



Year 11 Trip



CARMEL
ADVENTIST COLLEGE

Newsletter

August 25, 2021 | Term 3 | Issue 13

9 Minutes...

As parents, each of us tries our very best. There are no perfect parents and no perfect kids (thank goodness!). Since we all are pulled in what feels like a million different directions each day, we all search for ways to build our parenting toolkits. While time can be short, it's a common goal to make our daily interactions with our children that much more meaningful.

Several years ago, neuroscientist Dr. Jaak Panksepp debuted his theory on how our children's routines can be broken up into nine important minutes each day.

According to Dr. Panksepp, the nine most important minutes of our children's days are:

- the three minutes after they wake up
- the three minutes after they get home from school
- the three minutes before they go to bed

No matter how young or old, children who develop strong early relationships with parents, family, or teachers really learn how to get along with others, cooperate, and pay attention in school. Therefore, everyone benefits from time spent talking with each other, even if it's compact as those nine important minutes.

Events Calendar

Term 3

Primary Campus

Scholastic Book Fair.....	Aug 23-25
Book Week Parade.....	Aug 27
Pillowcase Incursion (Yr 3 & 4).....	Sept 1
Flanno Friday for Father's Day.....	Sept 3
Junior Concert.....	Sept 15
Landsdale Farm Excursion (K/PP).....	Sept 22
Cross Country & Market Day.....	Sept 24

Secondary Campus

Yr 11 Trip.....	Aug 20-29
Yr 7 & 10 Immunisations.....	Aug 30
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
Yr 12 Exams.....	Sept 24 - Oct 1

continued

GENERAL

Absent

At Carmel we take your child's duty of care seriously and, as such, we need to be informed whenever a child is absent from school and the reason for absence (eg sick, family reasons, doctor, dental or specialist appointment), so that this can be noted on our attendance records.

This can be done by phone call, emailing primary.admin@cac.wa.edu.au or secondary.admin@cac.wa.edu.au or using the SKOOLBAG app on the morning of your child's absence.

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

IMPORTANT - The Secondary Uniform Shop will be **CLOSED** the last week of this term (20th September to 24th September).



5 September, 2021

PRIMARY

Book Week Parade

Friday, August 27



This Friday, August 27 we are looking forward to seeing students dressed up as a character from a favourite book. Remember to bring the book!

The parade will commence at 8:50am.

Adventist Book Centre - Book Stall

The Adventist Book Centre is come to Carmel Primary **THIS Friday, 27 August!**

This is a perfect opportunity to purchase some wonderful Christian books for home or as gifts.

Cash accepted and eftpos facilities available.

Book Fair

Thank you for supporting our annual Scholastic Book Fair this year. We hope you discovered some new books.

Also, thank you so much to those parents who volunteered their time to help with this event.

cont.

Make those minutes special and help our children feel special, loved and accepted.

Each day children need meaningful eye-to-eye conversations with a parent. It is especially important to slow down and look them in the eye. Listen and respond with love.

Hug your child, straighten her hair, pat him on the back and tell them how proud you are of him everyday. A simple touch makes them feel connected to a parent in ways that words never will. Remember, actions speak louder than words!

<https://www.learningresources.com/blog/heart-to-heart-the-9-most-important-minutes-of-your-childs-day/>

Asthma Action Plan & Spacer

Please ensure an up-to-date Asthma Action Plan has been provided for your child.



An Asthma Action Plan includes information for the school if your child requires asthma medications prior to sport or at any other time during school hours.

If your child has their own medication, we recommend that their teacher or front office staff look after this for them.

Please also ensure that your child also has their own spacer. A spacer is a holding chamber shaped like a football or tube. It makes it easier to take asthma or COPD medication.

Flanno Friday

FRIDAY, 3 SEPTEMBER
2:00PM - 3:15PM

Dads and Grandads, come along to Flanno Friday to help us celebrate Fathers Day!

Come dressed in your favourite flanno. If a flanno is not your thing, the other option is to wear your most outrageous tie.

We are encouraging the students and staff to do the same, a flanno or a tie, to represent their Dads.

To have an idea of numbers for catering purposes, we ask those planning to attend to RSVP to primary.admin@cac.wa.edu.au or call 9291 6399 by **Wednesday, 1st September.**



Father's Day Stall

Some of our lovely parents will be operating a Father's Day Stall on Friday, 3 September to give students an opportunity to purchase a special gift for their Dad for Father's Day.

Remember to send your child to school with some money so that they can buy a present.

Gifts will be priced between \$2 - \$10.



THANK YOU KALAMUNDA BUNNINGS
FOR DONATING THE AVIARY!

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.



Kindy Enrolments

Enrolments are being received for our 3 year-old and 4 year-old Kindy program for 2022. If you have not yet enrolled your child for next year, we encourage you to do so.

The 3 year-old Kindy program runs 2 days a week. You have the option to enrol your child for either ½ days of full days. All children need to have turned three prior to starting 3 year-old Kindy.

The 4 year-old Kindy program runs 3 days a week (Monday, Wednesday and Friday), with the option to enrol for 5 days, depending on demand.

Once enrolled, your enrolment is carried over into the following year, so no further action is required.

Enrolment Application Forms can be obtained from the front office. Call Narelle on 9291 6399 and she will be happy to send you one by email, mail or via a sibling at the school.

Chapel

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

This Friday (Aug 27)... it's our Book Week Parade!

Next Friday (Sept 3)... Coordinating: Year 6 class
Speaker: Pr Steve Goods

Cross Country Training

Training days are now...

Monday, Wednesday & Thursday



Students can bring their running shoes in their bag on training days. Girls should also bring socks, as running in tights can be very hot.



HAPPY BIRTHDAY

to the below students who celebrate an upcoming birthday!

Kassius (PP)

Opal (Yr 3)

Kaitlyn (Yr 6)

Clarissa (Yr 1)

Heather (Yr 6)

Mark (Yr 3)

Cal (Yr 4)

Sofia (Yr 1)

Ella (Yr 5)

Charlie (Kindy)

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



NAIDOC CANVAS PAINTING



SECONDARY

Year 7 & 10 Immunisations
Monday, August 30

All Year 7 and Year 10 students...it's time for your immunisations!

Immunisation's will occur on Monday, 30th August 2021. As the first round was cancelled due to COVID, the schedule will run as follows.

All Year 10's will have their Meningococcal immunisation.

All Year 7's will have their first round of immunisations

- Diphtheria
- Tetanus
- Pertussis

The second Round for Year 7 will be a catch up round, beginning of next year, 2022.

If you have not already returned your consent forms, please do so by Friday, 27th August 2021.

The front office has spare consent forms if you require another.



Baby News

Congratulations to Mrs Jessica Foster, Mr Foster and Isabella on the safe arrival of Natalia Isabel. She is just adorable!





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.



YR 11 KARALUNDI SERVICE TRIP



CHAPLAIN'S CORNER

Contact us

Pr Andrew Olsen
e: andrewolsen@adventist.org.au

Pr Miranda Leijser
e: mirandaleijser@adventist.org.au

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

'Who's your Daddy?' My brother-in-law used to be member of a band by that name. My wife still has the t-shirt. As a literal question, 'who is your father?', in most cases it's not that difficult to figure out. Just check the DNA.

Fathers Day, a day that a lot of people love, some people couldn't care less and others hate. With the Bible portraying God as our Father, there comes pressure on fathers to set a good example. Sometimes dads do good, sometimes dads don't. Whatever your experience of a father has been, look to our Heavenly Father for ALL you needs.

John 1:12,13 says, "But to all who did accept him and believe in him he gave the right to become children of God. They did not become his children in any human way, by any human parents or human desire. They were born of God."

You are who you are because God made you. Your father may have helped or hindered. As we prepare to celebrate Fathers Day, remember who your daddy really is!!

CHURCH AND COMMUNITY NEWS



IF YOU HAVE ANY CHURCH OR COMMUNITY NEWS, PLEASE EMAIL 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:

'Refresh' Ladies Bible Study - August 26
Kids Church - August 28
Father's Day Luncheon - Sept 4
Carmel Cares & Hillbillies Reloaded - Sept 12

*See the church Facebook page for more information.

Connecting with God and each other through the power of corporate praise. If contemporary music inspires you, Come join us! Bring your friends!

September 4th 4 - 5.30 pm

10 Cleopatra Street
PALMYRA WA 6157

www.jenesis.org.au



OCTOBER 4 - 8

SECOND WEEK OF THE SCHOOL HOLIDAYS (MON - FRI)

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

Ages: 5 - 10

Time: 9:30 am - 12:00 pm

Cost: \$5 per child per day (discounts for families with 4 or more children)

Location: Bickley Seventh-Day Adventist Church,
Cnr Broadway and Lawnbrook Rd,
Bickley, 6076

Contact Jannine Ellis for bookings
and information at msellis@bigpond.com
or on 0409542665



BOOKINGS ARE ESSENTIAL

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
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w. 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

SECONDARY CAMPUS

p. (08) 9293 5333

a. 210 Glenisla Rd, Carmel WA 6076

e. secondary.admin@cac.wa.edu.au

2021 MARKET DAY ART COMPETITION

NATURE IS THE ART OF GOD



THE ART COMPETITION WILL HAVE TWO DIFFERENT EVENTS:

- \$1.00 TO ENTER (COLOURING PAGE)
 - \$2.00 TO ENTER (ARTWORK ABOUT GODS NATURE)
- FAMILY MEMBERS ARE WELCOME TO ENTER THE COMPETITION

ENTRIES DUE: MONDAY, 6TH SEPTEMBER

- Both events will be judged separately
- Your original artwork may be created using any medium
- Colouring pages can be collected from the Year 5 class
- Ensure your name is clearly labelled