be pre-packaged and can be collected from the Secondary Front Office. The uniform shop email is - [uniform@carmelcollege.net](mailto:uniform@carmelcollege.net).

# Important Dates for Term 4



## Primary Campus

October 11 (Monday)	Pupil Free Day - Teachers PD
October 12 (Tuesday)	Term 4 Commences
October 15 (Friday)	Mud Day
October 19 (Tuesday)	Storytime in the Bush begins
November 2 (Tuesday)	Combined Schools Sports Day
November 12 (Friday)	Orientation Day
November 26 (Friday)	Pupil Free Day - Teachers PD
December 1 (Wednesday)	Year 6 Fun Day & Picnic Tea
December 3 (Friday)	Kindy/PP Grad & Nativity Picnic
December 8 (Wed)	Snr Concert, Yr 6 Grad & Awards
December 9 (Thursday)	Waterslide Fun Day
December 10 (Friday)	Term 4 Concludes

## Secondary Campus

October 11 (Monday)	Pupil Free Day - Teachers PD
October 12 (Tuesday)	Term 4 Commences
October 19 (Tuesday)	Yr 12 Graduation Banquet
October 25 (Monday)	Interschool Track & Field
Oct 29 (Fri) - Nov 5 (Fri)	Year 9 Storm Co
November 12 (Friday)	Orientation Day
Nov 18 (Thur) - Nov 26 (Fri)	Year 11 Exams
Nov 22 (Mon) - Nov 26 (Fri)	Year 9 & 10 Exams
Nov 29 (Mon) - Dec 3 (Fri)	Year 12 Trip
Nov 29 (Mon) - Dec 8 (Wed)	Year 10 Workplace Learning
Nov 29 (Mon) - Dec 2 (Thur)	Year 7 & 8 Exams
December 6 (Monday)	Year 9 Last Day
December 7 (Tuesday)	Year 7 & 8 Last Day
December 11 (Saturday)	Graduation & Awards Night



The Secondary Uniform Shop will be **OPEN**:

**Thursday, 9 September**  
**Tuesday, 14 September**  
**Thursday, 16 September**

\***CLOSED** the last week of Term 3



# PRIMARY

## Book Week Parade

Thank you to all our students and families for helping make the Book Week Parade a special morning.

The students' costumes were very imaginative and unique! Your efforts were very much appreciated.



## Book Fair - Thank you!

Thank you for supporting the Scholastic Book Fair and Adventist Book Centre (ABC) this year.

From the commission made on Scholastic sales this year, our school library will receive \$800 worth of books!

Also, a special thank you to those parents who volunteered their time to help out.



## HAPPY BIRTHDAY

to the below students who celebrate an upcoming birthday!

**Thomas (Yr 6)**

**Hailey (Yr 5)**

**Sarah (Yr 3)**

**Aksel (Kindy)**

Have a wonderful day and we pray that God will bless you in the year ahead!

# JUNIOR CONCERT

WEDNESDAY, 15 SEPT | 6:30PM

CARMEL COLLEGE GYMNASIUM



Our Year 1 - 3 students will present:  
'PUNCHINELLO AND THE MOST  
MARVELLOUS GIFT'

SAVE THE DATE!

This is a night not to be missed!  
Come along for a great evening.



## Concert Seat Booking

Bookings are to help us keep track of numbers.  
There is no cost.

To book your seat, please click on the following  
link. We have allocated **10 seats per family**.

Click here to book your seats:

<https://sobs.com.au/pt3/parent.php?schoolid=945>

You will need to book a seat for:

- Your child (enrolled Carmel Adventist College Primary student in Year 1, Year 2 or Year 3).
- Any other siblings you wish to bring along (whether a student at CACP or not).
- You –parent/s or carer.
- Grandparents or other family members you wish to bring along.

If you have trouble booking or require additional seats, please contact the front office, and we can assist you.

## Father's Day Stall - Thank you!

Thank you so much to the ladies who helped organise the Father's Day Stall this year and assist students with purchasing a gift for their dad! We appreciate the time you volunteered to make this happen!

## Junior Concert - Early Pick Up

In preparation for the concert, Year 1 - 3 students may be collected from school on Wednesday (September 15) any time from 1:00pm.

Many parents have found this time helpful in the past so that students can have a rest and meal before meeting back at the Carmel Adventist College (Secondary) gymnasium at 6:00pm.

Please ensure you visit the front office to sign your child out before leaving.

Note: This half day does not count as an absence on your child's attendance record, so long as they are present at the concert. The time involved in the evening program will be counted as part of the education program.

## Chapel

We have our weekly Chapel program on FRIDAY morning from 8:50am to 9:30am.

**This Friday (Sept 10)...** Coordinating: Pre-Primary  
Speaker: Pr Max

**Next Friday (Sept 17)...** The Year 5 class will be taking the Chapel program.

# MARKET DAY



Friday, 24th September (after Cross Country)

PLEASE SAVE YOUR POCKET MONEY FOR OUR ANNUAL  
'GREATNESS THROUGH SERVICE' MARKET DAY EVENT.  
WE AIM TO SUPPORT AS MANY CHARITIES AS WE CAN.

## Cross Country Run

We invite you to join us for our annual Cross Country Event on Friday, 24 September. The run will take place first thing in the morning (9am-10:30am).

Students are to wear the regulation sport polo and sport shorts/track pants and enclosed footwear.

We look forward to seeing you there!



## Mountain Bike Time Challenge

The Mountain Bike Time Challenge event will be happening again this year on Friday, 24 September. This event is for students who wish to mountain bike ride the cross country track.

The Bike Time Challenge will be held the last thing in the day (1:30pm-3:15pm). This will allow the students to 'recover' from the morning's run before participating in the ride.

In the coming week, a letter and consent form will be given to your child/ren if they have expressed an interest in participating. There will be a number of pre-requisites outlined on the notice and consent form. Forms will be available from Mr Eaton or at the front office.

## Market Day

Our Year 5 students are busy planning for this annual fundraising Market Day. Straight after Carmel's Cross Country event, Year 5 will be providing a wonderful time for all with stalls and events.

Funds raised from this event will go towards supporting various charities (Perth Children's Hospital, Perth Homeless, RSPCA, Malala Fund, Christian Blind Mission Australia, and CAC Year 10 Mission Service Initiative).

Respond to this event on Facebook for regular updates on what activities and food will be available. This day is a lot of fun and not to be missed!

## Haystack Lunch Orders

Our staff will be preparing delicious, healthy haystacks (corn chips, bean sauce, cheese & salad) on Market Day, available by pre-order.

Order forms are enclosed in the newsletter and will also be sent home this week. Please complete 1 order form per person. We are happy to send more forms home if required.

Orders and money are **due back to the front office on Monday, 20 September.**

# SECONDARY

## Father's Day Pancake Drive-Thru

It was a chilly morning, but that didn't stop staff and students serving pancakes and a hot cuppa's to all our dads.



## Cross Country

CACS will be having their Cross Country event on Monday, 20th September during periods 3 & 4. This is a compulsory event to participate in, but students are allowed to walk the 6.5km course if they choose.

Parents and Guardians are welcome to meet on the top oval for the start of the race at roughly 11:15am or they can position themselves somewhere along the track (see map) to cheer on the students.



## Baby News

Ms Clair Nolan and Harry on the safe arrive of...  
Mason Benjamin Yiu!

He is beyond adorable and we are so pleased he has arrived safe and healthy!



## Team Sports Carnival

Carmel Adventist College was joined by Landsdale Christian School for our annual Team Sports Carnival held at Ray Owen Sports Centre on the 17th of August. All teams competed well throughout the day, showing great sportsmanship along the way. Congratulations to Forrest who took out their first win in a few years with a dominant display in all sports.

### Final Scores

**Forrest - 437**

**Landsdale - 341**

**Sturt - 290**

**O'Connor - 262**

### MVP's

Junior Girls R/Up MVP - Sophia Thomson & Isla Bishop

Junior Girls MVP - Roeveasha Ashwin Newland

Junior Boys R/Up MVP - Ezekiel Frisby

Junior Boys MVP - Zebadiah Warchol

Senior Girls R/Up MVP - Lydia Fui

Senior Girls MVP - Lilly Darcey

Senior Boys R/Up MVP - Jakob Hawkes

Senior Boys MVP - Jobe Stevens



## Human Garage CrossFit

Human Garage CrossFit is becoming more and more familiar within the Carmel community. For the last two years, our senior students have had the opportunity to choose CrossFit as a sport on Friday afternoons and our junior gymnastics class got a taste of what it is like last week, with all of them loving the fun and encouraging atmosphere. We have current students, ex-students, and staff all become members of Human Garage CrossFit under the tutelage of Head Coach and Owner, Anthony Fazioli.

Anthony has spent 20+ years in the education system, which has included being a Teacher at Helena College K-12, Deputy Principal at St Brigid's Primary School, and Matthew Gibney Catholic Primary School, as well as working with pre-service teachers at the University of Notre Dame.

Anthony is an avid mountain bike and motocross rider and has attributed his strength and conditioning in these sports, as well as his own injury rehabilitation, to the work he does within CrossFit.

Human Garage CrossFit is a family-friendly gym, where you can come work out with your children, regardless of your current fitness status.

For more information about Human Garage CrossFit, please see the brochure and timetable at the bottom of the newsletter or get in contact with Mr Di Rosso.



## Interschool Basketball Competition

The Junior Specialist Basketball students had the opportunity to participate in the SSWA Hills Junior Interschool Basketball Carnival held recently at Ray Owen. Both the girls and boys teams played 6 games throughout the day and put in a fantastic effort against some very high calibre teams.



Vaping has become a real problem for teens today and a pressing issue for teachers and parents.

Where can you find reliable information about how to help teenagers who may be vaping – even in your school?

Professor Renee Bittoun, an internationally-regarded expert on nicotine addiction and smoking cessation, will explain how you can know if children are vaping and what to do when they are at a **free webinar** for teachers and parents on: **Thursday, September 9 at 3:45pm and 7pm.**

Places are limited so participants to ask questions and make the most of the presentation. We encourage families to register by clicking on the following link.

<https://mkto.avondale.edu.au/vaping.webinar.html>



## CHAPLAIN'S CORNER

Contact us

Pr Andrew Olsen  
e: [andrewolsen@adventist.org.au](mailto:andrewolsen@adventist.org.au)

Pr Miranda Leijser  
e: [mirandaleijser@adventist.org.au](mailto:mirandaleijser@adventist.org.au)

p: Primary Campus 9291 6399  
p: Secondary Campus 9293 5333

R U OK Day is tomorrow (Thursday, 9th September)! It's a day where everyone around this great Nation of ours, is reminded and encouraged to ask "Are You OK?" Life has its ups and downs on a regular basis and sometimes it can feel like we are living on a rollercoaster.

As the Chaplains here at Carmel Primary & Secondary, we often check in with students and staff to see if they're OK. If, as a family, you have any concerns, please feel free to contact either of us for a chat. Please let us know if there is anything you would like us to pray for, there is power in prayer.

**ASK  
RUOK?**  
It can make a big difference

One important thing in life is to have people around whom we can share life's burdens with. Carmel is kind of like an extended family sometimes, please feel free to reach out to this 'extra' family. We may not have the solutions to your troubles, but we'd love to share each other's load along the way. R U OK?



# CHURCH AND COMMUNITY NEWS



IF YOU HAVE ANY CHURCH OR COMMUNITY NEWS, PLEASE EMAIL [JOANNE.PEARSON@CAC.WA.EDU.AU](mailto:JOANNE.PEARSON@CAC.WA.EDU.AU)

## Carmel SDA Church

216 Glenisla Road, Carmel

Come along and join in any of the various age-related programs or small groups between 9:30am-10:30am followed by the church service at 11am. Everyone is welcome!

### Upcoming Events:

- Ladies Refresh Fellowship - Sept 9
- Carmel Cares & Hillbillies - Sept 12
- Esther House Pamper Training - Sept 17
- Mini Olympics - Sept 18
- First Pampering Session - Sept 25

\*See the church Facebook page for more information.

**TREASURED**  
Discovering You're Priceless to God

**THIS PROGRAM IS NOW FULL!**

**OCTOBER 4 - 8**  
SECOND WEEK OF THE SCHOOL HOLIDAYS (MON - FRI)

Action packed holiday program with songs, craft, snacks, games, bible stories and Chadder!

# the hub

[noun] centre; a focal point

anyone who is high school age or older come along for an evening of good vibes + a space to connect with people!!

Friday, 10th September 2021

7pm - 9pm

@carmel college church (216 Glenisla Rd, Carmel)

Food + Drinks provided + bring along your friends



Instagram

@the\_hub\_carmel

## Pre-Loved School Uniforms

Go to our 'Carmel Adventist College Primary & Secondary - Buy, Sell or Swap'. This page is for both Primary and Secondary Uniforms. Simply click the 'JOIN GROUP' button and Admin will get you off and running.



Like us on Facebook for regular information, updates and photos.



Search for Carmel Adventist College Primary and Carmel Adventist College Secondary.

## School Term Dates 2021

Term 3 Tuesday, July 20 – Friday, September 24  
Term 4 Tuesday, Oct 12 – Friday, December 10



**CARMEL**  
ADVENTIST COLLEGE

w. [www.carmelcollege.wa.edu.au](http://www.carmelcollege.wa.edu.au)

PRIMARY CAMPUS

p. (08) 9291 6399

a. 18 First Ave, Bickley WA 6076

e. [primary.admin@cac.wa.edu.au](mailto:primary.admin@cac.wa.edu.au)

SECONDARY CAMPUS

p. (08) 9293 5333

a. 210 Glenisla Rd, Carmel WA 6076

e. [secondary.admin@cac.wa.edu.au](mailto:secondary.admin@cac.wa.edu.au)



# HUMAN GARAGE

CROSSFIT

So, what does CrossFit at Human Garage actually look like ...

Each class is led by a qualified coach. Classes contain a warm-up, a strength and skill development section as well as a workout that is followed by a cool down.

Each day has a different skill at its' focus and a different workout from the previous day.

Movements are scaled for every individual so that each athlete is working at an appropriate level to allow for success and constant improvement. This means CrossFit is for every one of every age and every fitness level.

Our community is amazing. We are here to cheer each other on, motivate and support each other in reaching our goals. At HG, parents can train in the same class as their children or teens.

CrossFit is about developing true fitness across a wide range of activities so that we are healthy and mobile, living a long active life. We cannot wait for you to come join us! Contact us now on 0438 950 338 or [info@hgcf.com.au](mailto:info@hgcf.com.au)

Follow us on



## Class Timetable

MORNING CLASSES						
Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adult/Teens	5:45am – 6:45am	5:45am – 6:45am	5:45am – 6:45am	5:45am – 6:45am	5:45am – 6:45am	
Adult/Teens	9:00am – 10:00am	9:00am – 10:00am	9:00am – 10:00am	9:00am – 10:00am	9:00am – 10:00am	PARTNER WOD 9:00am – 10:00am
AFTERNOON CLASSES						
Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Parents & Kids (6-12 years old)	4:00pm – 4:45pm			4:00pm – 4:45pm		OPEN GYM 3:00pm – 4:00pm
Adult/Teens	4:45pm – 5:45pm	4:45pm – 5:45pm	4:45pm – 5:45pm	4:45pm – 5:45pm	4:45pm – 5:45pm	PARTNER WOD 4:00pm – 5:00pm
Adult/Teens	5:45pm – 6:45pm	5:45pm – 6:45pm	5:45pm – 6:45pm	5:45pm – 6:45pm	5:45pm – 6:45pm	
Weightlifting	POWER LIFTING 6:45pm – 7:45pm		OLYMPIC LIFTING 6:45pm – 7:45pm			

No need to book for a class - just turn up!

\*We will find you a partner on Saturdays.

Unit 5/369 Holmes Rd  
FORRESTFIELD

[www.humangaragecrossfit.life](http://www.humangaragecrossfit.life)