



Year 2 celebrate 100 days at school!

Newsletter



CARMEL
ADVENTIST COLLEGE

August 11, 2021 | Term 3 | Issue 12

Happiness...

A 92-year-old, petite, well-poised and proud lady, who is fully dressed each morning by eight o'clock, with her hair fashionably coiffed and makeup perfectly applied, even though she is legally blind, moved to a nursing home. Her husband of 70 years recently passed away, making the move necessary.

After many hours of waiting patiently in the lobby of the nursing home, she smiled sweetly when told her room was ready. As she maneuvered her walker to the elevator, I provided a visual description of her tiny room, including the eyelet sheets that had been hung on her window. "I love it," she stated with the enthusiasm of an eight-year-old having just been presented with a new puppy.

"Mrs. Jones, you haven't seen the room just wait."

"That doesn't have anything to do with it," she replied. "Happiness is something you decide on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged, it's how I arrange my mind. I already decided to love it. It's a decision I make every morning when I wake up. I have a choice;

Events Calendar

Term 3

Primary Campus

- Yr 4-6 Water in Aboriginal Culture Incursion.....Aug 12
- Yr 2 Kalamunda History Village Excursion.....Aug 13
- Collaborative Canvas (NAIDOC)....Aug 16
- Yr 4 Kings Park Excursion.....Aug 17
- Yr 6 Carmel SDA Church Program...Aug 21
- Scholastic Book Fair.....Aug 23-25
- Book Week Parade.....Aug 27
- Flanno Friday for Father's Day.....Sept 3

Secondary Campus

- Team Sports Carnival.....Aug 17
- Jnr Basketball Interschool Comp...Aug 19
- Yr 11 Trip.....Aug 20-29
- Yr 10 Trip.....Sept 3-12
- Yr 12 Outdoor Ed Camp.....Sept 6-8
- Haystack Cup (Basketball).....Sept 10

continued

GENERAL



After School Mountain Biking

There is still space available for after-school mountain biking. Rides are on Tuesday afternoons from 3:30pm - 5:00pm.

Carmel Secondary students are also welcome to come and a pickup from Carmel Secondary can be arranged.

Contact brydon.eaton@cac.wa.edu.au for information.

Enrol for Vacation Swimming Lessons

VacSwim operates in the October and January school holidays, offering swimming lessons for children 5 to 17 years of age.

Enrolments are now open!

Find a program near you and enrol now by going to <https://www.education.wa.edu.au/enrolling-in-vacswim>.

VacSwim has helped children across Western Australia to stay safe and confident in the water for over 100 years. We offer:

- vital swimming and water safety skills
- lessons for beginner, intermediate and advanced swimmers
- a variety of programs ranging from five to ten days
- opportunities to progress through stages 1-16 and obtain Bronze Medallion
- lessons at over 180 pool and beach locations throughout Western Australia
- friendly, qualified swimming staff.

For any VacSwim enrolment queries, please telephone 9402 6412 or email vacswim@education.wa.edu.au



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.

Uniform Shop Volunteer Needed

The Secondary Uniform Shop are in need of a volunteer for a Wednesday afternoon. If you are available and interested, please speak to the Secondary Front Office.

Research Project

Please see the parent/guardian letter attached to the newsletter re: School Climate and Faith Development Project. This is for parents with students in Years 4 -12.

There will be an opportunity for your child to take part in a research project that gives them the chance to say what they think about the school climate and also the faith activities. Results will help schools identify areas for improvement.

If you are willing as a parent/guardian to allow your child to take part in this project, there is nothing further you need to do. Please let us know if you would prefer your child not to participate.

cont.

I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do. Each day is a gift, and as long as my eyes open I'll focus on the new day and all the happy memories I've stored away, just for this time in my life."

She went on to explain, "Old age is like a bank account, you withdraw from what you've put in. So, my advice to you would be to deposit a lot of happiness in the bank account of memories, thank you for your part in filling my memory bank. I am still depositing."

And with a smile, she said: "Remember the five simple rules to be happy:

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less, & enjoy every moment.



<https://www.facebook.com/BritishMindfulnessInstitute/>

PRIMARY

Cross Country Training

Training days for the term will be as follows:

Week 3 - 5: Monday & Thursday

Week 6 - 10: 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.

Book Week Parade Friday, August 27



On Friday, August 27 students are encouraged to dress up as a character from a favourite book.

We look forward to seeing your children in costume. Remember to bring the book!

Sporting Schools - Term 3

Sporting Schools (after school sports) has commenced (Wednesdays after school) and concludes September 8.

There are still **5 places available** in soccer for Year 3-6 students only. Please complete a permission form (available in the front office) if you wish for your child to participate.

Just a friendly reminder to be at the school no later than 4:30pm to collect your child/ren and see the teacher on duty prior to taking your child home.

Book Fair August 23 - 25

The Scholastic Book Fair is coming to Carmel from Monday, 23 August to Wednesday, 25 August.

This is an opportunity to purchase some great books for home or as gifts. Our library also benefits as we receive a percentage of the sales to put towards books for our library. Eftpos facilities available.

Any parents able to help with this event would be greatly appreciated. Please come and see the front office if you would be available.



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 (or the one your wives will let you leave the house in). If a flanno is not your thing the other option is to make sure you're wearing the most outrageous tie you own instead (the one your wife won't let you leave the house in).

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

We'll be feeding all the men and then your kids will be allowed out of class a little early for the day to be able to spend some time with you in their school environment.

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.**



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.



Chapel

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

This Friday (Aug 13)... Coordinating: Year 3 class
Speaker: Pr Cameron

Next Friday (Aug 20)... Our Year 4 class will be taking the Chapel program.

Pupil Free Day - Term 4

Friendly reminder to please mark Friday, 26 November on your calendar as a pupil free day. This will be a teacher PD day.



HAPPY BIRTHDAY

to the below students who celebrate an upcoming birthday!

Tayj (Yr 2)	Chilli (Yr 4)
Noah (Yr 5)	Oliver (Yr 4)
Edvin (Yr 1)	Imogen (Yr 3)

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



SECONDARY

Attendance/Absence

If students arrive after 8:55am, they need to go to Reception and sign in. If students arrive late, they should not proceed to class, without first signing in with Reception.

If students need to leave before 3:23pm, contact must be made by parents using one of the following methods: note, email, in person or via phone. Students must sign out through Reception before leaving.

If students are not at school at all, parents must contact Reception via phone/email/app and let them know.

Remember that if tests, exams, or assessments are due on a day students are absent, you must provide a doctor's certificate or a significant reason why you are absent, otherwise late penalties will apply.

Team Sports Carnival Tuesday, 17 August

The Team Sports Carnival will be taking place at Ray Owen Sports Centre on Tuesday 17th August.

Students will be joined by Landsdale Christian School and will be participating in Basketball, Netball, Soccer, and European Handball, with the first fixtures due to start at 9:45am.

Parents are more than welcome to come support and cheer on the students as they compete throughout the day.

Food will be on sale throughout the day with the designated lunch break from 11:40am - 12:30pm.

Students can bring their own lunch, are encouraged to bring a labelled water bottle and any personal first aid items (eg. Asthma puffer, strapping tape).

If students are making their own way to and from the venue, could you please send an email to their homeroom teacher.



Merredin Church Visit

Carmel Adventist College Prefects and Students travelled to Merredin Church to lead the worship service on July 31st.

It was a lovely trip and the students enjoyed sharing songs and their favourite Bible stories. Thank-you to Merredin Church for your hospitality and we look forward to next year!



Tafe Applications

TAFE applications are now open, and due 31st August. This is particularly relevant for current Year 10 and 11 students.

If you are wanting a copy of brochures outlining courses at North and South Metro TAFE available to secondary students, or have any general questions, please email Mrs Lobegeiger at amanda.lobegeiger@cac.wa.edu.au.

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

Do you have something in your mind that you've always thought would happen? Then it turns out things didn't work out the way you had hoped? Are you still cruising along life on 'Plan A'? Or, are you up to plan B, C or maybe 'Plan Z'?

Life never seems to go along exactly the way we plan. How do you react when this happens? You have a few options. Firstly, you could throw a big tantrum and stop trying. Secondly, you could complain all the time about how it didn't work out. Thirdly, you could re-adjust your plans and head towards a new goal. Lastly, you could stop making plans and just hope for the best. The options are endless.



Jesus disciples always thought that Jesus was going to become King in their lifetime and to take down the Romans with all of their soldiers. Plan A didn't really work out the way they thought it would. The Bible gives some simple advice, "Seek first God's kingdom and what God wants. Then all your other needs will be met as well." (Matthew 6:33)

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:

Soup & Buns - August 14

Bush Walk - August 14

*See the church Facebook page for more information.



8 week old Little Baby Rabbits for SALE!

These rabbits are tamed and super friendly.
Sex unknown.

\$30 each.

Please contact Sue Collett
on 0438 327 842



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 0409542865



BOOKINGS ARE ESSENTIAL

Kalamunda Cricket Club

Register now for Junior Cricket

Online at playcricket.com.au / Kalamunda
or in person, Kostera Oval:

Friday 20th August 6.00pm-8.00pm	Saturday 21st August 10.30am - 12.30pm	Sunday 22nd August 10.30am - 12.30pm
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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

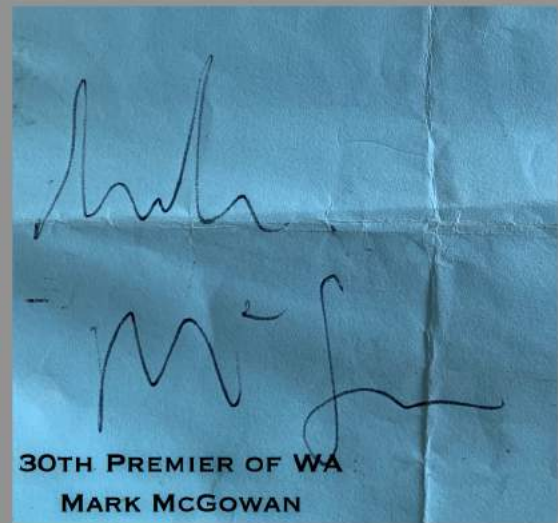
p. (08) 9293 5333

a. 210 Glenisla Rd, Carmel WA 6076

e. secondary_admin@cac.wa.edu.au



**PARLIAMENT HOUSE
EXCURSION**



**30TH PREMIER OF WA
MARK MCGOWAN**





PARENT INFORMATION
School Climate and Faith Development Project

Dear Parent/Guardian (of Year 4 – 12 Students)

This purpose of this letter is to provide the opportunity for your child to take part in a research project that gives them the chance to say what they think about the school climate and also the faith activities – at their school.

Developing a positive school climate is a vital part of providing the best possible environment for students to develop in. It includes aspects such as relationships, belonging and academic support. Likewise, being actively engaged in the faith activities of the school helps to fulfill the purpose of Adventist Education. The survey that the students will be invited to participate in will measure both of these areas. (Please do not hesitate to make contact should you wish further information about the survey or any aspect of the research.)

The researchers in this project wish to understand your child’s point of view regarding these two important areas through a survey that will take around 15-20 minutes to complete. It is something that will be completed in-class through an online survey that is completely anonymous.

Your child is free to change their mind and withdraw at any time. Not taking part or withdrawing will not negatively impact them in any way.

All information will be confidential in a password protected file on the lead researcher’s computer. These notes will be kept locked in the chief researcher’s office and destroyed after ten years. Results will help schools identify areas for improvement and may also be published.

If you are willing as a parent or guardian to allow your child to take part in this project there is nothing further you need to do. If however you are not happy for your child to participate, please let either the school know or the lead researchers listed below. Please note that at the time the survey is administered, each student will have the project fully explained to them, with the choice to participate or not.

Dr Kevin Petrie Avondale University College PO Box19, Cooranbong NSW, 2265 Email:kevin.petrie@avondale.edu.au Phone: +612 49802167	Dr David McClintock South Pacific Division of SDA Church 148 Fox Valley Road NSW, 2076 Email:DavidMcClintock@adventist.org.au Phone: +612 49771589
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This research project has been approved by the Avondale College Human Research Ethics Committee (HREC). Avondale College requires that all participants are informed that if they have any complaint concerning the manner in which a research project is conducted it may be given to the researcher, or if an independent person is preferred, to the College’s HREC Secretary, Avondale College, PO Box19, Cooranbong, NSW, 2265 or phone (02) 4980 2121 or fax (02) 4980 2117 or email: research.ethics@avondale.edu.au.



2nd August 2021

Dear Parent/Guardian,

RE: Adventist Christian Schools (WA) Wellbeing Action Plan 2021-2022.

Adventist Christian Schools Western Australia (ACSWA) is focused on the holistic development of each student's spiritual, social, physical, and academic qualities. Five schools comprise ACSWA all with dedicated staff that work hard to provide learning opportunities for students from Kindergarten to Year 12 that help them achieve their highest potential. As Christian educators, ACSWA offers schools with a breadth of experiences with the aim to help students become well rounded and balanced citizens, and individuals with a Biblical values system who understand that life has a reason for existence, and that in Jesus Christ a positive hope for the future exists.

ACSWA has embarked on a new initiative, the '**We Act Plan**', that aims to elevate and prioritise wellbeing as an area of focus within and across our five schools. The Commissioner for Children and Young People in WA estimates that 1 in every 7 children aged 4 to 17 years had experienced a mental disorder over the previous 12-month period, with approximately 1 in 5 adolescents aged 11 to 17 years suffering from high or very high psychological distress¹.

We know that how schools engage with the issue of wellbeing can have a significant positive impact on how young people engage with support and treatment both in the immediate and future as adults. We equally know that young people thrive best at school in safe and supportive environments that cultivate and nurture positive relationships between students, staff, and parent/guardians. Indeed, the simple act and regular practice of noticing and appreciating a few positive things that went well during the day can become a school-wide habit that can help counteract natural biases to ruminate on negative experiences and what went wrong, or worries for the following day.

The evidence base is overwhelmingly clear. 50+ years of national and international research has shown that children whose parents/guardians are actively engaged in their learning, are more likely to

¹ Commissioner for Children and Young People 2020, Progress update for agencies on the recommendations from the 2015 Our Children Can't Wait report, Commissioner for Children and Young People WA, Perth.

experience smoother transitions into primary school and then into secondary education, exhibit better attendance and retention, motivation, and self-belief. This leads to improved academic performance and outcomes, social and emotional wellbeing, and ultimately, a greater likelihood of Year 12 attainment and making a successful transition into adulthood, post school study and employment, as well as to experience better health trajectories across the life span (Australian Research Alliance for Children and Youth, see: <https://www.aracy.org.au>).

Hence, as key stakeholders, your input will be crucial to shaping this new ACSWA wellbeing initiative and ensuring it meets the needs of our students, staff, parents/guardians, and schools both as a group and individually, but importantly aligns closely with our values as Adventist Christian Schools.

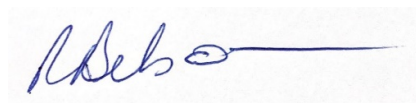
To support this initiative ACSWA has brokered a priority relationship with the Association of Independent School of Western Australia (AISWA). It is anticipated this priority relationship will enable access to a range of services that will supplement training and professional learning, as well as help guide the consultation process across and within our schools. This process will be led by Dr David Mander who is a registered Psychologist and Consultant with the AISWA and supported by Dr Leanne Lester, Echo Research.

Creating a picture of what a school community could look like, at its best, starts with getting a baseline and understanding the present state of wellbeing. This information can then be used to inform existing or new wellbeing initiatives and empower schools to become positive change agents in the learning journey and wellbeing of their students. Subsequently, during the second half of this year you will be invited to participate in a wellbeing focus group and/or online survey. These are not compulsory tasks, and all information will remain strictly confidential and deidentified.

Further information will be provided as we consolidate dates for the focus groups and the online survey, however should you wish to discuss this matter prior to this, please contact Rhonda Belson, Director of Education P: (08) 9398 7222/0428 459 294, E: Rhonda.Belson@wa.adventist.edu.au or contact Dr. David Mander P: (08) 9441 1647/0437 334 289 E: dmander@ais.wa.edu.au All communication will be treated as confidential.

Thank you for your attention to this matter.

Yours sincerely,

A handwritten signature in blue ink, appearing to read 'R. Belson', followed by a long horizontal line extending to the right.

Rhonda Belson
Director of Education.