



Vol. 18 No. 2

THE ARNDELL ADVOCATE

February 8 2008

The Newsletter of Arndell Anglican College

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Dates for the Diary:

Monday, 11 February

HZ – Trimester 1 Competition begins
ID Photographs for new Students

Monday 11 to 15 February

VET Work Placement - Ent'./Hosp. Info. Tech.

Tuesday 12, February

HZ – Girls Basketball Gala Day - Castle Hill

Wednesday, 13 February

HZ – Boys Basketball Gala Day
Jnr. School – Information Evening

***This is an opportunity for parents to learn what is planned for the term and year in their child's class.**

Friday, 15 February

AICES Open Tennis – Concord
Snr. School Chapel/Jnr. School Chapel

Monday 18 February

Girl's 15's Basketball Trials – Hills Grammar School

Tuesday 19 February

CSSA & Super 8's (Cricket) – Mobbs Reserve

Thursday 21 February

Yr 10 Geography Excursion - Long Reef & Collaroy Beaches

Friday 22 February

Jnr. School – Student Leadership Induction
Snr. School, Swimming Carnival – Hawkesbury Oasis

***Join us to support your child; or be an official – contact Mrs Cornick**

Sunday 24 February

"Welcome to Arndell" Morning Church Service

***10.00am in the Auditorium. A particular invitation to all new families to join in worship, then in Morning Tea. After church there will be fun and games for the children.**

Monday 25 February

Boy's Open Hockey Trials – Pennant Hills
CIS Golf Championships – Windsor

*** All the best to Josh Baglin, Year 12**

From The Headmaster: Dr John Goddard

Our first new look front page:

Congratulations to HSC and School Certificate Students, 2007 HSC – UAI Scores of 80 +

Matthew Stojanovic – Dux – 98.7

Christopher Rankin

Justin Pogson

Laura Mares

Richard McAuliffe

Cameron Chisholm

Reece Pupo

Brittany Kury

Ashley Patterson

Kirsten Sandell

Band 6 Subject Scores

M. Stojanovic: Chemistry 95; Physics 91

C. Rankin: Mathematics 91; Music 1 94

C. Chisholm: Mathematics 91

D. Garden (Yr 11, 2007): Extension 2 Maths 90

R. McAuliffe: Mathematics, Band 6

P. Moriarty: Music 1 94

K. Sandell: Music 1 94

L. Legeret: Music 1 91

Note that, because only 5-6% state-wide gain 90+ in many subjects, a mark in the high 80's is still ranked very highly: there were many further individual scores of 80+, too many to list here, and that explains the highest ever UAI scores.

Well done, Year 12, 2007.

And well done to the School Certificate class last year too. Band 6 results were achieved by:

A. Burden: English, Maths, Science History

E. Bouchier: English

K. Laurenson: English, History

F. Chisholm: English

K. Zoomer: English

C. King: English

A. Salm: English Science, Geography

E. Waugh: Maths

A. Mares: History, Geography

R. Avery: History

J. Johnston: Geography

A. Ferguson: Geography

A further 144 individual Band 5 results were gained – a splendid achievement.

Many congratulations to students and staff, Years 12 and 10, 2007



Kindergarten Parents:

I draw your attention to the following notice from Hawkesbury District Health Service and I suggest you take up any concerns it raises directly with the Health Service.

Re: School Health Surveillance

With the introduction of the State-Wide Infant Screening – Hearing (SWISH) program and the introduction of the State-Wide Eyesight (Steps) program, which is a 4-year-old vision screening, Hawkesbury District Health Service has had to refocus future service provision relating to school surveillance/screening. Recommendations from NSW Health, Families NSW, National Health and Medical Research Council Guidelines and current evidence concerning the effectiveness of school surveillance/screening, our service will be redeploying resources from existing programs to support early intervention programs such as universal health home visiting, and new personal health record development screening checks.

This means our service will not be visiting your school for school surveillance/screening as we have in previous years. As a result we would encourage families intending to enroll their children to attend the 4-year check as recommended in the Personal Health Record (blue book). Most children now enrolling should have had the SWISH test at birth, so the emphasis on early intervention/detection is paramount.

Yours sincerely

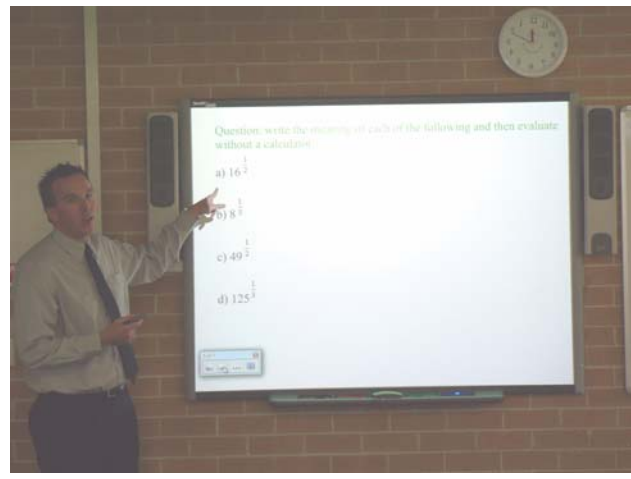
Karin Mayer

Nursing Unit Manager, Community Health.

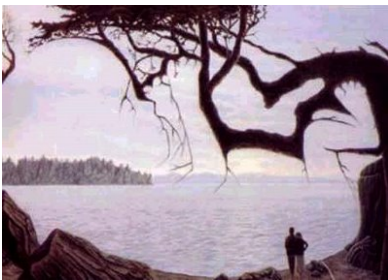
Parents of All Ages: Smartboards already prove a Smart Investment

Please give us your feedback, and that of your children! We know that, with 16 Smartboards available this year, all children can not have fulltime exposure to them, but they are spread widely around the School.

Mr Webb, Mr Harrison and I have the privilege of wandering the school to see what is going on – and we loved what we saw. In many lessons, the Smartboards are effectively and significantly in use, adding to the engagement of students and so helping them to learn. The possibilities for innovation are endless.



Illusion or Leadership



What type of leadership do you provide for those in your care? Whether we like it or not, care givers are setting examples and are leading others along.

When Jesus addressed the religious leaders in his day He was quite abrupt and openly criticised the way their outward displays were done to gloss up who they really were. They often washed utensils before eating food so they would not defile their inner being but Jesus said: what comes out of a person makes them unclean not what goes in. In other words the leaders chose to do things that made them look good even though their true heart was far from being "clean."

Now, you might say "that's good leadership practice, set the good example even though you don't believe or live like that deep within." However, Jesus would say that good leadership is all about the depth of a person's inner being. Good leadership begins on the inside of a person. A bit like an iceberg, one tenth is seen on the surface and nine tenths is underneath or hidden. True leadership is not just

about the outward presentation – it begins with and is more about the quality of the inner life. Get the inner right and the outer will follow. Jesus talked about the fact that trees bear fruit according to their kind. A peach tree will not provide oranges. Leaders who are right on the inside will provide the correct fruit and truly lead people in a positive direction.

The inner qualities a good leader needs are these: Self control (the ability to do what is right even when you do not feel like doing it). Core values (principles you live by that enable you to make a moral stand even when the pressures all around you suggest that you should drop your standard) The next obvious question to ask is this: from whom did we get our standards of what is right wrong, and from whom did we learn our morals? The answer to this is of the utmost importance because from these qualities we will lead those in our care and what we firmly believe deep down within will be the standard we set for others to follow. The above picture has an illusion within however the baby can be seen and it is similar to all leadership – you can try and present an illusion but the truth of character will sooner or later be seen by those you lead.

From the Head of the Junior School: Mr Rick Harrison

As we near the end of the second week of the term, the year is well under way and normal class routines are, for the most part, in place. Many of you will be aware that the number of Student Leaders in the Junior School has been substantially increased this year. With the increase in numbers has come an increase in responsibilities. One of these is to be assigned to another Junior School class at various times and another we were to see on Monday, during our morning assembly, with a Bible reading and prayer. The rain however, meant that this was not able to happen. We can all look forward to the Leaders contribution next Monday.

While on the subject of Student Leaders, as I write, Mrs Mouton and I are looking forward to accompanying them to Blue Mountains Grammar School for a leadership training day.

By now parents should have received a letter regarding the Junior School Information Evening which is to be held next **Wednesday 13th February**. This is an opportunity for parents to learn what is planned for the term and year in their child's class. There will be two alternative times for parents to meet with teachers: 6:00pm and 7:00pm.

I would also like to encourage parents and students to attend the "Arndell Celebrates 2008" Service being held on Sunday, 24th February starting at 10:00am in the auditorium.

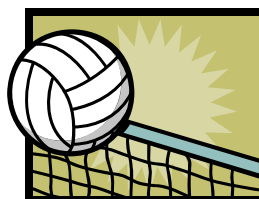
Other events coming up include:

- Student Leaders Induction Service, Friday, 22nd February
- Junior School Swimming Carnival, Thursday, 28th February
- CSSA Zone Swimming Carnival, Tuesday, 4th March
- Awards Assembly (Year 3 item), Friday, 7th March
- Interrelate Evening, Wednesday 21st March

Enjoy your weekend.

From the Sports Desk:

YOUR ACCESS TO INFORMATION ABOUT
HILLS ZONE &
REPRESENTATIVE SPORT FOR 2008 AT ARNDELL.



The following are dates of major Sport dates for Term 1.

Hills Zone Trial Dates:

Monday 18th February

Monday 25th February

Tuesday 11th March

Tuesday 1st April

Thursday 3rd April

HZ 15 Girls Basketball Trials 4pm THGS

HZ Opens Boys & Girls Hockey Trials 4 pm PHPark

HZ Boys & Girls Touch Trials Redfield/WCC 4pm

HZ 15s and Opens Netball Trials WCC 4pm

HZ Boys & Girls Football Trials WCC/Rouse Hill 4pm

To nominate to trial for selection into a Hills Zone Representative team, students need to pick up the green Nomination Form from Mrs Cornick in the PE Department. Complete all the relevant details and return the signed form to Mrs Cornick. Nomination forms will then be forwarded to the appropriate school convener in charge of the trials the week prior to the trial date. All relevant information regarding the trial will be forwarded to students as it becomes available. Students who are selected to play for a Hills Zone team will compete at the AICES Championship day. Dates will be forwarded to selected students.

Other important Sport dates for Term 1

Tuesday 12th February

Wednesday 13th February

Friday 15th February

Friday 22nd February

Thursday 28th & Friday 29th February

Friday 29th February

Monday 17th March

Wednesday 19th March

Monday 31st March

Friday 11th April

HZ Girls Basketball Championships 8.30am – 2.30pm

HZ Boys Basketball Championships 8.30am – 2.30pm

AICES Open Tennis Championships – 8.30am – 4pm Concord

Senior School Swimming Carnival – notes were issued to students on Monday this week. CHECK THEIR SCHOOL BAG!

NSW All Schools Triathlon ALL DAY –Penrith. **Postal nominations by 14th February**

CIS Awards Evening – Rosehill 6.30pm

Hills Zone Swimming Carnival 5-10pm SAC

Yr7 AFL Gala Day

AICES Swimming Carnival 8.30am – 4pm SAC

Senior School Cross Country Carnival – Cattai

Hills Zone Trimester One Inter School Sports for Term 1

The following teams have been entered into the Hills Zone Inter School Competition to start week beginning Monday 18th February:

- Senior Boys Indoor Cricket
- Intermediate Girls Futsal
- Junior Girls Futsal
- Senior Tennis
- Junior Boys (outdoor) Cricket continuing from 2007.

Information will be sent out to all players regarding training, the draw and competition rules as soon as they become available.

From the PE Department:

Letters are in the process of being sent home with students this week informing about PE / PASS / 2 Unit PDHPE workbooks. These books are being used in all mentioned subjects for the duration of 2008. The cost of each workbook is \$29.50 and covers the theory components of each subject. It seems the easiest method of billing is to include the workbook cost with the next school fees. If you did not receive a letter about this or you have any questions, please contact Meg Southwell (Head of PDHPE).

Charles Dickens'
A CHRISTMAS CAROL
COMING THIS JUNE

YOU OR YOUR BUSINESS CAN BECOME A FRIEND OF THE THEATRE BY BECOMING
A SPONSOR OF THIS YEAR'S MAJOR SENIOR SCHOOL PRODUCTON

- Gold Sponsor \$300+ (receive 6 VIP tickets, 6 VIP suppers and 6 programs)
- Silver sponsor \$200 (receive 4 VIP tickets, 4 VIP suppers and 4 programs)
- Bronze sponsor \$100 (receive 2 VIP tickets, 2 VIP suppers and 2 programs)
- Friend of the Theatre \$50 (receive 1 VIP ticket, 1 VIP supper and 1 program)

All sponsors will be acknowledged in regular College newsletters and in the Production Program. All sponsorships are tax deductible. Complete the form below and return it with your cash/cheque (made payable to Arndell Anglican College).

To Miss Doman re: **Sponsorship for a Christmas Carol**

Name of Sponsor:

Name of Business (if applicable): _

Business/Contact details for advertisement in program:

DON'T MISS THIS EVENT IN THE SCHOOL CALENDAR! ONLY 3 PERFORMANCES ON
Wednesday JUNE 18th, Friday JUNE 20th and Saturday, JUNE 21st

Can you help?

The following props/set pieces are required for this year's College drama production of 'A Christmas Carol'. If you can assist us by lending the production an item, please contact Miss Doman. Rehearsals for the production begin this term, with the performances due in June. It will greatly benefit the students to use props as soon as possible.

Items required:

- 1 pine kitchen style table (suitable for lower class English kitchen – scratches and dents not a problem! To seat 6-8)
- Either – chairs/benches/stools to go around pine table
- Iron fireplace setting
- Chair for a writing desk (wooden, in reasonable condition)
- Chair for a school desk (wooden)
- Small table (does anyone have an old wooden school desk with a lifting top?)
- Hat stand (preferably wooden or iron)
- Old books (some with leather binding for Scrooge's bookshelf)
- 2 Quill pens and ink pots
- Plain white/cream/brown shirts and black / brown / navy pants (these would NOT be returnable)

Duke of Edinburgh Awards Scheme:

Why should you do the Duke of Edinburgh's Award in 2008?

- 🏰 It's great fun!
- 🏰 For a challenge and for adventure
- 🏰 Because you're an individual
- 🏰 You can learn new skills and interests
- 🏰 You'll increase your self confidence
- 🏰 It looks great on your CV
- 🏰 So you can meet new people and make more friends
- 🏰 You get a prestigious and highly valued International Award



Getting started...

If you have decided you would like to obtain your Bronze, Silver or Gold Duke of Edinburgh's Award and are interested in learning more about the Award Scheme, please come along to an Information Evening:

When: Tuesday 12th February 2008
Where: The Performing Arts Building
What time: 5:30pm

Rebecca Huett - Duke of Edinburgh's Award Co-ordinator



The World's Greatest Shave

Once again Arndell Anglican College is participating in the World's Greatest Shave to raise much needed funds for the Leukaemia Foundation. The event will be held during lunch time on **Friday 14th March**.

What is it?

The Leukaemia Foundation World's Greatest Shave is one of Australia's biggest fundraising events. They have so far raised over 55 million dollars in 8 years with over 100,000 people across the country shaving or colouring their hair each year.

Where does the money go?

By being brave and shaving or colouring, students will be raising funds for the care and cure of patients and families living with leukaemias, lymphomas, myeloma or related blood disorders. The funds raised will help offer support services such as transport, accommodation, education and support programs and practical assistance free of charge. It also funds cutting edge research into treatments and cures.

- \$55 pays for one car to transport patients to and from treatment centres for one day.
- \$100 provides a family with a fully furnished 'home away from home' near a treatment centre for one night.
- \$250 provides a family with a tailored counselling and support program for three months.

How can we help?

On Friday 14th March we will be shaving, colouring and waxing both staff and students to raise money for the Leukaemia Foundation. We want to raise as much money as we can so House Points are up for grabs to the House that raises the most money.

All donations will be collected by Homeroom teachers leading up to the event or donations can be made online at www.worldsgreatestshave.com

Select DONATE on the menu across the top of the page

Step 1: Select "I am sponsoring someone"

Step 2: Group name: Arndell Anglican College

Step 3: Select Mr Burroughs/Arndell Anglican College. Sponsor: Put in your details & make the payment. Print receipt. All donations are tax deductible.

On the day, students will be allowed to be out of uniform **ONLY** if they donate a gold coin during Homeroom. Students who do not wish to donate **MUST** be in full school uniform and not participate in the multi-day. At lunch time, students and staff (are there any brave parents out there?) will be shaved, coloured and waxed in a public viewing under the shade cloths next to the gym.

Last year we raised an impressive \$7,536.30 and this year we hope to beat that. Mr Burroughs has agreed to adopt a Krusty the Klown hair style if we beat last year's total.

Please note: This has been planned for a Friday so that students who colour their hair have all weekend to return it to their natural colour as per College policies. The usual penalties will apply for those who remain coloured. Parental support with this matter is appreciated.



Urgently Wanted: Old Working MP3 Players & Tape Decks

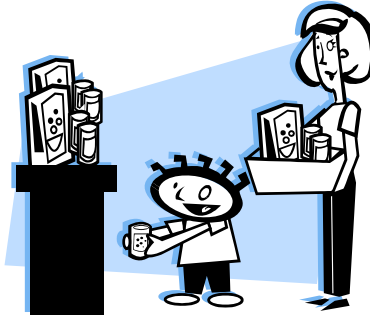
The Junior Learning Support Department is in desperate need of MP3 players or tape players for use in a new reading program. If you have outdated models you no longer require our struggling readers could make great use of them.

Please contact Mrs Nina Chakovan if you can help.

PLEASE DONATE...

The Visual Arts Department would like to request the donation of the following items:
★ Magazines
★ Ice-cream lids and containers
Thank-you, your donations and help are very much appreciated.

Visual Arts Staff



Are you interested?



Lessons are available at the College for:

- Piano
- Flute
- Clarinet/ Saxophone
- Guitar
- Violin/ Strings
- Brass
- Drums
- Singing

GROUP LESSONS

- Speech and Drama
- Singing
- Piano

FEES PER SEMESTER (two terms)

- Individual lessons \$500
- Group lessons \$250

If you are interested please return the slip to Mrs. Wilson c/- College Admin.
A Peripatetic teacher will make contact with you.

Return to Mrs Wilson – Acting Head of Performing Arts



Peripatetic Lessons

Name: _____ Instrument/s: _____

Class/ Year: _____ Parent Name: _____

Contact No.: _____

Chocolate! Chocolate! Chocolate!

The wonder food "chocolate" is loved by people of all ages over centuries and who can resist indulging themselves in a bar of white or dark chocolate. It is the best/ easiest gift one could give anyone regardless of the time of the year! For those chocolate maniacs, here comes some information which can soothe your hearts!

Chocolate has high levels of "catechins" making chocolate a richer source of antioxidants than tea! It has been established that the catechins from chocolate are well absorbed by humans.

The antioxidants (catechins) in chocolate are in the cocoa powder. Eating or drinking cocoa powder will actually provide us with the same amount of antioxidants without adding the fat and sugar that is present in block chocolate. Chocolate, especially dark chocolate lovers should remind themselves that even though chocolate contains catechins, they also contain cocoa butter and sugar!! Cocoa butter provides high saturated fat and sugar, energy, making chocolate a high energy food!!

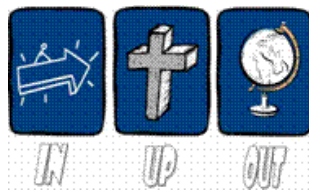
Block chocolate on the contrary, does not contain cocoa powder or catechins. Chocolate is also a source of caffeine.

Key message:

Eat small amounts of dark chocolate with a healthy diet provided your exercise regime is consistent and your active lifestyle can allow you to have the extra kilojoules.

The decision remains with you ultimately. You are the best judge for your health!!!

Roshini David Paul - Accredited Practising Dietitian
Member of the Dietitians Association of Australia



An activity of Arndell Anglican Community Church

is back Friday 8th February 2008
for Fun, Games, Food, Cooking, Craft,
friendship and learning about Jesus.

Who - Children in Years 3-6

When - Fridays from 3.30 - 4.30pm (wait in your class room for a leader to collect you)

Cost - \$2 each week or \$12 for Term 1

Where - D Block Arndell College

When - Term 1 Dates:

Feb 8 'Fruity' Games

Feb 15 'Fruit Fellas'

Feb 22 Unreal Banana Peel

Feb 29 Peace Man

Mar 7 Fruity Relays

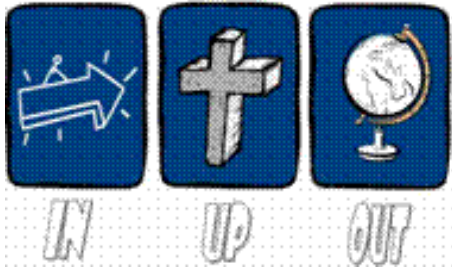
Mar 14 Grotty Goodness hot tip: bring old clothes and a towel

SATURDAY Mar 29-30 Fruity Sleepover - more Info closer to time

April 4 Playing with Fruity Puff

Leaders - Michael Refalo 0425 201 493 Anne Sandell 0402 278 482 Jane Herder, Sandra Tracey,
Mandy Crawshaw & Lynn Rodgers



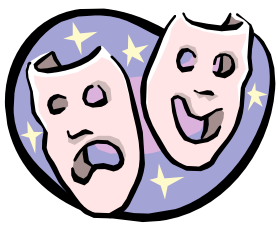


You're invited to come
and join in as

Arndell Community Church

Arndell Celebrates 2008!

Welcome to 08 Supa Sunday



Jumping Castle

SAUUSAGE SIZZLE CRAFT & Face Painting

What: Celebration Service involving Arndell members, followed by a SUPA Family Fun Day

Who: Everyone associated with Arndell College and Church

MORNING TEA



Live performance by FOR – EVER



Why: to Welcome & meet others from the College and Church family and **celebrate** the 2008 year

When: Sunday, 24th February 2008 starting @ 10am

Where: Performing Arts Bul

IT'S ALL FREE!

Uniform Shop News:

- ☉ **A BIG THANK YOU** to all the ladies who have given their time to help out in the uniform shop both at the end of last year, including stocktake, and back to school for 2008. A special thank you to our small but very dedicated team of volunteers who look after the second hand clothing pool. Their work is not always easy, but they faithfully return week after week sorting the saleable and unsaleable items, logging in, pricing, tagging, recording sold items and organising correct payments to the sellers in a timely manner. Many of our school community benefit from this service judging by the huge volume of second hand clothing sold each year. Our school is certainly blessed to have a dedicated team of volunteers and I thank them heartily for the excellent work they do.
- ☉ **SECOND HAND CLOTHING** may be brought to the uniform shop on Tuesdays and Thursdays during the hours of 8:30 – 10:30am and 2:30 – 4:00pm. Please ensure all garments are washed and pressed and Blazers are drycleaned. Dresses, shirts and blouses should be on hangers where possible. Any items which have the old logo, are stained, have holes, are in need of repair or are not in good condition cannot be accepted. Any clothing which is not suitable for sale in the second hand clothing pool, may be suitable for donation to our mission box or the sick bay. Please assist us by sorting the saleable and unsaleable clothing before bringing them to the uniform shop to save on time, phone calls and unnecessary return trips to the uniform shop to collect unsaleable items. The second hand clothing pool is a very worthwhile service which our school provides, however it is a very time consuming process. Please help to streamline the process as much as possible by ensuring that only good quality items are presented for resale in the second hand clothing pool.
- ☉ **IT IS TIME TO TRY ON YOUR BLAZER!!!** Blazer fitting day is less than 4 weeks away (Wednesday 5th March, more details in next weeks Advocate). Every student in the school (K – 12) will require a Blazer to wear with their winter uniform. Whilst winter changeover does not occur until Monday 12th May, now is the time to decide if your current blazer will still fit, or if you require a new one (or a 2nd hand blazer). In previous years we have had many students without a blazer that fitted them simply because they had grown out of last years blazer and didn't realize until after fitting day. If you have outgrown your old blazer, and if it is in good condition (new logo, in good repair and dry cleaned), it may be brought to the uniform shop to sell in the 2nd hand clothing pool. Many families are looking for good quality pre-loved blazers, so get them in ASAP.
- ☉ **HOUSE COLOURED SHIRTS** are available at the uniform shop. All students Year 7-12 require a house shirt to wear at all school swimming, athletics and cross country carnivals, in addition to their blue/red P.E. polo shirt. Please ensure you have yours before the high school swimming carnival on Friday 22nd February. The cost of a house shirt is \$26.
- ☉ **GIRLS WHITE FOLDOVER ANKLE SOCKS** are now available at the uniform shop. They are available in single pairs for \$6 and packs of 3 for \$14. They come in the following sizes: 9-12, 13-3, 2-8 and 5-10.
- ☉ **SENIOR GIRLS WHITE BLOUSES** are now back in stock. Thank you to our Yr. 11-12 girls who have been most understanding and patient whilst waiting for their blouses to arrive. Our supplier has apologised repeatedly for the delay.

Liz Moore – Uniform Shop Co-ordinator