

# Newsletter



CARMEL PRIMARY  
ADVENTIST COLLEGE

March 6, 2018 | Term 1 | Issue 3

The source of all *happiness* lies in thinking of others.

~Shantideva~

## Story: A Wonderful Gift

A husband and wife had been living together for 30 years. On the 30th anniversary of their marriage the wife, as usual, baked a bun – she baked it every morning, it was a tradition.

During breakfast she cut it in half, buttered both sides, and, as usual, gave the top to her husband, but her hand stopped halfway...

She thought: "On the day of our 30th anniversary I would like to eat this rosy part of the bun; I have been dreaming about this for 30 years. I have been an exemplary wife for 30 years and I raised good sons. I have put so much effort into the health and well-being of our family."

So, she made a decision and gave the bottom of the bun to her husband, but her hands trembled – breaking the 30-year-old tradition! Her husband took the bun and said to her:

"What a wonderful gift you have given me today, my dear! For 30 years I have not eaten my favourite, the bottom, part of the bun, because I thought that it rightfully belongs to you."

*Love is when the other person's happiness is more important than your own. – H. Jackson Brown, Jr.*

## Events Calendar

### MARCH

Meet & Greet.....	March 12
Year 2 Excursion to Samson House....	March 14
P&F Committee AGM.....	March 14
Book Fair.....	March 19-21
Pupil Free Day.....	March 29
Easter.....	March 30-April 2

### APRIL

Parent/Teacher Interviews.....	April 11
Term 1 concludes.....	April 13

# General

## After School Pick-up / Supervision

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.

### Change to Travel Arrangements

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 by means of a written note, a phone call or an email by a parent or guardian.

This also includes change of plans for After School Activities on a Wednesday. If your child/ren are not participating in After School Activities, then contact must be made to the front office.

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

### Teacher Supervision

At the end of the day, our teachers are on duty to supervise students who are leaving the school grounds. Their focus will be on supervising students at this time, so if you wish to discuss your child's progress, please make an appointment for a more suitable time. Thank-you.

### Parental Supervision- After School

We are happy for students to stay after school for a play, provided they are supervised by a parent/guardian. There are however, some areas that are out of bounds. These areas are:

- Classrooms
- Garden & Chook Pen
- Kindy and Pre-Primary outdoor area
- Library/Chapel Room

We respectfully request that you ensure your children are within sight. Thank you for your assistance.

## Swimming Certificates

Swimming certificates will be sent home with your child/ren today. Please note that we have also kept a copy for our records.



## PARENT TEACHER MEET & GREET

MONDAY, MARCH 12  
AT CARMEL PRIMARY



We would love for our Carmel families to come along to our Parent Teacher Meet & Greet at Carmel Primary on **Monday, March 12.**

This is an opportunity to meet with your child/ren's class teacher. Teachers will discuss homework, class routines, expectations etc.

Information sessions will run as follows:

### Afternoon sessions:

3:45pm – 4:00pm  
4:10pm – 4:25pm

### Evening sessions:

6:00pm – 6:15pm  
6:30pm – 6:45pm

*Hope to see you there!*



## Coles Sports for School Program

Keep your Coles Sports to Schools vouchers coming! We really appreciate your support with this program. Get your family and friends involved!

The collection box is located at the front office.

Vouchers are available for collection from the 7th February until 3rd April, while stocks last! We appreciate your support.

## Nits/Lice

There have been a couple of reported cases of lice in the school. Please take the time to check your child's hair and treat as necessary. As per the school handbook, please keep your child/ren home from school until treated.

## Lost Property

If your child/ren have lost any items over the last two weeks of swimming, check in the lost property cupboard located outside the staffroom.

The below item was handed into the front office. If this belongs to your child, please drop into the office and see Narelle.



## Fee Statements

Due to swimming being on last week, Mrs Duncan thought it best not to send home the fee statements as previously advised in the Issue 3 Newsletter. Unfortunately wet clothes and paper don't mix too well. They will be going home with the oldest sibling either today or tomorrow.

### Unidentified deposits

In December last year, 2 deposits were made into our Westpac account at the Kalamunda Branch that had no identified reference/description listed. If you think they might belong to you, please contact Narelle Duncan in the front office either by phone on 9291 6399 or email your deposit receipt confirming the amount and date to [narelleduncan@adventist.org.au](mailto:narelleduncan@adventist.org.au) so she can arrange the payment to be credited to your school fees.

### Important Note

If you are making your fee payments by a Direct Deposit, it is important that you enter CAP/Family code (5 letter code on the bottom of your fee statement) as your reference/description. CAP – Identifies that the payment needs to come to the Primary school.

Thank you in advance for your help with these matters.

## NAPLAN Information

We do encourage all students to take part in the NAPLAN testing. If you would like to seek an exemption for your child from this year's testing, please urgently speak to Mrs Janine Taylor or your child's classroom teacher.

Applications for exemption need to be submitted by Wednesday, 11<sup>th</sup> April.

## Thank you!

A massive thank you to the parents, grandparents, friends, staff and children who came along to our Working Bee last Sunday.

We accomplished quite a bit and this wouldn't be possible without you! Thanks so much!







## Spare Parts

Do you have any pots and pans, utensils, cake tins etc. around your home that you would be willing to donate?

We could really use them for our outdoor 'cooking' area. Drop them into Mr Wallis or Mrs Hort. Thank-you.

## Sport

### After School Activities

The after school activities are really being enjoyed by the students. Check out the photos below.

Just a reminder that we recommend if your child is participating in the Wednesday after school activities that an **extra snack/fruit** is put in their lunch box to eat before starting the activity.

After School Activities continue for another 4 weeks. Finishes on Wednesday, March 28.



## Library

The Scholastic Book Fair is coming to Carmel from Monday, 19<sup>th</sup> to Wednesday, 21<sup>st</sup> March!

This is a chance to purchase some great books for home or as gifts. Carmel library also benefits as we get a percentage of the sales to put towards books for our library.

Any parents able to help with this event would be greatly appreciated. Please come and see Mrs Holly Gunter if you think you would be available to help.



## P&F

### What is the P&F?

Parents and Friends Association is made of dedicated parents, carers and grandparents who foster meaningful relationships between parents and the school, and in doing so, contribute to the development of the child.

The P&F work together on small, yet diverse projects, throughout the school year.

We invite you to be a part of this committee. We would love to hear your thoughts, ideas and dreams for Carmel Primary.



Join us for our next meeting...

**Wednesday, March 14**

**6:30pm in the Carmel Primary Library**

# From our Chaplain...

With an extra day at home and the sun shining, our family spent some time in the garden over the long weekend. Now I have to be honest and say it's not my favourite thing to do, but I do appreciate the results and the time working alongside family.

This term we are wanting to bring together our Chapel theme of GROW and our gardening & cooking program. I noticed last week our garden beds have been cleared which means we are getting close to planting time. I encourage you to join us and continue the conversations we are having at school with your kids at home.

Mr Smoker told us at Chapel that plants need soil, sunlight and water to thrive. What a wonderful object lesson to teach our children about growth in our Christian lives too.

Plants need a good foundation of soil to start their growth. Our 'soil', or our foundation is Christ. He nurtures us and supports us and gives us a place to grow in safety. Just like a plant needs nutrient rich soil to thrive, Christ gives his children every possible nutrient we would ever need: peace, love, encouragement & wisdom.... and His supplies are unlimited.

Why not grab packet of seeds (or some seedlings if you are like me) and plant them with your family. Give yourself time to discuss these thoughts with your kids and see where your conversation goes. It won't be time wasted.

*Take care to live in me, and let me live in you.  
For a branch can't produce fruit when severed  
from the vine. Nor can you be fruitful apart  
from me. John 15:4*

God bless,  
**Mrs Nicola Warchol**



## Church News

### Maggie Dent @ Livingston

**TONIGHT, March 6 at 7pm-9pm**

Don't miss out on hearing from parenting author, educator and specialist Maggie Dent speaking only one-night where you can learn valuable skills on how to prevent childhood stress anxiety and disruptive behaviour.

You will learn the importance of calmness, silence and stillness in children's lives, which can be sometimes challenging for modern parents and educators. For more information, go to: [www.livingstonsda.church](http://www.livingstonsda.church)

### 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

Church Camp @ Busselton – Mar 10

### 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).

Refreshments will be available before and after the program.

This **Friday (March 9)**, the program will be coordinated by the Year 1 class.

Speaker: Pr Robert Stankovic

Next week (**March 16**)

Coordinated – Pre-Primary class

Coming up...**March 23**

Coordinated – Year 6 class

Speaker – Pr Andrew Olsen

*We look forward to seeing you there!*

### Easter Camp

The deadline for some sites has passed and the cut off for all applications is March 8. Please get your applications in as soon as possible.

Childrens Activities is also filling up fast. There are only 40 Junior, 30 Upper Primary, 25 Lower Primary and 40 Teen places still available.

Camp Setup for this year is Sunday, March 25. Allocations for camp sites will become available that day from 2.30pm. There is no movement by campers permitted on the grounds before that time, unless prior arrangement with Camp Superintendent.

Lunch is provided to all helpers on the day.



# Community News

## Easter Camp 2018

Advent Park Campground  
345 Kalamunda Road, Maida Vale



**Market Day Stalls**  
SUNDAY 31ST MARCH  
3:00 - 5:30 PM



**The tallest known snowman was higher than a 12-story building.**



## Mrs Karyn Stanton

We were deeply saddened to hear of the passing of Mrs Joyce Vogel, mother of Mrs Karyn Stanton.

Mrs Vogel was a beautiful lady, filled with love and care for others. We would like to extend our sincere sympathy to Mrs Karyn Stanton and her family.

Our love and prayers surround Karyn and her family.



The next Newsletter is coming out on...

**Monday, March 26**

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

**by Thursday, March 22**

## Happy Birthday!



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

**Chinah (Yr 6), Emily (Yr 5), Maddie (PP), Milla (Kindy), Valentina (Yr 1), Emily (Yr 2), Wade (Yr 2), Harvey (Yr 2), Erika (Yr 1), Tobias (Yr 3), Tate (Yr 6), Lincoln (PP) and Zebnisha (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

<b>Term 1</b>	Wednesday, January 31 – Friday, April 13
<b>Term 2</b>	Monday, April 30 – Friday, June 29
<b>Term 3</b>	Tuesday, July 17 – Friday, September 21
<b>Term 4</b>	Tuesday, Oct 9 – Tuesday, December 11



**CARMEL PRIMARY**  
ADVENTIST COLLEGE

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)

# The Importance of Calmness, Silence and Stillness in Children's Lives

with Maggie Dent



It is so challenging for modern parents and educators to create calmness, silence and stillness in their homes and classrooms. However, this is an important and inspirational life resilience skill for children to develop. In this seminar with parenting author, educator and resilience specialist Maggie Dent, you will learn about the main causes of childhood stress, anxiety and disruptive behaviour and what you can do to prevent it. Maggie will also address the key concerns of adolescent stress. She will explore ways to calm nervous systems, homes and schools. Calmness can be learned! The seminar explores stress in today's world and ways to reduce it – and is full of practical tips to take away.

**Date:** Tuesday 6th March 2018  
**Time:** 7pm - 9pm  
**Venue:** Livingston Seventh-day Adventist Church  
 850 Nicholson Road Canning Vale  
**Cost:** \$20  
**Tickets:** <https://livingstonsda.church>  
**Inquiries:** Andrew: 0408 725 463



[www.maggiedent.com](http://www.maggiedent.com)

**Maggie Dent**  
 quietly improving lives

Easter Camp Lower Primary Shed – 2018 (Pre-primary & Year 1)



(Friday, March 30 → Monday, April 2, 2018)

Theme: “God is with me wherever I go!” (Genesis 28:15)

“Come and dive deep into God’s presence in your life. You will know that God is always with you. Learn how to serve God and others. Explore some amazing creatures of the deep sea, make some amazing sea creatures for craft, watch a ‘deep sea’ movie, enjoy an excursion, fun action songs and more! A surprise awaits you each day. Tell your friends about it.”

FRIDAY	PROGRAM	WHO & WHAT
9:30 – 10:30 AM	MORNING PROGRAM (part 1): “Deep Sea Discovery: <b>God KNOWS &amp; HEARS me.</b> ”	Pr. Robert Stankovic & the Lower Primary Team
2:00 – 3:00 PM	AFTERNOON CRAFTS / ACTIVITIES	Pr. Robert Stankovic & the Lower Primary Team ( <b>\$2 Gold Coin Donation</b> )
SATURDAY	PROGRAM	WHO & WHAT
9:30 – 10:30 AM	MORNING PROGRAM (part 2): “Deep Sea Discovery: <b>God STRENGTHENS me.</b> ”	Pr. Robert Stankovic & the Lower Primary Team
7:00 – 8:30 PM	MOVIE NIGHT – Come dressed in PJ’s. Bring your favourite pillow, sleeping bag, and your favourite stuffed sea creature.	Pr. Robert Stankovic & the Lower Primary Team Snacks & Drinks Provided ( <b>\$2 Gold Coin Donation</b> )
SUNDAY	PROGRAM	WHO & WHAT
9:30 – 10:30 AM	MORNING PROGRAM (part 3): “Deep Sea Discovery: <b>God LOVES me.</b> ”	Pr. Robert Stankovic & the Lower Primary Team
2:30 – 5:00 PM	EXCURSION: “Fun Station Play Centre” in Midland (Thomson Coachlines)	<b>COST OF ENTRY &amp; BUS RIDE (\$15 pp)</b>
MONDAY	PROGRAM	WHO & WHAT
9:30 – 10:30 AM	MORNING PROGRAM (part 4): “Deep Sea Discovery: <b>God SENDS me.</b> ”	Pr. Robert Stankovic & the Lower Primary Team
2:00 – 3:00 PM [Last Program / Pack up]	AFTERNOON CRAFTS / ACTIVITIES	Suzanna & the ADRA Team (with assistance from the LP Team) ( <b>\$2 Gold Coin Donation</b> )

- For **more info** about the program, contact **Pr. Robert Stankovic** on **0420 932 318** (Team Leader-Coordinator).
- To **register** for the weekend camp programs/crafts/excursion for your pre-primary/year 1 child/ren, please register online (if you have trouble registering online, call **Sarah Barrett** on **9398 7222**).

Register online here: <http://events.adventist.org.au/Registration/Event/2903>



# ROCK+WATER

*Are you...* the parent or caregiver, of a child aged eight to 14 years?

*Do you...* want to enhance your child's self-confidence, and self-awareness and self-regulation abilities?

*If so...* this activity-based workshop is for you, and your child!

The Rock & Water program leads from simple self-defence, boundary and communication exercises; aiming to create a strong notion of self-confidence.

The program offers a framework of exercises that enables young people to become more aware of the purpose and motivation in their life; in-particular how to deal with power, strength and powerlessness.

*This workshop will explore:*

- communication skills and interpretation of body language cues;
- grounding, centredness and mental strength;
- Practical anti-bullying strategies;
- basic self-defence skills; and
- positive feelings, thoughts & visualisation.

*Where:* Relationships Australia West Leederville – 22 Southport Street, West Leederville

*When:* Saturday 24 March 2018 *Times:* 8:30am – 12:30pm

*Fee:* \$70.00 per pair

Places are limited – please contact (08) 6164 0200 to register today!

For more detail about our courses and seminars, click [here](#) or visit [www.relationshipswa.org.au](http://www.relationshipswa.org.au)

*It would be great to see you!*



Relationships Australia

# What's on... in West Leederville?

*Are you...* experiencing challenges in one, or some, of your relationships?

*Do you...* want to strengthen, nurture and sustain the relationships you share with those special to you?

*If so...* these seminars are for you, and being offered in West Leederville!

We, at Relationships Australia, are proud to offer the following parenting courses and seminars, to the community of West Leederville, and surrounds!

## ONE-NIGHT SEMINARS:

*Mums Raising Boys*

Thu 08 Mar – 6:30pm – 9:00pm

*Dads Raising Teenage Boys*

Thu 15 Mar – 6:30pm – 9:00pm

*Mums Raising Teenage Boys*

Thu 15 Mar – 6:30pm – 9:00pm

## LONG COURSES:

*Parent Child Connection* Mon 12,19,26 Mar & 09 Apr – 6:30pm – 9:00pm

*Understanding Stepfamily Relationships*

Fri 16 Mar – 6:30pm – 9:00pm, Sat 17 Mar – 1:00pm – 5:00pm,  
Sun 18 Mar – 10:00am – 1:00pm

For more detail about our courses and seminars, click [here](#) or visit [www.relationshipswa.org.au](http://www.relationshipswa.org.au)

Places are limited – please contact (08) 6164 0200 to register today!

*It would be great to see you!*



Relationships Australia