Philippians 4:4-9

New International Version (NIV)

4 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. 9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

I love egg roti prata, a popular pancake in my country of Singapore. So I was intrigued to read that a 125-pound (57 kg) person must run 5 miles (8 km) per hour for 30 minutes to burn 240 calories. That’s equivalent to only one egg roti prata.

Ever since I started working out in the gym, those numbers have taken on a new significance for me. I find myself asking: Is this food worth the calories?

While it is wise to watch our food consumption, it is even more important to watch our media consumption. Research shows that what we see can stay in our minds for a long time and influence our behavior. It has a “clingy effect,” sticking to us like that stubborn fat we find so hard to lose.

With the wide variety of media content surrounding us today, we need to be discerning consumers. That doesn’t mean we read only Christian literature or watch only faith-related movies, but we are careful about what we allow our eyes to see. We might ask ourselves: Is this worth my time?

In Philippians 4:8, the apostle Paul tells us in essence, “Feed your eyes and minds on things that are true, noble, just, pure, lovely, of good report, virtuous and praiseworthy.” This is a “diet” worthy of what Christ has done and is doing in us.

Are my viewing habits enhancing my life or are they drawing me away from things that really matter? Help me, Lord, to make wise choices.

The mind is formed by what it takes in. Will Durant

From Our Daily Bread
Carnarvon Christian School Board

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Mathematics’ Memo— Mathies.ca

Mathies.ca, hosted by Ontario Association for Mathematics Education (OAME), is designed for Ontario K – 12 students and parents. This website includes games, learning tools, activities, and additional supports for students to explore, build and enhance their mathematical thinking. A parent ‘Frequently Asked Questions’ section includes: “How can I help with the learning of mathematics?”, “What mathematics activities can we do together?”, “What digital supports are available?” and “What additional support is available?”

http://oame.on.ca/mathies/

Please note:
This is a parent run event.
Teachers will not be present to supervise.

Important Dates to Remember

- Last Day Term 3, Friday 23rd September
- First Day Term 4, Monday 10th October
Interschool Athletics Carnival
The Interschool Athletics Carnival was a huge success and I would like to congratulate everyone involved. Lucy Towers and the staff of St Marys did a great job organizing the carnival despite a limited time period. The day ran like clockwork and all the events were completed ahead of schedule. The sportsmanship and comradery shown by the children was something we could all be proud of.

The relays were a great climax to a very enjoyable day and a few of us lost our voices barracking for our school as they gave it all sprinting down the track.

One of the loudest roars went up when the CCS year 3 girls (Ruby, Aria, Eloise and Pamela) broke the long standing record for the relay race and won by a streak. Congratulations girls.

We had many individual winners and placegetters in the events.

Results for sprints:

Year 1  Damian Leighton (second)  Archie Root (second) Indiana Collins (First) Joy Chan (Second) Bradan Blennerhassett (Second) Sky Forbes (second) Summer Chaplin (second) Dustyn Hatch (second)

Year 2  Sunny Wyeth (First) Alice Nguyen (First) Alice Dhu (second) John Lee (third)

Year 3  Aria Matthews (First sprint and Second 400m) Pamela Eze (first sprint) Rohan Trigg (second sprint, first 400m)

Year 4  Joy Eze (First sprint, second 400m) Scott Paynter (second sprint) Chayse Jackson (third 400m)

Year 5  Claire Schmidt (second 400 m)

Joy Eze was runner-up Year 4 girl champion which was an outstanding result. Well done Joy.

Fleetwood have been awarded the contract to build the new Pre-primary classroom which should be ready to occupy at the commencement of 2017. This is an exciting development in the project. It has taken additional time meeting government protocol and conditions set out in our successful application for 2 building grants ($220 000 Federal Government Capital Grant and $100 000 Royalties for Regions) but well worth the wait. We praise God for his continued goodness and provision.

I wish everyone a safe and enjoyable school break. If you are travelling, please watch your speed, don’t drive tired and make sure everyone in the car is buckled up.

Maths Question
Finn Ellis-Smith has been the one and only contributor to my Math’s questions. The last question was: How do you place 8 queens on a chessboard so that no queen is in a position to take out another? Again Finn was able to find the answer. Congratulations Finn.

New Problem
A farmer is to ferry across a river a goat, a cabbage, and a wolf. Besides the farmer himself, the boat allows him to carry only one of them at a time. Without supervision, the goat will gobble the cabbage whereas the wolf will not hesitate to feast on the goat. How does he get all the animals across the river?

Softball/Cricket Term 4
Year 5/6 will be playing softball and cricket for the term 4 sport’s lessons. On Thursday 15th December (last day of term 4) the students will be challenging year 5/6 parents to a celebrity match. The children are sending a special invitation to Mr Al Holtham for a rematch of last year’s game.
Waste Wise Tips—Milk and Juice Cartons

Did you know?

- More than one billion milk and juice cartons are used in Australia every year.
- Milk and juice cartons are made from liquidpaperboard which is a material made from layers of plastic, cardboard and sometimes foil.
- About five sheets of office paper can be made from one recycled liquidpaperboard milk carton.
- In 2007 about 225,760 tonnes of waste paper, including milk and juice cartons, were recycled in WA. This is an increase of 18,070 tonnes from the year before.

Water Wise Tips

WATER SAVING TIP #74

Spreading a layer of organic mulch around plants helps them retain moisture, saving water, time and money.

http://wateruseitwisely.com/100-ways-to-conserve/

SunSmart Aware—Role modelling

Children often copy those around them and learn by imitation. Research shows that if adults adopt sun protection behaviours, the children in their care are more likely to do the same. Minimising UV exposure is also an occupational health and safety issue for educators.

Anaphylaxis Aware

For anaphylaxis resources (including ASCIA Action Plans, FAQs, ASCIA Travel Plans, adrenaline autoinjector information, training resources and guidelines) visit the ASCIA website: www.allergy.org.au/health-professionals/anaphylaxis-resources

Having anaphylaxis yourself or in the family can sometimes be hard to cope with. Anaphylaxis support groups provide useful and supportive information from other people in the same situation. Patient support organisations for anaphylaxis are:

Allergy & Anaphylaxis Australia - www.allergyfacts.org.au
Allergy New Zealand - www.allergy.org.nz
SDERA—Resilience skills to practise

Being thankful, learning how to be a good friend, controlling feelings and knowing what to do if bullied, are skills that will help your child become more resilient.

Talk about each skill with your child and find opportunities to help them practise each one.

**Being a good friend**
- Share things with others.
- Take turns to listen and talk.
- Say good things about others’ ideas.
- Ask others to join in your games.
- Be a good winner and loser.

**Being the boss of angry feelings**
- Take a deep breath.
- Count to ten.
- Think happy thoughts.
- Talk to an adult about how you feel.

Asthma Aware

10% OF US HAVE ASTHMA USING HAIR BODY & DEODORANT SPRAYS IN CONFINED SPACES CAN TRIGGER ATTACKS. THIS MAKES IT HARDER TO BREATHE, AND CAN BE LIFE THREATENING. PUT THE SPRAY AWAY SO WE CAN ALL BREATHE A LITTLE EASIER. asthamaaustralia.org.au

[Image: Asthma Awareness poster]
Pre-primary

Thank-you

The children were blessed by learning more about their Dads when they did an investigative unit on their Fathers. Thank-you Dads for spending time with your children and for completing the unit. I would also like to say a big thank-you to all Dads who came in for the PP’s Father’s Day Celebration. The children were extremely excited to be able to prepare for the celebration by learning a poem, using rhythm sticks in a song and dancing & singing to an upbeat song.

Maths

In Maths, we have been focusing on addition and subtraction. The majority of children can differentiate between the two. It would be wonderful if you could help your child apply these concepts to their daily life. For example, if they help you set the table, you could ask them how many plates (knives, forks, glasses, etc.) are needed for four (three, five, etc.) people. You could also do subtraction by asking them how many are left over if so much is eaten. The application of mathematical concepts in real life is very important in the development of the children’s cognitive skills in the early years.

English

The themed focus for this term has been on fairy tales. The children have discovered that different cultural groups have their own fairy tales. They have also learnt that narratives have a beginning, middle and an end. Continuous investigations into these text types have enabled the children to discover who the main characters are and the setting (when?, who?, what?, & where?) and the problem in the beginning. They have also been able to identify the main events in the middle of the story and how the problem has been solved at the end, together with the feelings of the main characters.

To further extend this theme, the children have learnt a Lantern Dance from China, after having viewed The Legend of the Mooncake Festival. They will also get a chance to taste Chinese food, for lunch, on Tuesday 20/09.

Vanessa Schaefer

PP Teacher
Year 3

This term in writing, we learnt about and practiced our persuasive writing. As our assessment piece, we thought about and wrote letters to Mr. Shaw persuading him to put different things that we wanted on the school grounds. Here are some of our letters...

Dear Mr. Shaw,

I believe we should have a basketball court at school.

If we have a basketball court, we will get better at shooting hoops and get better skills. We will get good like Michael Jordan and make lots of money!

Another reason that we should have a basketball court is that we will get very fit and strong. If we are fit and strong we will learn to run much faster.

It would be good to have a basketball court in the school.

From,

Jayden Rudge

Dear Mr. Shaw,

I believe that we should have a gym in the school because it will make people fitter.

Firstly, a gym would make us fit and healthy. It would be good for the school and unhealthy people.

Secondly, it would be good to have a go at and learn tricks.

So Mr Shaw, I think we should have a gym because it would be good to learn tricks and be fit!

From,

Finn Payne

Dear Mr. Shaw,

I believe we should have a gymnasium in our school.

Firstly, we need a gym because we have lots of sausage sizzles at school and we need to work them off! It is also good to be fit because if you don’t get fit and eat too much junk food, people will tease you.

Secondly, the gym will help us get lots of muscles and you can carry heavy things. For example, you can help your dad carry a bed or anything that is heavy. Helping your dad is a polite thing to do!

I believe we should have a gym because it is good for muscles and good for health!

From,

Chloe Ellis

Miss Chan

Year 3
Year 3/4

As earlier predicted, the term has turned out to be pretty exciting and full of activities. We thank our Lord Jesus Christ for his guidance throughout the term. Below are some highlights of the term;

BOOKWEEK

We had a visiting author and illustrator who presented a workshop on book-making. Children had a great time learning how to make books, write and illustrate stories.

We also read and discussed a book titled ‘Beach Sports Car’, written by a local scholar who is now based in Perth and is a lecturer at the University of Western Australia, Professor Darlene Oxenham. Children managed to video chat with her on skype and asked her a lot of questions about her childhood in Shark bay, Carnarvon and also about what inspired her to write children’s books. The children were inspired especially by the fact that they can be what they dream to be, provided they work hard towards accomplishing their goals.

Math topic on measurements;
Year 3/4

ENGLISH- INSTRUCTIONAL TEXTS (Procedures).

The children learnt how to write and follow procedures. These lessons were integrated with their media art lessons. They followed procedures to produce items, e.g. piñata, and cooked products such as vegetable wraps and fruit creations. The procedures and pictures were written and saved on an e-book the children are making on their iPad. The lessons have been very interesting and the children realized that to integrate the lessons we had to follow a procedure too.

What a fantastic term we have had. Thank you for your support during the term. We wish you God’s peace that surpasses all understanding during the school holidays. Keep safe and God bless you all.

Mrs Munalula

Christmas Presentation and Celebration in Term 4!

Notes to Parents/Guardians

- CCS Christmas Musical will start at 6:30pm on Friday December 9th

- Songs have been given out to each class to practice.

- This year there are 64 speaking parts so most of the children in upper primary will have a speaking role to play. Please consult with your teacher in regards of costumes if your child is in the year 3/4 and 5/6 classes.

Miss Alice Yang
Athletics Faction Carnival 2016!

The team spirit on our school athletics carnival day, 1st September, was marvellous. The sea of colours red, green and blue lit up our school oval as the students, parents and staff marched proudly to their bays. There were smiles and laughter, cheers and high fives all throughout the day making it truly special. Well done to all students who took part in the carnival, it was not hard to see that everyone tried their absolute best. Well done to Green faction on winning the carnival this year!

Congratulations to all of our carnival champions: Rohan Trigg and Aria Matthews from Year 3, Chayse Jackson and Joy Eze from Year 4, Khan Gane and Moana Woods from Year 5, and Bailey Rudge and Sophie Aylmore from Year 6.

Congratulations also to Brian Ngyuen, Caleb Ford and Joy Eze on receiving the Sportsmanship Award for being fantastic role models for their teams in attitude and behaviour.

Thank you to all staff, parents and students who helped set up and make our day fun with a special thanks to Kylie Lawer for being our announcer, and Sean and Nadine for filling our bellies.

Mrs Trott
GO GREEN!!

FACTION
CARNIVAL
WINNERS
2016
Making the three little pig’s houses!

It’s heathier to make our own fruit smoothies than drinking juice boxes which contain a lot of sugar.

Decorating our own invitation card for the fairytale banquet which will be in week 10.

Children share their part of the story with the class.

Blessings and have a wonderful holiday!

Year 1 Miss Alice Yang
We learn math with real money.

The boys feeling proud of their Three Bears' house.

Children are split into three groups, retelling and forming stories with beginning, middle and end.

Develop mathematic's concepts and learning strategies with colorful rods.

We love using rods to solve math problems.

Building different patterns and learning numbers using unifix cubes.
Year 5/6 Quobba Camp

Last week the children from years 5 and 6 spent 3 days (2nights) camping in tents at Quobba. A major goal of the camp was to give the children opportunity to take more responsibility for looking after themselves. One of the children’s tasks was to help set up the camp including erecting their own tents. The children were also given buckets and detergent to wash their own dishes and lines were set up so they could hang up their wet swimwear.

Students were able to explore Bird Island and were fortunate to observe the large Osprey which was nesting with its two chicks on a huge nest made out of sticks. The island teems with marine life. On Thursday we were joined by Mrs Fee and travelled up the coast to the Quobba Station and then walked along the beach looking at the many Fossils which are crystallised into the rocks. Again we were blessed, when one of the children sighted a whale off the shore which surfaced a number of times blowing large sprays of water into the air.

Mrs Fee also supervised an Art lesson whereby the children used chalk pastels to sketch the bay with Bird Island in the background.

Mrs Shaw visited us on the Wednesday afternoon and evening. She prepared a fantastic treasure hunt using cryptic clues to enable the children to find landmarks around the vicinity.

On Friday morning, after packing up camp we had our raft building competition. The children were divided into three teams and each was given inner tyre tubes, various lengths of sealed pipe and rope to build their rafts. Once the rafts were built, the children had to paddle their craft around Mr Ford who was floating on his kayak and then paddle back to shore. This presented a number of challenges including the reliability and strength of the children’s knots and the current which was moving in the opposite direction to the wind and the surface water. All the teams entered the cold choppy seas with great excitement but were quickly challenged when the rafts commenced to disintegrate as the knots gave way. One team did eventually manage to make its way back to shore with the majority of its raft intact and won the race.

After a refreshing morning tea, the students were given the final clue so they could locate and then dig to find the buried treasure chest. Mr Ford had buried the treasure in a line between the south east corner of a block of concrete and two star-pickets which needed to be lined up. After much searching and digging, Bailey Rudge found the treasure chest and his group were declared the winners.

I would like to extend a huge thank you to Mr Sean Ford (our maintenance man and school groundsman) for his help in preparing for, setting up and dismantling the camp, cooking and the many other things he was able to help with during the excursion. We are also very indebted to Jenny Little for remaining with us for the entire camp and taking charge of the water activities so the children remained safe.

Other people who must be thanked are Michelle Higgins and Kingsley Wakka for helping set up the camp and then returning on the Friday to help pack away. Your assistance was very welcome. And of course I must thank Miss Ruth Chan who helped with supervising the children and looking after the children’s medical needs.