



Vol. 18 No. 3

THE ARNDELL ADVOCATE

February 15 2008

The Newsletter of Arndell Anglican College

Arndell Anglican College
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Dates for the Diary:

Monday 18 February

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

Tuesday 19 February

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

Wednesday 20 February

Yr 11 Science Excursion – Brewongle Study Centre

Thursday 21 February

Yr 10 Geography Excursion - Long Reef & Collaroy Beaches

Friday 22 February

Jnr. School – Student Leadership Induction

- * **Please join us to support our excellent new leadership group.**

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**

Monday 25 February to Friday 29 February

VET W'placement – E'taint./ Hos./ Info. Tech.

Wednesday 27 February

Yr 7 + Yrs 9/10 Elective Music Incursion
CIS Tennis

- * **All the best to Nathaniel and Danica Barbagello**

From The Headmaster: Dr John Goddard

Arndell Students Represent Arndell Nobly!

- The Junior School Student Leaders, an enlarged group of 12 this year, stood tall and proud at their annual leadership day at Blue Mountains Grammar School last week. They looked the part – and, more importantly, they acted the part.
- Congratulations to one of our newest families, the Macalisters. Rev Barry Macalister, his wife Rosemary and their four children were the focus of a welcome service at St. John's Wilberforce, on Wednesday of this week. We trust Barry's work as rector of St. John's will be immensely fulfilling for all concerned.
- Well done to our Senior (Years 11-12) Vocational Education (VocEd) students: they are out on mandatory work placements this week and the inputs from host employers are highly encouraging.

I have been gratified to hear from many parents (those with children in Years Kindy and 7 especially, but many others too) that they and their children have felt **welcomed** into the community of the College this year in a warm and friendly way. Let us all extend and join in the welcome by coming along to the Welcome Service at Arndell Community Church on Sunday 24 February, 10.00am. It will be a marvellous opportunity to share – in Worship and in friendship. Come and help to welcome the newcomers, or be welcomed in turn. And remember the words of the apostle Peter:

For if you do these things you will never fall, and you will receive a rich welcome into the eternal kingdom of our Lord.

(2 Peter 1: 10-11)



From the School Chaplain: Mr Graeme Sedorenko.



Feed and Eat or starve

As a parent or care giver you provide leadership for those in your care. Do you sometimes feel like you are feeding the crowd and have little time to feed yourself? Are you giving, giving and giving but forgetting to fill up? If the fisherman provides fish for the markets all day and everyday – never stopping to eat he/she will soon reach the point of brain fry, exhaustion or if you like, BURN



OUT (not the tires of a car screeching). If the leader doesn't fuel themselves then he/she is unable to deliver the required leadership and ultimately will not be in a position to provide the best care for those in their care.



Two lumberjacks had a bet to see who could chop the most trees down in a day. One got busy chopping while the other carefully sharpened his axe. The first man got well ahead as the second man skillfully sharpened his axe. By the end of the day however, the second man was chopping down trees with ease while the first struggled to cut a tree down. The winner was the one who took time to sharpen the axe. As leaders who have people in our care, unless we develop our own skills and take care to feed ourselves we will end up flogging the horse and the rider, and become useless leaders or caregivers.

As caregivers we must not wait until we get to the point of saying to ourselves about those we lead: "you do what you want, I am too tired to argue, or it is too tough to give you any valuable directions or instructions: you're on your own." The author of Song of Songs once said: "they made me a caretaker of vineyards but I have not taken care of my own vineyard." The same man, as the teacher, said in Ecclesiastes 10:10: "If the axe is dull and he does not sharpen the edge, then he must exert more strength. Wisdom has the advantage of giving success." Do you think he learnt his lesson the hard way?

The obvious question is then: how are you feeding yourself? When answering this question we do well to remember, whatever we put in, will inevitably come out and what comes out will either provide good or bad leadership and care.

From the Deputy Headmaster: Mr James Webb

Now that the term has kicked into gear may I say what a great start we have had in all sorts of things. The excellent HSC results have been buzzing around the College and have once again shown that we are certainly a place where students can and do achieve.

A number of significant initiatives have been put in place this year to assist us and to keep you informed. The new look Head of House team, whilst carrying on the great work of previous Heads of House have really made a concerted effort to get some simple things right with regard to uniform. Checks every day and lunch detentions are now identifying those students who cannot do the right thing. Parents please assist us in making our uniform, which we are proud of, look attractive and worn correctly.

I am not a knocker of fashion – what goes around comes around – however the College is not a place for fashion statements.

The College Diary was issued earlier in the week. The bottom of the page requires a parental signature. For some reason when it was printed this was omitted. Please check your child's diary and ensure that homework is there on a regular basis. If not, give your child's homeroom Tutor a call and track the problem down.

Sport is well underway as are auditions for plays and dance productions. There may be a call for you to assist in some way. Please can I encourage you to think of ways in which you can contribute your expertise to the life of the College.

Have an awesome weekend

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

Last Thursday, Mrs Mouton and I accompanied our student leaders to the HICES Student Leadership day at Blue Mountains Grammar School. The event consisted of a wide variety of activities all designed to encourage those in attendance to come to grips with the meaning of leadership while having a considerable amount of fun. Our students were keen participants and returned to Arndell having learnt a great deal while enjoying the whole event and having some new ideas that they will be discussing over the next few weeks.

Thank you to all of those parents who came along to the Junior School Information Evening on Thursday of this week. I am sure that you learnt all that you wished to learn about the year that is ahead for your children. Thank you also to the class teachers for their preparation and presentations on the night.

A reminder to all parents – if anyone other than you is picking up your child, please inform your child's class teacher (preferably in writing) before it actually happens. This will avoid confusion and embarrassment for all involved.

Years Three to Six have received their student diaries for this year. You may have noticed that they are now a fully bound book with an increased amount of information in the front section. If they have not done so already, classes will be made familiar with this material in the near future and it would also be of benefit for parents to have a look at these pages as well. The diary is an important part of the communication process between school and home, to be used not only for the recording of such things as homework, but also for brief notes to or from teachers.

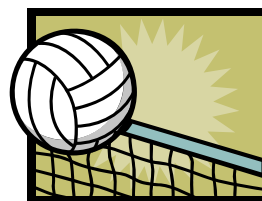
Events coming up include:

- Student Leaders Induction Service, Friday, 22nd February
- Arndell Celebrates 2008 Service, Sunday, 24th February
- Junior School Swimming Carnival, Thursday, 28th February
- CSSA Zone Swimming Carnival, Tuesday, 4th March
- Awards Assembly (Year 3 item), Friday, 7th March

Enjoy your weekend.

From the Sports Desk:

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



Hills Zone Inter School Competition:

The following additional teams have been entered Girls Indoor Cricket (Tuesday) and Junior Boys Indoor Cricket (Thursday). There are 3 players needed for the Junior Boys Indoor team. Any interested students should see Mrs Cornick. Competition is due to begin the week beginning Monday 18th Feb.

Hills Zone Basketball Championships:

The girls played this Tuesday in the Hills Zone Basketball Championships, the avenue for selection into the Hills Zone Opens team. Arndell's 3 games were all against some of the more experienced teams from William Clarke College (5-24), Tangara (10-15) & Hills Grammar (7-27). Though unsuccessful in their bid to make the semi finals, 2 players were picked for the Possible & Probable selection game: Jessica Oppy (yr12) a great effort for the rookie! and Alexandra Cornick (Yr10) who was selected to play for the Hills Zone Opens Team to compete at the AICES Championships on March 5th.

Arndell Team: Amanda Zalac, Isabella Garland, Elizabeth McInnes, Alexandra Cornick, Jessica Oppy, Claire Salmon, Abbey Garland, Rebecca Gow

Students Competing in Sport Championships this week:

Danica & Nathaniel Barbagallo: AICES Opens Tennis Tournament Friday 15th

The Boys Basketball Team competing in the Hills Zone Basketball Championships Wednesday 13th. Arndell Team: Ben McInnes, Michael Pritchatt, Jake Pritchatt, Jacob Roberts, Reece Hunter, Michael Smith, Ben Pritchatt.

NSW ALL Schools Triathlon. Thursday 28th & Friday 29th Feb. All nominations are now due.

From the Visual Arts Staff:

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.

From the Jnr. School Learning Support Department:

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.

Arndell 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 Sedorekno
Counsellor: Mr Matthew Lumb
After School Care: 0407 474 161 (3.30- 5.30pm)
Equestrian: <http://www.arndell.nsw.edu.au>
P & F President: Donna Pellew 0417 774 54
Vice President: Tina Andersen (Waltho) 0414 634 453
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
Remote Document Access: <http://rds.arndell.nsw.edu.au>

DATES FOR 2008:

Term 1 - 2008

Thursday 20 March – Staff Development Day
Thursday 20 March – Monday 24 March – Easter Break
Friday 11 April – Term 1 finishes

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 - 4th to 6th June (Deer Park)
Year 8 - 4th to 6th June (Somerset Campsite)
Year 9 - 3rd to 6th June (Port Hacking)
Year 10 - November (TBC)
Year 11 - 4th to 6th 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

Friday 15 – Outing to the Wave Pool

Friday 22 – Quiz Night!

Energy

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

Friday 15 – ‘Fruit Fellas’

Friday 22 – Unreal Banana Peel

Lost Property:

A system operates in the College which, when operating smoothly ensures the prompt return of lost items to students. The task of returning lost items is made virtually impossible when items do not have student names clearly marked upon them. It is the responsibility of students and parents to ensure that every item students bring to school is clearly marked; in the High School with the students name and home room number, and in the Junior School with the student's name. Due to the exponentially increasing number of items appearing in Lost Property any item which is not clearly labelled will be deemed to belong to no one and will be returned to the Uniform Shop automatically for re-sale. Regards.

Mr. O. Laffin

Scholarships for 2009:

Arndell offers scholarships in a number of areas:

- * Academic
- * Musical
- * Excellent all-rounder

Applications are invited for scholarships for students who will be in Year 7, 9 or 11 in 2009. Applicants sit for a written scholarship examination on Saturday 10 May, 2008 at the College; in addition, music scholarship applicants must present for audition at a date which will be shortly after the written examination. Offers are then made by the Headmaster in early-mid June.

Please note:

- Scholarships generally offer 50% or 25% remission of tuition fees.
- Scholarships are offered to the most able only – the top one or two per year group who really stand out.

Application forms may be obtained from the College Registrar – Mrs Wilson or by going on line through the College's website: www.arndell.nsw.edu.au then click on the homepage.

Applications close by 28 March, 2008



Brainteaser

Number 2

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 sundial is a timepiece that has the fewest number of moving parts. Which timepiece has the most moving parts?

Answer to brainteaser 1: 18 students

Information for the Advocate needs to be emailed to enquiries@arndell.nsw.edu.au by Tuesdays 4pm

Charles Dickens'

A CHRISTMAS CAROL

THANKS TO THE FOLLOWING BUSINESSES WHO HAVE
ALREADY SPONSORED THE SHOW:

Gold Sponsor : LARRY WALKER HOME LOANS
Contact – 0412638124 or www.larrywalker.com.au

Silver sponsor : ROUSE HILL FAMILY MEDICAL PRACTICE
Contact – Dr. Stojanovic 96791098

WE WOULD LOVE TO HEAR FROM OTHER BUSINESSES OR
INDIVIDUALS INTERESTED IN PROMOTING THE
PERFORMING ARTS AT ARNDELL.

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 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:

How Strong are your Bones????

What are the two key nutrients that you need to consider for your bone health?

You're Right- Calcium and Vitamin D.

These two are highly important to maintain musculoskeletal health and general health.

Calcium

More than half of all Australian adults do not meet the recommended intake of calcium. It is found that the efficiency of calcium absorption reduces with age and therefore over time people require higher amounts of calcium. The RDI now known as the NRV (Nutrient Reference Value) is 1000 mg calcium per day for most adults.

Food Sources

Dairy products are high in calcium. 3 serves per day of milk, cheese or yoghurt is sufficient to meet the NRV for the day. Other Sources: Broccoli, bok choy, whole canned fish with soft edible bones, nuts (almonds) and tofu with enriched calcium.

What about Children???

Children 5-9 years require 2-3 serves (800-1000 mg (day) each year. Children and adolescents 9-18 years should aim for 3 serves (1000-1300 mg (day).

Source: Health Professional Guide- Osteoporosis Australia.

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

From the Uniform Shop: Mrs Liz Moore (4572 3254)

Blazer fittings will be held on Wednesday 5 March 2008. Children must be at school on this day to be fitted.

(Infants will be fitted first shortly after 9.00am, followed by primary, then high school classes at recess)

Blazers are a compulsory part of the Arndell Anglican College Uniform and they are individually fitted for each student.

Junior Girls	(Yrs, K-6)	\$160.00	Junior Boys	(Yrs. K-6)	\$210.00
High School Girls	(Yrs. 7-10)	\$170.00	High School Boys	(Yrs. 7-10)	\$220.00
Senior Girls	(Yrs, 11-12)	\$195.00	Senior Girls	(Yrs. 11-12)	\$245.00

Note: Boys Blazers have extra details. e.g. pockets and lapels, Prices include fittings, alterations and GST.
Delivery W/C 28/4/2008

An **\$80.00 deposit** is required to confirm and register your child for a fitting. This must be paid to the Uniform shop before Thursday 28th February, or your child cannot be fitted. A **late fee** will apply to anybody requiring a fitting after 5th March.

Year 11/12 students requiring a senior stripe to be applied to their blazer, the senior stripe will automatically be applied at the above price. If you currently have a blazer that fits please bring your dry-cleaned blazer to the Uniform Shop before Tuesday 4th march and a senior strip will be applied at a cost of \$25.00 to be paid in advance.

Second Hand Blazers: anyone wishing to sell their blazer (if in good condition, with the current logo and dry-cleaned) can bring them into the uniform shop now.

House Coloured Shirts are available at the uniform shop. All students Years 7-12 require a house shirt to wear at all school carnivals, in addition to their blue/red PE polo shirt. Please ensure you have yours before the Senior School Swimming Carnival on Friday 22 February. The cost of house shirts is \$26.00.

Girls white fold over ankle socks (\$6.00 a pair of \$14.00 for a pkt of 3) and **Senior Girls White Blouses** are now available at the uniform shop.

Attention: All Arndell Equestrians:

We have all had a very long, unexpected rest in Equestrian circles over the last 7 or 8 months with the outbreak of the dreaded Equine Influenza. I hope all the horses are recovered or have had their vaccinations and are ready to go for a new year of Interschool Competition. As parents and riders will already know, there will be a few changes to the way we enter competitions from now on with regard to Horse Health Certificates and Traveling Horse Statements. We will keep you up to date with any more changes or DPI requirements as they come to hand.

We have at this stage not received any correspondence from other schools with regard to when competitions will resume, but again we will keep you up to date, as soon as we know.

I have included a form with this weeks advocate to enable us to update our records. If anyone is new to Arndell in 2008 and is interested in joining the team, please fill it out and return it ASAP. We would also appreciate it if current team members would fill it in and return it to student services.

I would like to introduce Mrs. Teena Welsh as the new team manager for 2008; she will take over from me this year. Mrs. Carolyn Dobson will continue as President of the Equestrian Committee and is always available for any enquiries regarding Equestrian matters on: 45 723531. I would like to thank riders, parents and staff for their support over the past few years and wish you all a happy and successful year of competition in 2008.

Mrs. Cami Leva

*Equestrian Team 2008
Update*

(Please complete and return to Student Services office to allow us to update our records)

Name: _____

Age/School Year: _____ Class/Homeroom: _____

Address: _____

Phone: _____ Mobile Phone: _____

Email Address: _____

Horse/Horses Name: _____

Did your horse/horses _____ Date: _____
contact Equine Influenza?

Horse/Horses EI Status: _____

I am interested in Interschool competition in the following areas (please circle):

Showjumping

Dressage

Show ring/Gymkhana

ODE

Combined Training

Vaulting

The Arndell Advocate:

The School Newsletter "The Advocate" is on the School website, however if you would like this to be emailed to you, please fill in the note below and return back to Mrs Barbra Whelan. (PA to the Headmaster).

Attention Mrs Whelan:

I wish to have the Advocate emailed to me:

Parent's Name

Email Address: