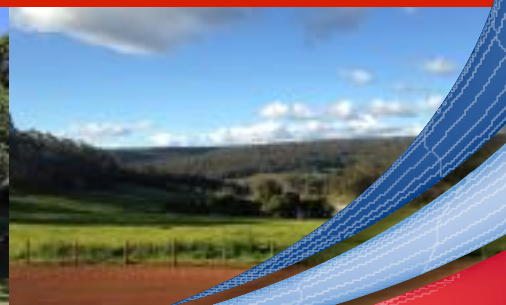




# CARMEL NEWS



## MESSAGE FROM THE PRINCIPAL

A healthy body equals a healthy mind. Well, this is the theory we go on at least.

I am so pleased with the new, not so new 'Healthy Options' canteen that you, the parents run for two days per week. This not only gives purpose to what the students grow but also, as if by magic finds its way into yummy treats that are then sold on to raise funds for our schools mission trips. This is truly an amazing thing.

But the story doesn't stop here. The good people on the Parents and Friends group have given funds to the college to purchase a new commercial orange juicer! This now means that from today onwards you are going to be treated to fresh orange juice grown on our own land! These are the things that are not only unique to Carmel, but are now, I'm glad to say becoming the norm. The school and the church are strong about promoting healthy living options and I believe that we are continuing to take active steps forward to increase this within our school. I would like to thank all those involved in making this possible. Well done everyone!

And, while I am on about good things, I would like to thank all those involved in last week's Hymnfest. It was fantastic to see the involvement of so many Carmel students and families in this amazing evening. We truly do belong to a small, but amazing school. Let's all do our part in sharing the great news stories and make this a 'bit bigger' AMAZING school.

**Mr Nicholas Thomson**  
**Principal**

## CALENDAR

### YEAR 7 CAMP

Tues 13th June - Fri 16th June

### YEAR 10 EXAMS

Wed 21st June - Fri 23rd June

### YEAR 10 WORK EXPERIENCE (PT 1)

Mon 26th June - Fri 30th June

### OPEN DAY

Tues 20th June

### LAST DAY OF TERM 2

Fri 30th June

### TERM 2 BREAK

Sat 1st July - Mon 17th July

### TERM 3 STARTS

Tues 18th 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](http://www.carmelcollege.wa.edu.au)

#### Email:

[carmelcollege@adventist.org.au](mailto:carmelcollege@adventist.org.au)

#### App:

Skoolbag Carmel Adventist College

# OUR FRESCO

Produce, Food, Community

Our new look canteen has a name. Thank you Rachel Lowe who came up with the name and design. Thank you for the parents of the school who have volunteered to spend a few hours providing some healthy lunch options for the students at Carmel Adventist College.

The fundraising efforts of the canteen have been blessed by not only fresh produce from the school garden but also by a weekly donation of bread from Bakery 37. –Located at 37 Haynes St cnr Barber St in Kalamunda. All proceeds of Our Fresco Café go directly to our Cambodia and Malaysia service trips.

Our Fresco Café will run every **Tuesday** and **Wednesday**.



Recent meals provided in the canteen with veggies from our gardens



## NEW JUICER

Tuesday 13th June students and staff were treated to a cup of fresh squeezed orange juice from our new commercial grade juicer and the oranges from our own orchard.

A refreshing dose of vitamin C, which is always useful this time of year...

and the students loved it!



## YEAR 9 ASPIRE URBAN DAYS...



Do you ever wonder what the Year 9s get up to in the city or when they're not at school? The Year 9s from Carmel headed into the city for their first Urban Day last Friday for a great learning experience. The day was spent on a tour in Perth Mint and a race all over the city in an "Amazing Race" style. It was also a "first time" for many students to use public transport, as the option was available to catch a bus or train into the city. Many of the students particularly enjoyed the "Amazing Race" the most because they could explore the city freely without the constant supervision from adults, and they could also experience what life is like in the "real world".

The race started at Perth Mint, right after the tour, and the students had to visit different places in the city with their team, using either their knowledge or a map that was provided. They had to figure out a route around the city, and the places they visited included: the Novotel Perth Langley Hotel, the Supreme

Court, Elizabeth Quay, London Court, Perth Library, and the finishing point was at Forrest Chase. There were opportunities for teams to gain bonus points by visiting other places. At every place visited, a photo was taken and posted on Instagram with the hashtags "#carmel9" and "#9aspire". All students were expected to arrive at the finishing point by 1pm. Thankfully, the sky cleared up during the race after quite a rainy morning. After the arrival of all the teams, the students and teachers all enjoyed an hour lunch break before everyone departed to go home.

Although it was quite a tiring day because of the weather at the beginning of the day, and having to run around the city in an attempt to win the race, it was still highly enjoyed by everyone, and many students are already looking forward to the next one, and even wish that they could do it everyday as Year 9 student Anita Pourasady stated, "We should do Urban Day everyday". After all, who wouldn't want to enjoy this great learning experience?

### *Nica* **Year 9 Student**

On the 2nd Urban Day the Year 9 students attended the yLead Altitude Day.

During the day the students heard from:

- Brant Garvey, a professional triathlete and a member of the Australian para-triathlon team preparing for the 2020 Olympics.
- Rowie McEvoy, who attended Lilydale Adventist Academy as a student and is now the founder of THE MAX, a fitness company. She is listed in The Top 100 fastest growing companies in Australia and a self-made millionaire. She shared how to do what you love, stand out from the crowd (for the right reasons) and be fit, healthy and strong.
- Cassie Dewar, who has launched a stationary company called 'Inspirationery' that is eco-friendly and donates 50% of profits to education and leadership programs that empowers women and girls.

The day helped empower the Year 9 students to be positive leaders in the school and wider community.

Many schools only take a few students from Year 9, but we believe all of our students can be positive leaders and deserve the opportunity to network with students from other school and be inspired by leaders doing incredible things in the world.





## URBAN DAYS, cont.

Last Friday the Year 9 class had their 3rd Urban Excursion in Perth. They visited Parliament House to learn about our Parliamentary system used in Western Australia to compliment what they are currently studying in their Civics and Citizenship class. They also visited SciTech to participate in a Science activity called 'Who Dun It' where they had to put their scientific skills to use.

***Mrs Larissa Fontana***  
***Year 9 Aspire Program***  
***Coordinator***

## ATHLETICS CARNIVAL

The Athletics Carnival was held on the 17th of May at our usual venue - Ern Clark Athletic Centre. We were pleased to have a dry day compared to last year, and with that dry weather, came some fast runners! We had 10 records broken in total, 7 of which were track events, including 2 relays. Congratulations to Chelsea Willock, Lilly Darcey, Eden McBroom, Lesila Taufu, Sarina Cowled, Cherie Lowe, Quintin Fui, Misheck Sibanda, Samuel Stockade, Taboka Dube, and Edmund Yankey who all got their name in the record books.

O'Connor were the victorious house on the day gathering a total of 655 points. Sturt finished 2nd with 601 points and Forrest 3rd with 557.

We had many stand out performers on the day who collected many points for their houses. Below are the Champion and Runner Up for each age group.

Junior Girls R/Up	Chelsea Willock (51.5)
Junior Girls Champion	Lilly Darcey (66.5)
Junior Boys R/Up	Matthew Maher (38.75)
Junior Boy Champions	Jack Trotter & Trevor Nyagwaya (44.5)
Intermediate Girls R/Up	Lesila Taufu (72.5)
Intermediate Girls Champion	Eden McBroom (74.5)
Intermediate Boys R/Up	Quintin Fui (51.75)
Intermediate Boys Champion	Misheck Sibanda (87.5)
Senior Girls R/Up	Isabella Beck (42)
Senior Girls Champion	Kelvin Yankey (53)
Senior Boys R/Up	John Fui (30)
Senior Boys Champion	Kelvin Yankey (43.5)

***Mr Adam Di Rosso***  
***HOD PE/Sport***

## CHAPEL HIGHLIGHT

Imagine you, a member of an A league basketball team, are responsible for the final goal that'll determine who wins the game. Sure, hard work and consistent practice will improve your skills, but so will envisioning yourself succeeding in shooting the winning goal. Studies have proven that relaxing and imagining yourself successfully shooting baskets is equally as important and successful as physical training. Too much training and you won't succeed, but just the right amount, balanced out with some downtime and you are bound to achieve what you have set out to do with flying colours.

The same goes for our everyday lives. Studying and homework are both important. But sometimes it's good to have some relaxing, stress free rest time. Go for a walk, listen to music, watch a movie, sleep!!! Reset your mind!

Don't get me wrong, hard work and dedication will get you places, but don't forget to stop and enjoy the little things in life.

Thanks Pr Derek for yet another inspiring talk.

**Sarayah**  
**Year 10**

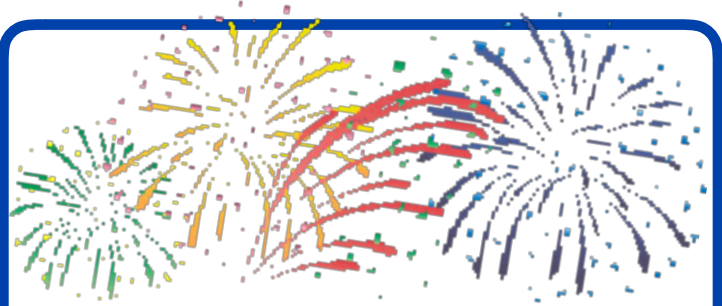
## WE'RE PRAYING FOR YOU!

Over the last two weeks our CAC staff prayed for the following students to be filled with wisdom, confidence, grace and courage.

Aidan	Montana
Cleveland	Chantelle
Nyasha C	Lilly D
Meagan	Monique
Jaydyn	Alexandra
Sarina	Emma
Adam	Scott
Ellena	Stephan
Genevieve	Erin

If at any point you would like CAC Staff to pray specifically for you or your family, please contact our Chaplain Pr Miranda [mirandaleijser@adventist.org.au](mailto:mirandaleijser@adventist.org.au).

**Pr Miranda**  
**Chaplain**



# OPEN DAY!

Tuesday 20th June 2017  
9:30am - 11:00am

## HOLIDAY OFFICE HOURS

3rd July to 12th July

CLOSED

13th July to 17th July

OPEN





## MONEY MEMOS...

### YEAR 7 PERFORMING ARTS EXCURSION CHARGE



If we do not have a record of receiving payment for your child to attend the excursion to see WASO, a charge of \$10 has been added to your fee account. It would be appreciated if payment could be made for this as soon as possible.

### YEAR 10 CAMBODIA EXTRA PAYMENT 2

(\$225) is due by Friday 30th June 2017. Please ensure that payment is made into your family school fee account. **No payments should be made directly to RAW impact.** If payment is made by Bpay or bank deposit, it would be appreciated if an email could be sent to [naomithomas@adventist.org.au](mailto:naomithomas@adventist.org.au) so that your payment can be reconciled.

**Mrs Naomi Thomas**  
**Financial Officer**

## BASKETBALL FINALS

Sadly, I wish to inform you that the college accepts responsibility for the breakdown in enabling basketball teams to advance to the finals. The 5 Bulls teams have done exceedingly well during the season and I am proud of the achievements of the individual players as well as parent volunteer Mr(Coach) James Neale.

We look forward to a successful second semester and I thank you all for your support and input into this great game.

**Mr Nicholas Thomson**  
**Principal**

## REVISION PROGRAMS...

The following addresses link to providers of ATAR revision (years 11 & 12) and skills development (years 7-10) programs.

[matermindaaustralia.com.au](http://matermindaaustralia.com.au)  
[waceplus.com.au](http://waceplus.com.au)  
[target.com.au](http://target.com.au)  
[academictaskforce.com.au](http://academictaskforce.com.au)



## DICE FOOTY FUNDRAISER FOR CAMBODIA

Join us for a hilariously epic night of fun as you are challenged to take your AFL team to win the premiership. No physical exertion or knowledge of football required. Prizes for the winner. Light refreshments on the night for sale.

Cost \$10 per person  
\$25 per family

Place Carmel Adventist College

Date Saturday, 24th June 2017

Doors Open 6:30pm

Games Start 6:45pm

Call Derek for bookings on 0414 84 1031

## TRY A TRADE

Can't decide what to do after school finishes? Swan Trade Training Centre is holding a Try A Trade event that offers a fun, hands on experience with current information about career choices and an opportunity to meet and talk with trade professionals, apprentices, VET teachers/trainers/lecturers and local industry people in the areas of Electro technology, Metal Fabrication and Carpentry. This is offered to current Year 10 students for free over a 2-day period, Thurs 27th July - Fri 28th July.

Questions: [bec.hepton@wcea.wa.edu.au](mailto:bec.hepton@wcea.wa.edu.au)  
9374 8350

Registration: [www.swan.wa.edu.au/tat17](http://www.swan.wa.edu.au/tat17)