



# Carmel Adventist College Primary Newsletter

Term 3, Issue 16 - 16th September, 2015

## 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. 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>

## TERM 3 EVENTS CALENDAR

Junior Concert - Sept 16  
Cross Country - Sept 25  
Market Day - Sept 25  
Final day Term 3 - Sept 25  
Term 4 Commences - Oct 13

## JUNIOR CONCERT

The Junior Concert will be held at Carmel College Gym TONIGHT (Sept 16) at the special time of **6.30pm**. The Kindy, Pre-Primary and Year 1 students will be performing a short play called "Going on a Bat Hunt" and the Years 2, 3 and 4 students will be performing a play called "Peace Child".

The students have practised hard for these performances and we encourage you to come along for a great evening.

**Please note that students involved in the program need to arrive by 6pm.**



## ROAD SAFETY PETITION

We would like to raise the shire's awareness of pedestrian road safety in our school area. A petition has been drawn up and will be sent to the shire to encourage them to act. Please drop by the office and add your signature to this petition or look out for it at tonight's concert performance.

THANK YOU

Thank you to everyone who supported our Father's Day stall by either donating items, helping out or giving your child some money to buy a present. The P&F team raised \$457.38. Once again thank you for your support.

## HOLIDAY OFFICE HOURS

The office will be closed for the first week of the school holidays. It will be open between 9-12pm on the second week.

## UNIFORM SHOP HOURS

The **Primary School** uniform shop is open between 8.45-9.15am every Friday.



### WOOLWORTHS EARN-N-LEARN

As you know, our school has been participating in the Woolworths Earn & Learn program. We're now at the important stage where the Sticker Sheets are collected and lodged. We will then be able to get new equipment for our school. The more we collect, the more we can redeem. So please send in your Woolworths Earn & Learn Sticker Sheets and any loose Earn & Learn stickers you may have **BEFORE the school holidays**. Remember to check your handbag, the car glove box or they maybe stuck on the fridge. Every little bit helps. Thanks for all your support!

### VOTE FOR CARMEL PRIMARY!

#### \$20,000 Interface Carpet Refurbishment

Interface Go Greener Grants has delivered grants of \$1000 each to 20 schools from around Australia including Carmel Primary.

Voting has now opened for the 'People's Choice Award' where the school attracting the most number of votes will receive a \$20,000 Interface carpet refurbishment for their school. To vote for our school click here: [VOTE NOW!](#)

Alternatively go to [http://www.interfaceflor.com.au/Projects/Education/Go\\_Greener\\_Grants/Go\\_Greener\\_Grants\\_Peoples\\_Choice.aspx?utm\\_campaign=AUS\\_15\\_Q3\\_Edu\\_GGG\\_Ppls\\_Choice\\_Open\\_eDM1&utm\\_medium=email&utm\\_source=Eloqua](http://www.interfaceflor.com.au/Projects/Education/Go_Greener_Grants/Go_Greener_Grants_Peoples_Choice.aspx?utm_campaign=AUS_15_Q3_Edu_GGG_Ppls_Choice_Open_eDM1&utm_medium=email&utm_source=Eloqua)

### FAMILY PHOTO DAY

Advance Life Photography are coming to the school on Sunday, Oct 25 and taking family portraits for only \$20. Included in the \$20 is your sitting fee and 1 10 x 13 inch family portrait. Further photos and packages can be purchased once the photos have been processed.

It is imperative that you book your appointment time. A stall will be set up on Market Day to take your Bookings. Please note that the \$20 MUST be paid at time of booking.

### SCHOOL VEGETARIAN RECIPE BOOK

Please submit your recipe and picture to the school by the end of this term. For more information email Melissa at [carmelrecipebook@gmail.com](mailto:carmelrecipebook@gmail.com) or drop into the office.



### BYFORD BUS RUN

If you have recently moved to the Byford area and would like to use the bus then please complete a new Bus Application form and return it to the school. If you are planning on moving to the Byford area before the end of the year and wish to use the bus after your move then please also complete and return the form and include your approximate moving date.

## HAPPY BIRTHDAY TO YOU!

The students with a birthday in September are: Kaitlyn McCutcheon (4), Andres Barrientos-Aranda (7), Katie Schofield (8), Ben Price (10), Elisa Chiremba (10), Nicholas Thomson (11), Edna Gongar (12), Hailey Ridgway-Jones (12), Mhairi Ainslie (18), Sam Geach (20), Claire Smoker (22), Sydnie Harris (22), Grace Mentiplay (27), Michael James (27) and Tina Pourasady (28). We pray that God will bless you all in the year ahead.

## CHAPLAIN'S NEWS

### LIVE A BOUNDLESS LIFE

If you want to achieve maximum health, here are a few things that you should do: exercise regularly, eat nutritious and minimal processed foods, drop those extra kilos -- and pray. That's right, regular prayer and meditation has been shown in numerous scientific studies to be an important factor in living longer and staying healthy.

A *National Institutes of Health* study found individuals who prayed daily were shown to be 40 percent less likely to have high blood pressure than those without a regular prayer practice. Research at *Dartmouth Medical School* found that patients with strong religious beliefs who underwent elective heart surgery were three times more likely to recover than those who were less religious.

A survey reported in the *Journal of Gerontology* of 4,000 senior citizens in Durham, NC, found that people who prayed or meditated coped better with illness and lived longer than those who did not.

What science *can* tell us is that people who pray and meditate tend to be statistically healthier and live-longer than those who do not. Whether these boons are merely unintended side effects of deeper spiritual benefits remains a matter of faith. According to the *Washington Post*, "...prayer is the most common complement to mainstream medicine, far outpacing acupuncture, herbs, vitamins and other alternative remedies."

"Pray as though everything depended on God. Work as though everything depended on you."

~ St. Augustine

- Pr Tharren

### 2015 SPORT DAY MEDAL RECIPIENTS



## Community Notice Board



Have some Fun in your Holidays.  
Come and enjoy our super cool bible adventure.  
BICKLEY SDA Church

*WITH GAMES, SNACKS, STORIES,  
CRAFTS & PUPPETS*

5th- 9th OCTOBER. TIME: 9:30am - 12:00 pm

Contact: Jannine Ellis 0409 542665

Cost: \$5/day or \$20/week

Ages: 5-12

Remember Bookings are Helpful  
Cnr. Lawnbrook & Broadway St., Bickley

### CARMEL COLLEGE CHURCH NEWS



Come along to the College Assembly Hall this Saturday night (Sept 19) at 7pm for a night of fun and belly-aching laughs. Entry is by gold coin donation and refreshments will be sold at half time. All proceeds go towards the Year 12 Malaysia Trip. All are welcome!



INTERNATIONAL CHINA CONCERN

**WALK THE WALL**

**Saturday 17<sup>th</sup> October**

Come and join this wonderful community event as we walk, run or cycle

10km through beautiful Kalamunda, raising money for disabled and abandoned children in China.

Sign-Up, Raise Funds, Enjoy the day

[www.walkthewall.org/kalamunda](http://www.walkthewall.org/kalamunda)

Join a team or start your own!

Registered participants receive a free Walk the Wall t-shirt and a delicious morning tea is provided.



*the power of  
a simple gift*

September / October is Collection Month for the Shoe Box Appeal - giving HOPE to those less fortunate

The Samaritan Purse "Shoe Box Appeal" is a wonderful project which shares the joy of giving with more than 300, 000 children throughout the world. Felicity Shipard is a Collection Point Co-ordinator and would love to share the project with the families of Carmel Primary.

Felicity will be speaking at Chapel in the coming weeks to share the idea with the children and explain the steps of the project and will also have shoeboxes and brochures available at the Junior Concert.

If you wish to take part or have any questions please contact Felicity on 0438 647 061. Alternatively you can pick up a Shoe Box from Reception, fill it up with gifts of love and then leave your Shoe Box at Reception with your \$9 freight donation.

If your unable to fill a Shoe Box but would like to assist with a small donation of a gift or gold coin donation, every item and every \$1 goes towards helping more children receive the wonderful gift of love and hope!

A simple act of filling a Shoe Box with gifts of love can change a child's life in a tremendous way.



**The  
GrandPa  
Tree Project**

The GrandPa Tree Project is a community art based programme designed to teach kids how to create and connect with nature.

We are running workshops through the next Sept/Oct School Holidays - Oct 8th AND 9th 10am-12pm and 1.30pm - 3.30pm daily at the Ledger Rd Community Centre, Gooseberry Hill.

For kids aged 6 and above - Cost is \$40 per child.

To book please contact Tracy O'Meara Smith on 0407 847 489 or for more information check out [www.silverdale.com.au/the-grandpa-tree-project/](http://www.silverdale.com.au/the-grandpa-tree-project/)



### YARN BOMBING

Have you seen the warmly dressed trees around the Early Childhood area? If you have any scrap balls of 8ply (double ply) wool lying around home that you no longer require we would be very happy to take it off your hands. Please bring any donations to the office.



### BASKETBALL DEVELOPMENT PROGRAM

Basketball is a fun sport that will help keep you fit in any weather and can be played with your friends. Both beginner and more experienced players are welcome to come along to RAY OWEN STADIUM each Wednesday evening between 5-6pm. Children can improve their basketball skills and learn more about the game.



For more information about the girls program contact Nicole Moyle on 0419 310 327 and for information about the boys program contact Lizzie Falconbridge on 9293 8100.

### NEARER TO NATURE

The team at Nearer to Nature have been busy preparing a program of activities to get the kids (and adults) out and about in the wonderful Perth outdoors exploring all that nature has to offer during the Spring school holidays. See the attached flyer for what events they have on offer.

## MARKET DAY

Hello, my name is Tatiana. Our Year 5 Market Day is coming up. It would be wonderful if on Friday, September the 25<sup>th</sup>, you could send your child with money to spend at our stalls. Games, activities, food and other delightful items will range in price from \$1 to \$10. Mrs Fairfoul will be selling her knitted dolls, mice, footy penguins and more for prices ranging between \$4 and \$50.

The money that we raise is going to a RAW Impact project in Ko Ki Village, Cambodia. Families have been forced to leave urban areas and have been relocated to a totally new place far away from services and support. They are struggling to survive because they don't have regular water supplies, equipment or skills for gardening. So we are raising money to install water tanks, garden beds, equipment, seed and fences, along with training. This is a RAW Impact project. We are aiming to help three families. This will cost \$3000. We have already raised \$1000.

So, please send money with your child on Friday, the 25<sup>th</sup> of September so that they can spend money, enjoy themselves, AND help make a difference for three families in Cambodia.

### HOW CAN YOU HELP?

#### Colouring-in Competition

Send in \$1 to take part in this year's colouring competition. One prize will be given for each class. There will be a number of pages to choose from, each chosen from the Year Five Colouring Book. Colouring entries need to be completed by Wednesday, September 23, ready for judging. Winners will be announced after the Cross Country on Friday, September 25.

#### Colour their World: Colouring Books

Year 5 have published a wonderful colouring book. These will be on sale both before and on Market Day for \$4. Colouring books are very trendy at the moment. Why not colour someone's life while you colour in? These are limited edition! See Mrs Stanton. The first books will be on sale at the Junior Concert.

#### Needed: Trash and Treasure

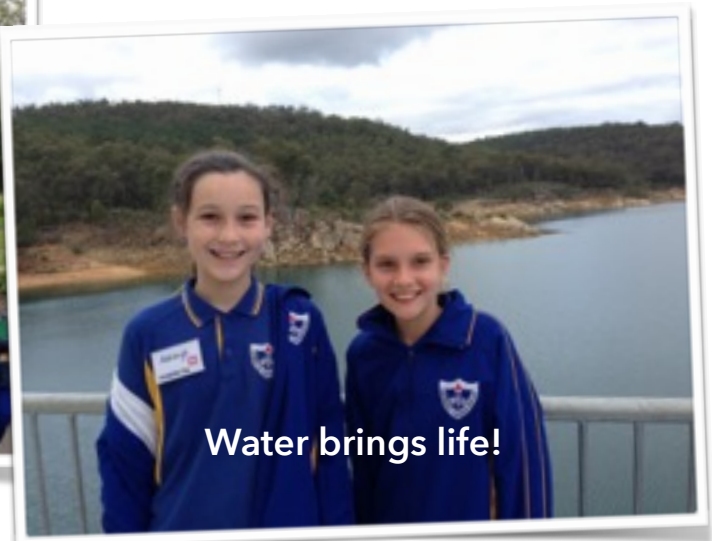
Michael and Nokutenda will be operating a Trash and Treasure Stall at Market Day. If you have some 'treasures' that you no longer need, please send them in to school for the Trash and Treasure Stall. There will be a box outside the office for the donated items, or see Michael, Nokutenda or Mrs Stanton.

#### Needed: Soda Cans

One group are planning a bowling game for Market Day. They need some clean, empty soda cans. This is a great way to recycle! Send them in to Hailey, Tatiana and Elisa, or leave them at the front office. Thanks!



We learned about C. Y. O'Connor.



Water brings life!

# Year

# Five

Mundaring Weir



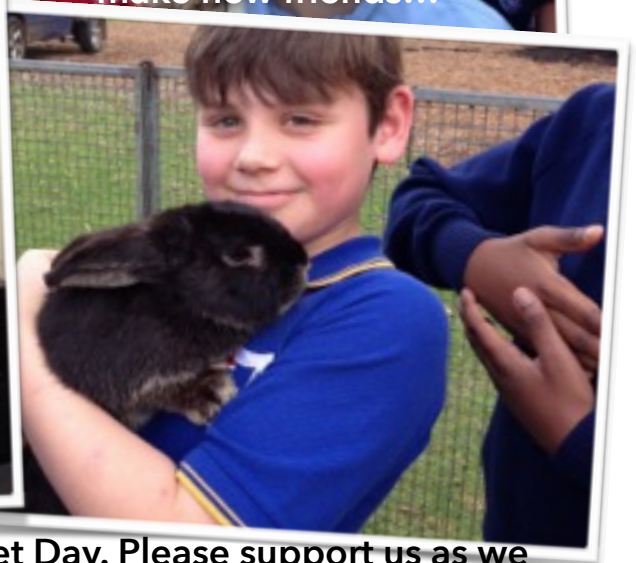
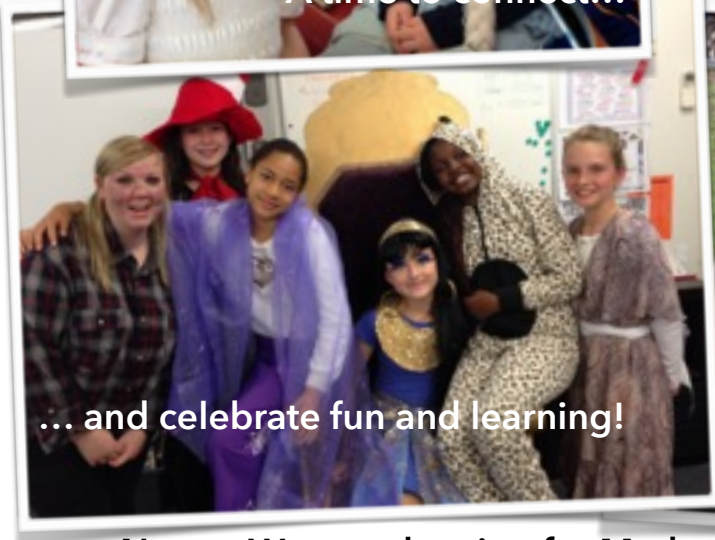
Acting out the pipeline

Reading with our buddies...



Sharing the love of books

## Learning in Term Three



Next... We are planning for Market Day. Please support us as we raise money to help families in Cambodia develop gardens. Help us change lives!

# YEAR ONE VISIT THE PAST

Year One have been discovering how people in the olden days used to live. They have learnt about the changes that have occurred in houses, clothing, transport, jobs, toys and school between then and now.

Year One got to experience some of the chores children would have had to complete in the olden days. They collected eggs, polished shoes, shelled peas, whipped cream, banged the dust out of mats and washed dishes by hand.

