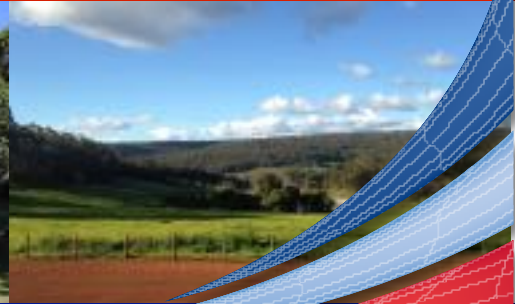




CARMEL NEWS



MESSAGE FROM THE PRINCIPAL

It is an absolute delight to be back in the full swing of the term at such an early stage. This is all thanks to everyone making 'it' happen. Schools are complicated beasts and are usually left to the few full time employees to make everything happen.

It was a pleasure to be working with two students and their parents, preparing for the new look school canteen. We were all getting very dirty ironically, while making the place clean. I am also so pleased to say that around 20 of you wonderful parents have signed up to helping out with this amazing service project that will be using student grown vegetables and salads, to be turned into wonderful lunches for the students. Happily, this is not the only area that you are helping in. Another parent lead initiative is the Subway orders now available for Monday lunchtime. Proceeds from this will also go to our service trips.

There are many more areas that you are assisting in and for this I am grateful. As I look around the school I see the many other areas that we together could also improve on.

If you are interested in this, please come in and see me or flick me a quick email. Your assistance is noted, appreciated and necessary.

Please keep us in your prayers as together we make the necessary changes to improve our wonderful corner of the world.

Mr Nicholas Thomson
Principal

CALENDAR

NAPLAN - Yrs 7 & 9

Tues 9th May - language conventions
& writing

Wed 10th May - reading

Thurs 11th May - numeracy

ATHLETICS CARNIVAL

Wed 17th May

YEAR 12 EXAMS

Wed 24th May - Fri 2nd June

WA DAY (no school)

Mon 5th June

OPEN DAY

Tues 20th June

TERM 2 BREAK

Sat 1st July - Mon 17th July

PHOTO DAY (DATE CHANGE)

Mon 31st July

TERM 3 BREAK

Sat 23rd Sept - Mon 9th Oct

Address:

210 Glenisla Road
Carmel, WA 6076

Telephone:

08 9293 5333

Website:

www.carmelcollege.wa.edu.au

Email:

carmelcollege@adventist.org.au

App:

Skoolbag Carmel Adventist College



PARIS MITCHELL IN SENIOR CHAPEL

Last Friday morning our senior students had the privilege to hear from motivational speaker Paris Mitchell. Unfortunately, Today Tonight was unable to make it due to unforeseen circumstances.

Regardless, Paris delivered an engaging, authentic, honest presentation that outlined his past struggle with substance abuse and a life of crime. Paris shared how he has experienced a complete turn around and provided us practical steps on reprogramming our thinking process and seeking support through reaching out to a wide network. On behalf of Carmel Adventist College we would like to say a massive thank you to Paris Mitchell!

*Pr Miranda
Chaplain*

Congratulations Alleyne!

Year 11 student, Alleyne Aviles, took out the People's Choice Award at the inaugural SDA Short Film Festival, held during Easter Camp. One of twelve entries, his video was outstanding, achieving both top marks from the judges and the social media vote. The win saw him receive \$1000 worth of camera and filming equipment to continue his work in this form of media. Well done, Alleyne.

*Mrs Jessica Foster
Deputy Principal*



ATHLETICS CARNIVAL

Athletics Carnival is coming up on the 17th of May and will be held at Ern Clark Athletic Centre. Parents are welcome to come support their children. If any students are getting dropped off to and picked up from Ern Clark, please inform reception.

*Mr Adam DiRosso
HOD PE/Sport*

H2...GO!

Over 780 million people in our world do not have access to clean water. Last Friday Year 7 students had a taste of what it would be like to live in an area without clean, running water. As part of their study in Humanities and Social Sciences, students had to complete a number of tasks involving the collection and use of water. As in the village of a developing country, students were first required to travel to collect water before: putting aside water for drinking, preparing food, cleaning laundry, watering the garden, going to school and enjoying some recreation time. 90% of the class had to recover their water from the dam, using a cup and bucket for collection. The remaining 10% of students had access to clean water out of a tap!



The students quickly recognised the amount of time it took to access this life-sustaining resource. It wasn't long before they could also see the way in which education and recreation can be impacted by the availability of water in a given area. Students were adamant in their



defence of people without access to clean water. A great discussion followed and a lot was learnt about how the world around us functions and the importance of equity of resources.

Mrs Janelle Kopp

YEAR 11 & 12 FORMAL





Important Fee Reminders:

Option B fee payments are due by 05/05 to be eligible for prompt payment discount. Payments received after this date will need to include an addition payment equivalent to $\frac{1}{4}$ of the 'Less discount on 2017 tuition fee' amount shown on your 2017 Fee Payment Options Sheet. Eg. If your 'Less discount on 2017 fee' amount is \$91, you would need to add \$22.75 to the payment amount indicated for each term's payment.

Option C payments are due on the 15th of each month.

Option D payments are due on the 14th and 28th of each month.

Sport option charges have been added to Fee accounts for students who have selected options with an additional cost. These payments are due by 05/05/2017.

Cambodia Extra Payment 1 (Yr 10 ONLY) was due by 31/03/2017. Paid to Carmel, not RAW Impact.

Avondale deposit (Yr 11 ONLY) was due by 06/04/2017.


Malaysia deposit (Yr 12 ONLY) was due by 05/04/2017.

If your child has not returned their permission slip and payments/deposits for all of the above-mentioned trips please do so immediately. Please be aware that fees for camps will not be reversed unless written confirmation has been received that a student will not be attending. Thank you for your co-operation in this matter.

Fee Payment Commitment Form Not Returned?

For those who have not returned their [blue Fee Payment Commitment Forms](#), it is essential that contact is made with me either by phone 9293 5333 ext 128, or via email naomithomas@adventist.org.au to discuss the payment plan you have in place, advise if you are having issues with making your fee payments, or to provide any other relevant information so that appropriate alternative arrangements can be made. Families who have not made contact regarding their payment plan by 10/05/2017 will be required to have an appointment with myself and the Principal.

Mrs Naomi Thomas
Bursar



CARMEL COLLEGE CHURCH 2017 YOUTH EVENTS

MAY / MIDCHOSE ←←←
 5 - 7 Retreat Bible Camp (Youth Dept)
 13 The Ledge
 19 IFOLLOW
 26 Youth Café
 27 Teen Rally - City

JUNE / MIDCHOSE ←←←
 10 The Ledge
 16 IFOLLOW
 23 Youth Café

JULY ←←←
 30 - 9 July Storm Co
 28 - 1 Aug Shred II - SW Camp (NSW)
 28 Youth Café

AUGUST / MIDCHOSE ←←←
 12 The Ledge
 18 IFOLLOW
 25 Youth Café

SEPTEMBER / MIDCHOSE ←←←
 15 IFOLLOW
 16 Youth Rally - South West

OCTOBER ←←←
 14 The Ledge
 20 IFOLLOW
 27 Youth Café

NOVEMBER ←←←
 4 Youth Rally - City
 11 The Ledge
 17 IFOLLOW
 24 Youth Café

DECEMBER ←←←
 9 CAC Grad Church & Ceremony
 17 Church Christmas Party
 23 Church Christmas Program

JANUARY 2018 ←←←
 14 - 15 Summer Camp Staff Training
 16 - 20 Teen Summer Camp
 23 - 28 Junior Summer Camp

Facebook, Instagram, YouTube icons



NEEDED: 2nd Hand Washing Machine

We are seeking a good, working, 2nd-hand washing machine for the College. If you have one that you would like to donate, please contact:

JulieMcCutcheon@adventist.org.au



IT'S TIME TO GO!!!



Mr Thomson is getting a haircut to raise funds for Cambodia. Money can be handed into reception or your homeroom teacher.

The teacher, student or parent who donates the most gets to cut the ponytail off in Chapel on Monday, May 8th!

Mastermind Australia July Revision Program 2017

WACE and ATAR Exam Preparation Program

- For students in years 11 & 12 students
- Study Skills (5 hours of teaching)
- Essay Writing (5 hours of teaching)
- Subject Revision (10 hours of teaching)
- Exam Preparation and Focus
- First Week of the July Holidays
- Guildford Grammar School (Guildford)

www.mastermindaustralia.com.au



Revision programs for students in Years 9 - 12

- + Subject Revision
- + Study Skills
- + Easy Writing
- + Naplan Preparation
- + Final School and ATAR Exams
- + First Semester Exam Preparation

Email: admin@waceplus.com.au

Tel: 9486 1377

Enrol: waceplus.com.au

Carmel Subway Order Form



Delivered on Mondays

Place order form in zip lock bag together with **correct change**

\$6 for Salad or Egg 6 inch sub, wrap or salad bowl

\$8 for Salad or Egg Footlong sub

\$7 for Veggie Patty 6 inch, wrap or salad bowl

\$10 for Veggie Patty Footlong sub

ALL SUBS COME WITH CHEESE

NAME: _____ YEAR/CLASS: _____

SIZE: ☐ 6 inch ☐ Wrap ☐ Salad Bowl ☐ Footlong

BREAD SELECTION: ☐ White ☐ 9 Grain

VALUE SELECTION (\$6/\$8): ☐ Veg. Salad ☐ Egg

PREMIUM RANGE (\$7/\$10): ☐ Veggie Patty

SAUCE: ☐ Mayo ☐ BBQ ☐ Tomato ☐ Honey Mustard

SALAD: ☐ Lettuce ☐ Tomato ☐ Cucumber ☐ Capsicum ☐ Carrot ☐ Onion

DRINK: ☐ Apple Juice ☐ Water

AMOUNT ENCLOSED: \$ _____ All orders come with a cookie



**NEW JACKETS
ARE HERE!**
Introductory price
of \$65 for 2017

GUITAR LESSONS

Bernard McDonagh is available for guitar lessons. For more information, contact him at:

T: 9455 1502

M: 0405 767 338

Email: bernziemusic@yahoo.com



SCHOOL LUNCHES

CARMEL SECONDARY SCHOOL HAS ADOPTED A NEW CANTINE APPROACH. WE WILL BE COOKING WITH VEGETABLES FROM THE SCHOOL GARDEN TO OFFER HEALTHY OPTIONS FOR OUR STUDENTS. PROFITS WILL GO TOWARDS THE SUSTAINABILITY OF SCHOOL SERVICE TRIPS.

Preparing for NAPLAN

Let's start by letting you know what NAPLAN is not. It is not a measure of how intelligent you are. It is not a measure of what you are capable of. Your results on NAPLAN don't effect if you pass the year or not.

I could tell you as a psychologist that your results on NAPLAN aren't worth worrying about, but I'm not sure you are going to believe me. So if you have ever felt butterflies in your stomach or a headache whenever you think of a coming test or NAPLAN, the ideas in this paper are for you.

Everybody gets stressed.

Everyone gets stressed during tests and exams, even the people who say that they don't. Look around in a room where people are doing a test or exam. Even those people who are yawning, looking bored or stretching and looking as cool as cucumbers, are stressed.

That means everyone has to learn how to cope with these feelings. It is not just you!

Stress can block your memory, give you a queasy tummy, make you lie awake at night, give you a dry throat or a headache- these aren't nice feelings to have.

Get Stressed

The first strategy to dealing with stress is to get stressed. Huh? Makes no sense? Let me explain.

Stress feels yucky but it is actually your body's way of preparing you to perform at your best. Blood gets pumped to your arms and legs, your heart speeds up, and non- essential services like your digestion slow down- you are ready to take on the world. So stress might feel unpleasant but realising that it is your body's way of revving you up and helping you to perform at your best, will help you to keep these feelings in perspective.

Write Out Your Worries

The second strategy to deal with the stress of an upcoming test or exam is to grab a piece of paper one or two days before the test and write down all your concerns about it. Write out an answer to the question, "What would happen if I fail this test?" (Even though you can't fail NAPLAN). Then write out an answer to the next question, "If I did fail what would happen then?" Read your written answers aloud to yourself.

Even if doing well is really, really important to you, knowing your fears will calm you. Answering the question, "If I did fail, what would happen then?" helps you to make a back up plan.

Chew Something.

Ok you've done all of that and you still feel nervy. The third strategy is to eat or chew on something either before or during the test or exam. Check with your teacher that chewing something is allowed in test and exam rooms. If chewing is not allowed, at least chew something just before entering the test. Some jellybeans or fruit would be ideal.

Stress happens when we feel we are in a dangerous situation. It is an automatic process that we can't completely control. Eating or chewing on something sends a signal to your body that says, "Well, if I'm chewing something I can't be in total danger, so relax a bit."

Focus on now.

Stress can spin your head. It can have you thinking all sorts of weird ideas. Stress can have you remembering that time you failed all those years ago or that time you were so embarrassed by something. Stress can also blow things out of all proportion and have you predicting bad things in your future.

The past is no longer with you and the future hasn't happened yet. Worrying has never changed anything in the past and predictions about the future are usually wrong.

Doing well on a test or exam means you need to focus on the question in front of you now. Keep reminding yourself, "What do I need to do right now?"

Build Momentum

Answer a question that feels easy first off in a test or exam to build up your confidence.

Breathe Out - S L O W L Y

When you feel stressed one of the fastest ways to calm down is to breathe out slowly. We all have a calm down system that is controlled by our breathing. If you breathe out and count silently to yourself, "one thousand, two thousand, three thousand", you will start to feel calmer.

Stand tall walk proud

Your brain is incredibly intelligent. In fact, you possess at the top your neck, humanity's latest upgrade- the most intelligent brain in all of history.

But! Your brain is also incredibly stupid. It believes what you tell it. This means if you stand-up and maintain a powerful posture your body sends a signal to your brain that tells it you are feeling in charge of things and it can reduce your stress hormones.

Look after yourself

Breakfast- eat "brain food" the morning before. Have a higher protein, lower carbohydrate mix at breakfast. That means less toast and more eggs.

Drink water- water lowers your levels of cortisol that causes stressful feelings. Avoid energy drinks as they rev you up and may interfere with your levels of concentration.

Sleep well- try to get a good night's sleep the night before. If you are feeling really worried, set an alarm so you can wake up early and feel awake and eady .

Make yourself smarter

The biggest obstacle you face in doing well at a test or exam is not your brain. You have plenty of intelligence. The big issue is your level of anxiety.

If you take the time to prepare for the test or exam and use the strategies suggested in this sheet, you will perform at your best.

Keep Calm and Carry On

You have many, many skills that will NOT be assessed by NAPLAN. Tests and exams are important, but they are not the big predictors of life success.

Do your best and prepare as well as you can but don't make the mistake of thinking that your score on NAPLAN is a measure of your intelligence or predicts your future.

Andrew's most recent book is “ *Unlocking Your Child's Genius*” (Finch Publishing, 2015).

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