



CARMEL PRIMARY
ADVENTIST COLLEGE

October 9, 2018 | Term 4 | Issue 14

Think *positive*, and positive things will happen.

The Power of Positive Talk

My dad taught me the power of language at a very young age. Not only did my dad understand that specific words affect our mental pictures, but he understood words are a powerful programming factor in lifelong success.

One interesting event occurred when I was eight. As a kid, I was always climbing trees, poles and literally hanging around upside down from the rafters of our lake house. So, it came to no surprise for my dad to find me at the top of a 30-foot tree swinging back and forth. My little eight-year-old brain didn't realise the tree could break or I could get hurt. I just thought it was fun to be up so high.

My older cousin, Tammy, was also in the same tree. She was hanging on the first big limb, about ten feet below me. Tammy's mother also noticed us at the exact time my dad did. About that time a huge gust of wind came over the tree. I could hear the leaves start to rattle and the tree begin to sway. I remember my dad's voice over the wind yell, "Bart, hold on tightly." So I did. The next thing I know, I heard Tammy screaming at the top of her lungs, laying flat on the ground. She had fallen out of the tree. I scampered down the tree to safety.

Events Calendar

OCTOBER

- Students commence Term 4.....October 9
- P & F Committee Meeting.....October 10
- Mud Day.....October 12
- Storytime in the Bush commences....Oct 16
- Combined Schools Sport Day.....October 26
- Step Up to Secondary.....October 31

NOVEMBER

- Orientation Day.....November 9
- P & F Committee Meeting.....November 14

Continued

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General

Combined Schools Sport Day

We encourage families to come along and support the students at the annual Combined Schools (Carmel, Vic Park & Landsdale) Sports Day on Friday, October 26 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.



Transportation Requirements

Please read and complete the Combined Schools Sports Day form on page 10 of the newsletter. A hardcopy will be sent home with your child on Wednesday. Please return to Narelle at the front office **by Monday, October 15**. Thank you.

Parent Information

To assist with the smooth running of the Combined Schools Sport day, please read the important information on page 11 of the newsletter. This contains information about buses, lunch and arrival & end of day procedures.

Thank you for taking the time to read this.

Parent Helpers Needed

We require parent helpers to assist our teachers with the different aged groups, as they walk around and participate in the various sport activities throughout the morning.

If you can assist, please call the school or email primary@carmelcollege.wa.edu.au

Uniform Shop Hours

The Primary Campus uniform shop is open between 8:45am - 9:15am every Friday.

The Secondary Campus uniform shop is open:
Monday and Thursday – 8:30am to 9:30am
Tuesday – 3:30pm to 4pm

Got some uniforms to sell?

Join the **Carmel Adventist College Primary – Buy, Swap or Sell** page on Facebook and post them there!



Mud Day

Mud Day is on THIS **Friday, 12th October!**

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

Please see page 9 for further information about this fun day.

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 the Friday.

There will be **NO lunch orders** and **NO chapel**.

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

Subway Lunch Days

Subway lunches will be happening this term on...

Friday, Nov 2 and Thursday, Dec 6

Keep an eye out for the order forms that will be enclosed in the newsletter two weeks prior to the dates. Thank you.



cont.

My dad later told me why she fell and I did not. Apparently, when Tammy's mother felt the gust of wind, she yelled out, "Tammy, don't fall!" Tammy fell.

My dad explained to me that the mind has a very difficult time processing a negative image. In order for Tammy to process the command of not falling, her nine-year-old brain had to first imagine falling, then try to tell the brain not to do what it just imagined. Whereas, my eight-year-old brain instantly had an internal image of me hanging on tightly.

This concept is especially useful when you are attempting to break a habit or set a goal. You can't visualise NOT doing something. The only way to properly visualise not doing something is to actually find a word for what you want to do and visualize that. If our parents can set a lifetime of programming with one wrong statement, imagine the kind of programming you are doing on a daily basis with your own internal dialogue.

Here is a list of some toxic words: But - Negates any words that are stated before it. Try - Presupposes failure. If - Presupposes that you may not. Might - It does nothing definite. It leaves options for your listener. Would Have - Past tense that draws attention to things that didn't actually happen. Should Have - Past tense that draws attention to things that didn't actually happen implies guilt. Could Have - Past tense that draws attention to things that didn't actually happen but the person tries to take credit as if it did happen. Can't/Don't: These words force the listener to focus on exactly the opposite of what you want.

<http://www.dailytenminutes.com/2012/04/story-power-of-positive-talk.html>

School Fees

Your monthly fee statements were posted last week. Just a gentle reminder that school fees need to be finalised by the end of November.

Option B (Term-by-Term) – to receive your 2.5% discount your final payment is required on or before Friday, 19th October.

If ever you have any questions or concerns regarding your fees or are unable to make your scheduled payments please contact either Narelle Duncan at narelleduncan@adventist.org.ar or Janine Taylor at janinetaylor@adventist.org.au

Thank you for ensuring your fee payments are kept on track.



Orientation Day – November 9

Our Orientation Day is on Friday, November 9 and it is your opportunity to invite new families along. New students have the opportunity to visit our school for a day, where they can have a look around, participate in their classes and meet their new teacher and classmates.

Share the good news about Carmel with your family, friends and work colleagues and encourage them to book their place for Orientation Day.

Carmel Primary

The primary school has a specific half-day program for prospective Kindy students. Students in Years Pre-Primary to Year 6 are also invited to attend for the day and spend it with their appropriate class. All students in our school will be advanced into the grade that they will be going into next year.

Carmel Secondary

At the secondary, the day is designed for students beginning high school in 2019. The focus is to familiarise students with the high school life and to assist with a smooth transition.

Bookings are essential.

Please contact Carmel Primary on 9291 6399 or Carmel Secondary on 9293 5333.

Market Day

Thank you so much to our Year 5 students and families for your massive effort in a successful Market Day. Approximately \$4,000 was raised!!!

Also, thank you to our Year 6 students, teachers and all the students and families that have supported raising funds for Cambodia over the last year!

Check out the photos on page 12 from this fun day!



Term 4 School Banking Rewards now available!

Exciting new Term 4 rewards with a Super Savers theme are now available, while stocks last!!



Slushie Maker Cup



Zoom Flying Disk

School Banking is also a great fundraiser for our school, raising 5% on every deposit made through the school (to a maximum of \$10 per individual deposit).

Thank you for supporting the School Banking program and don't forget that **Tuesday** is School Banking day!

Staff News

I thought would just fill you in regarding a few temporary changes to staffing for Term 4. This is a situation that is quite unusual for us, but we have four different teachers, all on different types of leave, who will have periods of absence this term.

As all of the leave requests have been known for some time, we have been able to find excellent relief staff to cover their classes. Each of the teachers concerned has been able to leave the work they need completed during this time ready and waiting so disruption to students will be minimal.

Long Service Leave – Mr Jonathan Hughes (Year 4) is currently enjoying some time in Canada. Mr Hughes will return to school in Week 4 of Term 4. Mrs Kahlie Blazicevic will be filling in for Jonathan for the 3 weeks. Mrs Blazicevic is an experienced teacher and we are very pleased that she has been so willing to help out in Year 4.

Paternity Leave – Mr Brydon Eaton will be taking paternity leave. We cannot give exact dates just yet, but it will be early in Term 4. We wish Brydon and Shanà all the very best as they await the birth of their second baby.

Sick Leave – Mrs Karyn Stanton (Year 6) will be away for the first three weeks of Term 4. Mrs Stanton had surgery in the last week of Term 3 and has been strongly advised to take the recommended 6 weeks off work. Mrs Stanton was able to organise her time off so that two weeks of this time period were during the term break to minimise disruption to the class.

I visited Karyn earlier this week and she is making good progress. Mrs Amanda Lobegeiger will fill in the bulk of this time for Karyn as she has already worked with the class during Karyn's study leave in Term 3 and is familiar with the students and the program. Mrs Taylor will fill in the other day or so a week as has also occurred during study leave.

Maternity Leave - Mrs Wennie Habekost - Year 2 (3 days per week). Mrs Habekost has applied to begin her maternity leave on the 9th of November. It is a very exciting time for her as she awaits the birth of her first baby. During her absence, Mrs Jodee Walker will increase her load to 3 days a week and Miss Daneka Brooks will pick up the extra 2 days a week until the end of the school year.

Daneka has been working with several students in Year 2 for the past term and so has developed a good feel for the class and has come to know the students quite well. Daneka is also able to continue her work with Kindy and Pre-Primary as part of this arrangement, and will continue with as much of her work with our individual students as is possible to fit in. She will be very busy, but we have found her to be very capable.



VACSWIM 2018/2019

Enrol your children now in VacSwim swimming lessons during the summer school holidays.

VacSwim offers affordable swimming lessons across the State giving children the opportunity to learn to swim in a safe and enjoyable environment.

Enrolments for all programs are now open.

Your children can join in the fun of learning to swim for just:

\$7.00 per child for a five day short program
\$13.00 per child for all other programs.

It's even cheaper if you have three or more children:
\$18.00 a family for a five day short program
\$35.00 a family for all other programs.

The family enrolment discount only applies to three or more immediate family members or a blended family living permanently at the same address (proof may be requested).

Separate entry fees may be required at pool centres for participants and accompanying family members.

To find out more about VacSwim and to enrol online please visit education.wa.edu.au/swimming.



Sport

Sport Shoes

In preparation for the Combined Schools Sport Day, there will be days where students will have the opportunity to train for certain events.

Please have your child/ren bring their running shoes in their bag on the following days.

Week 1 - Tuesday & Thursday

Week 2 - Tuesday, Wednesday, Thursday

Week 3 - Tuesday, Wednesday, Thursday

After School Activities

Sporting Schools starts again on Wednesday, 17th October and runs for 7 weeks.

The sport options available this term are:

Basketball (Pre-Primary to Year 6)

2nd Sport Option is TBC

Mountain Biking and **Chess** are also **TBC**

Permission forms with the confirmed sport options will be sent home this week. Please complete and return this form asap if you wish for your child/ren to participate in these after school activities. Places are limited.

Please be at the school no later than 4:30pm to collect your child/ren and sign the attendance sheet prior to taking your child home.

Water Bottles

With the weather warming up, just a reminder to parents to please give your child/ren a water bottle to bring to school on the days they have sport.



P&F

The P&F are looking for an energetic parent volunteer to coordinate the quiz night (to manage and/or MC the event).

CAN YOU HELP?

The P&F would also like to ask volunteers to help in any small role they are able to.



2018 Cross Country Results

It was a freezing but fabulous morning for our annual cross-country run. Well done and congratulations to all our students in Kindergarten to Year 6.

Thank you so much to our parents, grandparents and friends who came along and cheered the students as they sprinted towards the finish line.

The medals for Cross Country will be presented in Chapel on **Friday, 19th October**.

Please come along and support our students.

Year/Gender	First Name	Last name	Placing
3yr Kindy Girls	Clarissa	Rogers	Gold
	N/A	N/A	Silver
3yr Kindy Boys	N/A	N/A	Gold
	N/A	N/A	Silver
4yr Kindy Girls	Ashlyn	Johansson	Gold
	Karah	Lankowski	Silver
4yr Kindy Boys	Tayj	Dixon	Gold
	Eden	Okiro	Silver
Pre-Primary Girls	Mahleeya	Phan	Gold
	Rachel	Kwe	Silver
Pre-Primary Boys	Anesu	Watadza	Gold
	Levi	Collett	Silver
Year 1 Girls	Sophie	Bacea-Anton	Gold
	Isabelle	Lankowski	Silver
Year 1 Boys	Cal	Kwe	Gold
	Elisha	Dixon	Silver
Year 2 Girls	Jenae	Johansson	Gold
	Trinay	Mulder	Silver
Year 2 Boys	Oliver	Tonkin	Gold
	Ezekiel	Hanbury	Gold
	Wade	Stanton	Silver
Year 3 Girls	Isabella	Foster	Gold
	Alayna	Walker	Silver
Year 3 Boys	Judd	Pearson	Gold
	Will	Pearson	Silver
Year 4 Girls	Edna	Gongar	Gold
	Caitlin	Hanbury	Silver
Year 4 Boys	Clay	Walker	Gold
	Jadon	Stankovic	Silver
Year 5 Girls	Suzie	Smoker	Gold
	Evelyn	Bacea-Anton	Silver
Year 5 Boys	Kai	Leitis	Gold
	Zeke	Stafford	Silver
Year 6 Girls	Claire	Smoker	Gold
	Thandeka	Dube	Silver
Year 6 Boys	Taj	Walker	Gold
	Riley	McMillan	Silver



Chapel

Please note that we have our weekly Chapel program every **FRIDAY** morning from 8:50am to 9:30am in the Multipurpose Room (located next to Library).

This **Friday (October 12)**, there will be no Chapel due to Mud Day!

Next week (**October 19**), our Year 2 class will be coordinating the program. Pr Terry is our guest speaker.

We look forward to seeing you there!

Church News

Carmel College SDA Church

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

Upcoming Events

Church Social – Movie Under the Stars – October 13
 Hillbillies Men's Breakfast – October 14
 Carmel Cares Service Team – October 14
 Youth Café – October 19
 Yr 10 Cambodia Church Program – October 20
 WOW 'Fill My Cup' Afternoon Tea – October 21

MOVIE NIGHT UNDER THE STARS

Presented by : Carmel Church Social Committee

JOIN US FOR A FUN NIGHT FOR ALL AGES INVITE YOUR FRIENDS

October 13th, 2018 • 5:30 PM Movie Starts 7pm
 B.Y.O Picnic tea, ice cream & popcorn is provided.
 Venue: Carmel Adventist College Church Lawn
 Please note this is a free event.
 Bring your Blankets & Bean bags

If you have some notices that you would like to share from your local church, please email to JoannePearson@adventist.org.au



Lighthouse Christian Theatre are giving away 5 family passes to PILGRAM for the Sunday afternoon (21 October at 2pm) performance.

Simply email Lighthouse (LighthouseChristianTheatreCo@gmail.com) and state that you are from Carmel Primary. The first 5 Carmel Primary families win!

See the insert in the newsletter for details.

Operation Christmas Child

If you haven't yet had an opportunity to bring in items for the shoe boxes, we are still collecting. Below is the list:

- **School Supplies** (pencils, crayons, paper...)
- **Toys** (ball, games, puzzles, cars, lego...)
- **Hygiene Items** (soap, brush, toothbrush)
- **Something to Love** (doll, stuffed animal..)
- **Clothing** (socks, t-shirts, shoes, shorts...)

Items can be placed in Mrs Warchol's room (located across from library).

Keep an eye out in the newsletter for the shoe box packing day!




Carmel Adventist College
Cambodia Mission Yr 12

Fundraiser

Saturday October 13th
7pm-9pm
Entry \$12 Skate/Blade Hire \$3



Music! **Prizes!**
Games!



95 Catherine Street,
Morley, 6062
PH: 9276 9870

If you have any notices for the next newsletter, please email to joannepearson@adventist.org.au by

Thursday, October 18

Happy Birthday!

Happy Birthday to the following students who celebrate an upcoming birthday!



**Tyson (PP), Elliana (Kindy),
Sophie (Yr 1), Tigran (Yr 4),
Harper (PP) and
Mirabel (Yr 6).**

We pray that God will bless you in the year ahead.



Like us on Facebook for regular information updates.
Search for Carmel Adventist College Primary.

SCHOOL TERM DATES 2018

Term 4 Tuesday, Oct 9 – Tuesday, December 11



SCHOOL TERM DATES 2019

Term 1 Monday, February 4 – Friday, April 12
Term 2 Tuesday, April 30 – Friday, July 5
Term 3 Tuesday, July 23 – Friday, September 27
Term 4 Tuesday, October 15 – Tuesday, Dec 10



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ADVENTIST COLLEGE

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MUD DAY 2018

It is that time again! Mud Day is an opportunity for children to celebrate nature, outdoors, and mess, by getting really muddy. Students will have the opportunity to roll, squish, slide and splash in the mud.

Our mud pit and slide is located at the Secondary Campus near the dam. This year we again have a mud obstacle course!

Students will have the opportunity to enjoy the mud pit this Friday, October 12 at an allocated time (see below...start and finish times are approximate).

Friday, 12th October

Years 2, 3 & 4:	9:30am to 11:00am
Kindy, Pre Primary & Year 1:	11:00am to 12:30pm
Years 5 & 6:	12:30pm to 2:00pm

(**There will be **NO LUNCH ORDERS** for Students**)

On Friday, ALL students are to wear their **SPORT UNIFORM**. **Years 2, 3 and 4 students can come to school in their old clothes and change into their sport uniform afterwards.

THIS ACTIVITY IS ENTIRELY OPTIONAL. NO STUDENT WILL BE FORCED TO PARTICIPATE IN THE MUD PIT.

If your child/ren would like to participate in the MUD PIT, here is some important information:

- Pack an old towel, old clothes, thongs, change of underwear and tough plastic bag. Students will need to be washed down after the mud pit.
- **MUST WEAR** swimming goggles (mud/clay can sting if you get it in your eyes) and **HIGHLY RECOMMEND** a swimming/shower cap/beanie if you have long hair. It can take a lot of time to wash the mud out of long hair.
- Bring along the oldest, most ragged clothes that you have almost outgrown to change into for the mud pit. You may not want to take these home again as they will be thick with mud!
If you do want the clothes brought home after the event, ensure you have a tough plastic bag. If you would prefer the clothes do not come home, send a note and we will dispose of them in our big bin.
- Basic rinsing facilities will be available.
- Students need to change into their sports uniform again, after the mud pit.
- If your child has been sick or you simply would prefer they did not play in the mud, just ensure the class teacher knows.



2018 Combined Schools Sports Day

Friday, 26th October

The Combined Schools Sports Day will be held on Friday, 26th October at **Gerry Archer Athletic Field, Abernethy Road (cnr Leach Hwy), Cloverdale**. All students from **PP-Year 6** are expected to participate in this event. *NOTE - This will be a normal school day for 4 Year-Old Kindies.*

Students need to wear their Carmel Primary summer sport uniform. School hats are also required. Sport shoes (as per Handbook) are to be predominantly white, blue or black.

Transportation - Please return this form by Monday, 15th October

Tick boxes for **both AM and PM transportation arrangements.**

My child/ren will be catching the **AM** school bus to Gerry Archer Athletics.

My child/ren will be catching the **PM** school bus back to school at the end of the Sports Day Program.

I will be transporting my child/ren **TO / FROM / BOTH** the athletics field (please circle).

STUDENT NAME/S:

_____ YEAR: _____

_____ YEAR: _____

_____ YEAR: _____

_____ YEAR: _____

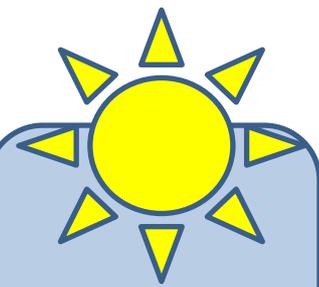
Parent Name: _____ Signature: _____

Emergency Contact Details for the day:

Name: _____ Phone Number: _____

Please list any medical details that we may need to be aware of for the day:
eg. Exercise induced asthma, bees-sting etc.

**Please ensure that your child has any medications that they may need (eg Puffer, Epi-Pen). They can give this to the group leader to mind however, it is important that it is close by.



SUPPORT OUR SCHOOL

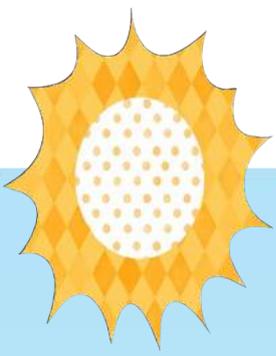
Parents and friends are most welcome to come along and watch. Why not show your support for the school by wearing our sporting colours, Royal Blue and Gold.

COLOURS

Students who wish to have sporting colours put in their hair – need to do this with your parent’s assistance PRIOR to arriving at the field. Please do not bring coloured hair sprays into the ground.

** Please do not paint the students faces with coloured face paint as this becomes very uncomfortable when the students are running and perspiring. It has also been found to stain clothes.





Parent Information

Combined Schools Sports Day

The Combined Schools Sports Day will be held on Friday, October 26 at **Gerry Archer Athletic Field, Abernethy Road (cnr Leach Hwy), Cloverdale.**

DON'T MISS THE BUS

Students traveling by bus to the field will need to be at school **ON TIME**. The buses cannot wait for students arriving late. Buses will be leaving the school at **8.50am SHARP!**

Students travelling directly to the field need to be there by 9.00am.

LUNCH

All Carmel students need to stay with the Carmel school group for lunch. Parents and friends are welcome to join us for lunch.

Please note: All students need to hand their ribbons/cards to the Carmel Teachers as soon as they have finished the morning events. These will be returned back to students at school the following week.

CANTEEN AVAILABLE

Landsdale Christian School will be running a canteen on the day.

Lunch Order forms will be sent home this week.

ARRIVING...

For parents transporting their children directly to the field, please note the following: **Students need to be at the track by 9am.**

Please report to **Mrs Blagden** upon arrival to collect your card. **Mrs Blagden** will show you which area to put your bag in and also where to line up for the opening announcements.

Students need to be supervised by their parents prior to the commencement of the program. Carmel will only have two or three staff members at the grounds and they will be busy setting up for the various events. The rest of the staff will be travelling to the field on the buses with the students. Please note that children are **NOT** allowed to play on the tracks or with sporting equipment before the official event starts.

END OF THE DAY PROCEDURES...

All Carmel students are required to stay in the assigned Carmel area until checked off the attendance list. Teachers signing off students will be wearing their 'High-Vis' vests. All students belonging to one family need to be signed off together. Please be grouped together before coming to be checked off.

Students Travelling Home by Car

These students will need to be signed off by **Mrs Keating** and **Mrs Hort**

Students Travelling Home by School Bus

These students need to be signed off by **Mrs Blagden** or **Mrs Pearson**

Leaving Early

If you need to take your child from the Sports Field **BEFORE** the conclusion of the program, please ensure that you have your child/ren's name checked off **PRIOR** to leaving. **Mrs Duncan** is the designated staff member to see about this.

*If you indicated one thing on your transportation forms previously sent in and then change plans on the day, please contact **Mrs Duncan** during the lunch break to let her know so that our lists can be modified.*





PILGRIM

BASED ON *PILGRIM'S PROGRESS*, BY JOHN BUNYAN

Lighthouse Christian Theatre
in conjunction with
Carmel Adventist College
presents

Pilgrim

A contemporary musical, adapted from John Bunyan's classic work, *Pilgrim's Progress*.
Using Bunyan's allegories, the play conveys biblical themes of faith, repentance, friendship, hardship,
temptation, death and eternity.

Performance Dates:

7 PM Saturday 20th October

2 PM Sunday 21st October

Doors open 30 minutes before performance

Venue:

Carmel Adventist College Gym, 210 Glenisla Rd, Carmel

Tickets:

\$10 Adults

\$5 children (4-12 years)

\$20 Family (2 adults & 3 children)

Door sales available or go to <http://bit.ly/2BALcUz> to purchase online

Refreshments available for purchase

Contact LighthouseChristianTheatreCo@gmail.com for further details.

Facebook: Lighthouse Christian Theatre Perth

Proceeds support the development of performing arts in Adventist schools and communities.

Brought to you by the producers of *Jericho Road Perth* (2017)

LIGHTHOUSE
CHRISTIAN THEATRE

