



NAIDOC Day Celebrations



CARMEL
ADVENTIST COLLEGE

Newsletter

September 22, 2021 | Term 3 | Issue 15

How do you want to be remembered?

More than a decade ago, a man was reading his morning newspaper. To his surprise and horror, he read his name in the obituary column. The newspapers had mistakenly reported the death of the wrong person for sure. He was shocked to read news headline about his death. When he regained his composure, He read it to find out what people had said about him.

The obituary included sentences like, "Dynamite King Dies." and "He was the merchant of death.". The man was the inventor of dynamite and when he read the words "merchant of death," he asked himself a question, "Is this how I am going to be remembered?" he asked himself. He decided that this was not the way he wanted to be remembered and he decided to change.

From that day on, he started working toward world peace. His name was Alfred Nobel and he is remembered today by the great Nobel Prize, the greatest of all the prizes.

Events Calendar

Term 3

Primary Campus

- Landsdale Farm Excursion (K/PP)..Sept 22
- Cross Country & Market Day.....Sept 24
- Term 3 Concludes.....Sept 24

Secondary Campus

- Term 3 Concludes.....Sept 24
- Yr 12 Exams.....Sept 24 - Oct 1

Enjoy the school break!

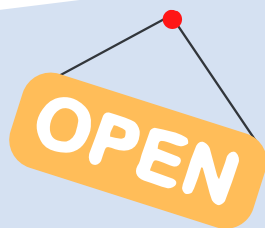
**Term 4 commences...
Tuesday, 12 October**

continued...



GENERAL

School Holiday Office Opening Hours



Primary Campus

The front office will be closed the first week of the school holidays (Monday, 27 September to Friday, 1 October).

Office Hours:

Monday, 4 Oct :	9:00am - 12:00pm
Tuesday, 5 Oct :	CLOSED
Wednesday, 6 Oct :	9:00am - 12:00pm
Thursday, 7 Oct :	9:00am - 12:00pm
Friday, 8 Oct :	9:00am - 12:00pm
Monday, 11 Oct :	9:00am - 3:00pm

Secondary Campus

The front office will be open on the following days:

Office Hours

Monday, 27 Sept : PUBLIC HOLIDAY
Tuesday, 28 Sept - Friday, 1 Oct : 8:30am - 12:30pm. Office will be closed from 12:30pm, however phone calls and emails can still be made until 4:00pm.

Monday, 4 Oct :	8:30am - 4:00pm
Tuesday, 5 Oct :	CLOSED
Wednesday, 6 Oct :	8:30am - 4:00pm
Thursday, 7 Oct :	8:30am - 4:00pm
Friday, 8 Oct :	8:30am - 4:00pm

Term 4 is Full Summer Uniform!

If you need to purchase any uniforms, please see Uniform Shop Opening Hours.

Also, check out the 'Carmel Adventist College Primary & Secondary - Buy, Sell or Swap' page. Simply click 'JOIN GROUP'.

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

Uniform Shop School Holiday Opening Hours

Carmel Primary (Primary Sports Uniform)

The uniform shop at the Primary school will be open during the 'School Holiday Office Opening Hours'. See left.

Carmel Secondary (Formal Uniform)

The uniform shop will be closed for the school holidays. Open again in the first week back:

Tuesday, 12 Oct | 8:20am - 9:30am
Thursday, 14 Oct | 8:20am - 9:30am

If you cannot make it to either of the above days, please send an email with your order to uniform@carmelcollege.net or phone your order through to the front office on 9293 5333. These will be pre-packaged and can be collected from the Secondary Front Office.

cont.

The Nobel Prize has been honoring men and women from all corners of the globe for outstanding

achievements in physics, chemistry, medicine, literature, and for work in peace since 1901. The foundations for the prize were laid in 1895 when Alfred Nobel wrote his last will, leaving much of his wealth to the establishment of the Nobel Prize. It is never late to start over!

<https://alltimeshortstories.com/how-do-you-want-to-be-remembered/>

You can't go back and
change the beginning,
but you can start
where you are and
change the ending.

—G.S. LEWIS



PRIMARY

Term 4 Uniforms

The Summer Uniform returns in Term 4!

Girls

- Tartan dress (touching the knee in standing position).
- Polishable black lace-up shoes or school shoes with straps with white 'one fold' ankle socks. Alternatively, students can wear regulation school sandals in brown, black, or navy with no socks.
- Navy blue v-neck knit pullover with Carmel College logo.
- Uniform blue hat

Boys

- Mid-blue short-sleeved shirt with College logo.
- College grey shorts (no cargo shorts or full elastic waist shorts).
- Polishable black lace-up shoes with grey ankle socks – one fold.
- Navy blue v-neck knit pullover with Carmel College logo.
- Uniform blue hat.

Sports Uniform

Shorts can now be worn, replacing the microfibre track pants.

What's happening on the last day of Term 3...

Cross Country Run

We invite you to join us for our annual Cross Country Run 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.

Students have been training hard for this event. Come along and cheer them on!



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 (1:00pm-3:15pm). This will allow the students to 'recover' from the morning's run before participating in the ride.

A 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.

MARKET DAY



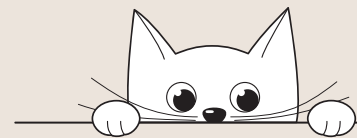
Friday, 24th September (after Cross Country)

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

Our Year 5 students are excited for the annual Market Day on Friday. 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, such as the Perth Children's Hospital, Perth Homeless, RSPCA, Malala Fund, Christian Blind Mission Australia, and CAC Year 10 Mission Service Initiative.

Here's a sneak peek of what the stalls will have on the day...



Coffee

Curry Puffs

Spring Rolls

Sushi

Samosas

Sour Patch Guessing Game

Raffle

Balloons

Slime

Race Track

Homemade Soap

Lucky Dip

Hot Chips

Dutch Donuts

Milkshakes

Juice Box

Guess the Cars

Fairy Floss

Arancini

Sling Shot Game

Nail Painting

Jelly Cups

Slushies

One v One Nerf War

Bouncy Castle

Lemon Cordial

Ice cream

Catch the Duck

Cookies

Lollypops

Handballs

Donuts

Hot Chocolates

Popcorn

Craft Packs

African Doughnuts

Haystack Lunch Orders

If you have a Haystack Lunch Order for Market Day, these will be available for collection around lunchtime from our staff room.

Students from each class will be notified over our PA as to when to come and collect.

Primary Uniform Shop

To help you prepare for Term 4, the uniform shop will be OPEN on Friday, September 24 (Cross Country & Market Day).

Keep a lookout on the day for Mrs Jodie Bowles and she will happily assist you.



Mud Day

Mud Day is on **Friday, 15th October**.

It is an opportunity for students to celebrate nature, outdoors, and mess, by getting really muddy.

Detailed information about this muddy day can be found at the back of the newsletter.

A few things to highlight for Mud Day:

Bring: plastic bag, old clothes, old towel, thongs, goggles, change of underwear, and shower cap (for longer hair).

ALL students to wear PE uniform on Friday.

There will be **NO chapel**.

Parents are welcome to attend and any parents wishing to help would be very much appreciated!

Combined Schools Sports Day

We encourage families to come along and support the students at the annual **Combined Schools Sports Day on Tuesday, November 2** at Gerry Archer Athletic Field, Abernethy Road (cnr Leach Hwy), Cloverdale.

All students from Pre Primary to Year 6 are expected to participate in this event.

NOTE: This will be a normal school day for 4YO Kindy students.



Further information relating to the Sports Day will be communicated in Term 4.

Junior Concert

Last Wednesday evening, our Year 1 - 3 students put on a fantastic performance of 'Punchinello and the Most Marvellous Gift'.



HAPPY BIRTHDAY

to the below students who celebrate an upcoming birthday!

Jacob (Yr 2)

Jake (Kindy)

Cameron (Yr 3)

Tristan (Yr 4)

Lucia (PP)

Harper (Yr 3)

Anesu (Yr 3)

Ellie (Yr 4)

Annalise (Yr 3)

Elliana (Yr 2)

Isaac (Yr 1)

Grace (Yr 1)

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

SECONDARY

Art Exhibition Success!

**Exhibition – 2021 Young Artists Awards.
Theme – Our Stories**

It was wonderful to be able to attend and see 3 of Carmel's students show their talents at the Young Artists Awards In Kalamunda.

Malcolm Webster's art piece called "Gum Fire" won the EMERGING ARTIST BEST IN SHOW.
Faith Sheldrick's art piece called "Once Upon a Song" won the BEST INTERPRETATION OF THEME.
Keiahna Dorante's art piece was called "Two Worlds Meet".

All our students sold their art on the night with a combined total of over \$800 plus \$500 in prize money. In total 15 artists entered the competition, so to have three of our own students entered is amazing. Congratulations to our amazing talented Carmel students.

You can still go and see our students' artwork at the ZigZag Gallery Kalamunda until Sunday, 26 September.



Want to support a young person and make a positive life-long impact on their life?

CASUAL / RELIEF BOARDING HOUSE TEAM

1-, 2- or 7- day opportunities available.

Meals, accommodation, training provided.
Suitable for 18+ single, couples, male/female.

To find out more, contact Anne Tonkin:
0439 914 630 anne.tonkin@cac.wa.edu.au

Bake Sale

Carmel Prefects held a bake sale on Tuesday, 14th September. There's nothing like sweet cakes and slices to have students lining up to purchase the goodies.

The funds raised on the day will be to adopt an animal at Perth Zoo.

The Prefects raised \$574, which was a great effort.

The raffle prize was won by Felicity.

Congratulations!



Haystacks Cup 3

The third game in the Haystacks Cup Derby was played on Friday 10th September against Landsdale School at Warwick Stadium. The Carmel boys won their third successive game and the Carmel girls had their first loss by just 1 point.

A huge thank you to Nathan LaCava for doing an excellent job coaching the teams and well done to all the players for a fantastic effort.





Anchor Week 2021

Anchor week is a week of worship here at Carmel, where we can step away from regular school stress and struggles to really further our spirituality, starting each day with an extra spoonful of prayer, music and God's word.

For our second Anchor week of the year, we had the privilege of listening to Pr. John Beck, who shared with us his many stories. Students voiced to the prefect team, that they found this Anchor Week really interesting and engaging because of Pr. John's real-life stories, addressing real-life issues.

We started the week learning about his history and became more educated on Indigenous Australians history and the hardships faced when 'swimming the river' known as life. From this, he shared stories similar to that of The Prodigal Son encompassing the theme 'Come Home,' and further how the choices we make can affect our own lives and walks with God. Our Anchor Weeks Drama Team brought to life the story of the Prodigal Son through an original skit called, "The Child Prodigy."

As the week drew to a close, the message conveyed the theme 'The Storms,' and how hard times can strengthen you. Here Pr. John left us with the words, "Storms in our life will come and go, but if we build our life on the word of God, we will stand." This phrase linked to our theme song, 'Never Lost,' with the lyrics stating God "can do all things but fail," because he's never lost a battle. God's ultimate strength and power is a solid foundation for our relationship with him, and we can depend on him always - especially throughout the storms because he has never once lost a battle.

Prefects from the design team came together to create small take-home gifts for the students. These were small cork top jars containing mustard seeds and a sprig of rosemary. Mustard seeds are a symbol of faith, reminding us that faith can grow from small things, and were chosen to portray soil. The rosemary plant is a symbol of remembrance seen throughout the Bible. We paired these two things together to say remember this week. Remember the music, the stories shared by Pr John, and remember to continue growing your faith going forward from Anchor Week 2021.



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:

Pamper (Esther House) - Sept 25

Pamper (Esther House) - Oct 16

Hillbillies Reloaded - Oct 17

Refresh - Oct 21

*See the church Facebook page for more information.

Registrations
Close Sunday
October 10th @
11:59PM

2021 Adventurer CAMPOREE



**OCTOBER
22ND - 24TH**



Advent Park
345 Kalamunda Rd.
Maida Vale WA 6057



Register now at:

<https://events.adventist.org.au/event/info/7243>

Attendance Fees:

Adventurer Actipass (Day Pass)
\$45

Adventurer Actipass (Camping)
\$85

Staff, Parents/Guardians & Siblings
Free

Note: Free attendees are still required to register online prior to the event.

Catering Fees:

Child - Day Pass Adult - Day Pass
\$41 \$47

Child - Camping Adult - Camping
\$61 \$67

Note: Catering is an optional extra. Please speak to your club director to ensure you select the correct food option. Catered meals will include: Sabbath Breakfast, Lunch, and Dinner; Sunday Breakfast and Lunch.
*Breakfast is not included for 'Day Pass' attendees

School Chaplains



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

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

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

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REVISE
ONLINE



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Scientifically proven best practice

IMPACT OF PRACTICE



RETENTION

Practice tests embed memory better than all other study methods.



CONFIDENCE

Tests & exams feel easier when you've practiced heaps.



CLARITY

Find and close the gaps in your knowledge - *before* you lose marks for them.

START PRACTICING NOW

Remember, testing yourself makes you remember more, for longer.

7 WEEKS TO GO

Practice every day if possible.

CHANGE UP THE FORMAT

Do a full assessment in one sitting.
Take your time & work over a few days.
Practice both open book and closed book.

MARK YOURSELF

Otherwise, you can't learn from your mistakes.
Use 'teacher-student communication' where you're stuck. Sit with friends & mark each other.

When and how



HELP IS NOT ONE OF THOSE 4 LETTER WORDS

Not coping & don't know what to do?

Want to feel better again?

**INFORMATION SESSIONS
SEPTEMBER 20TH & 27TH, 2021
6.30PM FOR 7PM START
HELD AT 345 KALAMUNDA RD, MAIDA VALE**

dandarecoveryprogram@gmail.com

Phone: Kerry 0437 700 907 or Anne 0410 410 466

We want to help you!

NEDLEY
DEPRESSION & ANXIETY

RECOVERY PROGRAM™

Mental Health Week 2021

LOVE YOURSELF

A GUIDE TO WELLBEING

FREE WORKSHOP

FRIENDSHIPS



EXERCISE



NUTRITION



SLEEP



Date: Wednesday 13 October 2021

Time: 3:30pm- 4:30pm

**Venue: Kalamunda Senior High School Gym,
12 Cotherstone Rd, Kalamunda**

Come along to our fun workshop and discover how nutrition, sleep, friendships and self-talk play a vital role in maintaining your own wellbeing. Learn practical tips and tricks that will help you develop a mentally healthy lifestyle.

Registrations essential!

Book online via trybooking.com/BUGTW

Thanks to Kalamunda Senior High School for providing the venue for this event.

Want more information?

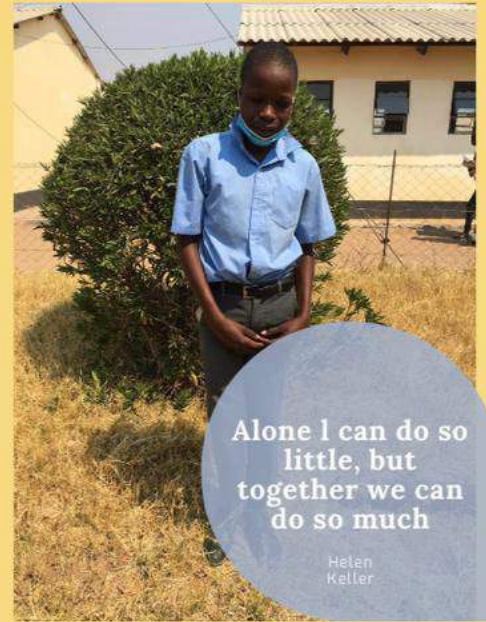
P - 9257 9968

E - youth@kalamunda.wa.gov.au

FB - @cityofkalamundayouth

W - www.kalamunda.wa.gov.au/youth





Alone I can do so
little, but
together we can
do so much

Helen
Keller

STANDING IN SOLIDARITY AGAINST
POVERTY, THROUGH EDUCATION

QuizNight

Professional
QUIZ
MASTER

JOIN US
FOR AN EXCITING QUIZ NIGHT!!
RAISING FUNDS TO PAY SCHOOL FEES FOR THE
UNDERPRIVILEGED CHILDREN IN TSHOLOTSHO, A RURAL
VILLAGE IN ZIMBABWE, AFRICA.

DATE : 9 OCT 2021

TIME : 1800-2000HRS

VENUE : 345 KALAMUNDA ROAD, MAIDA VALE

LIGHT SUPPER PROVIDED.

\$10 DONATION (PER PERSON) TOWARDS THE CAUSE.

BRING YOUR TEAM OF 4 FOR THE QUIZ.

RAFFLE TICKETS
MYSTERY PRIZES TO BE WON!!!

For more information contact Liz Tshabangu on 0412014068