



# Carmel Adventist College Primary Newsletter

Term 2, Issue 6 - 22nd April, 2015

## LESSONS FROM THE ANZACS

April 25 is a significant day on the Australian calendar. Anzac Day is in many ways a reflection of when we came of age as a nation. On April 25, 1915, the Anzacs landed at the hostile beach of Gallipoli for an eight month campaign that ultimately proved fruitless. Despite the loss, the characteristics displayed by our troops have become part of our folklore. What can we learn from our Anzacs?

**Mateship:** The Anzac spirit is very much based on the value of mateship. Helping friends in their time of need and maintaining morale were traits that were regularly exhibited during wartime by Australian and New Zealander troops.

**Retain Your Sense of Humour:** The Anzac troops have always been renowned for retaining their ability to laugh even when under extreme pressure. Practical jokes were a regular event, normally at the expense of their British Allies who didn't appreciate the perceived lack of discipline. This is a great lesson for us. It would be very rare that in today's world we would experience anything like the pressure that our troops did, however there are times when we do feel stressed and everyone around you is under pressure as well. Keep on smiling and look for opportunities to lighten the mood when the people around you are getting too serious.

**Courage under Fire:** The story of Simpson and his Donkey is one of the great legends of Gallipoli. Simpson was a stretcher bearer who was able to obtain a donkey to assist him in rescuing wounded soldiers from the battlefield. He would make dashes into no-mans-land and saved up to 300 soldiers over a period of a few weeks before being shot himself. Simpson's reckless and selfless courage has made him one of the most revered figures in Anzac history.

Whilst we are unlikely to face the same conditions, there are occasions when we may need to make decisions that will require courage. To defend the disadvantaged, stand up for an important principle or do the right thing when everyone around you disagrees takes a different type of courage, but it's still important.

We are grateful for the sacrifice made by those Anzacs in battle. Our thoughts are also with the men and women currently serving in Afghanistan, Iraq, East Timor, the Solomon Islands, Egypt, Sudan and elsewhere in the Middle East. We are proud of you. Please come home safely.

<http://betterlifecoachingblog.com/2010/04/25/inspirational-people-our-anzacs>

## EVENTS CALENDAR

Anzac Day Public Holiday - 27 Apr  
P&F Meeting - 7 May  
NAPLAN Testing - 12-14 May  
WA Day Public Holiday - 1 June  
Mud Day - July 3  
End of Term 2 - July 3  
Term 3 commences - 21 July

## BOYS NEW SHIRTS ARE IN STOCK!!!

The boys new logo shorts have arrived and are now available at the High School uniform shop. Unfortunately the girls blouses will not be available until Term Three. If any of the girls do not have white blouses to wear, they have permission to wear the summer dress with black tights or white socks and school jumper. Sorry for this delay but Perm-a-Pleat are experiencing delays in fabric manufacture.

## WINTER UNIFORM REQUIREMENTS

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

**Girls** - skirt/pinafore, white blouse, polishable black lace-up shoes, logo knitted jumper.

Winter sport uniform replaces the shorts with long microfibre pants and sports jacket. For added warmth and rain protection, our optional winter jacket is also available in the uniform shop.

## MOTHER'S DAY STALL

We are operating a Mother's Day stall on Friday, May 8 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. If you have any questions, please feel free to contact Shannon Shaw on 0409 750 632 or find her after school.

Suggested gift ideas include (but are not limited to) ornaments (indoor & outdoor), candles, ceramics, nic-nac items, chocolate, coffee mugs etc.

Please drop your 'gifts' in to the office by Wednesday, May 6.

## ANZAC DAY PUBLIC HOLIDAY

Please note that the school will be closed next Monday, April 27, due to the Anzac Day Public Holiday.



## BOOK CLUB CATALOGUES

**Scholastic Book Club** catalogues Issue 3 has now arrived and the teachers will be giving them out to the children in reply to parent's requests.

Feel free to order through the school or on-line (LOOP) but you are under no obligation to do so. As a school, we need to advise that there may be some items in the catalogues that are not suitable for some parents to order.

Orders need to be back at school by Tuesday, May 5 (wk 3).

**Koorong Book Club** catalogues have also been sent home this week. Should you wish to make any purchases from this catalogue, please return your order form with money by Tuesday, May 9 (wk 8).

Thank you for your support. - Mrs Pam Fairfoul (Library)

## SCHOOL BANKING

We are looking for a volunteer who is willing to learn the ropes and help out with our school banking program. School banking is getting bigger and better each term and we are in need of a back-up person/assistant to help out. Please register your interest at the office if you feel this is an area you could help out with.



## EASTER CAMP UPPER PRIMARY

If your child attended the Upper Primary division of the Easter Camp convention and loved the music, good news! There are extremely limited numbers of music CD's and DVD's still available. If you would like a copy, please contact Laurene in the office. CD's are \$12 and DVD's are \$20.

## CARMEL PLAY GROUP

This term Carmel Playgroup will run each Thursday fortnight at Carmel Church from 9am-11am. It is a time for the kids to play and the parents to chat. Bring a piece of fruit to share for morning tea. Contact Shani Green (0409 881 906) or Rochelle Mulder (0423 126 324) if you would like more information.

This terms dates are:

April 30, May 14, May 28, June 11 and June 25.

## CHAPEL

Our Chapel program is held each Friday morning between 8.50 and 9.30am. This week we will have a special focus on Anzac day. Next week the Year 1 class will be assisting with the program. We welcome any parents and friends to come along and join us.

## PARENTS AND FRIENDS COMMITTEE

The next P&F meeting will be held in the staff room on May 7 at 2pm.

## HAPPY BIRTHDAY TO YOU!

The students celebrating a birthday in April are:

Celeste Makusha (1), Malcolm Webster (2), Vimbai Maposa (9), Alicia Jones (10), Damien Green (15), Alexander Sullivan (15), Tiana Green (17), Owen Hughes (18), Jemimah Maiki (23), Isheu Shonga (24), Indianna Hale (24), Emily Green (25), Riley McMillan (28), Tayla McCutcheon (28), Bailey Gunter (29).

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

## CHAPLAIN'S NEWS

### March to a Beat – (Part 1)

What is it to 'March to the beat of a drum'? What is at the heart of it that drives us to march along?

On the eve of the 100th anniversary of Gallipoli as we look back at the wars and the marching that has taken place to get there from Australia to Gallipoli, Europe, the Middle East, Asia or the Pacific we wonder how and why?

Times have changed from the King and Country ideals of our first Anzacs. Australia, to the best of my knowledge, is the only nation NOT to be formed from or out of the result of war.

For most of us our family is our motivating factor and yet often we feel like we are doing it on our own. When the Bible says 'I will never leave you or forsake you' we have a clue as to what the true beat is all about. The Bible goes on to say that this body (family) is made up of different parts. We are all unique and as individuals we can chose how we form our family.

To "march to the beat of a different drum" is said to do things in your own way regardless of societal norms and conventional expectations. This is often viewed in a very poor light.

The alternative to this is said to "march to the beat of one's own drum" but it still needs some explanation. Next time we will look at how we all march to the beat of a drum.





## SCHOOL WORKING BEE

Carmel Adventist College Primary is proud to be part of the Stephanie Alexander Kitchen Garden Program. Mr Wallis and Mrs Taylor applied to be part of the program and have attended a 2-day Kitchen Garden Workshop as the first step in our training for this program. Both teachers will be implementing the first stage of this program this term. For PP this will be a simple extension to what they have already started and being doing for some time. Mrs Taylor and Mrs Stanton will work with the Year 5 group initially as a trial this term. Other groups will be able to join in once things get going.

To make this program work, we need to do some significant development of the student vege garden area. We would love help with this project as it is something that will involve all students either now or in the future once the program is fully rolled out.

**Date:** May 24, 2pm—5pm

**Main tasks:** To build some vegetable beds in the area beyond the oval. If we get enough people on the ground to help out we will start work on a chicken yard/coop.

**Need:** Hand tools, shovels, drills, hammers, lots of strong helpers! etc.

Here is the philosophy behind Stephanie Alexander Kitchens:



Stephanie Alexander has a vision that pleasurable food education is accessible to every Australian school with a primary curriculum.

The not-for-profit Stephanie Alexander Kitchen Garden Foundation takes a revolutionary approach to food education focusing on pleasure, flavour and fun.

The recipe for effective food education:

- Encourage fun, flavour and texture through experiences that engage all the senses.
- Model good food choices without resorting to pyramids or labels of 'healthy' or 'unhealthy'.
- Reinforce techniques repeatedly, providing the confidence to plant seeds or cook simple dishes at home.
- Plan menus around the fresh, seasonal produce growing in the garden.
- Use ingredients at their peak – seasonal herbs, crisp veggies, fresh fruits.
- Expand culinary horizons, presenting cultural differences as fascinating rather than strange.
- Expand vocabularies for describing foods, flavours, textures, plants and processes.
- Food should be delicious and the cooking of fresh fruit and vegetables should be timed with great care.
- Come together at the end of the cooking to share our meal around the table.

Stephanie says

*'I believe absolutely in the importance and power of the shared table. In many cultures, eating together around a table is the centre of family life. It is the meeting place, where thoughts are shared, ideas challenged, news is exchanged and where the participants leave the table restored in many ways.'*



## RELOCATION OF THE UNDERCOVER AREA

You may recall at the end of year school concert last year we mentioned that work would be going ahead in 2015 to prepare an area for a new classroom development. The first step in this process was to move the undercover and set that up down near the oval.

A superhuman effort was put in by TM Constructions over the school holidays to get this structure moved. It involved removing a shared wall between the multipurpose room and the undercover shelter. It was a very challenging job in a very tight space but was completed without incident. The very skilled team managed to get this done with minimal disruption to the multi-purpose room. Painters finished the class preparation on Sunday morning to ensure that the room could be set up for the Year 6 class before Tuesday.



# Relationships Australia

To make bookings or further enquiries regarding any of the courses below please contact Relationships Australia on 9489 6322.

### Parent Teen Connection

Monday 4th May x 4 weeks at 22 Southport Street, West Leederville. \$50 per person/\$75 per couple. 6.30-9pm

We have all come through adolescence – do we remember? It has always been a challenging, sometimes frustrating period of life's journey. Thankfully, today's parents are usually more inclined to listen. Living with teenagers can be confusing and even worrying, but also rewarding. This course reduces stress and teaches parents to communicate, negotiate and minimise conflict.

### Virtues Parenting Programme

Tuesday 12th May x 6 weeks at 22 Southport Street, West Leederville. \$110 per person. 10am – 12.30pm

This six-week course is for parents, teachers and anyone else with responsibility for children. The Family Virtues Guide contains fifty-two of the universal virtues which help parents bring out the best in their children and in themselves. It creates a climate of caring and character. Picture a community in which everyone, from parents to police has the will and skill to teach respect, foster kindness and model virtues such as caring, compassion, courage, forgiveness, friendliness, honesty, love, self-discipline, thankfulness and truthfulness.

### Dads Raising Girls

28 May at 22 Southport Street, West Leederville. \$25pp. 6.30-9pm

Find out how you can build a rewarding father-daughter relationship. As the primary male role model in a girl's life, fathers play an important role in the development of their self-concept and self esteem. This affects how they relate to others, particularly to boys and men.

### All About Anger - Working with Parents and Teenagers

Thursday 14th May. 6.30-9pm. \$35 per family.

This interactive workshop has been designed to support families where anger is an issue. Anger is explained in a way that challenges our labelling of "an ANGRY person" and instead helps us to understand that many of us have simply learnt to react to the emotion of anger in unhelpful ways.

### Anger Management for Teen Boys - 16 to 18 yrs of age

Saturday 16th May. 9.30am-4.30pm. \$50 per person.

Many men completing our Anger Management course tell us how much healthier and happier their lives would have been had they completed the course as teenagers. Now is an opportunity to learn skills for dealing with anger in an open, interactive one day workshop that will support you throughout the years that lie ahead. It will help you manage stress and help you in building positive relationships in all areas of your life.