



Vol. 18 No. 17

THE ARNDELL ADVOCATE

June 30 2008
The Newsletter of Arndell Anglican College

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Dates for the Diary:

Saturday 14 June

Working Bee

Monday 16 June

CSSA – Girl's Soccer

Afternoon School Sport: Intermediate Tennis, Jnr. Boys Rugby Union, Snr. Boys Football

Monday 16 to Friday 20 June

VET Work Placement for Entertainment/Hosp./Info Tech.

Tuesday 17 June

Yr 10 PASS – Windsor Squash Centre
After School Sport: Open Girls Football

Wednesday 18 June

Yr 10 PASS – Windsor Squash Centre
After School Sport: Intermediate/Snr. Netball

**Senior School Presents:
"A Christmas Carol"
7.30pm in the Performing Arts
Wednesday 18th June, Friday 20th June and
Saturday 21st June**



Thursday 19 June

After School Sport: Jnr. Boys Football
Yr 10 Geography Excursion

Friday 20 June

Snr. School Assembly
Jnr. School Chapel

Monday 23 June

SASC Choral Festival

After School Sport: Intermediate Tennis, Jnr. Boys Rugby Union, Snr. Boys Football

Tuesday 24 June

Yr 10 PASS Practical Session – Squash
Yr 11 English Excursion
Yr 12 HSIE Excursion
Yrs 7/10 HPV/Chicken Vaccinations

From The Headmaster:

Dr. John Goddard

During last week, I had the opportunity to speak at an unusual assembly – unusual in that it was for Years 10 and 12 students only, all the other year groups being on camp. More about the camps later.

The assembly was short and to the point:

- A reflection on Psalm 23, with encouragement that, whilst we all **need** shepherding, we should all look to **provide** shepherding to others, too.
- A most wonderful exhibition of juggling by Ryan Mills (Year 10): his face might have been a picture of concentration, but you should have seen the sheer delight on the faces of the audience at his skilful routine.
- Comments directed at the School Certificate and HSC students as they begin the run home to those vital exams.

Under that last heading I made two main points, which it would be good for parents to consider and to help their children put into practice. Firstly, although we all sprint as best we can when the time is close, it is the steady building along the way that is fundamental.

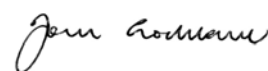
The point is particularly true of students working towards an HSC submission in a practical subject, which all fall due in July/August. Parents, be ready for the final sprint: but encourage your students to build mostly, and to sprint only when absolutely necessary. Then we conserve energy and produce a better outcome.

My second point was a selfish one. Both for School Certificate and for HSC students, at the final assembly for each group, I have the great pleasure of shaking each student by the hand, presenting them with their School credentials and congratulating them on a job well done. Often parents are able to be present at these special assemblies. One thing we all want to feel at such a point is that the conclusion to a major phase of schooling has been an honourable one. Students particularly need to feel that they have completed their task in a worthy manner, to the best of their ability, with earnestness and respect for all their fellows and teachers. When that is so, we look each other in the eye at the assembly and acknowledge that the student deserves congratulating for something fine and honourable.

As you know, it began to rain last week after the driest May on record; and, as you also know, this was because Arndell went on camp! The conditions were plainly not ideal; Year 9 copped the worst of it, early in their camp, but students were able to sleep dry and to dry out wet clothes. (By the way, what possesses some students, especially given the weather forecast, to come on a camp with only the one pair of shoes and no waterproof jacket at all? If they forgot to think about such matters, did their parents forget likewise?) I want to commend **all** the staff who went on the four camps, because it was up to them to manage the camps on a 24 hours basis and they did it magnificently, so that most activities continued, substitutions were arranged as required, and all stayed dry and well. To the camping staff, it was a superb achievement, and so it was for the students too. Part of going on camp is being prepared for an “out of one’s comfort zone” experience, and this was a valuable experience indeed. Students came to the party splendidly. They and the teachers all deserved the following long weekend: it could not have come at a better time!

I return to the reflections on Psalm 23. The kind of encouragement it gives us is invaluable: in simple daily matters, or when faced with “the valley of the shadow of death”, we are all in good hands and, indeed, we lack nothing we need. With such a great shepherd, how could we **not** want to do our bit of shepherding, too, and look after all those around us? It is our vital way of responding to our Lord:

The Lord is my Shepherd: I shall not want.



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

It is hard to believe that this term only has two weeks to go – it seems to have gone past remarkably quickly.

With the rainy weather of late, a number of umbrellas seem to have gone astray. Please make sure that your children’s umbrellas are labelled with their name and that the umbrella that they currently have is actually their own.

You may recall that earlier this year I asked for responses from parents who were interested in making use of a before school care service. A few parents filled out the forms that were available, but unfortunately the numbers were not sufficient for us to run a programme. The responses I did receive however, led me to believe that some parents may not be aware that the Junior School playground is supervised from 8:05am every morning. Parents may drop off their children at that time every morning if required.

As I write, the Junior School is looking forward to Parents’ Day. All parents ought to have received an invitation to this event. Parents should arrive at the College at 11:45am and make their way to their child’s classroom. The day will conclude with an Awards Assembly which will run until around 2:30pm when parents who are attending may take their children home – collecting them from their classrooms.

Events coming up include:

- Parents’ Day & Awards Assembly: 13th June
- Working Bee: 14th June
- Incursion – Brainstorm: 24th June
- Last day Term 2 / reports issued: 27th June

Enjoy your weekend.

From the TAS Dept: Roshini David Paul, Accredited Practising Dietitian

Member of the Dietitians Association of Australia

Proteins (Term 2, Week 7)

The second nutrient in our study is Proteins. Remember the first one was Carbohydrates!

The word protein is derived from a greek word “protos” which means first. Protein is the basic framework of all organisms and is responsible for growth and repair. The building blocks of protein are called amino acids. Nitrogen is the main component of all amino acids. The other components include oxygen, carbon and hydrogen. Some proteins may also contain sulphur, phosphorus, iron, copper and zinc.

Protein formation requires nitrogen to be supplied in two ways: (1) from the intake of protein foods (2) from the breakdown of body proteins (endogenous).

It is estimated that for every 100g of protein that is broken down, 16g of nitrogen would be generated. A person is said to be in nitrogen equilibrium when the intake of nitrogen equals its excretion in the faeces, urine and perspiration.

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
teenbean@westnet.com.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.arndell.nsw.edu.au>
Remote Document Access: <http://rds.arndell.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 10 - 17th to 19th November (Waterslea – Nowra)



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

13 June – Make a Leather Bookmark
20 June – “Auction Party”
27 June – “The Stand”

Energy

For Children in Years 3-6
Fridays from 3.30-4.30 at
Arndell Anglican College – D Block

13 June – Cook to serve
20 June - Megaphone

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



Brainteaser

Number 16

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

A man is trapped in a room that has only two doors. Through the first door there is a room constructed from magnifying glass. The blazing hot sun instantly fries anything or anyone that enters. Through the second door there is a fire-breathing dragon. How does the man escape?

Answer to brainteaser 15

There are now 36 edges.

WORKING BEE for all



When: 14 June 2008

Time: 8.30am to
12.30pm

What: planting and
mulching

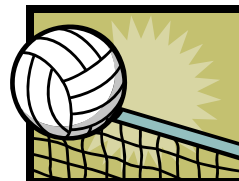
The school gardens are in need of some tender loving care. Please come along to help plant some new plants. The plan is to fill some gaps in existing gardens where the plants have died. The working bee will go no longer than 12.30. If you cannot come for the full time an hour will be very helpful. Bring your children along as gardening can be great fun to do together.

Please Help

for further details contact:
Patrick Buerger on 0404 177 281

From the Sports Desk:

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



HZSA Inter School Sport Results:

Inter Tennis v Hills Grammar –re scheduled for 16th June

Senior Boys Football v Masada amended score Arndell won by forfeit

Open Girls Football v Pacific Hills – rain **New draw available.**

Inter Netball 1, Inters Netball 2, Seniors Netball, Junior Boys Football. No result at time of print. Results will be posted next week.

Wet Weather: Games will not be cancelled until 1pm on the day of play. Cancellation of games is due to the Convener of each competition and the venue. Students will be informed via the College runner or a message if games are cancelled. Parents are requested **not** to call the College before 1pm to enquire about game cancellations.

Representative Sport:

AICES U 15 Rugby Union: Luke Duignan and Brendan Stephenson will be competing in the AICES Championships and selection trials on June 12th. **Date changed due to rain.**

More information about Sport at HZSA, AICES and CIS can be found on the following websites: **HZSA** via the AICES website www.aices.com.au Click the homepage link under the Hills Zone Sport Association. Here you will be able to access the newsletter for results and upcoming dates and trials. **AICES** information is accessed at www.aices.com.au and **CIS** information is accessed from www.aisnsw.com.au

SPORTS PHOTOGRAPHS – Wednesday July 23rd Term 3

All students and coaches who have been selected and participated in:

- A College team sport Term 1 & 2
- College Swimming, Cross Country Team,
- Hills Zone Swimming, Cross Country Team
- AICES Swimming, Cross Country Team
- CIS Swimming, Cross Country Team
- All Schools Swimming, Cross Country Team

Students are to wear the FULL WINTER SPORTS UNIFORM – TRACK SUIT TOP AND PANTS with COLLEGE PE Shirt and SPORTS SHOES.

Sports and carnivals in Term 3 & 4 will have photos later in the year.

Junior School Sports: - Nathan Walker - Jnr. School Sports Co-ordinator

2008 CSSA State Cross Country

The 2008 CSSA (Christian Schools Sports Association) State Cross Country was held at Eastern Creek International Raceway on Wednesday 7th May. Mr. Walker traveled with our squad of 32 runners to compete against schools from across Sydney, and from country areas. Well over 100 competitors ran in each age group. To progress onto the CIS State Cross Country, which was held on Friday 30th May, runners needed to finish in the top 10. All Arndell students gave their absolute best. Congratulations to the following students who progressed on to the CIS State Carnival.

6 th	Elouise Abrahams	10 year girls
9 th	India Rich	11 year girls

The 10 year girls team of Elouise Abrahams (6th), Rachel Vielhauer (27th), Jacqueline White (31st), Elizabeth Hanckel (32nd) and also progressed as a team on to the CIS State Carnival, as they finished 1st in their age group. Well done girls!

After comparing last year's results with this year's results, it is obvious that our students are improving immensely with their running and physical fitness. This is largely due to the efforts of Mrs. Mouton and the time she has put into PB Running Club, which has been held once a week throughout the 1st semester. Thank you Mrs. Mouton.

CIS Cross Country Championships

On Friday 30th May, India Rich, Elouise Abrahams, Rachel Vielhauer, Jacqueline White and Elizabeth Hanckel traveled to Eastern Creek Raceway, to compete in the 2008 Combined Independent Schools (CIS) Cross Country Championships. To make it to this carnival, runners had to finish in the top 10, or finish 1st as a team at the CSSA State Cross Country Carnival. The following places were earned by these runners ...

50 th	India Rich	11 years
55 th	Elouise Abrahams	10 years
61 st	Jacqueline White	10 years
77 th	Elizabeth Hanckel	10 years
85 th	Rachel Vielhauer	10 years

Congratulations to these five girls for a superb effort to make it to the CIS Cross Country. Well done!

Junior School Library

This week we began a Lego club for Kindergarten! What fun we all had – please feel free to drop into the library and see all their imaginative creations.

We have been encouraging the year 1 and year 2 students to progress from reading picture books to start to read some simple chapter books. You might have noticed your child bring home one or two of these books in the last week or two. This is a big step in developing your child's reading ability and your encouragement is so important.

Year 5 and year 6 students have been learning about world geography this term. In the last week of term we will have a 'sale of the century' play-off competition to find the champion – should be fun. This week these students took home a quiz sheet to help them get ready – once again your encouragement is a very welcome addition to what we do in class – thank you!

Mrs E Miller – Jnr. School Librarian



P & F News:

Important Notice

Due to unforeseen circumstances our Trivia night has been postponed. We will be re scheduling for a later date. I apologise to all those who have booked a table and look forward to seeing all at Trivia night. For those who were unable to attend because of other plans hopefully the new date will leave you free to attend.

Thank you all for your support!

Dates for the Diary -

SCHOOL FETE

It's that time again to start preparing for our school fete, what a great success it was last year. If you would like to get involved come to our first meeting, the fete committee is a great team of parents that are very focused on creating a fun school event.

When Monday June 16th week 8

Where Staff common room, near student services

Time After the morning assembly, 9.30am

If you can't make it this time don't worry you can contact:

Prue Stever 0417 419 161



Entertainment Books

Flyers have been sent out with the Advocate last week – if you wish to purchase an entertainment book, fill in the form and return back to Admin Office with your money.



ARNDELL ANGLICAN COLLEGE

118 Wolseley Road, Oakville, NSW
Postal Address: PO Box 4063, Pitt Town NSW 2756
Telephone (02) 4572 3633 Fax (02) 4572 3849

School Photo Days – 2008

Envelopes will be handed out to students next week

WEDNESDAY 23 JULY – SPORT PHOTOS

FULL WINTER SPORTS UNIFORM TO BE WORN

- All Sports Photos
- Zone Swimming, Athletics, Cross Country Photos, and After School Sports & Gala Photos etc.

TUESDAY 5 AUGUST

FULL WINTER UNIFORM

- All School/ Class & Individual Photos
- Family Groups, Staff Photo, Prefect (Jnr & Snr), All Music Photos & Musical Cast, Equestrian, Public Speaking & LEAP Photos.

ENVELOPES FOR FAMILY GROUPS CAN BE OBTAINED FROM THE COLLEGE OFFICE.

ALL ENVELOPES MUST BE RETURNED TO CLASS/HOMEROOM TEACHER **BEFORE TUESDAY 22 JULY**, *(WITH PRE-PAYMENT MONEY ENCLOSED)*

SPORT/ TEAM PHOTOS MAY BE ORDERED WHEN DISPLAYED AT A LATER DATE.

Class & Individual

- Please complete all details on the front of the envelope prior to returning it.
- The envelope must be returned to the student's Class or Homeroom teacher.
- Please ensure that the correct money is in each envelope, as change cannot be given.
- All students will be in the class photograph & individual photo
- Additional envelopes are available from the College Office.

Family Photos (No “Buddy” Photos will be taken)

- Envelopes are available from the College Office for Family Photographs.
- Only those who return the Family Portrait Envelope with correct money will have Family Photographs. Please ensure that all details on the envelope are complete.
- The correct money should be in the Family Portrait Envelope, *NOT* added to the student's Individual Photograph envelope.
- One member of the family should return the Family portrait envelope to his/her class/ homeroom teacher.

Group, Team, Sport & Equestrian Photos

- Students in teams/ group photos are to check with the appropriate staff member on what to wear for photos.



ARNDELL TALENT SPECTACULAR

