



**CARMEL PRIMARY**  
ADVENTIST COLLEGE

October 22, 2018 | Term 4 | Issue 15

Embrace the pace of *your own* journey.

## Run Your Own Race...

I was jogging one day and I noticed a person in front of me, about 1/4 of mile. I could tell he was running a little slower than me and I thought, "Good, I will try to catch him". I had about a mile to go on my path before I needed to turn off so I started running faster and faster.

With every block I was gaining on him just a little bit. After just a few minutes I was only about 100 yards behind him so I really picked up the pace and pushed myself. You would have thought I was running the last leg of the Olympics. I was determined to catch him. Finally I did it! I caught and passed him by. I felt pretty good with myself. "I beat him!" Of course he didn't even know we were racing.

After I passed him, I realised I had been so focused on competing against him that I had missed my turn. I had gone nearly six blocks past it. I had to turn around and go all the way back.

Isn't that what happens in life when we focus on competing with co-workers, neighbours, friends or family, trying to outdo them or trying to prove that we are more successful or more important? We spend our time and energy running after them and we miss out on our own paths to our God given destinies.

## Events Calendar

### OCTOBER

Combined Schools Sport Day.....October 26

Step Up to Secondary.....October 31

### NOVEMBER

Subway Lunch Day.....November 2

Orientation Day.....November 9

Remembrance Day.....November 11

P & F Committee Meeting.....November 14

Yr 6 Carmel Church Program....November 17

After School Activities conclude.....Nov 28

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 this 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. (\*This will be a normal school day for 4yo Kindy students.)

**IMPORTANT:** Should any issues arise **on Friday** or your child is unable to attend, please contact Narelle Duncan on her mobile 0458 475 506.



## Parent Information

To assist with the smooth running of the Combined Schools Sport day, please read the important information on page 7 of the newsletter. This contains information about buses, lunch and arrival & end of day procedures.

Thank you for taking the time to read this.

## Can you help?

We require 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 front office on 9291 6399 or email [primary@carmelcollege.wa.edu.au](mailto:primary@carmelcollege.wa.edu.au)

## School Absence

When your child is unable to attend school, we ask that you please notify the school prior to 9am by phone, email or written note and specify the **reason for absence** (eg sick, family reasons, doctor, dental or specialist appointment), so that this can be noted on our attendance records.

Please note: when no reason for absence is provided, this is recorded as unapproved absence.



## Our Orientation Day is on... Friday, November 9!

New students will 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. All students in our school will be advanced into the grade that they will be going into next year.

### Carmel Primary

New families are invited to stay and join us at 9:30am for a short parent information session. Families will also meet our Principal, Mrs Janine Taylor and our Chaplain, Mrs Nicola Warchol. Morning tea will be provided.

### 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. Lunch will be provided for these students.

Parents are invited to stay for a morning tea and to meet and chat with the Principal, Mr Nicholas Thomson, and Deputy Principal, Mrs Jessica Foster.

### Bookings are essential.

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

## Subway Lunch Day

The next Subway lunch is on Friday, November 2.

The cost will be \$7.00 for a 6 inch Veggie Delight roll, drink and a cookie.

Order forms will be sent home with your child/ren today and will need to be **returned** no later than **Monday, October 29.**





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The problem with unhealthy competition is that it is a never-ending cycle. There will always be somebody ahead of you, someone with a better job, nicer car, more money in the bank, more education, better behaved children, etc. But realise that "You can be the best that you can be, you are not competing with anyone."

Some people are insecure because they pay too much attention to what others are doing, where others are going, wearing or driving. Instead celebrate what God has given you! You'll be blessed by it. Stay focused and live a healthy life. There's no competition in DESTINY, run your own RACE and wish others WELL!!!

<http://www.dailytenminutes.com>



## Special Photo Orders

Following our recent school photography by Kapture, you can now view and order any special photos taken on the day.

When visiting [www.kapture.com.au/event.asp](http://www.kapture.com.au/event.asp) you will need to enter our school code under the Sports & Event tab to access the gallery; **Code: 2QRPWP.**

## Option B (Term-by-Term) Fee Payments

Option B Term-by-Term fee payments for Term 4 were due on Friday, 19<sup>th</sup> October. The discount date unfortunately has now expired.

## Scholastic Orders

Scholastic Book Club catalogues were given to your child/ren the first week back.

Order online or drop your order form and money to the front office.

Orders are due back by this Friday, October 26.

Every order earns 20% back in rewards for our school.



## After School Supervision & Pick-up

The safety of your children is of paramount to us and because of this we have policies and routines in place to ensure that students leave the grounds safely once school is over for the day.

The Kindy and Pre-Primary classes are dismissed at the 3:10pm bell. The final bell for the day is at 3:15pm. For Years 1–6, classwork is finished and students dismissed at this time. If parents have not arrived by this time, students from Year 1-6 are to make their way to the front of the school (near the library) and sit on the wall where teachers are on duty to supervise until parents arrive.



If students are riding their bike home, students are to collect their bike, walk to the drink fountain outside the staffroom and wait for a teacher to assist with crossing the road.

If students are catching the bus home, they are to make their way to the front of the school (near the front office) and line up in the respective bus line.



### IMPORTANT

Please ensure that any change of plans to afternoon transport details are made directly to the class teacher or through the office by a parent or a guardian (not a student). This includes students using the free shuttle service down to the High School. Changes to plans can be through a written note, a phone call or an email by a parent or guardian.

Please note that in the absence of permission from you, we have no choice but to follow the regular routine for your children. Thank-you.

## Lost Property

There are a number of items of lost property that have been collected from last term.

If you have misplaced anything, please check the lost property cupboard located outside near the staffroom and reclaim your items.

**Come along to our next Parents & Friends Committee meeting.**

**Next Meeting...**

**Wednesday, November 14  
at 6:30pm in the staffroom.**







## THANK-YOU!

A lot of preparation goes into making Mud Day happen.

We would like to acknowledge Mr Jeff Wallis and Mr Darren McMillan for saving us hours of weeding in the mud by cleaning out the mud pit. Also to our staff that came and assisted.

It was definitely a memorable day for our students and staff!

For more photos, see the newsletter and Facebook.

## Sport

### Sport Shoes

In preparation for the Combined Schools Sport Day on Friday, students will be training for certain events.

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

**Tuesday. Wednesday, Thursday**



**CONGRATULATIONS to our... 2018 Cross Country Run & MTB Medal Recipients!**





# From our Chaplain...

I attended an information evening last week entitled, Work Life Balance. While they spoke about principles of healthy living, another activity was to record how long we spent doing everyday tasks on an average day. We then wrote down the three top priorities in our life. I have to say it was confronting to see this information side by side.

Last week I was invited to join our Year 5 class as they were at a special part of their Encounter (Bible) class. They too had been discussing priorities and what was important to them. Each child had the opportunity to make a commitment to God, at a level they felt comfortable with. Being invited to share this activity was special as students were actively thinking about who and what they wanted to make important in their life.

A priority for us here at Carmel is that each morning, all students and teachers start their school day together in worship. This is a quiet time to stop after the morning rush, a time to refocus and spend time in worship. Inviting Jesus to be part of our day is something we value.

While the workshop I attended gave no magical fix for a healthy work life balance, it did allow the time to focus on what was important which I found helpful. We read in John 10 that Jesus came that we may have life and have it to the full. This is what God wants for us – life to the full. It is our prayer for you and your families too.



God bless,  
**Mrs Nicola Warchol**  
Chaplain



## 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

iFollow – 26 October  
Youth Social – Go Karting – 27 October  
Adventurers Camp – 26-28 October  
WOW Cruise – 30 Oct-3 Nov  
Church in the Park – 10 November

### 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 26)**, there will be no Chapel due to the Combined Schools Sport Day!

Next week (**November 2**), Yr 10 from Carmel Secondary will be coming to speak to us regarding their Cambodia Service Trip.

We look forward to seeing you there!

If you have some notices that you would like to share from your local church,  
please email to [JoannePearson@adventist.org.au](mailto:JoannePearson@adventist.org.au)



## Avocados for Sale!

3 for \$5.00 or 6 for \$10.00.  
Contact Nancy Padula on  
0419938564.

## Piano Lessons

Sandi Lowe has openings in her schedule for piano lessons during school hours in 2019.

For more information call 0447 006 209 or email [sandra@bellasonata.com.au](mailto:sandra@bellasonata.com.au)



## After School Arts

Enrolments are open at Jorgenson Park in Kalamunda. Classes commenced on Thursday 18th Oct from 4-6pm for 8 weeks. Vacancies still exist in all classes of Pottery, Painting and Drawing and Hooked on Hessian.

Please phone Norma 9293 4486 with bookings and enquiries. Ages from 6yrs up.

## School 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

If you have any notices for the next newsletter, please email to [joannepearson@adventist.org.au](mailto:joannepearson@adventist.org.au) by

**Thursday, November 1**



## Operation Christmas Child

Packing day is coming soon!

If you are able to help pack the boxes, please see Mrs Felicity Shipard or put your name down at the front office.



## Happy Birthday!

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



**Mia (Yr 3), Mahleeya (PP),  
Eva (Yr 3), Panashe (Yr 6),  
Jenae (Yr 2), Isabella (Yr 3)  
and Suzie (Yr 5).**

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

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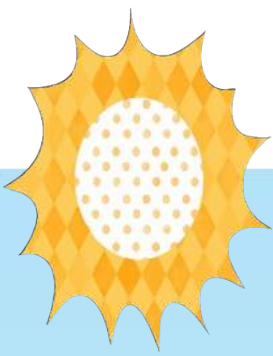
## SCHOOL TERM DATES 2019

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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p. (08) 9291 6399  
e. [admin@carmelcollegeprimary.wa.edu.au](mailto:admin@carmelcollegeprimary.wa.edu.au)  
w. [www.carmelcollege.wa.edu.au](http://www.carmelcollege.wa.edu.au)



### **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.

Please bring cash if you wish to purchase food and drinks from the canteen.  
Thank you!

# **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.**

### **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.*







**CARMEL**  
ADVENTIST COLLEGE



*Step Up*

TO SECONDARY

# INFORMATION NIGHT

WEDNESDAY, OCTOBER 31  
6:30PM

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Carmel Adventist College Primary  
Multipurpose Room  
18 First Avenue, Bickley

Come along and meet some high school teachers for information about expectations of Year 7, organising books and materials and pastoral care for your child.  
A light supper will be provided.



