



Vol. 18 No. 8

# THE ARNDELL ADVOCATE

May 2 2008

The Newsletter of Arndell Anglican College

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Arndell Anglican College

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## *Dates for the Diary:*

### **Monday 5 May**

CIS Touch Football

### **Tuesday 6 May**

AICES Hockey – Open Boys & Girls, Homebush

### **Wednesday 7 May**

AICES Netball – Castlehill  
CSSA State Cross Country  
LEAP – Nida Workshop Incursion  
Yr 10 PASS Practical Sessions

### **Thursday 8 May**

AICES Netball – Castlehill

### **Friday 9 May**

Junior School Chapel  
Senior School Assembly  
CIS Boys Basketball  
HZ – Cross Country Carnival – Redfield, Dural

### **Saturday 10 May**

ACER Scholarship Exam

### **Monday 12 May**

AICES Girls/Boys Football  
CIS Girls Basketball  
LEAP – Pentathlon Incursion  
Yr 12 English Assessment

### **Tuesday 13 May – Thursday 15 May**

Basic Skills Testing for Yrs 3,5,7 & 8

### **Tuesday 13 May**

HZ Open Boys Rugby Union Trials  
Yr 10 PASS Practical Sessions  
Yr 12 Parent/Teacher/Student Interviews

### **Wednesday 14 May**

Yr 8 Incursion – Evolution of the Electric Guitar

### **Thursday 15 May**

HSZA Tennis KO  
AICES Girls/Boys Football

### **Friday 16 May**

Jnr School Assembly  
Snr. School Chapel  
CIS Hockey – Open Boys/Girls Carnival  
CIS Netball – 15 Girls  
HICES Jnr. School Cross Country – Blue Mountains  
Grammar School

## *From The Acting Headmaster:*

*Mr. James Webb*



Term 2 is upon us with a rather 'cold snap' yet this has not diminished the excitement of the term ahead.

Zone Sport, Junior School Cross Country, Basic Skills Literacy and Numeracy testing, A Christmas Carol, Senior Exams, Scholarship Exams, Incursions and Excursions, Equestrian Events and the list goes on. These events plus the student's normal day to day education leads to the enormously rich and varied life of the College.

I am constantly in awe of the gifts and talents displayed by our students – my heartfelt congratulations to the Junior and Senior Equestrian teams in the recent 2008 EFA Interschool's Championship and for the positions attained. A special vote of thanks to the parents who assist on these days and to Mrs. Teena Welsh our Equestrian Co-ordinator.

Congratulations to Hayden Collins, Tahnjie Jackson and Dieter Hoffmann - all through to the 'All Schools' swimming championships and to Kimberlee Currell for making the reserve squad. Once again thanks to Mrs. Cornick as team manager and to the army of parents who go along and support the College at these events.

This week we commemorated Anzac Day. An excellent service led by Mr. Laffin and a group of students plus Mrs. DrUITT and the College Band. I was very moved by the respect shown by all of the students during the service but particularly in the minute's silence – all very powerful. The students, removed from the 1st World War by some 90 years saw some relevance in the need to continue to remember the sacrifices made.

I am reminded of the writings of Oswald Chambers 'God does not keep a man immune from trouble; He says – "I will be with him in trouble."

It does not matter what actual troubles in the most extreme form get hold of a man's life, not one of them can separate him from his relationship to God.

**Romans 8:35 "Who shall separate us from the love of Christ"**

My thanks to the students, staff and parents for making Arndell a great place where we can proclaim the word of God.  
Have a wonderful weekend.

## Graffiti at the College

To the College Community



Sometime on Wednesday evening the College was vandalised. It is possible that this was done sometime after 9.30pm. We have some video footage of 3 teenagers – possibly 1 boy and 2 girls. We are enhancing the quality of the pictures and hope to give the police the final shots.

Parents are you aware of what your children are doing at that time of the night? For teenagers to get here they would have travelled some distance by foot, bike or a lift from others.

Do you recognise the 'Tags' or 'Engines' here from things your children do at home? Have your children made mention of these Tags – PEKS and MENA or PUN?

Please give me a call in absolute confidence.

*James Webb - Acting Headmaster*



## *From the School Chaplain: Rev. Graeme Sedorenko*

### Northern Territory Trip is on Again- YES!



Yes Arndellionites,

Once again a team of people are heading northward to Darwin. Student going are: Holly Andrew, Russell Avery, Holly Church-Hill Young, Melanie Davies, Luke Duignan, Tahlia Geale, Matthew Macalister, Ian McKelvey, Joel Sedorenko and Emily Tracy. Teachers going are: Mr. G. Sedorenko, Mrs. J. Daly, Miss. M. Dunbar. It looks to be another very exciting trip. We will be visiting places we have travelled to in the past as well as visiting a new place.

Can I encourage you to be in prayer for the way the team functions together, and the way we present and represent the Lord Jesus Christ? Pray that all the travel will go smoothly and that we all are kept safe. I thank you in advance for all your prayers for the team. Can I also encourage you to support any fundraising the team does because all funds raised are put towards gifts for the communities we visit and to assist those people who sever the indigenous communities independently. NO funds raised will be used for personal airfare or anything else the team personally needs. Each team member has to organise their own expenses for the trip. I know times are hard with interest rates constantly rising as is the general cost of living: however, some out there may have extra cash stashed away and be looking to support something like this. If you would like to donate any sum of money without receiving anything in return please talk to Mrs Barbra Whelan (Dr. Goddard's secretary) and she will let you know how to go about it. Thank you in advance for your generosity.

This year we are visiting Tiwi Islands (Bathurst Island and Melvin Island). Woolaning Christian School. It is located on the west side of picturesque Litchfield National Park and provides Secondary education to Indigenous students from across the Top End. Once again we will be visiting Wagait Beach near Belyuen and of course Darwin City.



## *From the Head of the Junior School: Mr. Rick Harrison*

Welcome to a Term Two.

The Junior School commemorated ANZAC Day with a brief service on Wednesday. I believe this was the first time that our student leaders have run such a service and as with their other duties, they did a splendid job. Many thanks to Justin Manefield from the Senior School who did a great job playing "The Last Post" and "Rouse" for us.

You may recall that the Infants classes ran a cake day towards the end of term one. They managed to raise \$365 for the Year Six Dinner/Dance held at the end of the year.

Every year the Junior School runs a public speaking competition which progresses through class, year, stage and Junior School levels and then on to inter-school competitions. We are currently at the year level. The finals will be held on 30<sup>th</sup> May. Public speaking is an important skill – one that is valuable throughout life and it is wonderful to see and hear so many of our students doing so well.

While on the subject of Public Speaking, Lachlan Werner of Year 4 recently represented the College at the Australian Speech and Communication Association competition held at the University of Technology Kuringai campus. Lachlan spoke brilliantly, achieving a High Distinction and receiving the Studio Medal which is the highest award presented at the competition. Well done Lachlan!

To help with the smooth running of our Monday Morning Assemblies, I would like all parents attending to position themselves along the fence beside the oval. Parents who stand behind the students or between the students and the infants classrooms can obstruct the movement of the classes as they leave and parents who stand behind me can be distracting, particularly for their own children. I would also like to add that it is absolutely crucial that parents do not talk during assembly.

Events coming up include:

- Incursion: Year 2 - Fire Brigade, 1<sup>st</sup> May
- Excursion: Year 3 - Muru Mittagarr, 9<sup>th</sup> May
- Change to winter uniform, 12<sup>th</sup> May
- National Assessment: Years 3 & 5, 13<sup>th</sup> – 15<sup>th</sup> May

# Junior school Library

This week the year 6 students reflected on the meaning of Anzac Day and wrote their own 'war' poems. Here is a selection that might just touch your heart as well.

"I thank the soldiers who went to war  
Who died for our freedom and nothing more  
Who did not know what to expect  
So we should all pay our respect"

**Lana Rigby 6 Red**

"If only I was in the war  
I could have seen what others saw  
I could have felt what others felt  
And helped them when they needed help  
The Anzacs protected us beyond compare  
I regret the fact I wasn't there"

**Aden Meca 6 Red**

The blood-stained fields where poppies grow  
Moaned in regret as the sun set low  
Many died that sad, sad night  
Thank God I stand here with my heart held tight"

**Jack Midgley 6 Red**

"Many people shed a tear  
Whenever ANZAC Day comes near  
For all the lives that war cost  
For all the poor souls that were lost  
Many people remember with happiness  
The freedom that the ANZACS gave – God Bless  
Them for the lives they saved"

**Hannah Robinson 6 Blue**

## To All Year 7 and Year 9 Parents and Students

**National Assessment [NAPLAN] testing is on its way!**

**When:** May 13<sup>th</sup> – 15<sup>th</sup>, Tuesday to Thursday, Week 3

*Periods 1 & 2 are for National Assessment*

*Periods 3 – 6 are as normal – ALL students are to bring their usual books for these subjects.*

### Year 7 & Year 9- Write this information in your diaries **NOW**

You will need for each day;

1. HB or 2B pencil
2. One pencil sharpener
3. One eraser
4. CALCULATOR
5. Recess and Lunch [as normal]

There will be an additional recess break each day between tests.

You will not need

1. Pens or biros, coloured pencils or white-out correction fluid for the testing period. *You will need your writing implements and work books/text books when you return to normal lessons after Recess. Periods 3 to 6 are normal lessons.*
2. White-out correction fluid is never allowed at school.

The test is only to tell us what extra learning we need to cover. It tells us how much information you have retained or remembered from Primary School. The tests are also a measure of the skills you have developed in both literacy and numeracy throughout your schooling.

Do not worry about these tests. They are not hard, just time consuming. They are quite fun in parts *too*. You may want to read more at home so to improve your reading speed, and also to improve your comprehension or understanding of what you are reading.

If you have any questions, come and speak to me. Remember, if you don't ask for help we cannot help you. My office is next to D1.

Looking forward to having three great days of learning and fun.

Parents, there is an internet site available for further information and sample assessments. Please have a look and direct your son/daughter to information that will help them to feel at ease with the format; <http://naplanstage.curriculum.edu.au/timetable/timetable.html>

*Mr Kirkwood - Head of Learning Support, Senior School*

## Anglican College Director:

**Headmaster:** Dr. John Goddard  
**D/Headmaster/Head of Snr School:** Mr James Webb  
**Head of Junior School:** Mr Rick Harrison  
**Director of Studies:** Mrs Raewyn Dean  
**Chaplain:** Rev. Graeme Sedorenko  
**Counsellor:** Ms Sarah Tabone/Miss Jennifer Carey  
**College Marketing Officer:** Mr Philip McKenzie  
**After School Care:** 0407 474 161 (3.30- 5.30pm)  
**Equestrian:** Mrs Teena Welsh, 0425 254 412  
teenbean1@westnet.com.au  
<http://www.ardell.nsw.edu.au>  
**P & F President:** Donna Pellew 0417 774 545  
**Uniform Shop:** Mrs Liz Moore 4572 3254  
Tuesday/Thursday  
8.30-10.30am/2.30-4pm  
Monday-Friday (Recess/Lunch)  
**Canteens:** Pastor Greg Peisley  
**Arndell Community Church:** 4572 3633/0402 278 483  
Tuesday/Wednesday/Friday  
<http://rds.ardell.nsw.edu.au>  
**Remote Document Access:** <http://rds.ardell.nsw.edu.au>

## DATES FOR 2008:

### Term 2 – 2008

Monday 28 April to Friday 27 June

### Term 3 – 2008

Monday 21 July to Friday 26 September

### Term 4 – 2008

Monday 13 October – Wednesday 10 December  
Friday 5 December - College Carols  
Tuesday 9 December - Infants Presentation  
Wednesday 10 December - Primary School Presentation  
Thursday 11 December - Senior School Presentation.

## DATES FOR COLLEGE CAMPS:

- Year 7 - 4<sup>th</sup> to 6<sup>th</sup> June (Deer Park\_)
- Year 8 - 4<sup>th</sup> to 6<sup>th</sup> June (Somerset Campsite)
- Year 9 - 3<sup>rd</sup> to 6<sup>th</sup> June (Port Hacking)
- Year 10 - 17<sup>th</sup> to 19<sup>th</sup> November (Waterslea – Nowra)
- Year 11 - 4<sup>th</sup> to 6<sup>th</sup> June (Blue Gum Lodge)



Arndell Community Church

A contemporary church for  
**YOU and YOUR FAMILY.**

We meet every Sunday of the year at

10am Arndell Anglican College.

6pm Pitt Town Anglican Church Hall

110 Bathurst Street, Pitt Town

Contact: Greg Peisley

### Pitstop

An activity of Arndell Community Church where youth can revive and refuel

Pitt Town Anglican Hall, Pitt Town

Contact: Greg Peisley

### Energy

For Children in Years 3-6  
Fridays from 3.30-4.30 at  
Arndell Anglican College – D Block  
9 May – Crazy Craft  
16 May – Leper Ants

Students: Friday Lunch “The Way” meet in D1  
Adults: Fridays “People Looking at God’s Word” 9.25am at the College



## Brainteaser

### Number 10

Every issue of the College newsletter will include a brainteaser organised by Mr. Billeh. The answer will be published in the following issue. Have fun and God bless you all.

John really wanted to know how much money he would get from grandpa for his birthday. But grandpa didn't want to tell him. Instead he said: "You get so much!"  
"But how much is so much?" John asked.  
"If I gave you so much, plus so much, plus the half of so much, plus 1/4 of so much, plus 1 Dollar, you would have 100 Dollars.  
How much will John get?"

### Answer to brainteaser 9:

Gary: Peeled 24  
Christen: Peeled 20.

## Reminder to Yr 12 Parents

### Parent/Teacher/Student Interviews

**Tuesday 13 May**

from

**3.30pm to 8.50pm**

**Bookings can be made now for Yr 12  
Parent/Teacher/Student Interviews**

### Booking Arrangements:

- Parents may email or ring the school to make bookings with staff through Mrs Parnwell or Mrs Whelan.
- Please have all your child's teachers' names ready to make these bookings.
- Yr 12 Interviews will take place in the Senior Library building.
- Students are to attend the Yr 12 Interviews with their parents, in School Uniform.

### Note:

Bookings will close at 12 mid-day the day

## Photocopying fee for English – a word of explanation.

You will have noticed in the last student billing a photocopying fee for English to the amount of \$15.00 per student. It was decided late last year to remove the purchase of language books on the booklist in years 7-10 (which was a greater cost) and use a photocopy fee in order to target more useful and specific exercises for students. Some new units of work also require greater amounts of photocopying. In years 11 and 12, the photocopying requirements are greater to provide students with adequate material for study. I hope this explains the fee more fully for those parents seeking clarification.

.Jacqueline Doman – Head of English

Information for the Advocate needs to be emailed to [enquiries@ardell.nsw.edu.au](mailto:enquiries@ardell.nsw.edu.au) by Tuesdays 4pm

*From the TAS Faculty: Mrs Roshini David Paul - Accredited Practising Dietician,  
Member of the Dieticians Association of Australia*

This series will be on Nutrients and will be published once a fortnight.

Check it out!

**Carbohydrates (Term 2, Week 1)**

Carbohydrates contain carbon, hydrogen and oxygen forming units called "saccharide groups". Carbohydrates are classified according to the number of saccharide groups present. Monosaccharides have one saccharide unit, Disaccharides have two units and Polysaccharides have many units.

Monosaccharide: These are the simplest form of carbohydrates. All carbohydrates are eventually broken down to this before getting absorbed and utilized. Glucose, fructose and galactose are important monosaccharides for human nutrition.

1. Glucose (dextrose or grape sugar): Glucose is not as sweet as sucrose (household sugar). Glucose does not require digestion. Fruits may contain glucose.

2. Fructose (levulose or fruit sugar): It is present in honey, fruits or vegetables. The main source of fructose for human is Sucrose. Fructose does not require insulin to get into the cells and is sometimes recommended in Diabetes.

3. Galactose: Lactose breaks down into glucose and galactose. Lactose is also called as milk sugar.

Sorbitol- It is produced when fructose is broken into its alcohol. Sorbitol is present naturally in pears, apples, prunes, peaches and red seaweed. Sorbitol does not raise blood sugar levels and is also slowly absorbed along the intestine.

Mannitol- Reduction of fructose to alcohol produces mannitol as well as sorbitol. Mannitol is found in seaweed, onions, mushrooms and pumpkin.

Xylitol- It is present in small amounts in some fruits and vegetables. It has the same energy value and sweetness as sucrose and is sometimes used instead of sucrose in chewing gum.

See you in week 3!

***ARNDELL EQUESTRIAN TEAM AT STATE EVENT:***

Last Wednesday, Thursday and Friday we had many riders represent Arndell at the **2008 EFA NSW Mitavite Interschool's Championships** which is a State event. The conditions were very wet but our riders braved the weather and did very well. Congratulations to these riders.

**Eventing**

Yr 8 Danielle Knox 3<sup>rd</sup> Introductory

Esther Bouchier 5<sup>th</sup> Introductory

Yr 10 Tara Rogers 7<sup>th</sup> Preliminary

**Dressage**

Yr 8 Danielle Knox 1<sup>st</sup> in 1.2 and 1<sup>st</sup> in 1.4

**Equitation (Jumping)**

Yr 10 Tara Rogers 1<sup>st</sup> in 90cm

Yr 9 Elizabeth Koob 1<sup>st</sup> 100cm and 2<sup>nd</sup> in 110cm

**AM7 (Jumping)**

Yr 9 Elizabeth Kools 1<sup>st</sup> in 90cm, 1<sup>st</sup> in 100cm and 2<sup>nd</sup> in 110cm

Yr 10 Tara Rogers 6<sup>th</sup> in 90cm

**Vaulting**

Yr 7 Chelsea Light 1<sup>st</sup> in Pas de deux and 5<sup>th</sup> individual

Yr 10 Nicole Stapleton 1<sup>st</sup> individual and 1<sup>st</sup> in team

Yr 7 Stephanie Cormack 2<sup>nd</sup> in team and 3<sup>rd</sup> in Pas de deux

**Showman (Dressage, Ridden workout, Jumping, Led workout)**

Yr 4 Georgia Thorpe 1<sup>st</sup> 4 phase 45cm (pictured on left)

Yr 4 Moneshe Welsh 2<sup>nd</sup> 4 phase 45cm (pictured on right)

Yr 7 Maddison Thorpe 4<sup>th</sup> 4 phase 45cm

Yr 10 Tara Rogers 3<sup>rd</sup> 4 phase 84cm

**\*\*\*ATTENTION ARNDELL EQUESTRIAN TEAM\*\*\***

We have been notified of St Paul's annual interschool gymkhana coming up on Saturday 17<sup>th</sup> May. Program and entry forms can be found at <http://www.stpauls.nsw.edu.au/resources/index.aspx>

They must be signed by the school Admin and sent by individual riders to St Pauls by Friday 2<sup>nd</sup> May.

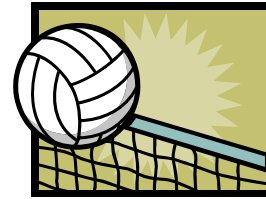
Keep your eyes out for the Arndell Equestrian Newsletter coming your way. See the school front office if you do not receive a copy. I can be contacted by email [teenbean1@westnet.com.au](mailto:teenbean1@westnet.com.au) or via equestrian box in Admin.

Happy Riding

Teena Welsh Equestrian Co-ordinator

## *From the Sports Desk:*

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



### **WINTER SPORTS UNIFORM:**

Students and Parents are reminded that the College jumper is **NOT** to be worn with the PE/SPORT uniform. Additional winter sports uniform is the track suit available from the uniform shop.

In addition the track suit is **NOT** part of the everyday College uniform and should **not** be worn as the outer garment or as a substitute to the College uniform on cold days.

**Trimester 2 Sport Competition** runs through Term 2 &3 starting week beginning 12<sup>th</sup> May. The following teams being are entered into the competition **once all commitment forms are returned. All commitment forms are to be returned by the end of week 1 Term 2.**

**Open Girls Football**- Tuesday 4-5pm Eric Mobbs Reserve Castle Hill. Coaches Justine Manefield /James Meredith, Manager Mrs. Cornick.

**Intermediate Netball** - 2 teams – Wednesday 4.35 – 5.07 – Kellyville Netball courts, Commercial Road Kellyville. Team A: Coach Kaylie Henry, Team B: Bianca LaCoppia, Manager Mrs. Filmalter. Umpires TBA

**Junior Netball** - Wednesday 4.00 – 4.32pm – Kellyville Netball courts, Commercial Road Kellyville. Coach TBA, Manager Mrs. Filmalter. Umpires TBA

**Senior Netball** - Wednesday 5.10 – 5.42pm – Kellyville Netball courts, Commercial Road Kellyville. Manager Mr. Wilkins. Umpires TBA

**Junior Boys Rugby Union** – Monday 4- 5pm Venues are home and away according to the draw. Coach Mr. McCallum. Assistant coach and referee Ben Tuynman

**Junior Boys Football** – Thursday 4-5pm Eric Mobbs Reserve Castle Hill. Coach Mr. Gordon

**Open Girls Hockey** – Monday 4-5pm or 5-6pm according to draw. Pennant Hills Park. Coach Mrs. Cornick. This team is still to be confirmed

**Inter Mixed Tennis** – Monday 4 -5pm Venues are varied according to the draw. This team is still to be confirmed.

### **Student / Parent Umpires/Referees/Coaches:**

Opportunities are available for umpires and coaches in netball. Referees and coaches in football. Referees in rugby union. If there are students present/ past or parents who would like to be involved in any of these sports please contact Mrs. Cornick on 45723633.

### **CIS Swimming Carnival Tuesday 29<sup>th</sup> April – SOPAC**

Congratulations to the following students who competed. Tahnje Jackson 2 Gold, 2 Silver and 3 Bronze medals; Dieter Hoffman: 1 silver and 2 Bronze medals; Hayden Collins 1 silver 1 Bronze medal; Kimberlee Currell 4<sup>th</sup> place. All 4 have been selected as members of the CIS team to compete at All Schools on May 23<sup>rd</sup>. Kurt Jackson, Luke Duignan & Michael Smith, Hayden Collins are to be commended for their performance in the Intermediate Medley Relay finishing 4<sup>th</sup> in their heat. Full results of the Championships can be found on the CIS website [www.aisnsw.edu.au](http://www.aisnsw.edu.au) go to the swimming section in the Sport link.

## *Early Start for the 2008 “Sew - In”*

Time is drawing near to commence sewing squares together to make wraps for ‘Wrap with Love’

I have attached Instructions for knitting the square wraps, so if you start early your finished squares can be delivered to the Student Services at the College.



### **Follow the pattern**

**Instructions for square wraps:** need to measure 10 inches x 10 inches (25cm x 25cm)

### **Knitted Squares**

To knit a 10 inch x 10 inch square use size 8 (4mm) needles, 8 ply yarn, cast on 50-55 stitches and knit each row plain (i.e. garter stitch)

**Note:** Test your tension to measure 10 inches (25cm) Do not knit: one row plain, one row purl (i.e.: stocking stitch) as your square will curl up No knots: Start each ball of yarn at the beginning of a row and sew in ends. Do not cut ends off short, as your square will unravel. When starting or finishing a square, sew in all ends **Diagonal Squares** cast on 3 stitches. Row 1: K1, increase 1 in next stitch, knit to end of row. Repeat Row 1 until side edge measures 10 inches (25cm) next Row: K1, K2 together, knit to end of row. Repeat this row until 3 stitches remain, cast off

**For more information contact** – Mrs Carol Wilson at the College.