



**CARMEL PRIMARY**  
ADVENTIST COLLEGE

March 17, 2020 | Term 1 | Issue 4

We are what we *believe* we are.

~ C. S. Lewis

## Thomas Edison and a Note...

One day the young Thomas Edison came home and handed a paper to his mother from his school. He told her, "My teacher gave this paper to me and told me to give it only to you."

His mother's eyes were tearful as she read the letter out loud to her son. "Your son is a genius. This school is too small for him and doesn't have good teachers for training him. Please teach him yourself."

After years, Edison's mother died and he was renowned as one of the greatest inventors of the century. One day he was going through his old family things. Suddenly, he noticed a folded paper in the corner of a drawer. He took it and opened it up.

On the paper was written: "Your son is addled. We won't let him come to school any more."

Thomas Edison cried for hours and then he wrote in his diary: "Thomas Alva Edison was an addled child that, by a hero mother, became the genius of the century."

*Thomas Alva Edison (February 11, 1847 – October 18, 1931) was an American inventor and businessman who has been described as America's greatest inventor. He developed many devices in fields such as electric power generation, mass communication, sound recording and motion pictures.*

## Events Calendar

### APRIL

- Parent/Teacher Interviews.....Apr 1
- Term 1 Concludes.....Apr 8
- Easter.....Apr 10-13
- Anzac Day Public Holiday.....Apr 27
- Pupil Free Day – Teacher PD.....Apr 28
- Students Commence Term 2.....Apr 29

### MAY

- Mother's Day.....May 10
- NAPLAN.....May 12-15

# Information Update – Coronavirus COVID-19

In light of the Australian Government's recent announcements regarding COVID-19, school will remain open for now. We will continue to keep you updated as information is passed down to schools.

We understand that some families are opting to keep their child/ren home from school. Some of these families are not self-isolating in response to travel, rather, an individual choice based on concerns about the coronavirus. We respect this decision and simply ask that a letter of absentee is forwarded (covering the dates) to explain this absenteeism.

Please email the school administration at [primary@carmelcollege.wa.edu.au](mailto:primary@carmelcollege.wa.edu.au)

## **Please do not send your child/ren to school if they have one, or a combination of:**

- **Sore throat, cough, shortness of breath, fever or fatigue.**
- OR
- **You have been in close contact with anyone who has arrived from overseas.**

The below link provides guidance on isolation and coronavirus.

<https://www.health.gov.au/resources/publications/coronavirus-covid-19-isolation-guidance>

## **We ask that if parent or guardians are sick, please do not enter the front office.**

- **If your child is absent – Send an email, SMS or submit an Absentee Form through the Skoolbag App.**
- **If your child is late...Ring the front office & Mrs Duncan will sign your child/ren in the late registrar.**

## **What are we doing at Carmel Primary?**

- Encouraging students to practice good hand hygiene.  
Our community school nurse will be coming this Wednesday to demonstrate hand washing with each class.
- Antibacterial liquid has been provided to each classroom.
- Reviewing all activities, upcoming events and excursions.

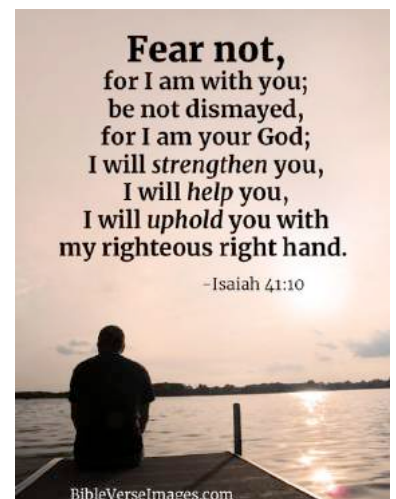
**\*\*An update will be sent to you this afternoon from our Education Director, Rhonda Belson.**

Future updates will be communicated to you via email.

This is uncharted territory for our school system, but rest assured, the health and well-being of our school community is our highest priority. Our school will continue to serve in whatever way we can to support you and your family.

**Fear not,**  
for I am with you;  
be not dismayed,  
for I am your God;  
I will *strengthen* you,  
I will *help* you,  
I will *uphold* you with  
my righteous right hand.

-Isaiah 41:10



BibleVerseImages.com

# General

## NAPLAN Information

Last week, a parent information brochure was given to students in Year 3 and 5. Please take the time to have a read.

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

## Scholastic Book Orders

The latest Scholastic Book Club catalogue has been given to your child/ren.

Order online or give your order form and money to the front office. Orders are due back by this Friday, March 20.

Every order earns 20% back in rewards for our school.



## Haystack Lunch

To help raise money for the Year 12 Mission Trip, some Year 12 students are offering a haystack lunch and drink for \$5 next **Friday, 27 March**. Order forms will be sent home this week.



Please ensure order forms and money are returned to the class teachers by Monday, 23 March.

## Swimming Certificates

Swimming certificates will be sent home with your child/ren this week. A copy has also been kept for our records.



## Update on Mr Wallis

You will be happy to know that Mr Wallis is back at school and is doing well.

Early this term, Mr Wallis had a minor stroke. He received medical attention, and has been thoroughly tested. Doctors believe no long term damage has resulted. This incident was brought on by high blood pressure but is fully treatable with medication.

The reason for his absence has been the Doctor's insistence that they have the levels of medication sorted first.

We have been very blessed to have one relief teacher, Miss Kylie Blagden, care for the Year 1 class in Mr Wallis's absence.



## Lost Property

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

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## Year 6 Leadership Conference

Last week our Year 6 students joined students from many other schools to attend the Grip Student Leadership Conference at the Perth Convention and Exhibition Centre. The Conference focused on developing students' leadership skills, centred around four main topics:

1. **Leading The Way** - emphasising that leading the way is less about being given a position and more about having a personal desire to be proactive and help others.
2. **Generosity** - focusing on the character trait of generosity and unpacking various ways that student leaders can use generosity to influence others.
3. **Ideas to Lead the Way** – Where leading the way involves taking action. Students participated in a workshop showcasing dozens of practical ideas that students have implemented in other schools.
4. **Bringing Ideas to Life** - This topic taught students a helpful four-step acronym (IDEA) for bringing their idea to life: **I**ntroduce, **D**emonstrate, **E**ncourage Others, **A**dvance. Following this, students were provided with the opportunity to write their own plans for bringing their ideas to life in their school.



Parent/Teacher Interviews will be taking place from **3:45pm – 8:00pm** on:

**Wednesday, 1<sup>st</sup> April**  
**(3YO Kindy – Year 6)**

This is an opportunity for you to briefly sit down with the teacher/s of your child/ren and have a chat about their progress so far this year. We strongly encourage all parents to make the effort to attend.

Details on how to make your booking will be emailed to you next week.





# Church News

***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!***

## **Carmel College SDA Church**

### **Upcoming Events**

- SevenOH Café – 20 March
- Men's Breakfast – 22 March
- Business Meeting – 22 March
- SevenOH – 27 March
- Teen Social (Movie & Pizza Night) – 28 March

## **Livingston SDA Church**

### **Upcoming Events**

- Craft Group – 18 March
- Toddler Musical Playtime – 19 March
- Craft Group – 25 March
- Toddler Musical Playtime – 26 March
- Café 13 – Combined Adult SS – 28 March
- Kid's Church – 28 March
- Family Camp @ Busselton - 15-17 May

## **Chapel**

We have our weekly Chapel program every **FRIDAY** morning from 8:50am to 9:30am in the Multipurpose Room (located next to Library).

This **Friday (March 20)**, the program will be coordinated by Year 2 class.

Speaker: Pr Robert Stankovic

### **Next week (March 27)...**

Coordinating: Pre Primary class

Speaker: Pr Andrew Olsen

**We look forward to seeing you there!**

## **Easter Camp CANCELLED**

Due to the impact of COVID-19, the decision has been made to cancel Easter Camp this year.

To see an official statement from Pr Steve Goods (WA Conference President) regarding the cancellation of Easter Camp 2020 click on this link:

<https://www.facebook.com/AdventistsWA/videos/287600015552726/>

# Community

## Wanted to Purchase

We have a family wanting to purchase some pre-loved household items:

- Sofa Lounge/Bed

If you have the above items, please speak to Narelle at the Front Office. Thank you.



## School Scrunchies FOR SALE

Blue tartan school scrunchies are available for sale for \$3 each. Cash only. Available from the front office. This is a Yr 12 Mission Trip fundraiser.

## Clothing Required

Childrens & Babies clothing is required at the Maida Vale ADRA Op-Shop. Donations can be dropped off at 345 Kalamunda Road Maida Vale at the ADRA Shop on Tuesdays & Thursdays or call Judy on 9454 9142.

## New Nature Playground Update

A lot can happen in two weeks!  
Here are some photos of the work done so far on our new nature playground.



## Upcoming Excursions or Incursions

Yr 2 Kalamunda History Village Excursion.....Mon, 23 Mar  
Bike Race (State Championship).....**CANCELLED**

## Pre-Loved School Uniforms

Go to our 'Carmel Adventist College Primary & Secondary – Buy, Sell or Swap'. This page is for both Primary and Secondary Uniforms. Simply click the 'JOIN GROUP' button and Admin will get you off and running.



Like us on Facebook for regular information updates.  
Search for Carmel Adventist College Primary.

## Happy Birthday

...to the following students who celebrate an upcoming birthday!

Erika (Yr 3)	Tobias (Yr 5)
Magnus (Kindy)	Lincoln (Yr 2)
Willow (PP)	Eleanor (Kindy)
Jackson (Yr 4)	Lilly (PP)
April (PP)	



Have a wonderful day and we pray that  
God will bless you in the year ahead!

## School Term Dates 2020

Term 1	Monday, February 3 – Wednesday, April 8
Term 2	Wednesday, April 29 – Friday, July 3
Term 3	Tuesday, July 21 – Friday, September 25
Term 4	Tuesday, October 13 – Friday, Dec 11



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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)



## Tips for coping with coronavirus anxiety

As the number of coronavirus cases rise across Australia, the level of anxiety within the community is increasing.

Feelings of worry and unease can be expected following a stressful event, such as the recent declaration of a global pandemic, however, it is important that we learn to manage our stress before it turns to more severe anxiety and panic.

This information sheet outlines some useful strategies which can help both adults and children cope with the stress or anxiety experienced as a result of the coronavirus outbreak.

### Learn the facts

Constant media coverage about the coronavirus can keep us in a heightened state of anxiety. Try to limit related media exposure and instead seek out factual information from reliable sources such as the Australian Government's [health alert](#) or other trusted organisations such as the [World Health Organization](#).

### Keep things in perspective

When we are stressed, it is easy to see things as worse than they really are. Rather than imagining the worst-case scenario and worrying about it, ask yourself:

- *Am I getting ahead of myself, assuming something bad will happen when I really don't know the outcome?* Remind yourself that the actual number of confirmed cases of coronavirus in Australia is extremely low.
- *Am I overestimating how bad the consequences will be?* Remember, illness due to coronavirus infection is usually mild and most people recover without needing specialised treatment.
- *Am I underestimating my ability to cope?* Sometimes thinking about how you would cope, even if the worst were to happen, can help you put things into perspective.

### Take reasonable precautions

Being proactive by following basic hygiene principles can keep your anxiety at bay. The World Health Organization recommends a number of protective measures against the coronavirus, including to:

- wash your hands frequently
- avoid touching your eyes, nose and mouth
- stay at home if you begin to feel unwell until you fully recover
- seek medical care early if you have a fever, cough or experience breathing difficulties.

## Practise self-care

To help encourage a positive frame of mind, it is important to look after yourself. Everybody practises self-care differently with some examples including:

- maintaining good social connections and communicating openly with family and friends
- making time for activities and hobbies you enjoy
- keeping up a healthy lifestyle by eating a balanced diet, exercising regularly, getting quality sleep and avoiding the use of alcohol, tobacco and other drugs to cope with stress
- practising relaxation, meditation and mindfulness to give your body a chance to settle and readjust to a calm state.

## Tips for talking with children about the coronavirus

Children will inevitably pick up on the concerns and anxiety of others, whether this be through listening and observing what is happening at home or at school. It is important that they can speak to you about their own concerns.

### Answer their questions

Do not be afraid to talk about the coronavirus with children. Given the extensive media coverage and the increasing number of people wearing face masks in public, it is not surprising that some children are already aware of the virus.

Providing opportunities to answer their questions in an honest and age-appropriate way can help reduce any anxiety they may be experiencing. You can do this by:

- speaking to them about coronavirus in a calm manner
- asking them what they already know about the virus so you can clarify any misunderstandings they may have
- letting them know that it is normal to experience some anxiety when new and stressful situations arise
- giving them a sense of control by explaining what they can do to stay safe (e.g., wash their hands regularly, stay away from people who are coughing or sneezing)
- not overwhelming them with unnecessary information (e.g., death rates) as this can increase their anxiety
- reassure them that coronavirus is less common and severe in children compared to adults
- allowing regular contact (e.g., by phone) with people they may worry about, such as grandparents, to reassure them that they are okay.

### Talk about how they are feeling

Explain to your child that it is normal to feel worried about getting sick. Listen to your child's concerns and reassure them that you are there to help them with whatever may arise in the future.

It is important to model calmness when discussing the coronavirus with children and not alarm them with any concerns you may have about it. Children will look to you for cues on how to manage their own worries so it is important to stay calm and manage your own anxieties before bringing up the subject with them and answering their questions.

### Limit media exposure

It is important to monitor children's exposure to media reports about the coronavirus as frequent exposure can increase their level of fear and anxiety. Try to be with your child when they are watching, listening or reading the news so you are able to address any questions or concerns they may have.

## Seek additional support when needed

If you feel that the stress or anxiety you or your child experience as a result of the coronavirus is impacting on everyday life, a psychologist may be able to help.

Psychologists are highly trained and qualified professionals, skilled in providing effective interventions for a range of mental health concerns, including stress. A psychologist can help you manage your stress and anxiety using techniques based on the best available research.

If you are referred to a psychologist by your GP, you might be eligible for a Medicare rebate. You may also be eligible to receive psychology services via telehealth so that you do not need to travel to see a psychologist. Ask your psychologist or GP for details.

There are number of ways to access a psychologist. You can:

- use the Australia-wide Find a Psychologist™ service. Go to [findapsychologist.com.au](https://findapsychologist.com.au) or call 1800 333 497
- ask your GP or another health professional to refer you.

## More information

### Australian Government Department of Health

The Department of Health has developed a collection of resources for the general public, health professionals and industry about coronavirus (COVID-19), including translated resources.

<https://bit.ly/38OOWHe>

### Centers for Disease Control and Prevention

The Centers for Disease Control and Prevention provides reliable information about the coronavirus such as its symptoms, steps you can take to protect yourself, and what to do if you are affected.

<https://bit.ly/39MEml8>

### World Health Organization

The World Health Organization provides information and guidance regarding the current outbreak of coronavirus disease.

<https://bit.ly/3cQUwCw>

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The Australian Psychological Society Limited


PO Box 38, Flinders Lane, VIC, 8009

Telephone: (03) 8662 3300 or 1800 333 497

Fax: (03) 9663 6177

Email: [membership@psychology.org.au](mailto:membership@psychology.org.au)

Web: [psychology.org.au](https://psychology.org.au)

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