



Vol. 18 No. 24

THE ARNDELL ADVOCATE

September 5 2008
The Newsletter of Arndell Anglican College

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Dates for the Diary:

Monday 8 September

Change to Summer Uniform

Yr 10: PASS- Ten Pin Bowling (M.Southwell)

Yr 9: PASS – Squash

Tuesday 9 September

CIS Athletics

Yr 11 Industrial Technology Exc – St. Mary's

Wednesday 10 September

AAC Bell Ensemble & ACC Band

- Performing at Rouse Hill Town Square.

Yr 10: Exc to Capitol Theatre

Thursday 11 September

Jnr. School Mini Market

Friday 12 September

Yr 10 Inc. PA Auditorium

Jnr. School Awards Ceremony

Snr. School Assembly

School Choir Farewell Concert – St. Matthew's Ang. Church.

Friday 12 September to

Yr 11 Exams to Friday 19 September

Friday 12 September - Saturday 13 September

D of E (Qualifying) Bronze O'night Hike

Monday 15 September

Yr 9: PASS – Squash

Tuesday 16 September

Yr 10: PASS – Golf (P. Gordon)

Wednesday 17 September

Yr 10: PASS – Golf (M. Southwell)

Friday 19 September

CIS Athletics Carnival – Sydney Aquatic Centre

Snr. School Chapel

Yr 10: PASS – Rock Climbing (P. Gordon)

Sunday 21 September

College Thanksgiving Service – PA Centre

Monday 22 September

All Schools Athletics

Yr 10 Core Exams

VET 'Placement (Entertainment)

From The Headmaster: Dr. John Goddard

Parents, three weeks to go to the end of the term, and what a lot we are aiming to fit in! In this edition of the Advocate you will see reminders about:

- Summer Uniform, Monday 8 Sept.
- Junior School Mini – Market Day, Thursday 11 Sept.
- Senior Choir & Handbells Concert, Friday 12 Sept.
- Year 6 Camp, 24-26 Sept.

and many more events for you to be aware of. It is a busy time, and preparation is useful!

During this week the annual HICES Gifted and Talented Camp has given a number of students a change to flex their imaginative, muscles and take part in some special activities. Once again I thank Mr. Taylor for supervising our group in the camp and I trust it has been an engaging time for all.

On Thursday of this week, over half of our Year 11 cohort took part in the Leadership preparation day as we began the process of choosing Captains and Prefects to take up office in Term 4, Finally, I congratulate all 29 who put themselves forward: they acquitted themselves very well, worked co-operatively and with energy, and showed a deep understanding of the issues involved in student leadership. It was a difficult job choosing from amongst them for the various captain/prefect positions. My thanks to Mrs. Sandra Daly for –co-ordinating and leading Friday.

A small group of parents got together for the P & F Meeting on Wednesday night of last week. May I say how valuable I find these gatherings. They give me a further chance to listen sometimes to reassure, often to take on board and put a plan into action. The loyal stalwarts who attended all gave very valuable input and I do commend the Term 4 occasion to your most warmly.

I finish by reminding all friends of the College – be involved, keep talking to us and keep working with us to make Arndell the best school it can possibly be.

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

I am very aware of the huge number of fund raising activities that have taken place during this term and would like to thank all of you for the wonderful support that has been given to each of them. I would like to also mention here that I am looking very closely at the various activities planned for 2009 in an effort to spread such things out more evenly across the year.

Father's Day is this Sunday and all parents should note that this means the changeover to the Summer uniform. Please ensure that all students come to school in their Summer uniform from Monday. I would also like to wish all the fathers of our students a very enjoyable day – one made even more pleasant after receiving the wonderful gift purchased at our class Fathers' Day "stalls".

The Junior School has been involved in a considerable amount of inter-school sports competition this term. This not only included the regular competition in which Years Five and Six have been involved on Wednesday afternoons, but also a number of Gala Days in Netball, Soccer and Touch Football. I know that some of our teams have performed brilliantly and I look forward to hearing the details of their experiences.

One of the big events of the year for the students is Mini Market Day, this year being held on Thursday, 11th September. The Year Five students have been putting a great deal of effort into the preparation for this event and all of our students are looking forward to all of the fun involved in such a day.

I'm sorry, but I do have to include one whinge for this newsletter. A car or cars driven by parents have been seen leaving the College via the "In" gate in the mornings – I have personally witnessed this happening and know one of the cars. Leaving the College in such a way is obviously a highly dangerous practice and it must stop.

Events coming up include:

- Fathers' Day Stalls: 5th September
- Change to Summer uniform: 8th September
- Mini Market Day: 11th September
- Awards Assembly: 12th September
- Song Writing Club Concert: 19th September
- Year Six Camp: 24th – 26th September
- Last day of Term 3: 26th 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 7)

What are unsaturated fatty acids? (UFA's)

These are fatty acids that have one or more double bonds along the fatty acid chain. If the fatty acid contains one double bond it is known as "Monounsaturated fatty acid (MUFA's)". If it contains two or more of double bonds it is referred to as "Polyunsaturated fatty acids (PUFA's)". The common unsaturated fatty acids are oleic acid (one double bond), linoleic acid (two double bonds), linolenic acid (three double bonds) and arachidonic acid (four double bonds). UFA's are usually liquid at room temperature. They are present in marine oils and vegetable oils (except palm and coconut oil).

We will discuss about the essential fatty acids (EFA's) in the next fortnight's edition!

See you in week 9.

CAREERS Expo:

Penrith Valley **APPRENTICESHIP & TRAINEESHIP EXPO** at Panthers pavilion, Mulgoa Road, Penrith on Tuesday 23rd September 2008, 5.00pm - 9.00pm. Entry is Free, bring a pen and copies of your resume and talk with employers on the night. Discuss your personal career options with a professional Career Adviser from the Nepean Careers Forum. Parents welcome too.

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
P & F President: Donna Pellew 0417 774 45
Uniform Shop: 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.ardell.nsw.edu.au>
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 23

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

Amoebas reproduce by splitting in two. An amoeba which does so every minute is placed in a jar at exactly ten o’clock in the morning. At 12:00 noon the jar is full. At what time is the jar half full?

Answer to brainteaser 22:

Start both egg timers. When the 4 minute timer runs out, turn it over. When the 7 minute timer runs out turn it over. When the 4 minute timer runs out again the 7 minute timer has been running for 1 minute. Turn it over once again. When it stops the egg is done.

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

Yr 12 2009

Reminder

**Your Text book order
needs to be returned to
Student Services by
Friday 12 September 2008**

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

Family fun day

ITS COMING, NOVEMBER 8TH 3PM – 8PM

RIDES, STALLS,CRAFT, FREE ENTERTAINMENT, GREAT BBQ, GAMES, CHOCOLATE WHEEL, BOOK STALL, VEGE AND PLANT STALL, **FASHION PARADE**, WHITE ELEPHANT STALL, FACE PAINTING, 5 MINUTES OF FAME, DANCERS AND MUCH MORE.

PLEASE BRING DONATED BOOKS AND GOOD MAGAZINES TO THE FRONT OFFICE FOR STORAGE. THIS YEAR WE ARE GOING TO HAVE A WHITE ELEPHANT STALL, KEEP WATCH FOR FURTHER INFORMATION ON WHERE TO BRING DONATED GOODS.

Thank you to those parents
who are helping with
the fun day preparations

PRUE STEVER 041 741 9161

SHARON FITZGERALD 044 849 3559

Legend Shopping Tours



RAISING FUNDS FOR
PITT TOWN ANGLICAN COMMUNITY
CHURCH



THE EASY WAY TO RAISE MONEY & BUY YOUR CHRISTMAS GIFTS
SOME OF THE OUTLETA WE WILL BE VISITING ON THE DAY ARE

Handbag & Shoe Factory
Cosmetic Warehouse
Beach Hut
Georgious (sweets & Lollies)

Jean Town
Shoe 2000
Breville
Pure Gelato

Galwards Manchester
Victoria's Basement
Harry's Toys

ALL FOR ONLY \$53.00! The Coach will depart from **ARNDELL ANGLICAN COLLEGE** Wolsey Rd Oakville **7AM SHARP** On Saturday 18th October 2008 **DON'T BE LATE**

All bookings & enquiries please contact Deb Olliffe on 4575-1030 or 0431 926 706 OR Nicole McMahon on 0422 353 513. Full payment needs to be made by **Wednesday 24 September 2008**. 40 Ladies attending will guarantee us 10.5% of all sales on the day. So bring a friend for an enjoyable & productive day out.

**2008 YEAR 11 FINAL EXAMINATION TIMETABLE
(FRIDAY 12 SEPTEMBER – FRIDAY 19 SEPTEMBER)**

Please note:

- Examinations are 2 hours in length unless stated otherwise
- All examinations are in H-Block unless stated otherwise

DAY	SESSION 1 All Exams for Session 1 commence at 8:40	SESSION 2 Exams for Session 2 commence at 12:45 unless stated otherwise
FRIDAY 12 September	English	PDHPE
MONDAY 15 September	Mathematics General Mathematics	Business Studies
TUESDAY 16 September	Legal Studies Textiles & Design (1.5Hours) Ancient History Industrial Tech. Timber (1.5 Hours) Industrial Tech. Graphics(1.5 Hours) French in IT Conference room See Mrs Webb for full details	English Extension 1
WEDNESDAY 17 September	CAFS Earth & Environment Software Dev & Design Society & Culture	Biology
THURSDAY 18 September	Chemistry Geography Hospitality Information Technology Music (in PA Building see Mr O'Brien for full details)	Hospitality Practical (2.5 Hours) Exam starts 12:00
FRIDAY 19 September	Modern History Physics Visual Arts (1.5 Hours) Entertainment	Mathematics Extension 1

P & F News

*** Saturday 8 November**

at the College

P & F Fun Day

(Thank you to parents who are helping with the fete
we appreciate it)

*** Saturday 22 November**

at the College

Trivia Night

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.