



CARNARVON CHRISTIAN SCHOOL

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

NEWSLETTER

20TH JULY 2016

Acts 20:22-35 New International Version (NIV)

²² "And now, compelled by the Spirit, I am going to Jerusalem, not knowing what will happen to me there. ²³ I only know that in every city the Holy Spirit warns me that prison and hardships are facing me. ²⁴ However, I consider my life worth nothing to me; my only aim is to finish the race and complete the task the Lord Jesus has given me—the task of testifying to the good news of God's grace.

²⁵ "Now I know that none of you among whom I have gone about preaching the kingdom will ever see me again. ²⁶ Therefore, I declare to you today that I am innocent of the blood of any of you. ²⁷ For I have not hesitated to proclaim to you the whole will of God. ²⁸ Keep watch over yourselves and all the flock of which the Holy Spirit has made you overseers. Be shepherds of the church of God,^[a] which he bought with his own blood.^[b] ²⁹ I know that after I leave, savage wolves will come in among you and will not spare the flock. ³⁰ Even from your own number men will arise and distort the truth in order to draw away disciples after them. ³¹ So be on your guard! Remember that for three years I never stopped warning each of you night and day with tears.

³² "Now I commit you to God and to the word of his grace, which can build you up and give you an inheritance among all those who are sanctified. ³³ I have not coveted anyone's silver or gold or clothing. ³⁴ You yourselves know that these hands of mine have supplied my own needs and the needs of my companions. ³⁵ In everything I did, I showed you that by this kind of hard work we must help the weak, remembering the words the Lord Jesus himself said: 'It is more blessed to give than to receive.' "

In 1891, Bidy Mason was laid to rest in an unmarked grave in Los Angeles. That wasn't unusual for a woman born into slavery, but it was remarkable for someone as accomplished as Bidy. After winning her freedom in a court battle in 1856, she combined her nursing skills with wise business decisions to make a small fortune. As she observed the plight of immigrants and prisoners, she reached out to them, investing in charity so frequently that people began lining up at her house for help. In 1872, just sixteen years out of slavery, she and her son-in-law financed the founding of the First African Methodist Episcopal Church in Los Angeles.

Bidy embodied the apostle Paul's words: "I showed you that by this kind of hard work we must help the weak, remembering the words the Lord Jesus himself said: 'It is more blessed to give than to receive'" (Acts 20:35). Paul came from privilege, not slavery, yet he chose a life that would lead to his imprisonment and martyrdom so that he could serve Christ and others.

[The open hand is blessed, for it gives in abundance even as it receives. -Biddy Mason](#)

In 1988, benefactors unveiled a tombstone for Bidy Mason. In attendance were the mayor of Los Angeles and nearly 3,000 members of the little church that had begun in her home over a century earlier. Bidy once said, "The open hand is blessed, for it gives in abundance even as it receives." The hand that gave so generously received a rich legacy.

Who in your life is struggling and could use a little help from you? How can you reach out to that person or family today?

The open hand is blessed, for it gives in abundance even as it receives. Bidy Mason

From our Daily Bread

- Mathematics Memo
- Important Dates
- Principals Report
- Waste Wise Tips
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- SunSmart Aware
- Anaphylaxis Aware
- SDERA

Carnarvon Christian School Board*Chair Person —Louise Ellis-Smith**Leanne Ford—Secretary**John Tompkins—Treasurer**Tochi Eze—Member**Ken Curtis—Member**Christene Moore—Member***Mathematics Memo—Growth Mindset in Math**

In general, a growth mindset is the belief that intelligence and 'smartness' can also be learned and that the brain grows from experience and effort. The opposite, a fixed mindset, is the idea that you are smart, or you are not. In math, that translates into "some people are good at math, and some are not."

Did you know that praising efforts rather than intelligence or results can impact your child's ability to persevere in challenges?! The goal is to have children thrive on challenges and see failures, not as a sign of low intelligence, but as a learning opportunity. Brain research tells us that making mistakes actually wires more connections into the brain! When a person has a growth mindset, they accept challenges, see their efforts as worthwhile, and are open to learning from mistakes.

Students with a growth mindset achieve at higher levels than those with fixed mindsets. How can you help? Some simple ways:

- *Adding "yet" when they claim they are "not good at this" (Respond: "You are not good at this yet.")*
- *Ask questions that focus on their effort and choices and get them to reflect on satisfaction of that effort (e.g. What did you learn today? What mistake did you make that taught you something? What did you try hard at today?)*
- *Model this yourself as you share about your day*

Answer to the previous Math question:

Area of the circle = 78.5cm^2

This weeks Math question:

Bill gates walks into your house and offers you a job.

You have two choices:

1. A one off payment of 1million dollars, or
2. 1 cent on the first day, 2 cents on the second day and double the salary every day after for a total of thirty days.

Which salary would you choose?

Important Dates to Remember

- *Busy Bee, Saturday 23rd and 30th July @ 8:30am*
- *Kindy Open Night, Wednesday 27th July @ 5pm*
- *Free Dress Day (Olympic Heroes), Friday 5th August*
- *Quiz Night, Saturday 20th August @ 6pm*
- *Athletics Carnival, 1st September*
- *Pupil Free Day, 2nd September*

PRINCIPAL'S REPORT

Welcome back to third term, I pray you had a most enjoyable time with your children during the mid-semester break. We had a family reunion in Perth and managed to get the whole family back together from the four corners of Australia and spent time together in a large shared house. It was great having a few days where we could talk or just sit back and relax in each other's company.

Re-registration

As you are probably aware, CCS has been going through a rigorous re-registration process during the first semester of this year. All aspects of the school's operation have been audited, including children's learning, finance, physical environment, risk management, and safety. I am very pleased to announce that the Director General has seen fit to award us with 4 years which is an excellent result. I praise God for his goodness and sustenance during what was a time-consuming, arduous but ultimately rewarding process. I would like to thank Mrs Louise Ellis-Smith, our Board Chairperson, for all the work she put in, senior staff (Vanessa Schaefer and Judy Shaw) who worked tirelessly behind the scenes, our teachers who do such a great job and our office staff who often worked overtime to help meet deadlines. Thank you.

Quiz night

The CCS Quiz night is set down for Saturday 20th August. This will be the major fundraising event for the year so please set time aside in your calendars to attend what promises to be a most enjoyable night. As I've said previously, CCS quiz nights (indeed all quiz nights) are not IQ tests and if you happen to be on the table that comes last you won't be highlighted. It will be a family night, so bring the children along to have fun together. I would encourage all families to purchase a table for 6 (\$60 total per table). There will be great prizes and an auction held during the evening. Men and women get in training now for the push up competition!

Before School Athletics Training

Athletics training will be held before school on the CCS school oval: Mondays, Wednesdays and Friday mornings, commencing at 7:00 am. Children from Years 3 – 6 are welcome to attend. Please let me know if you can help

with cooking toasties for the children's breakfasts. If we can't get anyone then children will have to bring their own. Please add your name to the roster in the front office.

Busy Bee

Busy Bees have been set down for the first two Saturday mornings of this term (23rd and 30th July). There is always work to be done around the school so please make it a priority to come along to help on one of these days.

Kindy Open Night

A Kindergarten Open Night will be held on Wednesday 27th July. If you have children who will be attending 3 or 4 year old Kindergarten in 2017, this is your opportunity to learn more about what happens in CCS Kindy. If you have friends or know others who have children who turn 3 or 4 next year, please encourage them to come along so they can see what we have to offer.

Garden Club

Mr Kurt Schaefer is still running a "Garden Club" for CCS students during the lunch break. If your child wishes to join in with the activities please request a permission form to be sent home. You can do this via the school email, phone our reception or alternatively ask your child's teacher for the form. Only students with Parental/Carer permission will be allowed to participate in activities.

Canberra Camp Funding from PACER

Our Year 6 students will soon be taking part in the annual Canberra Camp; an education tour of the national capital. Students will be given the opportunity to participate in a variety of educational programs with a focus on Australia's history, culture, heritage and democracy.

The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government is contributing funding of \$260 per student under the Parliament and Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the excursion.



Waste Wise Tips

Glass containers and jars can be used to store a variety of household goods. Glass storage containers can be reused to:

- *store kitchen products such as jams, pickles and sugar*
- *store other drinks such as cold water or cordial*
- *store nuts, bolts and nails in the shed*
- *add to collections used by community groups e.g. FOCUS, craft groups and schools.*

Water Wise Tips

If water runs off your lawn easily, split your watering time into shorter periods to allow for better absorption.

Asthma Aware—Who develops asthma?

- *Over 2.5 million Australians have asthma – about 1 in 10 adults and about 1 in 9 or 10 children.*
- *Asthma and allergies are closely linked. Asthma is more common in families with allergies or asthma, but not everyone with asthma has allergies.*
- *Adults of any age can develop asthma, even if they did not have asthma as a child.*

SunSmart Aware

When do I need sun protection?

Most Australians need sun protection when the UV Index is 3 or above.

UV radiation levels in northern areas of Australia are generally higher than in southern areas, so in some parts of the country, sun protection is needed all year round, whenever the UV Index is 3 or higher. In these areas, it is safe to go outside without sun protection early morning and late afternoon when the UV Index falls below 3.



Anaphylaxis Aware - Autoinjector (EpiPen) Facts

If I am not sure if an individual is experiencing asthma or anaphylaxis, when should an adrenaline autoinjector be used?

In an individual with asthma, who is also at risk of anaphylaxis, the adrenaline autoinjector should be used first, followed by asthma reliever medication, calling an ambulance, continuing asthma first aid and following the ASCIA Action Plan for Anaphylaxis.

If someone with known food or insect allergy suddenly develops severe asthma-like symptoms, give adrenaline autoinjector FIRST, then asthma reliever medication.

SDERA—Drug and Road Safety Education

Driveway Safety

Children are fast and unpredictable and can move out of your sight and into danger in an instant. It is important to have a family rule about where your child stands when cars are coming in or out of your property. Make sure other adults who care for your child know about this family rule.

If you are the only adult around and need to move the car, put your child in the car, safely restrained, before you move it.

Safety spot

Find a safe area where your child must stand – the verandah, the front steps or maybe the letterbox – when cars are leaving or coming into your property. Call this the ‘safety spot’.

Talk to your child about the safety spot and explain why and when they must stand there.

Use these safety messages with your child

- *Don't play in the driveway or near the road.*
- *Stand on the safety spot to wave goodbye to our family and visitors.*
- *Everyone stands on the safety spot until an adult says it's okay to move.*

At home activity

Take a photo of your child using the safety spot at your house. Send the photo to school for your child to share with their class.

