



June 10, 2020 | Term 2 | Issue 9

## Find joy in the journey.

#### Train Tracks...

I used to think that life came in waves: There was a wave of good and pleasant circumstances followed by a wave of bad and unpleasant circumstances. Or life was a series of hills and valleys; sometimes we're up, then we're down. But I've come to realise that life is much more like a set of parallel train tracks, with joy and sorrow running inseparably throughout our days.

## **Events Calendar**

Parent/Teacher Interviews......July 1
Term 2 Concludes....July 3
Staff PD....July 20
Term 3 Commences...July 21

Every day of your life good things happen.

Beauty, accomplishment, pleasure, fulfilment, and perhaps even excitement occur. That's the track of joy. But every day of your life also holds disappointment, challenges, struggles, and perhaps even losses for you or those you love. That's the track of sorrow.

Most of us try to "outsmart" the sorrow track by concentrating our efforts on the joy track, as if by our positive outlook or outright denial of reality we can make the sorrow track go away. That's impossible, because joy and sorrow will always be present together. No matter how "positive" we think or how hard we try to visualise only happiness, the sorrow track remains. And in the strange paradox of the universe, at the exact moment you and I are experiencing pain, we are also aware of the sweetness of loving and the beauty still to be found.

## General Information

#### **Sickness**

We need to remain diligent during this time and we encourage you to please make sure you keep your child home if they are unwell.

If your child has a fever, cough or cold symptoms, we recommend that they see a medical professional to ensure they are well enough to return to school.



Please remember to inform us when your child is absent from school and the reason for absence (eg sick, family reasons, doctor, dental or specialist appointment), so that this can be noted on our attendance records.

This can be done by phoning the front office, emailing <u>CarmelPrimary@adventist.org.au</u> or using the SKOOLBAG app on the morning of your child's absence.

#### **Scholastic Book Orders**

Scholastic Book Club catalogues have been given to your child/ren.

Order online or place your order form and money to the front office. Orders are due back by Tuesday, June 16.

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

#### **School Banking**

School Banking has been temporarily paused since 23 March 2020. We will advise when the program will recommence.

In the meantime, Start Smart Parent Resources (https://www.startsmart.com.au/parent-resources/primary-resources/), have been created to assist parents and carers in improving their children's money management skills.



These free, short videos and worksheets can be accessed from home and are designed to give students the confidence and skills to make smart decisions about money.

#### **Front Office Access**

Entry to the office is permitted, but please follow the guidelines outlined on the door.

There is a new maximum of 3 people in the office at any one time, including Carmel Primary staff.

If you enter the office, you will need to complete and sign a form so that we comply with contact tracing requirements.

Remember: if you have a question for office staff but would prefer not to have to complete a form, then just knock on the door and one of the office staff will meet you at the door just as we have done so far this term.

#### Year 6 Camp

We have new dates for the Year 6 Camp!

New dates are...Monday, 31st August to Wednesday, 2nd September.

Should there be any changes, we will notify you accordingly.

#### **Hats Off**

With grey winter days well under way, students will have the option to take their hats off until spring and soak up the sun. The UV index will need to be 3 or lower. This initiative supports the school's SunSmart policy.

Teachers will check the UV index before students go out at recess and lunch. This is an important health initiative to boost Vitamin D levels and give moods a lift.

Please make sure hats are available as sometimes recess is below 3, but by lunch it is over 3.



One of our toughest challenges in life is to learn how to live on both of those tracks at the same time. But there's hope! Consider what it's like to stand between two sets of train tracks and look off into the horizon. Those parallel tracks come together as we look ahead. They are no longer distinguishable as two separate tracks.

That's the way it will be for us too. During our lifetime, we "stand on the tracks" looking for signs of Jesus Christ's return. We watch for the sights and sounds that will alert us that his appearance is very close. One day, in the brightness of his coming, we will meet him face to face. And when we do, the tracks of joy and sorrow will merge. The sorrow will disappear forever, and only the joy will remain.

How do you respond to the idea of joy and sorrow always existing together on this earth?

When have you found this to be true in your own life?



https://www.bible.com/readingplans/19717/day/3?segment=0

#### **Chapel via Zoom**

We have our weekly Chapel program via Zoom on **FRIDAY** morning from 8:50am to 9:30am.

Check your Seesaw notifications Friday morning for the Zoom meeting link.

This **Friday (June 12)**, the program will be coordinated by the Year 1 class.

Speaker: Pr Kyle

**Next week (June 19)...**Coordinating: Pre Primary class

Speaker: Mrs Olsen

We hope you can join us!

## The Lift Project

This term, Carmel staff have spent time before the students arrive each day, working through a wellbeing program called 'The Lift Project', by Dr Darren Morton. Darren is one of the world's leading educators in Lifestyle Medicine.

This program has reminded us of the tremendous benefits of time spent outdoors, regular exercise, sleep, thinking positively and eating well.

If you would like to know a little more about this go to...https://www.theliftproject.global





Year 1 Maths







Using concrete materials to practice skills in measurement, number and statistics www.turbocollage.com

## Church & Community News

## Online Retreats with... Sharon Garlough Brown

Saturday, 27<sup>th</sup> June, 2020 Saturday, 25<sup>th</sup> July, 2020 9am – 2pm (New Zealand, GMT +4) \$30 (New Zealand/Australian Dollars)

For more information, copy the below link. **27th June Retreat** 

https://docs.google.com/forms/d/13VO1B9pB\_L O\_rOQ3cD1-iymFaQEu7I-UyNIAViCZwfs/edit

#### 25th July Retreat

https://docs.google.com/forms/d/1bWvGw1yG5 AgRhoYweUp4-iQM062wHP\_iO7-qa-rY4pM/edit

Do you have a talent or hobby you would like to share with others?

We are looking forward to getting together again next term to enjoy a morning of connection, good food and learning something new!

We would love you to join, either by teaching us something new or just joining in the fun!

Dana: 0401 136 466 Kahlie: 0408 916 125

## Carmel Church is Reopening!

We are pleased to advise that Carmel Church will recommence church services from June 20.



Church services will begin at 11:00am.

Distancing will still be in place. We ask you to please sit with family or distance yourself by 2m. As restrictions are being lifted, our church has taken appropriate COVID safety measures to successfully welcome your return.



## Happy Birthday

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

Frankie (Yr 4)
Joshua (Yr 5)
Asher (PP)
Elijah (Yr 3)
Anna (Yr 5)
Alannah (Yr 6)
Levi (Yr 6)

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

#### **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.

### 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













# Science Week















# Looking for work or a career change? Can you see yourself working in a school? Need help to find work in the coronavirus craziness?

#### Schools and other organisations are regularly hiring people for the following roles:

Gardener, cleaner, administration, management, canteen, education assistants and many other roles.

Starting in July 2020, North Metropolitan TAFE are running a one-semester course on the skills required to be a successful candidate for employment in a school or elsewhere. The course aids in preparation for entry into gardening, cleaning, administration, management, canteen and education assistant work.

We have had huge success supporting people to find work and the chances of gaining employment are strong. This course is suitable for existing gardeners, cleaners, administrators etc., and people looking to change career or people looking for a return to work.

#### The course includes:

- · Training in skills specific to the role you are interested in e.g. IT skills
- Work experience in a school or other organisation
- · Help and support to find work
- Help accessing further training as required e.g. Certificate III in Education Support
- Development of your job application cover letter, resume and help with selection criteria

#### **Entry requirements:**

- 18+
- Strong work ethic
- Good oral and written communication
- Must be able to read procedures, safety sheets and chemical bottles
- · Must be able to send and receive emails
- Successful completion of an entry interview
- Working With Children Check and a Department of Education Clearance

#### **Course details:**

- Dates Starts Tue 21st of Jul and finishes Fri 11th of Dec 2020 (20 weeks)
- Days 3 days per week, Tuesday, Thursday, Friday 9:15 until 2:45
- Cost Approximately \$170 (subject to change) total course fee for full 20 weeks
- Location North Metro TAFE Leederville and on work experience
- Qualification GATE (Gaining Access to Training and Employment) Certificate I

If you would be interested in this course then please email:

## Chris Hodson chris.hodson@nmtafe.wa.edu.au

Disclaimer: North Metropolitan TAFE does not guarantee work after completing this course. This course supports you to find work. The course is run by North Metropolitan TAFE (RTO code: 52786) and is not endorsed by any authority or government department.