



# Carmel Adventist College Primary Newsletter

Term 1, Issue 3 - 4th March, 2015

## FACE DIFFICULTIES POSITIVELY

The parable is told of a farmer who owned an old mule. The mule fell into the farmer's well. The farmer heard the mule praying or whatever mules do when they fall into wells. After carefully assessing the situation, the farmer sympathized with the mule, but decided that neither the mule nor the well was worth the trouble of saving. Instead, he called his neighbours together, told them what had happened, and enlisted them to help haul dirt to bury the old mule in the well and put him out of his misery.

Initially the old mule was hysterical! But as the farmer and his neighbors continued shovelling and the dirt hit his back, a thought struck him. It suddenly dawned on him that every time a shovel load of dirt landed on his back, he would shake it off and step up!

This he did, blow after blow. "Shake it off and step up...shake it off and step up...shake it off and step up!" He repeated to encourage himself. No matter how painful the blows, or how distressing the situation seemed, the old mule fought panic and just kept right on SHAKING IT OFF AND STEPPING UP!

It wasn't long before the old mule, battered and exhausted, stepped triumphantly over the wall of that well! What seemed like it would bury him actually helped him . . . all because of the manner in which he handled his adversity.

That's life! We all have problems. Alter the attitude of your mind when facing your problems and respond to them positively. Refuse to give in to panic, bitterness, or self-pity and you will be triumphant in life.

- Author Unknown

## EVENTS CALENDAR

March 9-11 - Year 6 Camp

March 25 - Parent/Teacher Interviews

April 2 - End Term 1

April 2-6 - Easter

April 21 - Term 2 Commences

## UNIFORMS

### PRIMARY SCHOOL UNIFORM SHOP

Please note that for the remainder of Term 1 the Primary School uniform shop will be open every Friday AND the following Thursdays: March 5, March 19 and April 2. Opening hours are 8.45-9.30am. Please try to organise your uniform shopping around this time.

### HIGH SCHOOL UNIFORM SHOP HOURS

The uniform shop located at the high school will be open each Monday and Wednesday from 8.30am—4pm

### SKORTS

Girls size 6 skorts have now arrived! You can purchase yours for \$20 from our uniform shop.

### SHOES

Shoes should be black laces (no Velcro), plain uppers, a closed toe and heel, and a heel (maximum sole depth of 2cm) capable of being polished. No cloth shoes, no Suede and no contrast stitching or logo. No brogues, boots, sneakers or skate shoes.

### HAIR

Hair longer than shoulder length needs to be fully tied back.

## SCHOOL FEES

There are still some parents that have not returned their 2015 Fee Payment Commitment Form. It is important to note that no matter which payment method you choose, you are required to return the form to the office as soon as possible. If you have misplaced your form, please contact our office and we will email you another copy.

## PARENTS & FRIENDS MEETING

The next P&F Meeting will be held on Thursday evening, March 12 at 7pm. All are invited to attend.

## YEAR 6 CAMP

Notes have been sent home regarding the Year 6 camp next week. Please make sure that you have received these from your child and read them thoroughly.

**There are a number of families that haven't returned their camp permission forms yet. Please send them in immediately.**

## LIBRARY NEWS

Issue 2 of the Book Club Catalogues are available now from the Library or office. Orders are due back on Tuesday, March 17 (wk 7).



## GET READY PERTH

Sunday 29 March 2015.

TRYathletes begin the course with a swim in Swan River before cycling and running around the specially designed Weet-Bix Kids TRYathlon track in Langley Park, East Perth.

After receiving the Champion medal, TRYathletes can enjoy the Weet-Bix Kids TRYathlon Village!

Register now to be part of this World record-breaking Series. Register before midnight on 15 March 2015 to receive your event kit by mail thanks to Australia Post.

IMPORTANT INFORMATION ABOUT EVENT KITS:

If you register between Monday 16th and Sunday 22nd March, your event kit will be available for collection from the manual check-in tent on your arrival at the event.

Register at: [try.weetbix.com.au/my-location/perth](http://try.weetbix.com.au/my-location/perth)

## VOLUNTEERS NEEDED

We have a number of positions available but we do ask that Volunteers are over the age of 16 or 18 for volunteers assigned as a road marshal. The various program event role descriptions are listed on the Sanitarium Weet-Bix Kids TRYathlon website at [try.weetbix.com.au/parents/volunteer](http://try.weetbix.com.au/parents/volunteer). Our volunteers receive an Event Volunteer T-Shirt, hat and other goodies as a souvenir. You will receive a full brief of your task prior to the event day so you can feel confident in the task ahead, and enjoy being a part of the action and cheering along the Weet-Bix Kids. Is your club or group in need of some extra funds? Volunteer together and earn a donation of \$25pp for your efforts?

## INTER-SCHOOL SPORTING EVENTS

This year our school will be participating in a few Inter-School sporting events. The first one being the swimming carnival in a few weeks. Please note that while we will be sending some children to represent our school in these events, it is NOT compulsory. If you do not want your child to participate, please notify the school.

## EASTER CAMP

The annual Adventist Easter Camp Convention will be held on April 2-6. If you would like to join in this event go to: [wa.adventist.org.au/easter-camp](http://wa.adventist.org.au/easter-camp).

## PLAYGROUP

Dates for term one: Feb 11 (W), Feb 26 (Th), March 11 (W), March 26 (Th).

Please bring a piece of fruit to share for morning tea. Contact Rochelle on 0423 126 324 or Shani on 0409 881 906 if you have any questions.

## HAPPY BIRTHDAY TO YOU!

The students celebrating a birthday in March are:

Madison Hale (1), Jessica Harrison (6), Asher Moffatt (7), Emily Sidney (8), Wade Stanton (14), Noah Adams (17), Tobias Harrison (19), Tate Dhube (20), Amanda Mbono (25), Hallelujah Selepe (26), Oliver Bradshaw (28), Thabisile Bhebhe (29), Joshua Kopp (30), Karan Thakur (30) and Daniel Lowe (30).

## CHAPLAIN'S NEWS

### Listening and Reading – Making the most of this year

I won't forget 'listening' to Jordan read one evening. The truth was that I was not really paying attention, so I found myself struggling to stay awake. My wife reminded me to stay engaged and to focus, with one quick small bump and a certain look.

It can be tough for a parent/carer, worn out at the end of the day, but your participation makes a difference to the attitude of your children. If you become involved in helping with homework then children see it as something important that requires their attention, their effort and their time.

If a parent's attitude to learning is positive then the children will probably catch on to the same idea as well. Parents not being a part of their child's education is however, a big problem. Research has shown that our child's chances of success are better when education is valued and school is seen as an extension of home rather than just a place or institution that children come to learn.

Recently Michael Grose wrote an article to give some ideas to promote positive education for parents. His main points were these.

- 1 "Make sure that your kids start each day well." A good night's rest, breakfast, healthy lunch and arrive at school on time.
  - 2 "Attend school activities." Where possible to stay in the loop of what is going on and to show your support of them.
  - 3 Communicate with your child's teacher and not just about their grades and homework. "Each teacher has his or her own expectations about how you can help."
  - 4 "Find out what your school is trying to achieve for your child." A broad educational experience integrates the 3R's into a broad range of subjects that creates an exciting learning environment. Your support and interest will promote better effort and concentration in their subjects.
  - 5 "Become an advocate for your child's school and promote its positive features throughout the wider community." Encourage your child to take pride in their school through your example.
- Your participation will certainly make a difference so thank you in advance for everything that you do.