



**CARMEL PRIMARY**  
ADVENTIST COLLEGE

March 30, 2020 | Term 1 | Issue 5

*Hope* is being able to see that there is light despite all the darkness.

~ Desmond Tutu ~

## How to stay hopeful during these difficult times...

Unemployment, sickness, financial struggles, loss: we all experience hardship at one point or another. In times of overwhelming uncertainty and struggle, it's natural to feel discouraged.

But having hope and doing your best to say positive can see you through seemingly impossible situations. Research has shown that people who are hopeful often cope more effectively with obstacles, while more pessimistic individuals tend to shut down.

Curious? Here are a few simple ways to stay hopeful during hard times.

### Reach Out To Others (Virtually)

No matter what's on your mind or causing you to struggle, it's nothing you should have to face alone. Turn to family, friends, or a trusted counsellor via video-chatting services. Engage in an online community around you and create space for meaningful connections.

### Express Gratitude

Listing what you're thankful for may seem difficult when you're struggling. But there's always something to be thankful for. Whether it's your health, your family, or even the sky above, take strength from that which is good and solid.

## Events Calendar

### APRIL

- Term 1 Concludes.....Apr 8
- Easter.....Apr 10-13
- Anzac Day.....Apr 25
- Anzac Day Public Holiday.....Apr 27

**Term 2 Important Dates - TBA**

*Continued*



# General

## School Absentees

We still need to keep accurate attendance records of students who are here and those who are not.

If you haven't already let us know, it would be helpful to our front office staff if you can please let us know if your child will not be at school.

Email: [admin@carmelcollegeprimary.wa.edu.au](mailto:admin@carmelcollegeprimary.wa.edu.au)

Phone: 9291 6399

## Final week of Term 1 – April 6, 7 & 8

The school will remain open and no child will be turned away. However, it is recommended that only students who need to attend come to school for the 3 days listed above.

We want you to know that if you are required to work, we will be open to provide supervised activities. You are most welcome to send along your children if you need to do so.

It would help if we had a picture of just how many plan to attend for these last few days so that we can plan ahead. If possible, could you please let the class teacher or the front office know of your intentions.

## Parent-Teacher Interviews

Parent-Teacher Interviews by phone can no longer take place this week as previously advertised.

Please keep an eye on communication from the school to see if we can find a suitable solution to do this remotely.

## Interim Reports

We are in the process of finalising the interim reports.

It is our intention to email your child/ren's report to you before the end of the term.

## Uniform Shops

The Primary & Secondary Uniform Shops are currently closed. We will notify you once they are open again.

## NAPLAN 2020 Cancelled

NAPLAN 2020 will not proceed.

Education Ministers met on Friday, 20 March and decided that NAPLAN will not proceed in 2020.

The decision to not proceed with NAPLAN has been taken to assist school leaders, teachers and support staff to focus on the wellbeing of students continuity of education, including potential online and remote learning.

Further, the impact of responses to the COVID-19 virus may also affect the nationally comparable data if an insufficient number of students are available to do the test.

## Kalamunda Dental Therapy Clinic

Kalamunda Dental Therapy clinic will remain open for emergency treatments only, due to the Covid 19 Virus. The clinic hours remain the same, Tuesday-Thursday 8am-4pm.

This duration of this suspension of Dental Care is subject to advice from the Health Department. Therefore patients seeking "urgent care" will be assessed and treated conservatively without involving aerosol producing procedures.

Should an emergency arise after clinic hours or during a public holiday, If eligible please contact the Emergency Services on 1800 098 818, your local dentist or the Oral Health Centre of Western Australia on 6457 4400.

## Junior Toilet Refurbishment

Our junior toilet refurbishment is only days away from completion! Here's a little sneak peek...







### Be Kind

Kindness not only feels good, it is also good for you. Performing good deeds for others takes your mind off of your troubles and fosters relationships with those around you and in your community. You may even make a difference for someone else who is struggling. This could be as simple as sharing hopeful thoughts and quotes on Facebook or Instagram.

### Take Care of Yourself

Get sleep, eat right, and do indoor activities that restore balance. When you feel stressed or overwhelmed, take breaks and engage in self-care. You can't foster hope if your body is spent and your mind is flailing.

### Have Goals

Think of something you'd like to work towards. Big or small, it doesn't matter, as long as it's meaningful and gives you a sense of purpose. Having a tangible goal will help you get up and face the day, even when all seems pointless. As Friedrich Nietzsche once wrote, "He who has a why to live for can bear almost any how."

### Ask for Help

Asking for assistance can be scary, but it can also make a world of difference. You may be surprised at the solutions and ideas others can provide. Even if they don't have the answers, they can give you the help and support you need to make it through a rough time.

### Engage in Meaningful Action

You can't control everything, but you can control some things. The antidote to despair and anxiety is action. Focus on the things that you can change for the better, no matter how small. Work with what you have one step at a time.

People survive and thrive in all sorts of scenarios, they always have. Take inspiration, knowing that **this too shall pass.**

<https://www.mindfueldaily.com/livewell/how-to-stay-hopeful-during-difficult-times/>



## Exploring the new Nature Playground



# Term 2 & 3 is... Winter Uniform



## Year 1-6

**Boys** – college grey trousers, blue logo shirt and button up collar, school tie, black polishable lace-up shoes with grey socks and navy blue v-neck knit pullover with logo.

**Girls** – tartan skirt, white shirt with logo, white ankle socks (one fold) OR black/navy stockings, black polishable lace-up shoes and navy blue v-neck knit pullover with logo.

**Sport Uniform** - blue/gold polo t-shirt with logo, blue micro-fibre sport track pants (uniform shop only), blue/gold micro-fibre jacket with logo and sneakers (predominantly white, blue, black, red and grey).

The blue school hat is also required. Uniform beanie (optional).

## 3YO Kindy, 4YO Kindy & Pre-Primary

**3YO Kindy** – blue polo t-shirt with logo, fleece jumper and track pants (uniform shop only).

**4YO Kindy & Pre-Primary** – blue/gold polo t-shirt with logo, fleece jumper and track pants (uniform shop only).

Shoes – sneakers (predominantly white, blue, black, red or grey).

The blue school hat is also required. A uniform beanie is optional.

School jackets with College logo (available at the Secondary uniform shop) may be worn for additional warmth. \*(Optional)

\*Jackets do not replace the navy v-neck jumper with the logo as part of the formal uniform. Formal uniform is required for excursions, special events, public performances and other times outlined in the newsletter from time to time.

**Please refer to the 'Primary Student Handbook' (on website – under 'Enrolments') for more information.**

# From our Chaplain...

Life as we knew it, has certainly changed hasn't it! The constant change is unsettling and these sudden changes can affect everyone differently. Today I want to remind you that you are not alone. You and your family belong to a community and we are travelling this chapter of history together. We care and seek to prioritize you and your family. Your school family is here to offer support where it is needed and listed below are the ways I am currently able to help:

1. **CHAT:** While we are not able to meet on our verandah or at Chapel now, I am still available and in keeping with the guidelines changes, we still have a number of options to connect. Appointments can be made to meet onsite and I am also happy to visit in your home until that is not possible. Zoom appointments can be set up allowing us to chat over the internet and thankfully we still have the old fashioned phone call!
2. **DELIVERIES:** If your family or someone you know in is need of essentials (milk, bread, cereal etc) please contact us for a basic care package to be dropped off.
3. **PRAYER:** If you have a specific prayer request you would either like to have prayed for on your behalf or you would like to be prayed with in person, please don't hesitate to email a prayer request or request a prayer phone call.
4. **REFER:** If you know of a family, friend or community member who could benefit from any of the above services, with their permission, please refer them and I would be happy to help.

The promise found in Deuteronomy 31:6 is one we all can claim at this time. Our God is a faithful God and is with us in all situations. May this promise encourage and sustain you through these uncertain times.

***'Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you, he will never leave you or forsake you.'***

Your CACP family is only an email or phone call away.  
Keep safe and God bless,

Mrs Nicola Warchol

Nicola will be available over the school holidays.  
She is happy for you to contact her by email  
on: [nicolawarchol@adventist.org.au](mailto:nicolawarchol@adventist.org.au)

### EMERGENCY CONTACTS:

If an adult needs to speak to someone urgently contact **Lifeline**: 13 11 14

If your child needs to speak to someone urgently contact the **KidsHelpline**: 1800 55 1800

Or if you have any questions about the Coronavirus contact the **National Coronavirus Health Information Line**: 1800 020 080. The line operates 24 hours a





# Community News



Follow on Facebook 'Adventists Western Australia' (@AdventistsWA) for details on the weekly live stream of praise and worship.

## Adventist Book Centre

We are open for Drive Thru. Call to place your order and we will deliver it to the car park where you can collect it. Please call us when you arrive.

Webstore ordering via [www.adventistbookcentre.com.au](http://www.adventistbookcentre.com.au)  
 Email ordering via [waabc@adventist.org.au](mailto:waabc@adventist.org.au)  
 Phone 9398 6043

Please contact us via the above methods in order to purchase goods.

Coronavirus (COVID-19)

### SIMPLE STEPS TO HELP STOP THE SPREAD.

**Cough or sneeze into your arm**

**Use a tissue**

**Bin the tissue**

**Wash your hands**

**HELP STOP THE SPREAD AND STAY HEALTHY**

TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.  
 For more information about **Coronavirus (COVID-19)** visit [health.gov.au](http://health.gov.au)

Authorized by the Australian Government, Canberra

### ADVENTIST BOOK CENTRE

Limited supplies of the following items have just arrived.  
 Please order via email [waabc@adventist.org.au](mailto:waabc@adventist.org.au) or Phone 9398 6043

So Good soy milk

Weet-Bix

- Weetbix 1.12kg
- Weetbix 575g
- Weetbix (Gluten Free) 375g
- Weetbix Bites Wildberry 500g
- Weetbix Bites Crunch Honey 500g
- Weetbix Bites Apricot 500g
- Marmite 250g
- So Good Regular 1Lt
- So Good Almond Milk 1Lt
- So Good Cashew Milk 1Lt
- So Good Barista Almond Milk 1Lt

Marmite

UP & GO

Up & Go Fridge Packs Chocolate, Strawberry, Vanilla  
 Up & Go 6 Pack Chocolate, Strawberry, Vanilla

### 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.

## Happy Birthday

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

Lilly (PP) James (Yr 1) Samuel (Kindy) Noah (Kindy) Millie (Yr 1)	April (PP) Malcolm (Yr 6) David (Yr 2) Damien (Yr 4) Lucy-Ann (Yr 6)
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Have a wonderful day and we pray that God will bless you in the year ahead!

## 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