

THE ARNDELL

ADVOCATE

Vol. 18 No. 23

August 22 2008 The Newsletter of Arndell Anglican College Arndell Anglican College PO Box 4063, Pitt Town, NSW 2756 118 Wolseley Road, Oakville 2765 Phone: (02) 4572 3633 Fax: (02) 4572 3849 Email: enquiries@arndell.nsw.edu.au

Arndell Anglican College Website: www.arndell.nsw.edu.au

Dates for the Díary:

Monday 25 August

CSSA; Metro Cup Netball/Soccer finals Yr 9 PASS, Windsor Squash & Fitness Centre – P. Gordon Yrs 7,8,9 Bully Busters Incursion – PA Auditorium

Tuesday 26 August

Yr 10/11 Wheelchair Sports Roadshow Inc. Audition Day – Talent Spectacular – J. Doman

Wednesday 27 August

ICAS Computer Skills Competition K, 1,2; Musica Viva Concert – Auditorium Yr 10 PASS, Lawn Bowls – M. Southwell

Thursday 28 August Arndell College Choir – Performing at the Town Square – Rouse Hill SASC Netball Carnival – Kellyville

D of Silver Qualifying O'Night Hike

Friday 29 August & Saturday 30 August

School Dance Production 7.30pm - PA

Friday 29 August.

D of Silver Qualifying O' Night Hike K; Exc to Fairfield City – S. Misztal U15 Rugby 10's Comp.-Merrylands Snr. School Assembly

Saturday 30 August Induction of Greg Peisley as Curate-In-Charge St James Anglican Church Pitt Town 1.30pm All welcome

Monday 1 September to Friday 5 September. HICES Gifted and Talented Camp

Monday 1 September.

P & F Meeting – Staff Commonroom 9.30am HZ Trimester 3 Competition begins Yr 9 PASS, Windsor Squash

Tuesday 2 September. Yr 10 PASS, Rock Climbing – P. Gordon

Wednesday 3 September. AICES Athletics Carnival – Homebush

P & F Meeting – Snr. School Library 7pm.

From The Headmaster: Dr. John Goddard

In praise of Creativity:

During this week, as Chair of the HICES (co-educational) group of schools in Sydney, I had the great pleasure, firstly, of attending a meeting of Heads at which the main discussion centred on promoting creativity in our schools, and secondly, of attending the annual HICES Music Concert. The concert was a marvel: groups of instrumentalists and singers, and a final massed group which must have had well over 300 taking part. It was an exhilarating evening, and the greatest joy, for me, was to see the looks of animation and excitement on the faces of the students as they explored what music could mean to them.

The discussion amongst Heads of Schools was also very interesting – in a slightly conforming way. Many participants wanted to affirm that lots of creative things (not just in Music, of course) were happening in their schools but that the systems imposed on us (especially the HSC system) actually stifles creativity. Now, I know that a slavish focus on learning set material is not the best way to educate, let alone to promote creativity; but, in a fortnight in which I have been aware of splendid final "products" in a wide range of HSC subjects, I am convinced that we can, and do, promote creativity within the system, as well as through our co-curricular programs.

What are some of the hallmarks of the kind of creativity we wish to encourage?

- a willingness to think outside the box, to take a fresh view,
- a willingness to fly a kite, just to see what happens,
- a willingness to make a mistake, to fail, but to try again,
- an understanding of working with others, so as to draw the best from them,
- a willingness to celebrate achievements, one's own and those of others.

I invite parents to talk to us about how we can encourage creativity on their children. We can do so without falling into that silly trap of "creativity vs. knowledge". For Arndell we want both!

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Be still and know that I am God

(Psalm 46:10)

Do we take the time, as often as we should, to pause, to stop our own internal clamour, and to listen to and acknowledge God as our ruler?

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

We are halfway through what has already been an incredibly busy term and there are still many things to happen before we are finished with Term Three.

The Arndell Olympics held last Friday was a wonderfully successful and enjoyable event. The students participated in a number of events all organised and supervised by the LEAP students with the support of Mrs Miller. Classes went to a great deal of trouble organising the uniforms, mascots and flags for the march past representing their own "countries". It was all great fun. Many thanks to all of the parents who came along to witness the event and to the LEAP students and Mrs Miller for all of the work preceding and during the Games.

I was fortunate enough to witness some of our speakers presentations at the SASC Public Speaking Competition held at Thomas Hassall Anglican College last week. As is usually the case, our students performed very well. Congratulations to Kate Hogan, Pearlin Paul and Sarah Quartly for a job well done and especially to Leighton Vella who was runner-up in his section and to Molly Hogan who won her section, her speech literally bringing tears to the judge's eyes!

As I write we are looking forward to welcoming grandparents and grandfriends into the Junior School to spend some time in the classrooms with their grandchildren, have lunch and enjoy the Awards Assembly in the afternoon. Parents should note that while lunch is provided for our visitors, students should bring their normal lunch.

Some of you would be aware that for a few months each year we have two chess teams representing the College in the NSW Junior Chess League competition. This year was no exception; with one team, Arndell A, made up of Year 5 and 6 students and Arndell B, made up of Year 3 and 4 students. Arndell B played valiantly through the competition, learning a great deal and often finding the opposing team made up of much older students. While Arndell A were able to match or surpass their opposition on many occasions and ended up at the "pointy end" of the competition. Thank you to all of the players for their efforts during the competition and to the parents who provided both afternoon tea for the "home" games and transport for the "away" games.

Events coming up include:

- Grandparents' Day: 22nd August
- CSSA Metro Cup finals (Netball): 25th August
- Mufti Day: 26th August
- Musica Viva performance (K-2): 27th August
- SASC Netball Cup: 28th August
- Excursion, Fairfield City Farm (Kindergarten): 29th August
- Excursion, Rouse Hill Estate (Year 2): 29th August
- Junior School Disco: 29th August
- Mini Market Day: 11th September

Enjoy your weekend.

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

Lipids (cont'd) (Term 3, Week 5)

The presence and role of the various types of fatty acids is huge and often ignored. So let us try to focus on the fatty acids and see how they exist! **Fatty Acids**: Fatty acids are classified as saturated and unsaturated.

What are saturated fatty acids? (SFA's)

These fatty acids do not have any double bonds between carbon atoms and hence are unable to combine with hydrogen. They are usually solid at room temperature. The common SFA's are palmitic, stearic, lauric and myristic acids.

Palmitic – constitutes 25%-30% of fat depot of animals like sheep.

Stearic- present in beef tallow and lard.

Lauric and Myristic - present in vegetable oils such as coconut and palm oil.

From the Sports Desk: Mrs Rosemary Cornick YOUR ACCESS TO INFORMATION ABOUT

HILLS ZONE &

REPRESENTATIVE SPORT FOR 2008 AT ARNDELL.



HZSA Inter School Sport:

Results Trimester 2 Sport

Inter Tennis v Marian – quarter finals- 1-6. A tough competition, the girls winning their doubles. Many thanks to Mrs. S Daly for managing this team

Senior Boys Football v Marian – semi finals- 0-7. Unfortunately 5 boys did not commit to the semi final, leaving their team with only 7 players. These seven young men put tremendous effort into a tough final game. An unfortunate end to the season. Many thanks to Mr. Gordon for coaching this team.

Junior Boys Football: The boys played a very rain affected season, ending the season with a comprehensive win over Arden. The boys finished 6th overall. Many thanks to Mrs. Kofron for managing this team and Max Rowe for coaching.

Open Girls Football v WCC – quarter final- 0-1. Well done girls on a good season overall. Many thanks to Justin Manefield for his continued support and assistance.

Inter Netball 1 v WCC 93 33-16. The team finished top of their pool and move into the quarter finals against Masada to be played Wednesday 20th August.

Seniors Netball v THGS 11-25 finished 5th in their pool.

Inters Netball 2- finished 7th in their pool. A tremendous team effort by all the girls.

Many thanks to all the girls who umpired games throughout the season and special thanks to Keira Henry and Bianca LaCioppa for coaching the intermediate teams, Nicole Winter assistant manager for the senior girl's team. Many thanks to Mrs. Filmalter & Mr. Wilkins for managing these teams.

Hills Zone Sport Trimester 3 week beginning 1st September. Sports entered into the competition: Boys Inter & Senior and Girls Junior, Inter and Senior Touch football, Boys 6 a side Hockey. Trials in Touch football and Handball will be held in week 5. No students can trial or will be selected without a returned signed commitment form.

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

An exceptional day where Arndell students excelled themselves, not only in the track and field, but as student helpers at each of the events, at the recording table and in charge of keeping all the officials fed and watered! Many Thanks to Miss Southwell and Mr. Gordon for taking on the role of team managers and to Miss Dunbar and Miss Liddell taking charge of the recording table, announcing and distribution of ribbons.

Arndell finished 3rd overall out of the 12 competing schools, two of the largest schools William Clarke and Gilroy coming 1st and 2nd respectively. The Boys team placed 1st by 1 point in front of rivals William Clarke College. The Girls finished a very commendable 6th place. Students who qualified overall 1st- 3rd in the track and 1st - 2nd in the field events are considered for selection into the Hills Zone team to compete at the AICES carnival on Wednesday 1st September. The Hills Zone team will be announced early next week.

Some of our outstanding results:

Alex Celio: 1 st 800m, 3 rd 100m, 1 st 400m, 2 nd Long Jump	Patrick Hollis 2 nd Long Jump
Jacob Roberts 1 st 100m,1 st 200m	Daniel Brown 1 st High Jump
Daniel Swainston 2 nd 100m	15-19yrs Boys Relay 1 st in a photo finish, 14&Under Boys relay 2 nd
Joshua Andrew 1 st 100m	Danielle Clay 1 st 3000m
Matt Otten 1 st 100m, 1 st 200m, 1 st Triple Jump	Tahnie Jackson 3 rd 200m, 1 st 400m, 3 rd 800m
Jeremy Otten 3 rd 400m	Danica Barbagallo 3 rd ShotPutt
Grant Donaldson 3 rd 400m	Melanie Davies 3 rd ShotPutt
Ian Dewhurst 1 st 400m and new record, 1 st 800m, Ist Javelin,	Rebecca Drewery 3 rd ShotPutt
1 st Long jump	Emma Mitchell 3 rd Javelin
Dean Muscat 3 rd 800m	Jessica Oppy 2 nd Javelin
Ben Tuynman 3 rd 1500m	Amy Manefield 3 rd Long Jump, 2 nd High Jump
Michael Walker 1 st Discus	Laura Devine 3 rd High Jump
Sebastian Goldrick 3 rd discus	Sarah Knobbs 2 nd High Jump
Mitchell Langham 1 st Discus, 2 nd Javelin	Cate King 3 rd 800m
John Grayson 3 rd Javelin	Amy Mares 2 nd 800m
Havden Collins 3 rd iavelin	

Future dates

Hills Zone Handball Girls and Boys Monday/Tuesday 27th /28th 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 Athletics: Friday 19th September

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

Want information about Arndell Sport? Check out 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

Senior School Athletics Carníval: Miss M. Southwell - Coordinator

As promised, this week's 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
lan Dewhurst	200m	Senior	23:05
lan Dewhurst	400m	Senior	51:52
lan Dewhurst	800m	Senior	2:21:15
lan Dewhurst	1500m	Senior	4:55:17
lan 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	Alex Celio	
	Danica Barbagallo		
15 YEARS	Hayley Mitchelhill-Miller	Ben Tuynman	
16 YEARS	Alexandra Cornick	Jeremy Otten	
		Andrew Bennet	t
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.



Junior School Athletics Carnival: Mr. Nathan Walker

Earlier this term, Arndell's annual Junior School Athletics Carnival was held at Blacktown Olympic Park. The weather was fine, and thanks to parents and staff, the day ran very smoothly. Many records were broken, and they are as follows –

Event	Old Record
8 year girls 400m	Abbey Pritchard 1:27.97
9 year girls Shot Put	Rachel Keraunos 4.90m
9 year girls Discus	Chelsea Light 8.95m
10 year girls 100m	Naomi Richardson 15.06
12 year girls T-Javelin	Amy Mares 16.59m

New Record Lilly Keating 1:26.65 Naomi Borg 4.94m Naomi Borg 13.79m Elouise Abrahams 14.96 Maddie Black 19.20m

The final house points were -

House	Points
Johnson	834
Chisholm	816
Tebbutt	451
Greenway	352
Macquarie	331



Thank you to all Junior School teachers who ran events, and to all parents who assisted with field events and place judging. Without your help, the athletics carnival would not have run so smoothly. Age champions will be announced at the next awards assembly.

EQUESTRIAN NEWS: Teena Welsh- Arndell Equestrian Team Manager



Equestrian Results

We have some further results for the St Paul's Gymkhana which was held on 17th of May. They came to hand at the end of last term due to the sporting results being delayed.

Georgia Thorpe of year 4 received trophies for fastest junior bending and Junior all round champion.

Nickayla Ramm of year 8 received a trophy for fastest senior bending.

Bronwyn Watts of year 10 received a trophy for fastest senior keyhole.

There are many more great results from our riders with too many to mention here, but as a result Arndell came 4th in the junior school total point score and second overall in the senior school point score. Well done to all our Arndell riders who contributed to this great result.

Arndell also had riders represent the school at the Galston High Showjumping Competition held at Clarendon on 24th May. Eight riders from the senior school attended with Tara Rogers being awarded Year 10 Champion Rider. Arndell came fourth overall. I was also very pleased to hear from the organizers that "all the riders acquitted themselves with honour being good sports." Congratulations riders, not only on your results but for representing your school with honour.

There is a new Equestrian Newsletter for Term 3 which can be found in the front office. If you want to receive this regularly I can email it to you if you email me at <u>teenbean1@westnet.com.au</u>. Please check the upcoming events as there are many coming up in September with entries closing in August. Please note that Camden Interschool is required to be a school entry and therefore individual entries need to be placed with entry fee cheques and signed indemnity forms in the equestrian box in Administration by 22nd August.

Keep this date free: Saturday 27 September, Arndell Anglican Equestrian Carnival at Clarendon Showground Happy Riding!

Anglican College Directory:

Headmaster: D/Headmaster/Head of Snr School: Head of Junior School: Director of Studies: Chaplain Counsellor:

College Marketing Officer: After School Care: Equestrian:

P & F President: Uniform Shop:

Canteens: Arndell Community Church:

Remote Document Access: Dr. John Goddard Mr James Webb Mr Rick Harrison Mrs Raewyn Dean Rev. Graeme Sedorenko Ms Sarah Tabone/Miss Jennifer Carey Mr Philip McKenzie 0407 474 161 (3.30- 5.30pm) Mrs. Caroline Dobson 45723531 Mrs Teena Welsh 0425 254 412 teenbean1@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) Pastor Greg Peisley 4572 3633/0402 278 483 Tuesday/Wednesday/Friday

http://rds.arndell.nsw.edu.au

TERM DATES :

<u>Term 3 – 2008</u>

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

<u>Term 4 – 2008</u>

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 <u>Term 1 – 2009</u> Wednesday 28 January commences – Years 7, 11 and 12 only

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)



Andell 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 22

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

Mr Stone likes an egg that has been boiled for exactly 9 minutes. He has two egg timers (those with sand in them), one that runs for 4 minutes and one that runs for 7 minutes. How can he use these timers to boil his egg for 9 minutes?

Answer to brainteaser 21: 4 birds and 3 cages

Farewell Concert

Arndell Anglican College Choir on tour to the U.K. from September 27th to October 2nd

Come and support our College choir who be giving a farewell performance on **Friday 12 September** 7pm St. Matthew's Anglican Church

Moses Street Windsor

Tickets available from Reception Adults: \$10.00 Students: \$5.00 Book early for seating

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



Arndell Anglican College Senior Choir UK Tour October 2008



Help our Choir by enjoying a Gloria Jean's break!

Gloria Jean's will donate up to \$1500 to the College

United Kingdom Choir Tour

When having a break

- ask for your docket
- place your docket in the specially labelled box

Thank you Gloria Jean's Windsor Riverview Shopping Centre



The Church Wardens & Parish Council, the Anglican Parish of Pitt Town invite you to the

Induction Service of Rev Greg Peisley

As Curate-In-Charge of Pitt Town Parish

Att St: James Church 1110) Bathurst: St Pitt: Towm

Saturday August 30 at 1.30 pm





