



Vol. 18 No. 34

THE ARNDELL ADVOCATE

December 5th 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@arn dell.nsw.edu.au
Arndell Anglican College
Website: www.arn dell.nsw.edu.au

Dates for the Diary:

Mon. 8 December

Yr 7 (White) Cricket Incursion
Jnr. School Mufti Day
Yr 12 PDHPE PASS – P. Gordon

Tues. 9 December

Infants Presentation 1.30pm PA

Wed. 10 December

Yr 10 Presentation Assembly
2pm Performing Arts Auditorium
Primary School Presentation
7pm Performing Arts Auditorium
Yr. 7 (Blue) Cricket Incursion

Term 4 2008 finishes for 2008

Thurs. 11 December

Snr. School Presentation
Evening 7pm - The College Gym
(Snr. School reports will be handed out
at the conclusion of the evening.)

Wednesday 17 to Friday 19 December

Motiv8

*Joy
to the
World*

Term 1 2009 Commences

- Yrs 7,11 & 12 only – Wednesday ,28 January
- Remaining students (except Pre-Kinder/Kindergarten) – Thursday, 29 January
- Pre-Kinder/Kindergarten – Friday, 30 January

From The Headmaster: Dr. John Goddard

And a very Merry Christmas to you all!

Amazing, isn't it that we are at that time of year again. It is a season of the year to which all respond gleefully (unless you are a totally unreconstructed Scrooge, that is!) and from which we all derive great pleasure. It is also a season, in the life of a school, that is as busy as it is possible to be:

- Many thanks to all who came to, and participated in the Carols Service on Friday night. It was a most enjoyable and encouraging occasion: and what variety!
- Remember the Presentation occasions for your children, and aim to be early.
- Please note that, in the Senior School, reports, as always, will be distributed at the end of the Presentation Night itself. They will not be available for collection earlier than that.
- And just check the starting dates for 2009, as listed opposite. Note that the placing of Australia Day has altered things just a little this time around.

It is a great privilege, and pleasure, to be a part of this School. It is a remarkably vibrant and energetic community; it strives to be as fine a learning establishment, and as fine a Christian establishment, as it can possibly be. It is always sad, therefore, when members of the community move on, as move they must. So let me bid a very fond farewell to any students leaving us at the end of the year: may your further studies, or work, or apprenticeship or relocation interstate or whatever is behind the move, go smoothly and happily for you and may you know that there is always a warm Arndell welcome if you should be able to visit us.

Farewell also to a number of staff who leave us at the close of the year. For some it is a departure after a very long time, and for some after only a short stay. In either case, we have enjoyed the association and wish you very well in the next chapter of your lives:

- Mrs. Raewyn Dean, Director of Studies 2003-08 and before that Head of English, a marvellous colleague and loyal supporter of all things Arndell;
- Mr. Philip Kirkwood, Learning Support and previously Junior School;
- Mrs. Alissa Hayden, TAS, especially Textiles;
- Mrs. Jo Druitt, Music, with a huge input into K-6 Music;
- Mrs. Carolyn Schache, French, both Junior and Senior Schools;
- Mr. Trent Stephens, Science and Mathematics
- Miss. Natalie Liddell, PE/PASS
- Miss Jennifer Carey, Counselor, with a K-6 Focus
- Miss Kimberley McPherson

What a huge impact on the College – ie on the students – all these people have had! It has been a real privilege to have them amongst us.

I shall make sure that all members of the Arndell Community are kept informed of my movements next year. As things stand, I shall be on leave from the end of this year and we shall see how Mrs. Goddard's health responds to her current treatment. May I wish you a very happy and holy Christmas, a refreshing break from timetables and school bells, an energetic and positive 2009 – and, may I ejoin on you that you all fully support Mr. Webb and the staff as they strive to make 2009 the best year ever!

John Goddard

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

It has recently become apparent that some students in the Junior School have knowledge and language that is inappropriate for children of their age. I can only assume that these children have been exposed to material that is unsuited to them through unmonitored access to late night television or the more unpleasant areas of the internet. I strongly recommend to all parents to take an active interest in the television and internet use of your children so as to avoid consequences that may range from confusion to psychological damage.

2009 will be a year of some change for the Junior School. One of these changes will be the introduction of a literacy "block" for all classes from Kindergarten to Year Six. The literacy block will take up the entire morning session, until recess. Maths in 2009 will be scheduled immediately after recess for all classes. To help facilitate this change we will also be extending the morning session slightly and ringing the bell at 8:45am each day, ten minutes earlier than this year. It would be wonderful if all parents could remember this from the first day of Term One 2009.

It has become my habit to include some comments regarding reports for the final newsletter of the year:

Your children will be given their reports on the last day of the school year. Once again, these reports will contain gradings and quartiles and it is important to keep these in perspective, as young children develop at different rates and what may seem difficult for a six year old can suddenly click into place later on. It is also not always true that children who seem to achieve early will always continue to do so. Other factors come into play such as maturity and age. I would not like the children to be discouraged about their achievements when most young children strive to do their best in whatever is asked of them. When you discuss the reports with your child please do so in an encouraging way. Look at the general comments rather than the achievement grades and quartiles and discuss areas where your child has done well and what may need to be improved.

There have been a number of cases of head lice in the Junior School and I would like to suggest that the coming holidays are an opportunity to break the cycle of infection and reinfection. If all parents could treat their children during the holidays and ensure that they return to school next year free of head lice we give ourselves the best opportunity we can to avoid the continuation of this nuisance.

The two events that really tell us that the school year is over are the Infants Presentation Afternoon and the Primary Presentation Evening. These events will be held in the Auditorium of the Performing Arts Building and therefore, seating is restricted. While I encourage all parents to attend these events, it is not possible to bring along members of the extended family.

This being the last newsletter for 2008, I would like to take this opportunity to thank all of those who have made contributions to the life of the Junior School during the course of the year. These contributions have been many and varied and the Junior School would not be the place that it is without your assistance.

I wish you all a happy and holy Christmas and a relaxing holiday period.

Some dates to remember:

- Infants Presentation Afternoon: Tuesday, 9th December at 1:30pm.
- Primary Presentation Evening: Wednesday, 10th December at 7:00pm.
- Last day of Term: Wednesday, 10th December
- Motiv8: 17th - 19th December.

From the Chaplain: Graeme Sedorenko

Smiley Face



On Monday evening after hearing on the radio that Jupiter, Venus and the Moon are grouped in a way that looks like a smiley face I had to go out and see this wonder. When I look up at the moon fair enough, the moon crest, the shape of a smile, and Jupiter and Venus were like two shining eyes. I thought to myself: what an appropriate time. Now I know that at a different place and a different time in the world the smile may have been a frown; however, at the time I looked it was a smiley face.

It is Christmas time and this is the happy season. For me, it was particularly well timed because Christ's birth, some 2000 years ago was all about the day God smiled on planet earth. Luke 2:13 "Suddenly a great company of heavenly host appeared with the angel, praising God and saying, 'Glory to God in the highest, and on earth peace to all men on whom his favour rests.'" In Luke 2:30 Simeon was waiting for God's chosen one who would bring the grace of God and he looked at the eight day old Jesus and said: 'For my eyes have seen your salvation,..'" The birth of Jesus is the greatest assurance of God's commitment to this world, that God is interested in providing the people of this world with their enormous needs and in particular, peace with God and each other. God's favour (gift) is in Christ, and for whoever wishes to accept the invitation of receiving Christ and the blessing He brings, peace with God! Out of all the gifts one could possibly receive at this time of year, reconciliation with God and each other through Christ has to top the lot.

ENGLISH 2009

In 2008, a \$15 photocopying fee was introduced to replace the purchase of language books in the English curriculum. It is a cheaper alternative for parents to purchasing the books, but allows teachers to be able to design work specifically for students. This fee will also be in 2009 and will appear on the first bill of the year.

EVEN Start Tuition Program:

Dear Parents,

If one or more of your children qualified for the Commonwealth one to one tuition program, and you received a letter to that effect, you are **STILL** able to access the program!

The rules have changed slightly and you can still take up the offer of private tuition for 2009 or even through the holidays, as long as you register **this year**.

Do this by ringing the HELPLINE on 1800 076 331 or by ringing Dave or Monica Burrell on 4588-6088.

We encourage you to take up this offer as many students have reported very positively about the benefits this program has had for them, including a boost in their self-esteem.

Mrs. Donna Allen (Learning Support)

School Certificate and HSC Special Exam Provisions:

Any student sitting their School Certificate or HSC, who requires special provisions in order to complete their examination in 2009, is able to see Mrs. Allen about whether they are eligible, what provisions are available and how to get the process started. Students who have a physical or intellectual impairment, medical condition or learning difficulty are usually eligible.

If any parents would like more information on this subject, please check the Board of Studies website for information on Special Examination Provisions and download a copy of their information pamphlet. Having ascertained whether an application is warranted or likely to be needed, next contact Mrs. Allen by ph: 4572 3633 or by letter, through the school. Thank you!

Mrs. Donna Allen (Learning Support)

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 Sedoreno
Counsellor: Ms Sarah Tabone/Miss Jennifer Carey
After School Care: 0407 474 161 (3.30- 5.30pm) Mrs. Caroline Dobson 45723531
Equestrian: Mrs Teena Welsh 0425 254 412
teenbean1@westnet.com.au
Donna Pellew 0417 774 45
Mrs Liz Moore 4572 3254
Tuesday/Thursday 8.30-10.30am/2.30-4. pm
Monday-Friday (Recess/Lunch)
P & F President: Pastor Greg Peisley
Uniform Shop: 4572 3633/0402 278 483
Tuesday/Wednesday/Friday
Canteens: <http://rds.ardell.nsw.edu.au>
Arndell Community Church:
Remote Document Access:

TERM DATES :

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
Yr 10 Presentation Afternoon
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 remaining Students (except Kindergarten/Pre-Kinder)
Friday 30 January commences – Kindergarten/Pre - Kinder
Wednesday 8 April -Term 1 finishes for all students

Term 2 -2009

Tuesday 28 April to Friday 3 July

Term 3 – 2009

Monday 27 July – Friday 2 October

Term 4 – 2009

Tuesday 20 October to Wednesday 9 December.



Arndell Community Church

A contemporary church for
YOU and YOUR FAMILY.

We meet every Sunday of the year at
10.15am 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 28

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

Which two whole numbers, neither containing any zeros, when multiplied together equal exactly 1,000,000,000?

Answer to brainteaser 27: Mandy had 49 and Marcia had 35 books.

Important Dates:

Tuesday 9 December:

Infants Presentation – 1.30pm

Wednesday 10 December:

Yr 10 Presentation – 2pm

Term 4 finishes for all students

Primary School Presentation -7pm

Thursday 11 December:

Senior School Presentation.

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

Uniform Shop Hours: Elizabeth Moore - Co-ordinator

The **last day** the uniform shop will be open this year will be:-

TUESDAY 9th DECEMBER 2008

8.30am – 10.30am & 2.30pm – 4.00pm

Additional opening times for **JANUARY 2009** will be:-

THURSDAY, 22nd JANUARY 2009

9.00am – 1.00pm

AND

TUESDAY, 27th JANUARY 2009

8.30am – 10.30am and 2.00pm – 4.00pm

Normal uniform shop opening times will resume from

THURSDAY, 29th JANUARY 2009

8.30am – 10.30am & 2.30pm – 4.00pm

CONDITIONS FOR ACCEPTANCE OF 2ND HAND CLOTHING

FOR SALE IN THE ARNDELL ANGLICAN COLLEGE UNIFORM SHOP

Many in our school community benefit from the provision of a second hand clothing pool judging by the huge volume of pre-loved clothing sold each year. This very worthwhile, but time consuming service is made possible because of the dedicated team of volunteers who sort, log, price, tag, record and organize payment to sellers in a timely manner. Without our wonderful volunteers this service would not be possible. Please help to streamline this process by sorting the saleable and unsaleable clothing (according to the requirements below) before bringing them to the uniform shop to save on time, phone calls and unnecessary return trips to the uniform shop to collect unsaleable items.

General requirements

- All uniform items must be the CURRENT style (including correct logo and fabric)
- All uniform items must be in good condition i.e. no stains, no holes, all buttons attached, hems and seams intact,
- All items must be washed and ironed (and free from animal fur, hair and lint)
- All dresses, shirts and blazers must be brought to the uniform shop on hangers

The following items cannot be presented for resale:-

- Swimmers
- Stockings
- Socks
- Items not originally purchased from the Arndell Uniform Shop (with the exception of boys white shirts)

Specific requirements

- BLAZERS must be dry-cleaned (with label attached)
- WHITE SHIRTS AND BLOUSES must not be discoloured (particularly cuffs, collars and underarms).
- SCHOOL BAGS & SPORT BAGS must be clean inside and out.
- HATS must be washed
- GIRLS DRESS HATS must be cleaned (as applicable)

Please bring 2nd hand clothing directly to the uniform shop during opening hours. Items that are deemed unsaleable, for any of the above reasons, will either be returned to the seller, or donated to the sickbay or the Missions. (Please note during busy times unsaleable items will automatically be donated to missions and noted on your paperwork) Items to be returned must be collected from the Uniform Shop by the date notified (usually 2 weeks). If these items are not collected they will be donated to the Missions.

All items sold in the Uniform Shop attract a 30% donation to the P & F Association. Each item is individually assessed and priced according to condition. You will receive the selling price, less 30%. This payment can be taken as either a cheque or a credit to be used for future uniform shop purchases. At the time of presenting your items for sale, please advise the Uniform Shop how you would like to receive your payment. Please advise the uniform shop if your phone or address details change.

You will be asked to acknowledge your acceptance of the above conditions when bringing 2nd Hand Clothes to the Uniform Shop.

ARNDELL EQUESTRIAN CARNIVAL 2008

The Arndell Equestrian Carnival was held on the first day of the school holidays this year on Saturday 27th September 2008. There were a total of 280 riders with many of them representing Arndell. It was an extremely hot day, which left hot riders peeling off their jumpers after the first couple of classes. The day was a very successful one for Arndell with our riders gaining many placings and champions. The Champions received a beautiful champion sash, and trophy as well as Champion riders receiving a smart white saddlecloth donated by Zadro Constructions. A combination of a government grant from last year's cancelled Carnival due to Equine Influenza, and this year's successful Carnival, enabled the Arndell Equestrian Committee to donate \$15,000 to Arndell this year!

The following are some of the major placings of our Arndell students.

Open Primary Ring

Champion Rider yr 3-4 Georgia Thorpe
Reserve Champion Rider yr 3-4 Moneshe Welsh
Champion Active Rider yr 3-4 Georgia Thorpe
Reserve Champion Best Educated yr 3-4 Moneshe Welsh
Champion Best Educated yr 5-6 India Rich

Senior Novice Ring

Reserve Champion Rider yr 7-8 Emmie-Rose Shore

Senior Open Ring

Champion Rider yr 7-8 Stephanie Cormack
Reserve Champion Active Rider yr 7-8 Stephanie Cormack
Champion Rider yr 9-10 Cassi Brett
Champion Active Rider yr 9-10 Bronwyn Watts
Reserve Champion Active Rider yr 9-10 Cassi Brett
Reserve Champion Best Educated yr 7-9 Cassi Brett
Reserve Champion Best Educated yr 10-12 Tara Rogers

Sporting

Rider in Action

Primary Novice yr 1 1st Emellia Evans
Primary Novice yr 3 1st Faith Evans

2 Flag

Senior Intermediate yr 7 1st Jennifer Bale
Senior Intermediate yr 8 1st Nickayla Ramm
Senior Open yr 10 1st Bronwyn Watts

3Mug

Primary Novice yr 3 1st Faith Evans
Primary Open yr 4 1st Georgia Thorpe
Senior Intermediate yr 7 1st Emmie-Rose Shore
Senior Intermediate yr8 1st Nickayla Ramm
Senior Open yr 10 1st Bronwyn Watts

Barrels

Primary Open yr 4 1st Georgia Thorpe
Senior Intermediate yr 8 1st Nickayla Ramm
Senior Intermediate yr 9 1st Emily McAuley
Senior Open yr 10 1st Bronwyn Watts

THANKYOU THANKYOU THANKYOU THANKYOU THANKYOU THANKYOU THANKYOU

There are many people to thank who assisted in making the day a great success. Thank you to Helen and Bob Gribbin who ran the canteen and kept everyone well hydrated. Thank you also to Mr Harrison for starting our day with a prayer and tending to the BBQ in the heat. Many other Arndell parents assisted to set up on Friday, steward in the rings, time the sporting, help in the canteen, etc. These include Chris Hollis, Vicky Clayton, Cami Leva, Wayne Thorpe, Troy Welsh, Mandy Bale, Duncan and Patrick Watts, Brad Clay, Lyn Gilean, Rowan from IT, Austin, Nathan

Mears, Mr and Mrs Thompson, Connie Stephens, Joc Clay, and Rhiannon Cremesco. Also to the junior school students who sold raffle tickets including Laura Clayton. Thank you to anyone else who I may have missed, you know who you are, Thank you. And last but not least thank you to Caroline Dobson who without her expertise this day could not have run. From organizing entries, ribbons and trophies, to organizing judges and getting necessary equipment to and from the grounds, your time and patience is greatly appreciated.

Thank you also to our sponsors Zadro Constructions, Three Bags Full, Bowdees, Horseland Richmond, and Equitainment.

If you would like to be a part in the organization of next year's carnival we would love to hear from you. We would like to have a committee of interested parents to assist organizing such a huge successful event.

UPCOMING EVENTS

There are some event dates already for next year. Special mention to the **2009 EFA Interschool Championships** which is back to its normal time of year in March. This is a fantastic event with the program including Showjumping, Eventing, Combined Training, Dressage, Vaulting and Showman. Arndell had great success last year with some riders continuing to the National championships with great success. The date has been set for **Friday 6th to Sunday 8th March 2009**. Programs and entry forms available online at <http://www.efansw.com.au/default.asp?Page=9175&MenuID=Schools/c14183/9019/> and there will also be a copy in the front office available for photocopying.

Entries close Wednesday 4th February. Get your entries in early as Showman are capping their numbers this year at 20.

Other dates include:

PLC Interschool dressage day Saturday 28th March

Hunter Valley Grammar School Equestrian Champs 23-24th May

If you have any questions or would like to help please feel free to contact me at teenbean1@westnet.com.au or 0425254412.

Happy Riding

Teena Welsh Arndell Equestrian Team Manager



From the TAS Faculty: Mrs Roshini David Paul

Accredited Practising Dietitian, Member of the Dietitians Association of Australia

Quiz on healthy eating (Quiz is taken from: <http://www.daa.asn.au>)

1. How many serves of vegetables do you need daily? *(1/ 2/ 3/ 4/ 5)*
2. Fruit is good for you because it contains? *(Fibre/ Carbohydrates/ Vitamin C/ Antioxidants/ all of the above)*
3. For better nutrition choose foods low in: *(Folate/ Salt/ Calcium/ Protein)*
4. Increasing soluble fibre can help reduce your risk of: *(Osteoporosis/ Gout/ Tooth decay/ Reflux/ High cholesterol)*
5. Which of the following is a healthy snack for you? *(Fruit salad/ Raw, unsalted nuts/ Low fat yoghurt/ Raisin toast with a thin spread of jam/ Carrot with tomato salsa dip/ All of the above)*
6. How much physical activity should you be doing each day for good health? *(20 minutes low-intensity exercise/ 30 minutes moderate-intensity exercise/ 10 minutes high-intensity exercise)*
7. A diet that promises you fast weight loss and cuts out a whole food group is a fad diet: *(True/ False)*
8. What is a legume? *(Sweets/ A type of bread/ Beans, peas or lentils/ a fruit/ Nuts)*

Answers to the DietitiansQuiz:

1. How many serves of vegetables do you need daily? *(5)*
2. Fruit is good for you because it contains? *(Fibre/ Carbohydrates/ Vitamin C/ Antioxidants)*
3. For better nutrition choose foods low in: *(Salt)*
4. Increasing soluble fibre can help reduce your risk of: *(High cholesterol)*
5. Which of the following is a healthy snack for you? *(Fruit salad/ Raw, unsalted nuts/ Low fat yoghurt/ Raisin toast with a thin spread of jam/ Carrot with tomato salsa dip)*
6. How much physical activity should you be doing each day for good health? *(30 minutes moderate-intensity exercise)*
7. A diet that promises you fast weight loss and cuts out a whole food group is a fad diet: *(True)*
8. What is a legume? *(Beans, peas or lentils)*



