



CARMEL NEWS

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MESSAGE FROM THE PRINCIPAL

Dear friends,

Wow, what a night it was last Friday. I wish to thank all those who attended on behalf of our Carmel Primary and Secondary school. The night was a great success bringing people together from our school community in such a lovely environment. I wish to give a special thanks to all those who helped make it happen and kept the crowds fed and entertained.

Our schools are there to serve the community and we do this through a Christ centered education institution. We strive to keep our community at our heart as we plan for the future and direct our students and families towards the future. The combination of the home and school is such an important relationship. I am currently reading about this in fact. 'The teachers work should supplement that of the parents, but it is not to take its place. In all that concerns the wellbeing of a child, it should

be the efforts of the parents and teachers to co-operate". (Ellen White, Education p.283)

Please continue to pray for us as we continue to build on this partnership.

Mr Nicholas Thomson
Principal

Office Hours

School office hours are 8.30 - 4.30 Monday to Thursday and Friday 8.30 - 4.00. School Uniform hours are 8.30 - 3.30 Monday and Wednesday. If you come on another day you can pay and then we will send the uniform home with the student on the uniform day.

Marcia is no longer working at the school. If you have any inquiries please email Carolyn or Diana on carolynharders@adventist.org.au or dianadowsett@adventist.org.au

CALENDAR

YR 12 P.A.R.T.Y. PROGRAM
WEDNESDAY 17TH FEBRUARY

YR 7 & 9 PARENT NIGHT
WEDNESDAY 24TH FEBRUARY

RITE JOURNEY CALLING CEREMONY
THURSDAY 25TH FEBRUARY

YR 9 HALF DAY HIKE
FRIDAY 26TH FEBRUARY

SWIMMING CARNIVAL
THURSDAY 3RD MARCH

YR 9 DAY HIKE
FRIDAY 4TH MARCH

P&F MEETING
WEDNESDAY 9TH MARCH

IMMUNISATIONS
MONDAY 14TH MARCH

PARENT INTERVIEW NIGHT
WEDNESDAY 16TH MARCH

Where Are They Now?

Carmel has a strong history of students who have excelled academically with the purpose to make a positive impact in the world.



Caitlin Fiegert has set herself the goal of becoming a dietician to improve people's health and well-being. With wise planning and hard work, she is on her way to achieving that goal.

Last year Caitlin was awarded 2015 Dux of the school, achieved an ATAR of 96.65 and received a Curtin University Excellence Scholarship. I was fortunate to interview Caitlin and ask her some questions about how she achieved success on the way to her chosen career.

INTERVIEW WITH CAITLIN FIEGERT

Q: Did you have a goal for an ATAR score - and did you achieve it?

Yes, my goal was to receive an ATAR score of over 96, as I hoped to receive the 'Curtin University Excellence Scholarship' to help subsidize the costs for my course. Fortunately, I recently discovered that I did receive this. It should help a lot.

Q: How did you plan your time to achieve your goal?

In order to achieve this goal, I had to plan my time wisely, and maintain a balance between leisure and study time. This usually meant that I would spend a few hours studying until dinner each afternoon following school, and then have the evening off to relax. This kept it manageable.

Q: Was your whole life consumed with study? What other things did you spend your time on to keep you mentally, physically, socially and emotionally balanced?

No, my life definitely wasn't consumed by study - I would have gone crazy! Due to the stress that

PRAYER WARRIOR

PLEASE PRAY FOR:

- Victims from the fires near Harvey
- Students continued focus for the year
- Yr 9 students growth while completing the Rite Journey

PRAY

regular study causes, I ensured that I always got in some constant forms of exercise. I often combined this with socializing (i.e. Going for a jog with friends), which also made me feel less restricted.

Q: What advice would you give students who have set academic goals for themselves?

My top piece of advice would be to not go too hard on yourself. Make sure you set break times and healthy rewards to avoid 'burning yourself out' or giving up. Also, don't be disappointed if you don't receive the exact marks you expected - move on, and be proud of what you did achieve.

Q: How would you describe your experience at Carmel? What have you appreciated the most?

I really enjoyed my experience at Carmel, and would describe it as a highly supportive environment. I especially appreciated the fact that it is a small school, and teachers therefore take an active interest in helping you achieve your goals and improving.

Q: Where do you hope to be in 5 years time? 10 years?

In 5/10 years time, I hope to have completed my course, and be a practicing dietician. I hope to increase society's awareness regarding nutrition, and to ultimately help people increase their health.

Q: Anything else you'd like to share?

I'd like to thank all of Carmel's staff and teachers - it has been a very positive experience, and has helped me achieve my goals for the next phase of my life.

Mr Brad Flynn
Director of Studies

Girls Basketball

A new start to the season and the beginning of seemingly endless trips to basketball games has begun in earnest. We had two of our girls basketball teams begin their seasons last night and they did an awesome job. We will have three girls teams and two boys teams in the local basketball competition next week which will be wonderful to see. I just wanted to keep you up with what we are doing and keep those parents informed about the basketball season as it unfolds. Thank you for all the support with getting the girls to training on Monday night and look forward to seeing all our teams compete next week. So here are a few important things you need to know...

*TRAINING: Sorry about the day, but the only day **ALL THE GIRLS** are free is on Monday afternoon. So training will be on Monday afternoons at the Carmel Gym straight after school for the girls, and for the boys their training is on the Tuesday afternoons straight after school. When the fixtures get posted for the under 14's, I will let you know the times as we have three teams, and we may need to stagger times or train between the two courts.

*GAME DETAILS: You will find these on the KDBA website which is where games and times will be posted each week: http://www.foxsportspulse.com/assoc_page.cgi?c=1-5053-0-0-0&a=COMPS (You just need to select the age group that your child is in)

*BASKETBALL FEES: These need to be in by the 29th of February and are \$50.00. (We will do payment plans if needed). If you do have a concession card of some sort, or are in need of assistance, please see me and I have forms that can be filled out to assist with a grant from the shire.

*GAME COSTS: These will need to be paid on the night at the front desk at Ray Owen and they are \$6.00 or \$8.00 per game depending on what age group you are playing in.

*COACHING: We have now got a coach for the under 14 girls team and for the under 18 girls team so thank you to Mark and John. We are still

looking for coaches and assistant coaches if you are interested in helping out as we do have people willing to assist, but can only be there certain weeks due to job commitments.

*ANY CONCERNS: Please feel free to text me on 0488137192 for anything. I can't answer phone calls all the time, but I can usually answer texts more easily, so feel free to text and I will get back to you ASAP.

Thanks for all your support so far and I look forward to a great season for the Carmel Bulls Girls Teams.

Fatima Lever

YEAR 7 & 9 PARENT NIGHT

Please note the change of date for the Yr 7 & 9 Parent Night from Thursday 25th of February to Wednesday the 24th.

P&F MEETING

All parents are invited to attend the P&F Meeting on Wednesday 9th of March starting at 5.30. We encourage our parent to attend and a light refreshments are provided.

SECONDARY ASSISTANCE SCHEME

Application for Secondary Assistance Scheme are available from reception. Application close by April 8th 2016.

