



Vol. 18 No. 15

# THE ARNDELL ADVOCATE

May 30 2008  
The Newsletter of Arndell Anglican College

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## Dates for the Diary:

### Monday 2 June

P & F Meeting 9.15am Staff Commonroom:  
particularly for Junior School parent. Come and  
discuss all that is going on in the School.

### Monday 2 June

PISA/ERA Science Competition

### Tuesday 3 June

LEAP – Da Vinci Academic Decathlon

### Camp Week for:

- 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 11 - 4<sup>th</sup> to 6<sup>th</sup> June (Blue Gum Lodge)

### Thursday 5 June

AICES Rugby – Pittwater Park

### Friday 6 June

Jnr. School Chapel  
Snr. School Assembly  
AICES Schools Tennis – Concord

### Saturday 7 June – Monday 9 June

Queen's Birthday Weekend

### School Photos -

Tuesday 10 June – Sport Photos  
Thursday 12 June – Formal School Photos  
Please make sure all uniform is ready and  
immaculate for the annual photos.

### Yr 11 2009 Information Evening

Tuesday 10 June 7pm – Snr School Library  
All about subject selection, how the HSC  
works, how Arndell works with senior  
students.

### Wednesday 11 June

Yrs 7-10 LEAP Artists Outlet Workshop

### Friday 13 June

Jnr. School Assembly  
Snr. School Chapel  
Yr 10 PASS Practicals – Squash

### Friday 13 June – Saturday 14 June

D of E Bronze Qualifying O'night Exped.

## From The Headmaster:

*Dr. John Goddard*

**On Wednesday night** this week, the P & F Open Forum meeting allowed us to focus on two areas of the College's operation: what is going on in Years 7 and 8, and what is going on in Drug Education, particularly in the secondary years. Mr. Sedorenko brought us up to date with many of the programs and materials in use in drug education, which is a topic of abiding interest. There will always be a healthy debate in this area: we believe we need to give clear and full information, and urge youngsters to see that information from a Christian, moral standpoint. That is, in our view, clearly the best and the safest way. Issues about drugs will surface in our children's lives into adulthood (it is not just a growing up issue, obviously!) and we want them to be well prepared. My thanks to Mrs. Pellew and the P & F, to parents for the healthy discussion that took place and Mr. Sedorenko for his presentation and for leading the way on drug education.

**Last week** I wrote about some of the wonderful overseas tours Arndell is undertaking this year and why they can be so significant in the education and the lives of our students. I omitted to mention FRENCH: at the end of this year (the tour has occurred every second year) Mrs. Webb will lead a group to Noumea, where they will immerse themselves in French language, culture and (Yes!) food for a week or so. Every tour we are amazed at how rapidly a student's understanding of French can grow in such a short time, because they are thrown in at the deep end of real situations. I understand Mr. Webb's French improves too! - many thanks to Mrs. Webb for providing such a splendid educational opportunity to our students.

**Staff Changes:** It is with great sadness that we will farewell Mrs. Dena Mouton in the early part of Term 3. The Mouton family are re-locating to Muswellbrook where Mr. Mouton will take up a new and exciting position and we wish all the family very well in their move. Mrs. Mouton has made a wonderful contribution to our school in her year and a half with us, as teacher of Year 5, coordinator of stage 3 and prime mover in all sorts of sports and activities. She has been the model of the committed staff member and we thank her for her time with us.

Mrs. Mary Zahn is well known to parents and students in Year 5 and all will be please to know that Mrs. Zahn will take over from Mrs. Mouton as full time teacher of the Year 5 class for the balance of the year. Mrs. Zahn's experience and wonderful way with the children makes her ideal for this position and I am very grateful to her that she can take it up at this time.

Mr. Steven Burroughs and Ms Brigette Soenen are re-locating to Canada at the end of this term for a variety of family reasons. Both have been true professionals in their work with us in 2007 and this year. Mr. Burroughs will be remembered for his marvellous work in PE, in LEAP and in being the organisor of such events as the World's Greatest Shave. Ms. Soenen has been teaching in English, Art and PE this year and is seen by all as an excellent and imaginative teacher. We wish both colleagues very well in Canada, and we thank them for their many contributions; we are in the process of making arrangements to cover their areas for the remainder of the year.

**Payment of Fees:** May I remind all parents that all Term 2 fees should be paid by now.

**Did you know that many parents pay by –**

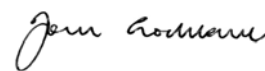
- Direct debit from bank account,
- By bringing in/posting regular monthly payments.

Talk to us about how we can make school fees more manageable for you.

**During a choir practice** this week, we were learning a new hymn to an old tune, the words written by Mr. John Lambert, Chairman of the College Council. Our verse runs:

Though loss and sorrow, suffering and pain,  
Explain we fail, nor understand  
You are yet faithful, love will remain  
Held out in mercy, still waits your hand.

Wise words, Mr Lambert!



*From the School Chaplain: Rev. Graeme Sedorenko*

### **Life, Work and Exams– Anyone want a no TEST Life?**

Exam week again for some students and what a testing time for all – even parents. It is our job to help the younger ones prepare adequately and it is our job to help them remain focused and to persist with study even when that is the last thing on a child's mind. It can be tiring and trying whenever exams arrive but they are an important element of life and can be a very encouraging time. Any test will reveal the knowledge a student has on the subject and the skill they have developed over the course of the year. This can be encouraging for the student because they get the chance to reveal their knowledge and understanding, and the test can confirm or affirm them as they witness their own growth.

The book of James encourages Christians to: *“Consider it pure joy, my brother, whenever you face trials of many kinds, because you know the testing of your faith develops perseverance.”* James 1:2-3. The passage goes on to say that the testing of the believer's faith is part and parcel of God's method to bring completeness, a maturity in the life of a believer. Difficult times and struggles help a believer to confirm, or affirm what they believe. That is to say, they endure and continue to walk with Christ because they know the God of wisdom has not made a mistake. Rather the testing of faith is the chance to see faith at work in the believer.

When Christians suffer they resemble the Lord Jesus who, when on the cross, did not give up but rather told the man by his side (the one who knew he needed Jesus and said: Jesus, remember me when you come into your kingdom.) that: “I tell you the truth today you will be with me in paradise.” (Luke 23:42-43). Jesus, while suffering the horror of crucifixion, knew that this was the gate way to completion. Many tests can be painful and can cause us to not want to face them but for the Christian they are crucial to growth and for our preparation for eternal paradise and, like Christ the perfecter of our fait, we look forward to the time all testing will cease and not be needed anymore.

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

Most of you will be aware of the terrific job our Learning Support staff do in assisting those students who need extra help. A wide range of assistance is offered to students and the members of the Learning Support department are sometimes stretched quite thin. Parents have always added significantly to what we have been able offer to students. We do, however, currently have a shortage of parent helpers, particularly in the One to One programme which operates before school. If you are able to give a few minutes of your time please get in touch with Mrs Chakovan.

The following students received Citizenship Awards at our last Awards Assembly:

KR: Paige Turnbull, Angus Fahey;	1R: Sophie McAlpine, Ben O'Leary;
1B: Amber Fradd, Scott Charlesworth;	2R: Romy Charles, Cooper Elven;
2B: Emily Mitchell, Jack O'Leary;	3R: Samuel Beazley, Rosie Rodgers;
3B: Paige Matthews, Will Lesslie;	4R: Nadia Tjantoro, Leighton Vella;
4B: Declan Horne, Jessica Rodgers;	5R: Brin Cross, Keisha McAlpine;
5B: Kellie Stack, Rebecca Stanford;	6R: Mark Schembri, Katie McDonald.
6B: Emily Hammerl, Tamica Louttit;	

### **Congratulations to all of these students.**

Chess is up and running again, with our interschool teams looking forward to the fourth round of the competition. It has been quite a slow start for our teams but we are looking forward to some good games as we get more practice, especially now that Monday lunchtime games have commenced.

I am always impressed by the public speaking ability of our students, even the youngest of them being able to stand in front of an audience and speak confidently about their chosen topic. It is only the best of the best that are able to make it all the way through to the finals of our public speaking competition. If you are able to come along on Friday of this week to see and hear these students in action, then I recommend that you do so.

Events coming up include:

- Public Speaking Finals: 30<sup>th</sup> May
- Public Holiday: 9<sup>th</sup> June
- Parents' Day & Awards Assembly: 13<sup>th</sup> June
- Working Bee: 14<sup>th</sup> June
- P&F Trivia Night: 14<sup>th</sup> June
- Incursion – Brainstorm: 24<sup>th</sup> June
- Last day Term 2 / reports issued: 27<sup>th</sup> June

Enjoy your weekend.

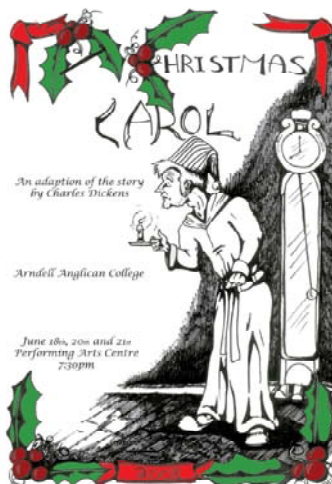
### ***UK Choir Promotion in association with Gloria Jeans, Windsor Riverview Centre:***

In support of our UK Tour, Gloria Jeans, as one of their community support initiatives, are sponsoring us, commencing Monday 26 May, for a month:

- When you purchase at GJ's (Riverview Centre, Windsor), say you are Arndell, ask for a receipt, deposit the receipt at school in the special box at Student Services.
- Gloria Jeans will donate a % of overall sales to a maximum of \$1500: Thank you GJ's!!!



### **Tickets available from the Admin Office**



## 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](mailto:teenbean@westnet.com.au)  
Donna Pellew 0417 774 545  
Mrs Liz Moore 4572 3254  
Tuesday/Thursday  
8.30-10.30am/2.30-4.pm  
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:**

## 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  
30 May – “Stuff a Giraffe”  
6 June – “Harry High Pants” night  
13 June – Make a Leather Bookmark

### Energy

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

30 May – Storm Games  
6 June – Dress to Impress  
13 June – Cook to serve

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



## Brainteaser

### Number 14

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.

An apple farmer goes to the nursery to buy 10 apple trees. The owner says that if the farmer can plant the 10 trees in 5 rows of 4, he can have the trees for free. How does the farmer do it?

**Answer to brainteaser 13:** 22 Children.

### 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

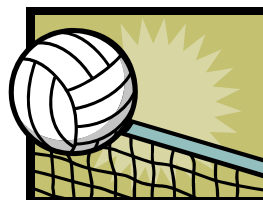
### Lost Property:

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

## *From the Sports Desk:*

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



### *Senior Cross Country Carnival: Mr. Peter Gordon*

On Friday 11<sup>th</sup> April, Arndell held its Annual Cross Country Carnival in the pleasant surroundings of Cattai National Park. Our concerns about the weather due to the rain leading up to the day were quickly removed as we woke up to a bright sunny day.

This year the winning house was Johnson who repeated their performance from last year. The students displayed great house spirit in the tug of war and throughout the day near the finish line. Many of the games organised by Mr. Burroughs included 3 legged race, potato sacks and of course the staff versus Year 12 students tug-o-war.

All students were expected to participate to the best of their ability whether that be walk, run or jog. A number of students earned vital points for their house, regardless of their running capabilities. Congratulations to the following students who placed as age champions in their age groups.

AGE	BOYS	GIRLS
12 yrs	Ben Thornton	Lauren Keegan Mills
13 yrs	Dean Muscat	Isabella Smith
14 yrs	Alex Celio	Raquel Abrahams
15 yrs	Ben Tuynman	Danielle Clay
16 yrs	Karl Schultz	Holly Andrews
Senior	Ian Dewhurst	Jessica Oppy

Due to having the carnival in the last full week of school, age champion medallions have been distributed in term 2.

These days do not come about by themselves and rely on the kindness of parent helpers who give up their time to contribute to the life of the school. A special thanks to them. It is great to see parents contribute to the life of the school and support in a variety of ways. Staff of course control various duties throughout the day and do an outstanding job in their assigned areas.

I must mention Mr Webb and Mrs Burroughs who whilst not official members of the PE department, go beyond the call of duty to assist with trailers and early morning starts.

I must mention the various McDonald's Restaurants in the area who donated the use of drink tubs on the day.

We now look ahead to the Athletics Carnival coming up in Term 3.

## *HZSA Inter School Competitions:*

**Inter School Sport: Results Week 2**

**Inter Tennis** v Gilroy 3-3

**Junior Rugby Union** v William Clarke 0-55

**Senior Boys Soccer** v William Clarke 0-3

**Junior Boys Football** v Hills Grammar 1-3 (week 1 result)

**Representative Sport:**

**CIS Cross Country:** Friday May 30<sup>th</sup> at Eastern Creek. Ian Dewhurst and Danielle Clay will be competing as members of the AICES team.

**AICES U 15 Rugby Union:** Luke Duignan and Brendan Stephenson will be competing in the AICES Championships and selection trials on June 5<sup>th</sup>.

More information about Sport for HZSA, AICES and CIS can be found on the following websites: **HZSA** via the AICES website [www.aices.com.au](http://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](http://www.aices.com.au) and **CIS** information is accessed from [www.aishsw.com.au](http://www.aishsw.com.au)

Many thanks to Mrs. Walters for altering our rugby jerseys so that they fit the boys! Very much appreciated.

## *Arndell victorious against Rouse Hill: Mr. Steven Burroughs*

The Arndell Intermediate Rugby League Team has again defeated Rouse Hill Anglican College with a massive 42-0 win. Arndell came out confidently at Kellyville Park and quickly stamped their authority on the match. With a team determined to maintain their position on top of the division, our boys quickly moved the ball around and had Rouse Hill on the back foot. Demonstrating their versatility and sharing scoring opportunities around, nine players scored tries and others who normally stay out of the limelight had chances to convert. Our forwards stormed through the defense creating opportunities out wide while Rouse Hill failed to avoid tough tackling from all Arndell players.

With two games remaining at home before the playoffs we are favourites to take out the minor premiership. The next game sees Castle Hill High School visit Arndell for the first time with kickoff at 4pm Monday 2<sup>nd</sup> June. The team will be controlled by guest coach Jake Carpenter who will ensure the boys finish in front in what could be a preview of the Grand Final. Spectators are more than welcome.

## *From the TAS Department: Roshini David Paul - Accredited Practising Dietitian, Member of the Dietitians Association of Australia*

### **Carbohydrates (cont'd) (Term 2, Week 5)**

**Polysaccharides:** These are composed of many monosaccharide units. The most important polysaccharides that we need to know about are starch, glycogen, cellulose and fibre.

**Starch:** It is the storage form of carbohydrates where it is stored as glycogen. Cereals, pulses, potatoes and sweet potatoes are good sources of starch. Cooking facilitates digestion of starch. Farina, cassava, tapioca, sago, yam, arrowroot are all rich sources of starch. Starch is converted into maltose (disaccharide) by the enzyme amylase which is eventually converted into glucose(monosaccharide) and absorbed.

**Glycogen:** It is the storage form of starch which can be located as liver or muscle glycogen.

**Cellulose:** This has many glucose units. It is present in vegetables, fruits and cereals. Cellulose needs to be broken down if the food needs to be digested. This is done through cooking or mastication

Isapghul and agar-agar are used to treat constipation.

## *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

# Contemporary Singing Lessons

**Have you ever dreamt of singing in your own band?  
Having a part in your favourite musical?**

Our new vocal coach **Erica Hewitt** is taking enrolments now for private and group lessons at Arndell.

Expressions of interest are also being taken for a **boy's vocal group** and  
**a vocal/percussion workshop.**

**Please Contact Michelle Wilson (Acting Head of Performing Arts) at the College  
for more information.**

## ARNDELL TALENT SPECTACULAR



## FRIDAY SEPTEMBER 5<sup>TH</sup>

### Categories:

Music: solo/duo and ensemble/group

Dance: solo/duo and ensemble/group

Variety: any act outside of music or dance

This is a new and exciting event on the Arndell Calendar, designed to showcase the best of Arndell student talents.

### **SPONSORS REQUIRED**

**IF YOU ARE INTERESTED IN SPONSORING THIS EVENT (NO DONATION TOO SMALL)** please send your donation to the school, clearly marked Arndell Talent Spectacular. Cheques can be made payable to Arndell Anglican College. All sponsors will be acknowledged in newsletters and on the night.

Any enquiries: Contact Miss Doman in the English Department

*'A night not to be missed!'*

*Arndell Anglican College Annual*

# Trivia Night

**Mark this date in your diary**

**Saturday 14<sup>th</sup> June 2008**

**School Gym**

**Doors open 6.30pm**

**Starts 7pm**

**Theme:**

**'Music'**

**Tickets \$15.00 per person**

**BYO: Food and Drink**

Organise a group of friends (tables of 10 available), or come and join a table for a night of great fun, a chance to mix with staff and other parents while raising money for a much needed resources for our great school.

There will be lucky door prizes and a prize for the best dressed table.

(Please note that costumes are optional)

If you have any questions/queries please contact:

Donna Pellew on 0417 774 545 or email

[donnaandglen@hotmail.com](mailto:donnaandglen@hotmail.com)

**Attention Mrs Pellew:**

Yes, I would like to book tickets for this year's Trivia night.

Name: \_\_\_\_\_

No. Tickets: \_\_\_\_\_

Contact No: \_\_\_\_\_

Child's Class or Home Room \_\_\_\_\_

## *P & F News:*

### **Dates for the Diary –**

Monday 2 June – P & F Meeting

9.15am (Staff Common room)

Saturday 14 June – Trivia

Evening (School Gym)

## **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.