

# Carmel Adventist College Primary Newsletter



Term 1, Issue 2

22<sup>nd</sup> February, 2016

## PUT THE GLASS DOWN!

### *Small story with a Powerful Lesson...*

The Professor began his class by holding up a glass with some water in it. He held it up for all to see & asked the students "How much do you think this glass weighs?"

"50gms!" ..... "100gms!" ..... "125 gms!", the students answered.

"I really don't know unless I weigh it," said the professor, "but, my question is:

What would happen if I held it up like this for a few minutes?"

"Nothing", the students said.

"Ok what would happen if I held it up like this for an hour?" the professor asked.

"Your arm would begin to ache", said one of the students.

"You're right, now what would happen if I held it for a day?"

"Your arm could go numb; you might have severe muscle stress & paralysis & have to go to hospital for sure!" ventured another student & all the students laughed.

"Very good. But during all this, did the weight of the glass change?" Asked the professor.

"No".... was the answer.

"Then what caused the arm ache & the muscle stress?"

The students were puzzled.

"What should I do now to come out of pain?" asked professor again.

"Put the glass down!" said one of the students

"Exactly!" said the professor.



Continued on

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## Events Calendar

Swimming Lessons Start – Feb 29

Labour Day Public Holiday – Mar 7

Pupil Free Day – Mar 24

Easter - Mar 24-28

Pupil Free Day – Mar 29

Parent/Teacher Interviews –  
Apr 6

Combined Sport Day/  
End of Term 1 – Apr 8

Term 2 Commences – Apr 26

## NAPLAN Information

An information brochure for NAPLAN has been sent home today to all Year 3 and 5 students. If you have any questions, please speak to your child's teacher or Mrs Janine Taylor.



## Lost SmartRiders

If your child misplaces their SmartRider and you need to order them a new one, the easiest and quickest way is online at [www.idcards.monitorwa.com.au](http://www.idcards.monitorwa.com.au).

In the drop down box, scroll to find **Carmel Adventist College** and follow the prompts. You will need a credit card to make the payment. If you don't have a credit card you are welcome to collect a form from the front office.

## Skoolbag (Smart Phone App)

Carmel Adventist College has a FREE App that can be downloaded from the respective App stores. The App can be used for a whole variety of purposes, but especially for the purpose of instant communication between school, parents and students.

We encourage ALL parents to install the App on their phone. The calendar of school events and newsletters are all regularly updated on the App. When you need to know about issues (eg, bus broken down or late, an update on what's happening can be sent out to all parents as soon as that information is available). Student absences can be sent via the App (under eForms) and you can even sign the form on your phone!

An increasing amount of communication will come via the App, so please download and install as soon as you can.

In your App store, search SKOOLBAG and then scroll down to Carmel Adventist College (the App is for both the primary and high school).



## Swimming Lessons Next Monday - 29<sup>th</sup> February

Swimming Lessons commence on **Monday, 29<sup>th</sup> February** and will run for 2 weeks. During this time, ALL students (except Kindy) are required to wear their Sport uniform to school every day. They need to bring their swimwear in a waterproof bag to school in the morning. **PLEASE ENSURE THAT ALL ITEMS OF CLOTHING ARE CLEARLY LABELLED.**

**LESSON TIMES** (NB. Bus return times are **approx.**)

First Group

Bus leaves 12:00pm

**(PP, Yr 2, 3 & 6)**

Lessons 12:55 – 1:30pm

Arrive back to school ~ 2:20pm

Second Group

Bus leaves 1:05pm

**(Yr 1, 4 & 5)**

Lessons 1:40 – 2:15pm

Arrive back to school ~ 3:05pm

We encourage students from the **First Group** to return to school to continue afternoon class as per normal.

If your child is in the **Second Group** and you would like to arrange to personally collect your child from the swimming pool after the lessons, please speak directly to your child's teacher **BEFORE-HAND** and confirm in writing. Any child not collected by a parent by the time the bus leaves, will be put on the bus and returned to the school. **NO** child will be left at the pool unattended.

Swimming lessons are held at the **Belmont Oasis Leisure Centre, Progress Way, Belmont**. Spectators will be charged an entry fee at the pool.

**There is NO lesson on the Labour Day  
Public Holiday – Monday, 7<sup>th</sup> March.**



cont.

Life's problems are something like this.

Hold it for a few minutes in your head and they seem OK. Think of them for a long time and they begin to ache.

Hold it even longer and they begin to paralyze you. You will not be able to do anything.

It's important to think of the challenges or problems in your life, But **EVEN MORE IMPORTANT** is to 'PUT THEM DOWN' at the end of every day before you go to sleep.

That way, you are not stressed, you wake up every day fresh & strong & can handle any issue, any challenge that comes your way!

**So, when you start your day today, remember to 'PUT THE GLASS DOWN TODAY!'**

<http://Irshikajain.com>



## Fire Safety

Please note that any day classed as being a CATASTROPHIC FIRE DAY in the Perth Hills will result in school being cancelled for the day.

All schools in the Hills are on a special alert system and will be notified if such a day is forecast. This alert is normally done by 1pm of the day preceding and allows us time to notify parents.

ABC radio (720AM) announces all fire warnings and regularly keeps up to date. Therefore on extreme weather days, the school office will have the radio playing in the background to simply stay in touch with any current fire warnings.

If ever the school needs to be evacuated off site for events such as a bushfire, our destination is Advent Park Campground, Kalamunda Road, MAIDA VALE. Advent Park has a kitchen, toilets, shade, water and shelter available. This is also the location of off campus evacuation for the High School Campus.

If you at any stage hear of schools in this area being evacuated, please **do not** rush to school to collect students as you may create traffic issues that would prolong evacuation.

## Carmel Website

Our website is for both the high school and the primary school. Events and the calendar are posted regularly (all primary school links/boxes are GREEN). So if you are unsure about anything, try looking on the website first. Take a moment to check it out now.

[www.carmelcollege.wa.edu.au/](http://www.carmelcollege.wa.edu.au/)

## Attention: Kindy Parents

Carmel are looking at the possibility of offering Kindy as a full-time option.

If you are interested in your child attending Kindy 5 days a week, please speak to Mrs Rae Fehlberg or Mrs Janine Taylor.

## After School Sports

Starts this Tuesday, 23<sup>rd</sup> February from 3.30 – 4.15pm. A basketball coach will be running the session at the Primary school. Please send a snack along with your child, as this is no longer provided by the school.

Tuesday's session is available to all students in Years 4-6.

Participating children will need to be collected promptly at 4:15pm.

For the Juniors (Years 1-3), we are waiting on confirmation to see if we are able to hold a second session on either a Monday or Wednesday afternoon. As soon as we hear we will let you know via email and the SKOOLBAG App.



## Carmel Kids MTB Sunday Funday



We are inviting all students and parents to be a part of the Carmel Kids Mountain Bike group. We are planning to have one Sunday per month to start off with, to see the interest levels. Riding would be around the Kalamunda and Gunjin areas. The first ride will be confirmed in the near future.

If parents would like more information, they can email Mr Brydon Eaton at [BrydonEaton@adventist.org.au](mailto:BrydonEaton@adventist.org.au) and/or request to join the Facebook page <https://www.facebook.com/groups/192254891132331/>

Mr Devin Stafford from the High School has designed some jerseys that are on offer for students and parents to purchase. Please see the attached flyer which provides more information on style, sizing and price. If you wish to place an order, please advise by **Friday, 26<sup>th</sup> February.**

### Fees (Option A – Annual)

Just a reminder that to receive your 5% discount your fees need to be paid by **this** Friday, 26<sup>th</sup> February.

If you selected to have your fee's deducted from your credit card or bank account this will happen automatically.

We appreciate your commitment in ensuring your fees are paid and kept on track accordingly to the Fee Commitment Form (blue form) you returned to the school.

## Parents and Friends Committee

Please come and join us for our first meeting:

When: **Tuesday, 8<sup>th</sup> March**

Time: **6:30pm**

Where: **Carmel Primary**

Everyone is welcome and encouraged to attend.

If you have any questions please contact Shani at [carmel.pnf@gmail.com](mailto:carmel.pnf@gmail.com)

## Mother's and Father's Day Stall Donations

One of our most successful events run is that of the Mother's and Father's Day Stalls, where your children shop for special gifts for you. To make this a great fundraising event, we are seeking any donations that would be suitable for selling at these events (Items that we can sell ranging from \$1 - \$10 to suit all budgets). If you have donations, please bring them into the office for us to collect.

Thank you for your consideration.

## FOR SALE: School Calendar

Purchase a school calendar for \$12, and stay up to date with important school dates. These are available from the school front office.



A very **BIG** thank you to parents from Narelle Duncan (Front Office) for returning all the Important Forms!!





## Notices

### Carmel Church News

Come along and join in any of the various age related programs or small groups between 9:30-10:30am each Saturday morning. The Main service begins at 11am.

### Easter Camp

The annual Adventist Easter Camp Convention will be held on March 24<sup>th</sup> to 28<sup>th</sup>.

If you would like to stay at the SDA Maida Vale campground for the duration of the weekend, please call into the office to pick up an application form.

### Perth Hills Adventurers

Adventurers is a monthly club for kids aged Kindy to Year 4 to have fun learning about our world, our families, ourselves and our God.

We would love to have any interested children join us. Our next meeting for Perth Hills Adventurers will be held Saturday, March 19 from 2:30-4:30pm at Bickley SDA Church, cnr Lawnbrook and Broadway Rds, Bickley. For more information please contact Charlene Eacott on 0409 993 190 or [dceacott18@bigpond.com](mailto:dceacott18@bigpond.com)



Is your child ready to shine?

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First class free plus a \*special gift pack for your child

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MARCH  
05



### SCHOOL MOVIE NIGHT FUNDRAISER

**Carmel Adventist Primary School**  
Arrive at 6:30 for a 7pm start

What: A **fun**draising school movie night  
Where: Carmel Adventist Primary School  
When: Saturday 5th March.

What to bring: Friends and family! Chairs, Picnic rugs, blankets and bean bags

Admission: \$10 pre family (max. 5 people)  
\$3 per extra person

Hot & cold drinks and snacks available to purchase on the night. :)

All proceeds of the evening will be going towards 2016's year 10s Cambodia mission trip. So please come along support us! :D

Movie showing:  
**'Inside Out'**

\*please note that sharp bottomed camping chairs cannot be used on artificial turf

One of our former students, Lauren Gissing, will be going on a Mission Trip this year to Cambodia with the Year 10 students from Carmel Secondary.

To help raise funds, Lauren and the Year 10 students have organised a family movie night here at the Primary School on Saturday, 5<sup>th</sup> March.

Please see the above movie flyer for more details.

## From our Chaplain...



I feel it's safe to say the new school year is well underway! Blisters from new shoes have healed, homework needs removing from the kitchen table to have dinner and the excitement from that first week back at school has past. Our school community is settling in for a fantastic year.

Have you ever wondered why people gather in communities? Why are people attracted to other people? Why do we enjoy interacting with others? I like to think it's because God wired us that way. It's because He created us to enjoy healthy interactions with others. I also like to think that God enjoys community too. The Bible shares times where God is looking for ways to interact and have time with us. (Check out these Bible passages if you are interested! Matthew 9:9-11 & Revelation 3:20)

A positive community brings much joy. Yeah sure, at times we all have our own thoughts and points of difference, however, when we come together, in 'common-unity', as I have seen it expressed, it's a wonderful place to be.

We want to thank all our students and their families who have returned to school this year for making our school community a great place to be! We also want to welcome ALL our new students and their families into our CARMEL community. We are so very glad to have you with us and we are looking forward to enjoying some 'common-unity' time together.

Thanks to those who were able to attend the 'Welcome Back BBQ Tea.' It was a lovely evening and we hope you can make it to our next event.

God Bless,  
Mrs Warchol



## Carmel Adventist College Primary

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[www.carmelcollege.wa.edu.au/](http://www.carmelcollege.wa.edu.au/)

## Chapel

Please note that we have our weekly Chapel and Assembly program every **FRIDAY** morning from 8:50am to 9:30am.

This **Friday (26<sup>th</sup> Feb)**, the program will be co-ordinated by Mr Hughes Year 4 class.

### Next week (4<sup>th</sup> Mar)...

Co-ordinated by: Miss Till's Year 4 class  
Speaker: David Leo

**All parents are welcome to attend.**

## Uniform Shop

The primary campus stocks school hats, summer and winter sport uniforms.

The shop is open on Wednesday afternoons from 3:15 - 3:45pm and every fortnight on a Friday morning.

**HAPPY BIRTHDAY  
TO YOU!**



Happy Birthday to the following students who celebrate a birthday in February!

**Jasper Siemienowicz, Karabo Seofela, Siena Shipard, Andreas Mubi, Zeke Stafford, Daniel O'Connor, Malachi Sheldrick, Faith Sheldrick, Lydia Fui, Grace O'Meara Smith, Dylan Konomba and Cooper Kinghorn.**

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



# Carmel Adventist College



NAME:

This year with increased Mountain Biking taking place amongst our students, Carmel Adventist College Primary will organise one Sunday a month a ride for students in the primary school. It is highly recommended that parents ride with their children.

Students and parents must bring their own bikes and equipment in good working order with front and back brakes. Check the newsletter and send a request to join <https://www.facebook.com/groups/192254891132331/> for pictures, ride times and locations.

WE ARE ALSO GOING TO GET A SCHOOL JERSEY WITH THE PROOF PICTURED ABOVE. THIS IS NOT COMPULSORY BUT WOULD BE A COOL ADDITION TO YOUR RIDING KIT AND PROTECTION. THIS IS OFFERED TO ALL STUDENTS AND PARENTS.

REFER TO THE SIZE CHART BELOW AND BRING YOUR MONEY, SIZE AND NAME INFORMATION ON THIS FORM. PLEASE RETURN TO THE FRONT OFFICE ASAP. ORDERS WILL BE SENT AT THE END OF WEEK 4. (BELOW PROVIDE THE NAME YOU WANT TO HAVE ON THE BACK OF YOUR JERSEY E.G. "J.SMITH" PARENT/GUARDIAN SIGNATURE:

COST: \$40

NAME FOR JERSEY:

SIZE:



HALF CHEST MEASUREMENTS IS ARMPIT TO ARMPIT ACROSS THE FRONT LENGTH IS SHOULDER EDGE TO EDGE OF GARMENT YOU CAN REQUEST SPECIAL ADJUSTMENTS IE SLEEVE LENGTH, NECK WIDTH, COLLAR LENGTH

Children	K4	K6	K8	K10	K12	K14					
Chest 1/2	36	38	40	42	44	46					
Length	48	50	54	58	62	65					
Mens	XS	S	M	L	XL	2X	3X	4X	5X	6X	
Chest 1/2	48	51	54	57	61	63	65	68	71	74	
Length	67	70	72	74	76	78	80	82	84	86	
Ladies	L6	L8	L10	L12	L14	L16	L18	L20	L22	L24	L26
Chest 1/2	40	43	45	48	51	53	55	57	59	62	65
Length	56	58	61	63	66	68	70	71	73	75	73



Don't Miss  
Out on  
Your  
Chance to  
**SAVE!**

**ASSORTED  
UNIFORMS**

New  
&  
Second Hand

- Dresses
- Skirts
- Pinafores
- Ties

# Sale Sale

Esperance Adventist Primary was forced to change their school uniform and generously donated their remaining stock to our school. Half proceeds from the sale will be donated to Esperance School and half to the Carmel Parents & Friends Committee.



**Where:** Primary School

**When:** Friday, 26<sup>th</sup> February (before & after chapel)  
Friday, 4<sup>th</sup> February (before & after chapel)



Kindergarten  
Friendship Respect  
Share Be Kind  
Do your best  
Make Good Choices  
Have Fun





Year 6 and  
Pre Primary  
Buddies

