

# Carmel Adventist College Primary Newsletter



Term 1, Issue 5

5<sup>th</sup> April, 2016

## Running Your Own Race

I was cycling and noticed a person ahead of me, about 250 meters. I could tell he was cycling a little slower than me and decided to try to catch him. I had about a km to go on the road before turning off.

So I started cycling faster and faster and every block, I was gaining on him just a little bit. After a few minutes I was only about 100 meters behind him, so I really picked up the pace and pushed myself. You would have thought I was cycling the last leg of London Olympic triathlon.

Finally, I caught up with him and passed him by. On the inside I felt so good. "I beat him" of course, but he didn't even know we were racing.

After I passed him, I realised that I had been so focused on competing against him that I had missed my turn, had gone nearly six blocks past it and had to turn around and go all the way back.

Isn't that what happens in life when we focus on competing with co-workers, neighbours, friends, family, trying to out-do them or trying to prove that we are more successful or more important? We spend our time and energy running after them and we miss out on our own paths to our destinies.

The problem with unhealthy competition is that it's a never-ending 'cycle'. There will always be somebody ahead of you, someone with better job, nicer car, more money in the bank,



Continued on

## Events Calendar

Parent/Teacher Interviews –  
Apr 6

Combined Sport Day – Apr 8

End of Term 1 – Apr 8

School Yard Blitz – Apr 24

ANZAC Day Public Holiday – Apr 25

Term 2 Commences – Apr 26

## Combined Schools Sports Day

Please read the important information of the sport day procedures on the special page of the newsletter.

Hopefully the weather holds off for this event! We hope you can come along and support your athletes.

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## NAPLAN Information

Applications for exemption need to be submitted by **Friday, 8<sup>th</sup> April**. If you would like to seek an exemption for your child from this year's testing, please discuss this with your child/ren's teacher.

**Please read the great news (Pg. 6) relating to our schools strong NAPLAN results. Well done teachers and students!**

## School Holiday Office Opening Hours

The office will be closed the first week of the school holidays. In the second week it will be opened from Monday to Friday, 9am – 1pm.

## School Holiday Uniform Shop Opening Hours

### Carmel Primary (Sports Uniform)

The uniform shop at the Primary school will be open in the second week of the school holidays from Monday to Friday from 10am – 1pm.

### Carmel Secondary (Formal Uniform)

Uniform shop hours at the High School will be Monday, 18<sup>th</sup> April and Tuesday, 19<sup>th</sup> April between 9am – 2pm.

### Term 2 Uniform

Boys - long grey trousers, blue logo shirt, black polished lace-up shoes, logo knitted jumper and tie.

Girls - skirt, white logo blouse, black polished lace-up shoes, knitted logo jumper and white socks or black stockings (the pinafore is no longer available for ordering, however can still be worn)

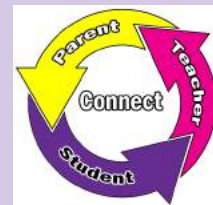
Winter Sport Uniform replaces the shorts with long micro fibre pants and sports jacket

## Parent/Teacher Interviews

Tomorrow, **Wednesday, 6<sup>th</sup> April** is Parent/Teacher interview night.

Our online interview booking program will remain open until midnight tonight, Tuesday, 5<sup>th</sup> April.

We encourage you to make your booking as soon as possible.



In your address bar type:

<http://sobs.com.au/school/parent-teacher-interviews/index.php>

Click on: *Parent Access* (button on left)

Type the school name:

*Carmel Adventist College Primary (or 6076)*

Follow the prompts to make your booking.

Green places indicate available timeslots.

## Fees

Monthly statements will be sent home with the eldest sibling this Thursday. Once again we encourage you to check that all payments made have been received and showing on your account. Please continue making your schedule payments over the school holiday break. Thank you.

## Help! Help! Help!



## School Yard Blitz April 24 & May 1

We need your help! There are a number of jobs that we are planning on completing around the school, but we need your help to finish them.

Thank you for all the people who helped during the working bees last year to start the Stephanie Alexander garden. We are wanting to complete the wonderful work already done, so we are planning for this to be finished on Sunday, 24<sup>th</sup> April and if required on Sunday, 1<sup>st</sup> May.

In order for this garden area to be finished, we will need help from our school community. So that the work will be completed as quickly as possible, we will need five teams of men, women and children. We need people to:

- Finish constructing the garden beds
- Make the tractor safe for playing on
- Build a fence around the garden area
- Deconstruct the old playground
- Help with serving lunch

Lunch will be provided on both of these days, so we will need to know if you are able to come and help. Please let the office know which team you are happy to work with.

Thank you so much for your interest and support with the school. If you have any queries, feel free to contact the office.

more education, a more handsome husband / a beautiful wife, better behaved children, etc.



Take what Life has given you, the height, the weight & the personality. Dress well & wear it proudly! You'll be blessed by it. Stay focused and live a healthy life. There's no competition in DESTINY.

Run your own RACE and wish others WELL!

Wherever you go, no matter what the weather, always bring your own Sunshine.



## Mother's Day Stall

We will be operating a Mother's Day stall on Friday, 6<sup>th</sup> May to give the children an opportunity to purchase a present for their mums.

We would really appreciate any small donations that you can provide to make this stall a success. Items that we can sell range 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.

## Calendars now \$10

Purchase a school calendar for \$10!! These are available from the school front office.

## Research Project

We have received a request from Valérie Dufour, a member of Andrews University, to participate in a survey for a research project.

Your responses will help her evaluate the relationship between lifestyle habits, dietary patterns and children's development.

The survey is very brief and will only take about 5-7 minutes to complete. Please copy the link below into your browser to go to the survey:

<https://www.surveymonkey.com/r/HXL7DZJ>

Your participation in the survey is completely voluntary and anonymous. All the responses will be kept confidential. No personally identifiable information will be associated with your responses to any reports of these data.

Should you have any comments or questions, please feel free to contact Valerie at [valerie@andrews.edu](mailto:valerie@andrews.edu)

## Easter Art Competition

All classes were encouraged to get involved in the inaugural Easter Art Competition within our Adventist school system. We were able to enter one piece of artwork from each year level. Congratulations to the following students who were selected from Carmel Primary for their thoughtful representations of Easter.



Back Row: Marcus Henderson (Yr 5), Isla Bishop (Yr 3), Indiana Hale (Yr 6), Bailey Gunter (Yr 4), Levi Shipard (Yr 2).  
Front Row: Wade Stanton (PP), Mia Stafford (Yr 1).

## Wanted: Dress-ups

I work with special needs children and one of things I teach is play skills. I am in need of dress-ups, in good condition, for children aged 3-6 years old. I am specifically looking for costumes for a vet, doctor or nurse, shop keeper, construction worker, farmer, superhero or princess. If you have anything that you would be willing to donate please contact Rochelle Mulder on 0423126324. Thank you.



## Second Hand Uniforms for Sale

The following items are for sale:

|                        |                                 |                 |
|------------------------|---------------------------------|-----------------|
| Winter Jacket          | Size 8                          | \$20            |
| Sport Jacket           | Size 8                          | \$20            |
| Logo knitted jumper    | Size 8                          | \$20            |
| Long grey trousers     | Size 6 (x2), 8 (x3) and 10 (x2) | \$5 - \$10 each |
| Blue logo shirts       | Size 8 (x2)                     | \$5 - \$10 each |
| Grey shorts            | Size 8 (x6)                     | \$10 each       |
| Pre-Kindy Sports Shirt | Size 3                          | \$10 each       |
| Sports shirt           | Size 8 (x2)                     | \$10 each       |
| Sports shorts          | Size 8 (x2)                     | \$7 each        |
| Library Bag            |                                 | \$2             |
| Hats                   | (x3)                            | \$2 - \$5       |

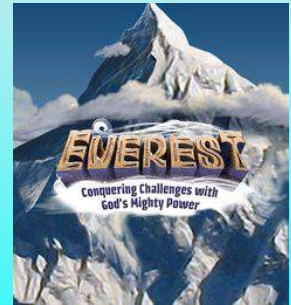
If you are interested in any of the above items, please text or phone Raelene Price on 0408 937 121.

# community

## Carmel Church News

### The Everest Expedition Team is back!

Come along to Carmel Church on **April 9** for this special day where kids are the focus of our church service. The Everest Expedition Team from Easter camp will present a wonderful music-filled program where kids (and adults) will take home special message about our awesome God. The program begins at 11am.



Join us each week on Saturday morning for various age related programs or small groups between 9:30-10:30am. The main worship service begins at 11am.



### Autumn School Holiday Program

The team at Nearer to Nature have been busy preparing a wonderful program to get the kids out and about exploring nature and the Perth outdoors in the upcoming school holidays. Please check out the program enclosed in this newsletter.

The Parents and Friends Committee would like to thank the school community for their support in our Bulb Fundraiser. We raised just over \$1000, which will go towards the development of a new playground area.

## STAFF AT EASTER CAMP 2016



# From our Chaplain...

This week I had the pleasure of joining our Year 1's on their excursion to the Rio Tinto Naturescape Playground in Kings Park. The students had a wonderful time at the various areas but I think the creek was the favourite! While paddling around in the water, chatting and exploring with the kids, I couldn't help but think I must have the best job in the world! How blessed we are here at Carmel Primary that we have two different entities who believe in a chaplaincy program.

Our chaplaincy program is jointly funded by the Australian Government under the National School Chaplaincy Program (NSCP) and the Western Australian Conference of the Seventh-day Adventist Church. Funding of 10 hours per week from the NSCP is used to facilitate those parts of our Chaplaincy Program which focus more on building resiliency, emotional and pastoral support such as (though not limited to) Protective Behaviours, Stephanie Alexander Gardening Program, school excursions, sport activities and camps. Funding from the WA Conference is also used to facilitate those parts of our program which focus on resiliency and relationship building but is also used for those aspects of our program which may be deemed more Christian in their orientation, such as weekly chapels, Bible studies and the annual Week of Worship.

Inclusion in the Chaplaincy Program is voluntary yet implied in your decision to enrol your child at Carmel Adventist College Primary. If you wish for your child or family to not be included in any, or all, of the services that the chaplaincy program provides, you can fill out our 'Opt Out' form at School Reception or contact the Chaplain on 9291 6399 or by email, [nicolawarchol@adventist.org.au](mailto:nicolawarchol@adventist.org.au).



Thanks to all our Year 1 students for a memorable excursion. If you have time on the holidays, I can highly recommend the Rio Tinto Naturescape Playground and your kids will love you for taking them there.

I trust you are able to enjoy some 'down time' over the holidays with your family and I look forward to seeing you back after the holidays for Term 2.

God Bless,  
Mrs Warchol



## Ukuleles Have Arrived!

Well the Ukeleles  
have arrived!  
This photo  
captured the  
excitement as they  
opened them!  
Big thanks to the  
P&F for funding this!



## HAPPY BIRTHDAY TO YOU!

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

**Malcolm Webster (2), Alicia Jones (10), Damien Green (15), Tiana Green (17), Owen Hughes (18), Jemimah Maiki (23), Ishe Shonga (24), Indianna Hale (24), Meg Kwe (25), Emily Green (25), Riley McMillan (28), Tayla McCutcheon (28) and Bailey Gunter (29).**

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

## Parent Helpers for Combined Sports Day

We require three parent helpers to assist our teachers with the 5, 7 & 9 aged groups, as they walk around and participate in the various sport activities throughout the morning. If you can assist, please see Narelle at the front office.



Carmel Adventist College Primary

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Ph: 9291 6399

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Email: [admin@carmelcollegeprimary.wa.edu.au](mailto:admin@carmelcollegeprimary.wa.edu.au)

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

# Carmel Primary NAPLAN Results Prove Strong Educational Achievements

Carmel Adventist College, Primary Campus (Carmel Primary), has again been recognised for the excellent learning environment it has created and the outstanding educational achievements of its students.

In a letter from Robert Randall, Chief Executive Officer of the Australian Curriculum, Assessment and Reporting Authority (ACARA), Carmel Primary was congratulated for being identified as a school that had demonstrated substantially above average gain in NAPLAN results.

According to ACARA's methodology, Carmel Primary demonstrated substantial growth in NAPLAN scores when compared with previous years, schools with similar students based on the Index of Community Socio-Educational Advantage (ICSEA) and other students with similar NAPLAN average score starting points.

Leading education researcher Geoff Masters, the chief executive of the Australian Council for Educational Research, agreed it was time to realise the only way to measure how much learning had occurred was by measuring the progress students had made.

"We believe gains of this magnitude are significant, worthy of acknowledgement." ACARA general manager for assessment, Stanley Rabinowitz, said.

"Schools are much more than their tests scores", principal Janine Taylor said, "but a letter commending the teaching team for their efforts, is a nice way of affirming people for their hard work and the added value they have brought to the education of the students. When you get some external affirmation it really does continue to bring new energy to the school and its community."

"NAPLAN is just one diagnostic tool that we use. We spend considerable time looking at data, not to improve our NAPLAN results, but to improve our teaching and students learning."

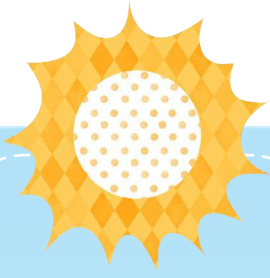
Carmel Adventist College, Primary is a member school of the Australia wide system of Seventh-day Adventist schools that has been on a journey of school improvement using the Quality Adventist Schools Framework (QASF) for the past three years. Part of this process has led to Carmel Primary developing an integrated approach to professional learning and a strong focus on reflective practice. These two elements are providing teachers with the right tools to educate students more effectively.

"This is just the beginning of a much longer journey", Janine says. "Our idealic location has encouraged a strong focus on nature pedagogy in the early years, which we believe is helping to build strong, resilient students who love to be at school. Studies have shown that when students are happy to be at school, they are far more receptive to an in depth learning experience. When you add to the mix teachers who are working together with their peers to support and improve practice, it is a winning combination."



Mr Hughes, Mrs Keating, Miss Till and Mrs Stanton

*Carmel Primary's Kindy program does an excellent job in introducing students to learning through playing in nature, bringing the classroom to the outdoors and encouraging learning for life. This start to learning is supported throughout the Carmel Primary journey and these ACARA / NAPLAN results confirm the continuous learning that is occurring throughout the entire school.*



# Combined Schools Sports Day

This year the Combined Schools Sports Day will be held on Friday, April 8 at **Gerry Archer Athletic Field, Abernethy Road (cnr Leach Hwy), Cloverdale.**

## DON'T MISS THE BUS

Students travelling by bus to the Field will need to be at school ON TIME. The buses cannot wait for students arriving late. Buses will be leaving the school at **8.50am SHARP!**

Students travelling directly to the field need to be there by 9.00am.

## LUNCH

All Carmel students need to stay with the Carmel School group for lunch. Parents and friends are welcome to join us for lunch. We collect cards, count points and prepare for the afternoon events during the short lunch break and so require ALL students to be available.

**Please note:** All students need to hand their ribbons/cards to the Carmel Teachers as soon as they have finished the morning events. These will be returned back to students at school the following week.

## ARRIVING...

For parents transporting their children directly to the field, please note the following: **Students need to be at the track by 9am.**

Please report to **Mrs Blagden** upon arrival to collect your card. **Mrs Blagden** will show you which area to put your bag in and also where to line up for the opening announcements.

Students need to be supervised by their parents prior to the commencement of the program. Carmel will only have two or three staff members at the grounds and they will be busy setting up for the various events. The rest of the staff will be travelling to the field on the buses with the students. Please note that children are NOT allowed to play on the tracks or with sporting equipment before the official event starts.

## END OF THE DAY PROCEDURES

All Carmel students are required to stay in the assigned Carmel area until checked off the attendance list. Teachers signing off students will be wearing their 'High-Vis' vests. All students belonging to one family need to be signed off together. Please be grouped together before coming to be checked off.

### Students Travelling Home by Car

These students will need to be signed off by **Mrs Keating** and **Mrs Stanton**

### Students Travelling Home by School Bus

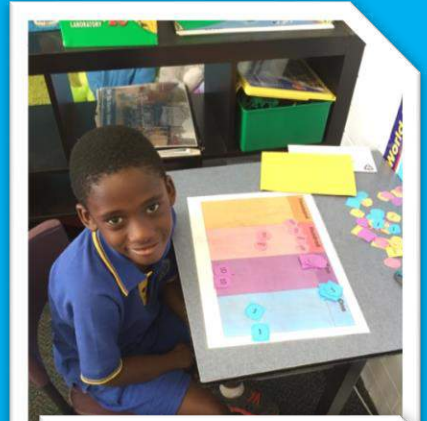
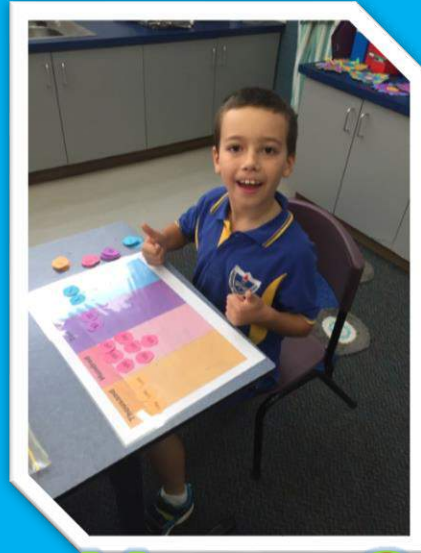
These students need to be signed off by **Mrs Blagden** or **Mrs Webb**

### Leaving Early

If you need to take your child from the Sports Field BEFORE the conclusion of the program, please ensure that you have your child/ren's name checked off PRIOR to leaving. **Mr Hughes** is the designated staff member to see about this.

*If you indicated one thing on your transportation forms previously sent in and then change plans on the day, please contact **Mr Hughes** during the lunch break to let him know so that our lists can be modified.*





# Year 3 Class Work







## Nearer to Nature Community

# Bookings and payment

### Bookings are essential

Phone *Nearer to Nature* on (08) 9295 2244 (9am to 4pm Monday to Friday).

### Payment options

Payment by phone: Visa and MasterCard.

Payment by mail: Cheques or money orders can be made out to *Nearer to Nature*. Please ensure your payment arrives within five working days of making your booking as, due to popularity, we cannot hold places for longer than this.

### Cancellations

If you cancel your booking more than two working days before the activity, we will gladly refund your payment or offer a credit voucher (valid for one year). Refunds cannot be made after this time. Once confirmed, your booking is transferable — so if you can't make it, send your friends and family. Please notify us of any changes in attendance.

If we must cancel an activity, we may reschedule or offer a payment refund.

## Contact us

### Nearer to Nature

The Perth Hills Discovery Centre  
380 Allen Road Mundaring (near Mundaring Weir)  
MUNDARING WA 6073

Phone: (08) 9295 2244 Fax: (08) 9295 3247

Email: [n2n@dpaw.wa.gov.au](mailto:n2n@dpaw.wa.gov.au) Web: [nearertonature.dpaw.wa.gov.au](http://nearertonature.dpaw.wa.gov.au)

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Department of  
Parks and Wildlife



**PARKS  
FOR  
PEOPLE**



## Nearer to Nature Community

### Autumn's aura 2016



[nearertonature.dpaw.wa.gov.au](http://nearertonature.dpaw.wa.gov.au)

20160002-0216-1700



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**PARKS  
FOR  
PEOPLE**

# Autumn's aura

## Calendar of activities March–May 2016

| Date       | Time                        | ABR | Activity                     | Loc   | Age   | Price \$ |    | Discovery Club Price \$ |    | Date       | Time         | ABR | Activity  | Loc   | Age  | Price \$ |    | Discovery Club Price \$ |    |
|------------|-----------------------------|-----|------------------------------|-------|-------|----------|----|-------------------------|----|------------|--------------|-----|---|-------|------|----------|----|-------------------------|----|
|            |                             |     |                              |       |       | Ad       | Ch | Ad                      | Ch |            |              |     |   |       |      | Ad       | Ch | Ad                      | Ch |
| Sun 27 Mar | 10–12 noon and 12.30–2.30pm | 21  | Easter Bilby family fun day  | PHDC  | 3+    | 16       | 12 | 14                      | 10 | Sat 16 Apr | 6–8pm        | 65  | Nocturnal delights                                      | PHDC  | 6+   | 18       | 14 | 16                      | 12 |
| Mon 11 Apr | 10–11.30am                  | 45  | Roaming in river-land        | CREEC | 4–7   |          | 16 |                         | 14 | Mon 18 Apr | 10–11.30am   | 34  | It's a shell life                                       | TB    | 4–7  |          | 16 |                         | 14 |
| Mon 11 Apr | 1–3pm                       | 26  | Fight or flight              | CREEC | 8–14  |          | 16 |                         | 14 | Mon 18 Apr | 1–2.30pm     | 33  | Intertidal investigators                                | TB    | 7–12 |          | 16 |                         | 14 |
| Mon 11 Apr | 10–11.30am                  | 32  | Incy wincy spider            | PHDC  | 4–7   |          | 15 |                         | 13 | Tue 19 Apr | 10–11.30am   | 45  | Roaming in river-land                                   | CREEC | 4–7  |          | 16 |                         | 14 |
| Mon 11 Apr | 10am–3pm                    | 9   | Bush survival                | PHDC  | 8–12  |          | 27 |                         | 25 | Tue 19 Apr | 1–3pm        | 23  | Eco treasure hunt                                       | CREEC | 7–12 |          | 16 |                         | 14 |
| Tue 12 Apr | 10–11.30am                  | 43  | Powerful pip                 | PHDC  | 4–7   |          | 15 |                         | 13 | Wed 20 Apr | 10–11.30am   | 54  | Whoo's who?   | PHDC  | 4–7  |          | 16 |                         | 14 |
| Tue 12 Apr | 3pm–10am                    | 6   | Big kids campout             | PHDC  | 8–12  |          | 38 |                         | 36 | Wed 20 Apr | 10am–3.30pm  | 44  | Ramble with a ranger                                    | PHDC  | 7–12 |          | 28 |                         | 26 |
| Wed 13 Apr | 10–11.30am                  | 53  | Where's wallaby?             | PHDC  | 4–7   |          | 16 |                         | 14 | Thu 21 Apr | 10–11.30am   | 11  | Camouflage capers                                       | YNP   | 4–7  |          | 15 |                         | 13 |
| Wed 13 Apr | 1–2.30pm                    | 46  | Sense-ational scavenger hunt | PHDC  | 7–12  |          | 15 |                         | 13 | Thu 21 Apr | 1–2.30pm     | 19  | Discovering the six seasons                             | YNP   | 7–12 |          | 15 |                         | 13 |
| Thu 14 Apr | 10–11.30am                  | 5   | Beetles, bugs 'n' bush       | CREEC | 4–7   |          | 15 |                         | 13 | Thu 21 Apr | 10–11.30am   | 13  | Cocky capers  | PHDC  | 4–7  |          | 16 |                         | 14 |
| Thu 14 Apr | 11am–4pm                    | 12  | Canning canoeing quest       | CREEC | 11–14 |          | 37 |                         | 35 | Thu 21 Apr | 1–3pm        | 8   | Bush cooking for kids                                   | PHDC  | 7–12 |          | 17 |                         | 15 |
| Fri 15 Apr | 10–11.30am                  | 24  | Enchanted marine environment | TB    | 4–7   |          | 16 |                         | 14 | Fri 22 Apr | 10–11.30am   | 7   | BrilliantS  | SS    | 4–7  |          | 15 |                         | 13 |
| Fri 15 Apr | 1–2.30pm                    | 22  | Eco challenges               | TB    | 7–12  |          | 16 |                         | 14 | Fri 22 Apr | 1–3.30pm     | 40  | N2N spy kids  | SS    | 7–12 |          | 20 |                         | 18 |
| Fri 15 Apr | 10.15am–12 noon             | 1   | Adventure caving             | YNP   | 8–10  |          | 32 |                         | 30 | Sun 24 Apr | 4–8pm        | 57  | Around the campfire – ANZAC special                     | PHDC  | 6+   | 18       | 14 | 16                      | 12 |
| Fri 15 Apr | 12.45–2.30pm                | 1   | Adventure caving             | YNP   | 10–14 |          | 32 |                         | 30 | Sun 8 May  | 10am–12 noon | NEW | Mother's Day brunch with the joeys (Mum comes for free) | PHDC  | 6+   | 20       | 16 | 18                      | 14 |

Key:  Share the experience - activities for the whole family  Captivate the kids - activities designed for children

Refer to *Nearer to Nature's* program brochure for full activity details.

**What to bring:** Water, weather-appropriate clothing and protective elements such as sunscreen and hat. Any other activity-specific requirements will be detailed in your letter of confirmation.

**Note:** Parents remain on-site for activities unless stated otherwise in program details.

ABR: Annual brochure reference number.

**Locations:**

CREEC Canning River Eco Education Centre

PHDC Perth Hills Discovery Centre

SS Star Swamp

TB Trigg Beach

YNP Yanchep National Park