



CARMEL NEWS



MESSAGE FROM THE PRINCIPAL

Moments that are just ours.

It is true that in some cases a problem shared is a problem halved and a joy shared is a joy doubled...however, what about the moments that are just ours?

So many of us live our lives so publicly, thanks to social media, that we almost feel it a necessity to tell everyone about every moment. Sure, there are moments from time to time that do benefit others when we share them, but it raises the question 'should all of our moments be up for public view or should a good portion of them remain our own'?

We have to ask ourselves, what's wrong with keeping a moment to ourselves, or to our family? Is it so wrong to keep these to ourselves? Is it so wrong to keep a private moment private or a family moment in the family?

I want to set out a challenge to you all to NOT publicly share an amazing moment this week... instead tell a close friend about it... take the photo and share it in person or even just thank God for allowing you that moment.

Please keep the school in your prayers as together we pray for 2017.

Mr Nicholas Thomson
Principal

CALENDAR

YEAR 11 AVONDALE TRIP
Thurs-Fri 1st-9th September

YEAR 9 RITE JOURNEY CHALLENGE
Wed-Fri 14th-16th September

P & F Meeting
Wed 14th September

YEAR 12 GEOGRAPHY (SIDE)
Mon-Tues 19th-20th September

YEAR 12 TRIAL EXAMS
Fri-Fri 23rd-30th September

YEAR 10 SERVICE TRIP
Sun-Fri 18th-30th September

LAST DAY OF TERM 3
Fri 23rd September

FIRST DAY OF TERM 4
Tues 11 October

CALENDAR

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Email:
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App:
Skoolbag Carmel Adventist College

PRAYER WARRIOR

PRAY

PLEASE PRAY FOR:

- Year 12 Students in their final term before exams
- Year 11 Class Trip
- Year 10 Students as they are preparing for their service trip

FROM THE CHAPLAIN



According to Reach Out (Australia's leading online mental health service for young people), "Mental health refers to our state of mind and our ability to cope with the everyday things that are going on around us. Someone with 'good' mental health usually feels capable of dealing with the different everyday situations that they find themselves in. When we have a mental illness, this process is often a lot more difficult. Mental illnesses are really common in Australia and about 1 in 4 people between the ages of 14-25 will experience mental illness at some point". (<http://au.reachout.com>)

As our College has an incredible group of students, mostly aged in this group, these statistics are a concern for us and encourages us to be active in prevention through education.

One step in doing this is R U OK? Day on Thursday, September 8th. "R U OK? Day is an annual day in September (the second Thursday) dedicated to remind people to ask family, friends and colleagues the question, "R U OK?", in a meaningful way, because connecting regularly and meaningfully is one thing everyone can do to make a difference to anyone who might be struggling". (<https://www.ruok.org.au/>)



If you or someone you know is struggling to cope with everyday situations, then on behalf of Carmel Adventist College we encourage you to have the 'R U OK?' conversation in a meaningful way and to follow the steps outlined in the diagram above.

Places to keep in mind for further action, though not limited to, are;

- **Your local GP** (Doctor)
- **Headspace:** (08) 9274 8860
or <https://headspace.org.au/>
or through Facebook
- **Beyond Blue:** 1300 22 4636
or <https://www.beyondblue.org.au>
- **Life Line:** 13 11 14

Or if anytime you would like to contact our Chaplain about a specific concern or simply to chat please don't hesitate to call Pr Miranda on (08) 9291 6399 or email direct at mirandaleijser@adventist.org.au

Pr Miranda Leijser
Chaplain

Mission Trips Food Fundraiser

What: Haystacks
When: Thursday, 8th September (Tomorrow!)
Cost: Only \$5

Trivia Night Success

On Saturday night, August 27, the school held a Trivia Night to raise funds for the Year 12 Malaysia trip. Teams of contestants were able to attain points from both quiz questions and other activities such as charades, Pictionary, drawing a mural, Spicks & Specks, and a hilarious round of Motor Mouth (who could forget the dual between Jarrod Duncan and Mark Foster!)

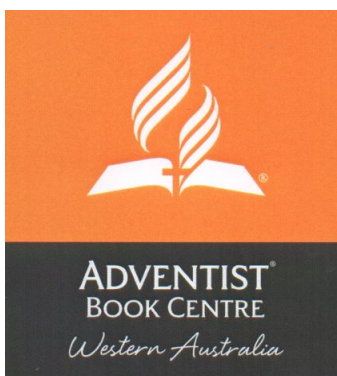
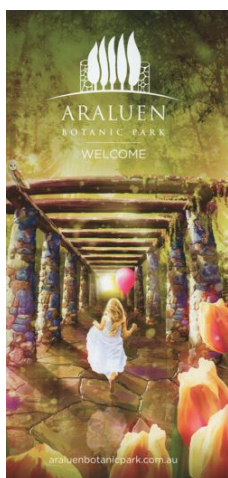
The Quiz Master was Mr Murray and there was also plenty of delectable food and drinks on sale; our thanks go to Mrs Robinson for the fabulous food on offer for the night.

Total funds raised were \$1120. Various businesses, mostly from Kalamunda, were our sponsors, with prizes totalling about \$1100!

We would like to extend our thanks to these businesses for their support to such a great evening:



Newsagency



Plus **Elevated Grounds Coffeehouse**, Kalamunda.

Light Dinner

We would like to invite the Primary and Secondary school families to join us for a light dinner. This will be a chance for a casual celebration of our Year 12's, Primary Year 6's and their families. BYO chairs and picnic rugs. Please RSVP to kimberlyjohnson@adventist.org.au by **12 October, 2016**.

Date: Friday, 14th October 2016
 Time: 4-7 pm
 Location: Front lawn, Carmel Secondary
 Food: Vegetarian Hot Dogs & Dessert provided
 Drinks for Sale
 RSVP: by Wednesday, 12th October 2016

Sports and Special Photos Now Online

Following our recent school photography by Kapture, you can now view and order any sports and / or special photos taken on the day. When visiting www.kapture.com.au/event.asp you will need to enter our school code under the Sports & Event tab to access the gallery; **Code: EVF7XY**

Please note that your photo's will be posted directly to your home and not the College.

Mrs Julie McCutcheon
 Office Manager

Skoolbag App

The Carmel Adventist College Skoolbag app is available via the relevant app stores for Apple, Android and Windows devices.

This app is very useful for sharing information via instant messaging, sending reminders, newsletters, etc. from the school to you, and you are able to send change of details and absentee information back. The app is free to download either from skoolbag.com.au/forparents or by searching "Skoolbag Carmel Adventist College" in the app store.



Young Creatives Month

A whole month of creative events, activities and programs for young people.

Creativity is the use of imagination and original ideas to create something. This month the Shire of Kalamunda aims to encourage and show our local young people how they can use their imagination and original ideas to be creative in their own way.

This September we will be hosting a whole month of creative activities especially for young people. From Beatboxing to Dance to Skate Clinics - There is something for everyone!

<http://www.kalamunda.wa.gov.au/Services/Youth-Childrens-Services/Youth/Activities/Young-Creatives-Month/Events>

CARMEL CHURCH INVITES YOU

7PM - 9PM

ROLLER SKATING

SATURDAY 17TH SEPTEMBER

\$13 ENTRY OR \$10 WITH YOUR OWN SKATES

95 CATHERINE ST MORLEY
 Mention you are from Carmel Church on entry

Everyone is welcome for an evening of fun, just mention you are with Carmel Church on entry for the discount!