



## Carmel Adventist College Primary Newsletter

Term 4, Issue 19 - 11th November, 2015

### 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. 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>

### TERM 3 EVENTS CALENDAR

Orientation Day - Nov 13  
Speech & Awards Night - Dec 8  
Year 6 Day Out - Dec 9  
Final Day of Term 4 - Dec 11

### ORIENTATION DAY Kindy to Year 8 - NOV 13

Our Orientation Day is THIS Friday 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. If you have family, friends or work colleagues who have children currently in Year 6, please share the good news about Carmel and encourage them to book their place for Orientation Day.

#### Carmel Primary

The primary school has a specific half day program running for prospective Kindy and Pre-Primary students. Students in Years 1-6 are also invited to attend for the day and spend it with their appropriate class. All students in our school will be advanced into grade that they will be going into next year. Parents are invited to stay for morning tea and an information talk in the Library at 10.30am.

#### Carmel Secondary

At the high school, the day is designed for students beginning high school in 2016. The focus is to familiarise students with high school life to assist them with a smooth transition. Lunch will be provided for these students and parents are invited to stay between 9.00 – 10.00am to meet with staff for an informal morning tea.

*Bookings are essential. Please contact Carmel Primary on 9291 6399 or Carmel High on 9293 5333.*



### PRE-PRIMARY GRADUATION PICNIC TEA

Join us on the grounds of the Primary School on Friday, Dec 4 for an enjoyable evening. Bring your own picnic tea and chairs/blanket to sit on. Throughout the evening you can join with us in singing some Christmas carols and enjoy a Nativity presentation by our Kindy and PP students. The evening begins at 6pm.

### END OF YEAR CONCERT

The end of the year is fast approaching and I'm sure your calendar is filling up quickly with various functions. Don't forget to set aside Tuesday, Dec 8 for our end of year Awards and Speech Night. The Concert will begin at 6.30pm this year. Years 4-6 will present the story of Joseph for your enjoyment, with other students from various grades also participating in the play. Plan now to be there!

### SCHOOL FEES

Just a reminder that all fees must be finalised by the end of the term. Failure to do so may result in the school withholding your child's end of year report. Should you ever have a question regarding your school fees, please do not hesitate to contact Mrs Narelle Duncan on a Thursday or Friday or email: narelleduncan@adventist.org.au. Thank you.

### CELEBRATION TEA

On Friday evening, Dec 11 we invite you to join us at Carmel College High School for a special informal evening together. Hamburgers will be provided for you to enjoy but you will need to bring your own drinks (no alcohol). The evening is to celebrate our Year 6 and Year 12 class graduations in a more casual atmosphere. Dinner will run from 5.30pm-8pm. Bring a comfy chair to sit on too!

## HAPPY BIRTHDAY TO YOU!

The students with a birthday in November are: Isabella Foster (1), Suzie Smoker (3), Faith Gunter (8), Trinay Mulder (8), Emily Munt (9), Alice Neale (16), Ying Yi Lim (16), Kayla Lowe (17), Noah Major (23), Darcy Moloney (24), Sonny Mentiplay (24), Jett Beven (25), Oscar O'Rourke (25), Chelsea Lowe (26), Liam Sidney (30)

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

### UNIFORM SHOP

The **Primary School** uniform shop is open between 8.45-9.15am every Friday and on the following Mondays: November 16 and November 30.

## CHAPLAIN'S NEWS

A BIG BIG thank you to the very generous families and students of Carmel Adventist Primary for helping us with the Operation Christmas Child (OCC) again this year. Lots of families brought in completed shoeboxes and I thank you for your donations. This year we also introduced the option of donating items for the Carmel Student to then pack our own shoeboxes and we have some very generous families. We put together 51 shoeboxes on our packing afternoon with these donations and also thank you to those special families who helped with the cost of delivering these 51 boxes (\$9 freight fee each box). I had lots of little helpers on the day and was humbled by the wonderful big caring hearts our students have.

Our Midland / Hills Collection Point delivered 180 boxes to the OCC team this year and these boxes are all now on their way overseas all over the world to be delivered to the poorest of poor children and share with them the joy of kindness and feeling loved at Christmas time. Please pat yourselves on the back anyone who donated items or \$ or completed shoeboxes and remember that you making a small effort will have a **big effect** on a child's life when they receive your gift of love this Christmas. - Felicity Shipard



"It's what's inside  
that counts"

Sanitarium  
health & wellbeing

The Sanitarium factory (located opposite Carmel Church) is selling 1.2kg packets of *seconds* WEET-BIX for only \$3.50. Nationally, Sanitarium is working together to raise \$40,000 to build a school in Vanuatu to help after the devastating effects of cyclone Pam earlier this year. ALL money collected from the sale of these WEET-BIX will be donated to the project. Drop into the factory pick up a bargain and support a good cause!





Relationships Australia. 1300 364 277  
WESTERN AUSTRALIA www.relationshipswa.org.au

**“Mums Raising Boys”** - Tuesday , November 24. Lotteries House, 2232C Albany Hwy, Gosnells . \$25pp

It is true that for many mothers, the idea of raising a son carries it’s own set of worries. As the primary female role model in a boy’s life, mothers play an important role in the development of their son’s identity including their ability to be nurturing. This in turn affects how they relate to others, particularly to girls and women. For more information call 1300 364 277.

**Parent Child Connection** – Tuesday 17 November x 4 weeks. West Leederville location. \$50 per person, \$75 per couple.

Raising children should be one of life’s greatest experiences, but as any parent knows, it is not an easy task. People with children under ten are invited to this four-week course to learn new skills, feel better about their parenting and gain confidence. For more information call 1300 364 277.

**Fathering after Separation** – Thursday 19 November. West Leederville. \$25 pp

It’s important for fathers to distinguish between their parenting role and the relationship breakup. This seminar, held in a male-only environment, suggests ways in which fathers can keep in touch with children, even if hindered by formal access arrangements. For more information call 1300 364 277.

**Understanding Stepfamily Relationships** – weekend 20 - 22 November. West Leederville. \$120 Per couple

Stepfamilies and blended families operate in a different way to intact biological families. The dynamics of a stepfamily are more complex and there is a need for special understanding and management from both biological and stepparents working together for a healthy stepfamily growth to happen. For more information call 1300 364 277.

**2016 BUS APPLICATION FORMS**

If you intend on using the school bus system next year it is vital that you fill out a Bus Application Form for 2016 (attached). If you haven’t filled one out yet, please do so and return it to the office ASAP. All forms MUST be received by Nov 28 or else we can not guarantee your child a seat on the bus.

**SCHOLASTIC BOOK CLUB**

Scholastic Book Club catalogues Issue 8 has now arrived and the teachers will be giving them out to the children in reply to parent’s requests.

Feel free to order through the school or on-line (LOOP) but you are under no obligation to do so. As a school, we need to advise that there may be some items in the catalogues that are not suitable for some parents to order.

Orders need to be placed by Tuesday, Nov 24 (wk 7).

**SUMMER CAMP**

Don’t miss out on all the fun at Summer Camp 2016. Teen Camp is Jan 12-17 and Junior Camp is Jan 19-24.

Applications close soon.

Get your Summer Camp Application form at:

[wayouth-adventist-org-au.adventistconnect.org/summer-camps](http://wayouth-adventist-org-au.adventistconnect.org/summer-camps).

**Community Notices**

**CARMEL COLLEGE CHURCH NEWS**

Small Groups

Come along and join in any of the various age related programs or small groups between 9.30am–10.30am each Saturday.

Church Service

Each Saturday morning at 11am.

*Let Christmas Begin*

The Perth Adventist Orchestra (PAO) and Perth Adventist Choir (PAC) are presenting a Christmas concert, a free community event for you. Invite your family and friends for an evening of celebration and song. For more info call Jasmin on 0420 932 174.

WHEN: Sunday November 15th, 2015

TIME: 7:00 pm

WHERE: Kalamunda Performing Art Centre, 48 Canning Rd, Kalamunda WA 6076.

COST: Free will offering (PAO & PAC Development).

