



# CARNARVON CHRISTIAN SCHOOL

**EPHESIANS 5:8B 'WALK AS CHILDREN OF LIGHT'**

## NEWSLETTER

9<sup>TH</sup> MARCH 2016

- Parents' Role
- Pre-Primary Class
- CCS Fete
- Volunteers Wanted
- CCS Quiz Night
- Anaphylaxis Aware
- SunSmart Aware
- Waste Wise Tips
- Water Wise Tips
- Asthma Aware
- SDERA
- Good Friday Service

*2 Kings 19:9-20 New International Version (NIV)*

<sup>9</sup> Now Sennacherib received a report that Tirhakah, the king of Cush,<sup>[a]</sup> was marching out to fight against him. So he again sent messengers to Hezekiah with this word: <sup>10</sup> "Say to Hezekiah king of Judah: Do not let the god you depend on deceive you when he says, 'Jerusalem will not be given into the hands of the king of Assyria.' <sup>11</sup> Surely you have heard what the kings of Assyria have done to all the countries, destroying them completely. And will you be delivered? <sup>12</sup> Did the gods of the nations that were destroyed by my predecessors deliver them—the gods of Gozan, Harran, Rezeph and the people of Eden who were in Tel Assar? <sup>13</sup> Where is the king of Hamath or the king of Arpad? Where are the kings of Lair, Sepharvaim, Hena and Ivvah?"

*Hezekiah's Prayer*

<sup>14</sup> Hezekiah received the letter from the messengers and read it. Then he went up to the temple of the Lord and spread it out before the Lord. <sup>15</sup> And Hezekiah prayed to the Lord: "Lord, the God of Israel, enthroned between the cherubim, you alone are God over all the kingdoms of the earth. You have made heaven and earth. <sup>16</sup> Give ear, Lord, and hear; open your eyes, Lord, and see; listen to the words Sennacherib has sent to ridicule the living God.

<sup>17</sup> "It is true, Lord, that the Assyrian kings have laid waste these nations and their lands. <sup>18</sup> They have thrown their gods into the fire and destroyed them, for they were not gods but only wood and stone, fashioned by human hands. <sup>19</sup> Now, Lord our God, deliver us from his hand, so that all the kingdoms of the earth may know that you alone, Lord, are God."

In the days before telephones, email, and mobile phones, the telegram was usually the fastest means of communication. But only important news was sent by telegram, and such news was usually bad. Hence the saying, "The telegram boy always brings bad news."

It was wartime in ancient Israel when Hezekiah was king of Judah. Sennacherib, king of Assyria, had invaded and captured the cities of Judah. He then sent a letter to Hezekiah, a bad-news "telegram" urging his surrender. Hezekiah described the moment as "a day of distress and rebuke and disgrace" (2 Kings 19:3).

[Go before the Lord with prayers and hear His reassurance.](#)

With taunts and scoffs, Sennacherib boasted of his past military campaigns, belittling the God of Israel and threatening mayhem (vv. 11-13). In that dreadful moment, King Hezekiah did an unusual thing with the bad-news letter: "He went up to the temple of the Lord and spread it out before the Lord" (v. 14). Then he prayed earnestly, acknowledging the power of God over their gloomy situation (vv. 15-19). God intervened in a powerful way (vv. 35-36).

Bad news can reach us at any time. In those moments, Hezekiah's action is a good example to follow. Spread out the news before the Lord in prayer and hear His reassurance: "I have heard your prayer" (v. 20).

Heavenly Father, when people attack us, we tend to react defensively. Teach us to turn to You instead of taking matters into our own hands. We trust You and love You. Defend us

From Our Daily Bread

**PARENTS' ROLE IN OUR FRIENDLY SCHOOL**

Research has demonstrated that efforts to change attitudes and behaviour are more likely to be successful if parents are actively involved and feel a sense of shared ownership of the process.

At present there is no record that bullying is happening at Carnarvon Christian School but it has happened in the past and I want to be proactive in facing the possibility of bullying occurring in the future.

**What can parents do to support activities in the school to reduce bullying.**

- Talk regularly with your children about bullying.
- Read the Bible with your children and pray together.
- Encourage your child to 'ask for help' if they are being bullied at school.
- If your children are fighting at home, help them discuss their problem and come to a mutual solution to the problem.
- Encourage your children to be assertive by helping them practise speaking in a firm but friendly way, making eye contact, looking calm and smiling and feeling good about themselves.
- Encourage your children to play with other children at school, at home and in the neighbourhood.
- Help your child improve their self-esteem by discussing the things they are good at, encouraging your children to 'have a go' at new activities, and encouraging your children to develop their own independence by allowing them to care

for their belongings or manage their pocket money.

The foundations of a safe school can be found in the 9 elements of the National Safe Schools Framework.

It is important that CCS has **a supportive and connected school culture**. As such we provide programmes and opportunities that:

- Foster student's sense of belonging. (Whole-school sporting activities, social events, fundraising, visual and performing arts projects, school assemblies.)
- We acknowledge and recognize student diversity. (teach Bahasa Indonesia, cultural celebrations, NAIDOC WEEK, HARMONY DAY, cultural input by parents to class themes.)
- We promote cross-age interaction and relationships. (Our playground is full of children playing with children from different classes.)
- We support student transition. (Orientation programs for when children move to Middle School, Kindy to Pre Primary.)
- We recognize and award a wide range of student abilities. (Positive behaviours, awards etc.)

**WORK ON NEW PRE-PRIMARY CLASSROOM**

Documents have been released and we have a number of interested builders to participate in the Tender process. We will also be applying for a grant from Royalties for Regions to help fund our building project. Please keep this application in your prayers. Thanks.

**CCS FETE**

*I would love to have a Twilight school Fete again this year in 3rd or 4th term.*

*Our last Fete, which was held in 2014, was a great success thanks to the efforts of a wonderful small group of parents.*

*I am looking for a volunteer to co-ordinate the Fete, so please let me know if you would be interested. From my experience, the easiest way to run a Fete and the least amount of work for everyone is that each family/families organize their own stall. This ensures that many hands make light work and everyone is responsible for their own area.*

**VOLUNTEERS WANTED**

*I am still looking for a volunteer to do some painting on the Teachers' Quarters. You don't have to be a professional, the preparation is done, and the paint is provided.*

**CCS QUIZ NIGHT**

*We plan to have a Quiz Night in 2nd term this year as a Fundraising Event for the school.*

*In the past our Quiz nights were 'famous' and well attended, as the emphasis has been on fun and having a good time of fellowship together. CCS Quiz Nights **are not IQ tests** as that is something that turns many people off attending. Our children are encouraged to attend and will be provided for on the night with their own Quiz and fun and games.*

*Each family will be encouraged to buy at least one table of 6 adults and their children. We will hold the Quiz Night in the undercover area which will provide a relaxing informal venue.*

*Tickets will be sent home early in 2nd term. All profits made from the night will be spent on targeted needs for CCS.*

*James Shaw*

*Principal*



## **Anaphylaxis Awareness**

### **People at risk of anaphylaxis need to:**

- *Be aware that small amounts of a food can trigger a serious allergic reaction*
- *Recognise the signs and symptoms of a mild or moderate allergic reaction and the signs and symptoms of a severe allergic reaction/anaphylaxis;*
- *Know what to do if a severe allergic reaction/anaphylaxis occurs;*
- *Be aware that some people don't show signs of a mild to moderate reaction, they may promptly start having a severe reaction without any skin signs such as swelling, hives or skin flushing.*
- *Wear a medical identification bracelet or necklace. This may help first aiders or medical personnel identify what is happening in an emergency;*
- *Always carry (and know how to use) your adrenaline/epinephrine autoinjector (EpiPen®);*
- *Understand that a second dose of adrenaline/epinephrine is sometimes required so two autoinjectors may need to be carried by those at high risk (talk to your doctor).*

## **SunSmart Facts**

### **SunSmart Clothing—What is UPF?**

*Clothing designed and sold as providing sun protection will have a tag showing its ultraviolet protection factor (UPF) rating. The UPF rating provides information on how much UV radiation will pass through unstretched, dry material. For example, material with a UPF rating of 20 would only allow 1/20th (5 per cent) of the UV radiation falling on its surface to pass through it. This means that this material blocks 95 per cent of UV radiation. The UPF rating doesn't refer to the design of the garment, just its material. Some fabrics may have their rating improved by being specially treated. Any fabric rated above UPF15 provides good protection against UV radiation, but UPF50+ is recommended.*



### **Waste Wise Tips**

Everyday re-uses for plastic shopping bags:

- Use them to clean up after your dog when you go for a walk around the neighbourhood
- Use them as packing between fragile items when moving house
- Put them in the bottom of pot plants or hanging baskets as a drainage aid

### **Water Wise Tips**

Avoid pre-rinsing your dishes before loading the sink or dishwasher. Doing this can increase your washing water use by 3 fold!

### **Asthma Aware—Who gets asthma and why?**

Asthma affects people of all ages. Some people get asthma when they are young; others when they are older. The causes are not fully understood, although people with asthma often have a family history of asthma, eczema and hayfever. There is some evidence that exposure to environmental factors such as workplace chemicals or tobacco smoke can lead to asthma.

Researchers continue to try to find out more about what causes asthma and how we might prevent it.

### **SDERA—Drug and Road Safety Education**

#### **On and off the bus**

Students can be at risk in the minutes getting off the school bus. Reduce this risk

by reminding your children to:

- Wait until the bus has driven away before choosing the safest place to cross the road.
- Cross the road using the procedure of STOP, LOOK, LISTEN, and THINK.
- Cross the road at a pedestrian crossing or with a crosswalk attendant if provided.

# GOOD FRIDAY SERVICE

*Friday 9am,  
25th March*

*Carnarvon Christian  
School*

*Undercover Area*

*All Welcome*

CARNARVON CHURCH OF CHRIST  
& UNITING CHURCH  
COMBINED SERVICE

**Romans 3:22 - 23 (NLT)**

*<sup>22</sup>We are made right in  
God's sight when we trust  
in Jesus Christ to take  
away our sins.*

*And we all can be saved  
in this same way, no  
matter who we are or  
what we have done.*

*<sup>23</sup>For all have sinned; all  
fall short of God's  
glorious standard.*

