



Vol. 18 No. 22

THE ARNDELL ADVOCATE

August 8 2008
The Newsletter of Arndell Anglican College

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Dates for the Diary:

Wednesday 6 August – Friday 15 August
Year 12 Trial Exams

Monday 11 August to Wednesday 13 August
Jnr. School; Life Education

Monday 11 August
Yr 9 PASS – Squash

Tuesday 12 August
ICAS English Competition
Yr 9B/R/W AFL Program

Wednesday 13 August
CSSA State Athletics
Yr 9G AFL Program
Snr. School Assembly
Yr 10 PASS - Indoor Rock Climbing

Thursday 14 August
Jnr. School; Public Speaking - Thomas Hassall
Yr 9G AFL Program

Friday 15 August
CSSA State Athletics
HSC Showcase Evening 6pm P/Arts
Jnr. School – Arndell Olympics' Day

Sunday 17 August to Wednesday 20 August
HICES Music Festival

Monday 18 August
CIS – Rugby League
HZ Athletics Carnival – Homebush

Tuesday 19 August
K – 6 'Wake up and Read' Incursion
Yr 9B/G/W AFL Program

Wednesday 20 August
Yr 12 Adv. English Excursion – Jewish Museum

Thursday 21 August
P & F – Golf Day
Yr 9R AFL Program

Friday 22 August
Grandparents Day – Jnr. School
P & F "Display of New Pavers"
Jnr. School Awards Assembly
Snr. School Chapel

From The Headmaster: Dr. John Goddard

Have you noticed that the Advocate has more pages of "attachments" than not? Most of the essential information is in the **Newsflash**, handed out each week in paper form; and the Advocate, in an on-line form, giving you a chance to find out more details. Please use both – for both are really important in the weekly life of the School.

The Advocate itself can now move to a fortnightly basis: you can use it to extend on the Newsflash, or to download flyers, or to enter into further discussion on major issues.

One issue I want to raise with you – and it is there for you in the Parenting Tips attachment – is how we respond to aggression. The attached article talks about aggression from a number of points of view, and with respect to various age groups. Although it does not offer simplistic situations (there are none, to a complex problem!) it does emphasise how fair, loving and reasonable discipline, consistently applied, benefits all children, not only those with a tendency to physical and/or verbal aggression. Setting clear limits, getting acknowledgement of them and sticking to them really helps us all. It also helps when we can acknowledge **good behaviour** that falls within the set limits: that makes it easier and more telling when we chastise bad behaviour that falls outside them.

Many thanks to teachers and students for:

- Junior School CSSA Athletics under Mr. Walker,
- A huge amount of Hills Zone sport and lots of great results.

and best wishes for those about to be involved in:

- The Arndell Olympics next Friday 15th,
- Junior School Public Speaking at Thomas Hassall Anglican School on Thursday 14th.
- Hills Zone Athletics on Monday 18th.

What a busy life!

*I will sing of the Lord's great love for ever; with my mouth I will make
your faithfulness known through all generations (Psalm 89: Verse 1)*

No matter how rough or troublesome the path,
we can always find joy in the love and faithfulness of our God

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

The NED Show on Wednesday of last week was an exciting event for all of the students involved. The presenter encouraged them to remember to **N**ever give up, **E**ncourage others and **D**o your best and to do all of this for Jesus. Since the event, YoYos have been in great demand and will be available for purchase until Friday, 8th August.

Photo day on Tuesday went off without a hitch and I look forward to seeing the results when they become available.

Mr Walker took our Athletics Squad to compete in the CSSA Zone carnival on Monday and while I have not yet heard the full details of our results I have been told about some amazing performances by our athletes, including at least one zone record broken. Congratulations to all.

Mrs Miller has been working with our LEAP students in preparation for the "Arndell Olympics" which will be held on Friday, August 15th. This promises to be an event involving all of our students in activities designed to be a great deal of fun. Parents are invited to come along and spectate. We expect to start at around 9:30am and run through to just before lunchtime.

The stage winners of our public speaking competition will be competing in an inter-school competition on Thursday, 14th August at Thomas Hassall Anglican College. We wish them well.

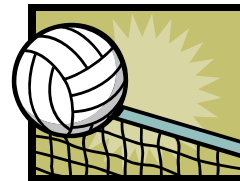
Events coming up include:

- Life Education: 6th August – 13th August
- Year 6 Interrelate: 7th August
- Year 3 excursion to The Rocks: 8th August
- UNSW English Assessment 3-6: 12th August
- CSSA State Athletics: 13th August
- Grandparents' Day: 22nd August
- Mini Market Day: 11th September

Enjoy your weekend.

From the Sports Desk:

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



HZSA Inter School Sport:

Results for week 2

Inter Tennis: No game. ¼ finals venue & date see below.

Junior Boys Rugby Union v Marian 0 - 68. Week 3: Arndell v Galston 38 -7. Congratulations boys on a terrific game and result.

Senior Boys Football v Gilroy washed out. Semi finals on 11th August see below.

Open Girls Football v Tangara washed out. Week 3: Arndell v THGS won 1-0.

Inter Netball 1 v Galston 24 -11

Inters Netball 2 v Masada Yellow 3-10

Seniors Netball v THGS 11-25

Junior Boys Football v Arden 1-2. An excellent game played with tremendous spirit. Well done boys.

Inter Tennis Quarter Finals: Arndell v Marian at Kenthurst, Courts, Kenthurst Rd. 4pm on Monday 11 August.

Senior Boys Football Semi Finals: Arndell v WCC at William Clarke College, Kellyville 4pm on Monday 11 August.

Hills Zone Sport Trimester 3 week beginning 1st September.

Information has been available to students this week. **Closing date: August 15th.** **Sports available:** Boys and Girls Touch football, Girls Softball, Boys Outdoor Cricket, Boys 6 a side Hockey, Junior Tennis.

Hills Zone Athletics Carnival Monday August 18th at SOPAC, Homebush.

Letters were handed out this week. If your son/daughter is in the team and has not given you the letter please ask for it and return the transport slip, if necessary. The program is on the Sports Notice board, copies will be available shortly.

Up Coming Events:

Hills Zone : Athletics: Monday 18th August

Hills Zone Handball Girls and Boys Monday/Tuesday 27th /28th October

Mixed Opens & U16 Volleyball Friday 17th October

AICES: Athletics Carnival: Wednesday, September 3rd

U15 Tennis: Closing date Friday 10th October. Competition Friday 17th October

U 15 Cricket: Closing date 14th October. Competition Monday 27th October

CIS Competition Dates:

CIS Rugby League 7s: Closing date 8th August: **Competition** Monday 18th August

CIS Equestrian: Closing date 8th August. **Event:** Sunday 31st August

CIS Athletics: Friday 19th September

All Schools Athletics Thursday 25th – 28th September. For Further information please check out Athletics in www.aisnsw.com.au

Information about Arndell Sport please – see the new Arndell website. Information for 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 draws, 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

Report on Junior Boys Soccer Team Games: Mrs Alison Coles - Team Manager

In the last week of Term 2 the Junior Boys Soccer Team played in a Gala Day competition at Dural against three other schools. The boys had been ably trained and prepared by Matt Graham who gave up his time to coach them before and during school time. They finished the day at the top of the table with two wins and a draw.

Their second outing as a team was at Kellyville last Thursday, playing in the Metro Cup Zone Gala Day. The boys were keen to repeat their success of Term 2 but found it difficult to score goals against some determined competition. However they were able to win one game convincingly and played hard in their other four games. At the end of the day their dirty shirts were evidence that they had each given their best. Thanks again to Matt for coaching and giving encouragement and advice on the day.

Team members: Liam Clunn, Zac Giarratano, Ryan Glinn, Hayden Lane, Brewer Lynch, Max Midgley, David Osburn, Heaton Rejtano, Brad Richardson, Oliver Salm, Stephen Selff, Andy Sinclair, Leighton Vella, Tyler Young.

Reminder

Fete Planning Meeting

When : Tuesday 12th August 9:00am

Where: Staff Commonroom, near student admin building

For parents and staff who would like to help organize a fun day for the school, all welcome
(including little ones.)

HSC Showcase Evening Friday

15th August 2008

From 6pm

In the PA building

Come and see a presentation of the major HSC works from our extremely talented Year 12 students.



- Visual Art
- Textiles
- Industrial Technology Wood and Graphics
- Drama
- Software Design and Development
- Music

Performances by Drama and Music students will commence
at 7 pm in the Auditorium.
Entry: Gold Coin donation

Anglican College Directory:

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. Caroline Dobson 45723531
Mrs Teena Welsh 0425 254 412
teenbean1@westnet.com.au
Donna Pellew 0417 774 545
Mrs Liz Moore 4572 3254
P & F President: Tuesday/Thursday
8.30-10.30am/2.30-4. pm
Uniform Shop: Monday-Friday (Recess/Lunch)
Pastor Greg Peisley
4572 3633/0402 278 483
Tuesday/Wednesday/Friday
Canteens: <http://rds.ardell.nsw.edu.au>
Arndell Community Church:
Remote Document Access:

TERM DATES :

Term 3 – 2008

Monday 21 July - commenced
Friday 26 September – Term 3 finishes

Term 4 – 2008

Monday 13 October - Term 4 commences
Friday 5 December - College Carols
Tuesday 9 December - Infants Presentation
Wednesday 10 December - Primary School Presentation
Thursday 11 December - Senior School Presentation.
Wednesday 10 December, Term 4 finishes for all students

Term 1 – 2009

Wednesday 28 January commences – Years 7, 11 and 12 only
Thursday 29 January commences – All Students
Wednesday 8 April -Term 1 finishes for all students

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

Energy

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

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



Brainteaser

Number 21

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

At a pet store. If the owner puts in one canary per cage, he will have one bird too many. If he puts in two canaries per cage, he will have one cage too many. How many cages and canaries does he have?

Answer to brainteaser 20: 2 hours.

Lost Property: Mr. Owen Laffin

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.

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

Senior School Athletics Carnival: Meg Southwell - Carnival Organiser

As promised, this weeks newsletter includes the results of students who shone at the 2008 Senior school Athletics Carnival through their results.

New Records:

Student	Event	Age Group	New record
Jacob Roberts	100m	13 years	12:52
Jacob Roberts	200m	13 years	25:62
Alex Celio	400m	14 years	59:96
Alex Celio	800m	14 years	2:24:21
Alex Celio	1500m	Intermediate	5:00:13
Alex Celio	Long Jump	14 years	4.95
Danielle Clay	800m	15 years	2:59:14
Michael Walker	Discus	15 years	41.05
Ben Tuynman	400m	15 years	1:00:65
Ben Tuynman	800m	15 years	2:31:49
Jeremy Otten	200m	16 years	24:05
Joshua Andrews	100m	16 years	11:27
Jessica Oppy	Javelin	Senior	20.60
Joshua Baglin	Javelin	Senior	46.09
Ian Dewhurst	200m	Senior	23:05
Ian Dewhurst	400m	Senior	51:52
Ian Dewhurst	800m	Senior	2:21:15
Ian Dewhurst	1500m	Senior	4:55:17
Ian Dewhurst	Long Jump	Senior	6.45
Johnson	Relay	Intermediate girls	1:01:08
Chisholm	Relay	Senior Boys	46:48

AGE CHAMPIONS

AGE	FEMALE	MALE
12 YEARS	Kelsey Ramm	Owen Rogers
13 YEARS	Isabella Smith	Seaton Kenna
14 YEARS	Raquel Abrahams/Danica Barbagallo	Alex Celio
15 YEARS	Hayley Mitchelhill-Miller	Ben Tuynman
16 YEARS	Alexandra Cornick	Jeremy Otten/Andrew Bennett
SENIOR	Amy Mares	Ian Dewhurst

HOUSE CHAMPIONSHIP POINTS

1 st Place 1165	CHISHOLM
2 nd Place 1139	GREENWAY
3 rd Place 1015	MACQUARIE
4 th Place 1011	JOHNSON
5 th Place 746	TEBBUTT

Congratulations to one and all.





Arndell Anglican College Presents:

Dancing in the Street

**An Original Dance Production Inspired by Musicals such as
Fame, West Side Story, Singing in the Rain, 42nd Street
and Many More**

Friday 29th August & Saturday 30th August

The John Lambert Centre for the Performing Arts

Tickets on Sale Now from Administration

Two Shows Only – Don't Miss Out!

Adults: \$15.00 – Concession/Children \$10.00

From the TAS Faculty:

***Mrs Roshini David Paul, Accredited Practising Dietitian
Member of the Dietitians Association of Australia***

Lipids (cont'd) (Term 3, Week 3)

What are the other functions of fat? Fats provide the cushion/protection for all vital body organs and are also responsible for providing insulation under the skin thereby protecting the body against cold temperatures.

They also provide fat soluble vitamins A, D, E & K; impart flavor to food; provides a feeling of fullness as it delays the emptying time of food from the stomach (commonly called as the 'satiety value'). Fats supply EFA's (Essential Fatty Acids) which are necessary for growth and function. Fats can be used as an energy source which can then spare the use of protein for growth and repair.

Keep reading – See you in week 5!

Arndell Anglican College Annual Golf Day

Thursday 21st August 2008

WINDSOR COUNTRY GOLF CLUB

Come and join us for a great day to meet new people and support your local school.

7:30am Breakfast

8:30am Shotgun Start 4 Person Ambrose

1:30pm Lunch Followed by Presentation

Cost \$65

Also Available sponsorships

\$250

One All inclusive entry to the Golf Day
Promotion of participating Sponsors
In Weekly College News Letter Leading Up
To Golf Day
Promotion of Sponsors at all Major Sporting
Events in 2008
Promotion of Sponsor on the Arndell Website
Signage of Sponsor on Golf Day (Provided By
Sponsor)
Promotion Material distributed to participants
On the golf Day (provided by Sponsor)

\$375

Two All Inclusive entries to the Golf Day + Golf Cart
Promotion of participating Sponsors
In Weekly College News Letter Leading Up
To Golf Day
Promotion of all Major Sporting Events in 2008
Promotion of Sponsor on the Arndell Website
Signage of Sponsor on Golf Day (Provided By
Sponsor)
Promotion Material distributed to participants
On the golf Day (provided by Sponsor)

Arndell Anglican College Annual Golf Day Booking Form

Team Name _____

Contact Name _____

Team Members 1 _____ 2 _____

3 _____ 4 _____

Email Address _____

Phone Number _____

Sponsorship Yes _____ No _____

Payment Enclosed \$ _____

Please make cheques out to Arndell Anglican College P & F.

Father and Daughter

Weekend

August 24th – 26th 2007



BOOK NOW!!!!

- Father & Daughter Challenge
- Bush walking
- Swimming
- Great fellowship
- Movie on the big screen
- Nice and close to home
- Cooking contest
- **Barbeque on Saturday Night please bring own meat and drinks.**

Things to bring

- Food in not supplied so you will need to bring food for you and your daughter/s.
- Your own towels
- Bring some board games
- Swimmers
- DVD's

COST: Only \$50pp for the weekend.

**Please return to the Administration office with a \$50 clearly marked attention
Greg Peisley**

Name: _____ **Age of people coming:** _____

Address: _____

Contact #: _____

Email Address: _____

**For further information please contact
David Tracey 0409 686236**

ARNDELL TALENT SPECTACULAR



FRIDAY SEPTEMBER 5TH
ALL TICKETS \$5

Categories:

Music: solo/duo and ensemble/group

Dance: solo/duo and ensemble/group

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

Tickets now available at College Reception

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