In Year 8 Science we have been studying about the cell! The better the microscope the more complexity in the cell is revealed. In the centre of it all is the nucleus containing the DNA. Reading one instruction in a human cell’s DNA each second it would take you 92 years, day and night, to read the genetic code. And astonishingly, at conception, that first cell sets about building the model described in those genetic instructions – YOU!

At our school we have two students who share the exact same DNA in their cells, these identical twins resulted from an embryo splitting in two. However, although sharing the exact same genetic make-up and therefore the exact same genetic potential, many identical twins end up very different.

A large study was conducted by comparing identical twins who had been separated early in life, some even grew up in different countries. Amazingly these differences were due to differences in the environment of the twins, for example different diets, exercise regimes, intellectual stimulation and even the amount of time spent sleeping!
God has given each of our students an amazing genetic potential. Right from conception the environment we provide for our children determines how completely they fulfil that potential. Will they grow to their potential height and weight? Will they reach their intellectual potential etc...

It is important to note that sleep is a critical contributor in realising your potential, especially during the pre and school years. Lack of sleep not only decreases your ability to concentrate, focus and learn, it robs you of the chance to attain your intellectual potential. You spend good money to send your child to a private school. Why willingly limit their potential by robbing them of the sleep they need to do their best and develop to their best.

In a recent survey of primary students in our school many students were getting to bed after 7pm, 8pm, 9pm, 10pm and mind-blowingly (excuse the pun) after 11pm!

As a rule of thumb if your child does not awaken early in the morning (by 6am) feeling bright and alert with lots of energy then they need to go to bed earlier, and earlier, until they do! And if you think secondary students can stay up late, teenagers whose cells are dividing constantly to enable growth and maturity, need even more sleep! Mr North Jnr, who is currently practise-teaching at our school, was usually in bed by 8pm – when he was in Year 12!

Need I mention the importance of good nutrition, sufficient water, exercise, emotional nurture and social acceptance... Please consider ways you can Co-operate with our school to achieve the amazing potential God has given each of our students.
Violin next week (February 23) will need to be changed to Wednesday February 24, at 1:00. Please remember to bring your violins on Wednesday next week. Thanks for noting this.

For more information please email:

This week our Auskick program kicked off, we have over 25 students who are participating in the program all of whom received an AFL football and coaching from local AFL coaches. This is a great program, and if you would still like to sign your child up please contact the school office.

In Term 1 a Soccer Coach will be coming to Carlisle once a week at lunch time to run a coaching clinic for our Primary Students. This activity is FREE!!!! We look forward to seeing our students out on the oval involved in this clinic. Dates are 1/3, 8/3, 15/3, 22/3.
In Gr 5/6, we have been learning about how Salvation (God’s work of saving us) is like a makeover. We have heard stories of how God has transformed peoples lives, and what it means to be made new. To put this into action, we would like to do a backyard makeover.

If you know of any people who could benefit from having support in their yard, please contact Miss Dye at mye@carlisle.adventist.edu.au or leave a message at the office. We would love to hear from you.

---

**MUSIC RECITALS AFTERNOON..**

On Wednesday March 16 at 3:15pm we are having music recitals from our music students. This opportunity is open to any students learning an instrument or learning vocals at our school. This will hopefully become a fixture each term and provide an opportunity to perform. We encourage parents and family to meet in the chapel and enjoy this musical experience.
On Wednesday, March 9, from 2-4pm our school will be open for prospective families to visit our classrooms and meet our fabulous students, staff and parents! All our school family is welcome to enjoy the jumping castle, face-painting and other activities once school is finished for the day.

It is important that students are collected by their parents after school and then closely supervised by parents as they enjoy the various attractions. If students leave class and run around unsupervised by parents it would make our school look very unattractive to prospective families – we want to show just how amazing our students are. Teachers will be busy in their classrooms and so we really need our parents to organise things so they can meet and supervise their children as soon as classes finish at 2:55pm.
We are very pleased with the choice our school students made in choosing School Captains, House Captains and other SRC representatives. We look forward with high expectations to the influence leadership team will provide. Our School Captains have already represented our school well when they met the Australian Prime Minister early this week!
Thank you for supporting our information evening last Thursday. It was really good to see the support of our school community as we chose new P&F officers. There were also lots of positive comments about the vegetarian burger patties! Thanks to our school staff who prepared this food.
Years 9 & 10 Service Trip to Yarrabah Indigenous Community

March 27 - April 3, 2016

What is STORMCo?

STORMCo is an acronym for Service to Others Really Matters Company.

It is a youth initiative of the South Pacific Division of the Seventh-day Adventist Church. Its mission is to send teams of trained young people to work for, learn from, and encourage individual communities; sharing God’s love by building bridges to all peoples through an adventure in service to others.

A group of about twenty five years 9 & 10 students and staff from CACC will be visiting the Yarrabah PCYC for a week. We will be doing a community service project such as painting, gardening, renovating, or building. We will also run a kids club each day for the children in the community. Some of the activities include:

- Music
- Games
- Craft
- Ballooning
- Puppet shows
- Storytelling
- Clowning
- Face Painting

We would love to see all our Years 9 & 10 students attend.

Cost: $145 (Application and deposit of $45 needed by Feb 22)
Transportation and food will be provided
For more info contact Hopal McClintock or Andrew North
This week Vanessa and Monique Bobongie attended the Cumberland U12 Schools Basketball team trials,

We would like to congratulate Vanessa and Monique and wish them all the best at the School Mackay trials.
Our parents in the tuckshop are doing an excellent job. The P & F have just sponsored a new fridge in the canteen, so no more frozen vegies! Thanks for the fabulous effort our tuckshop staff are contributing!
MESH has started for 2016, the first MESH of the year was last Friday night, it was a great success.

MESH is fun filled program that provides food, fun entertainment and a relevant talk for grades 5 and over.

Be sure to invite your friends along...

Starting 5:00pm till 7:30pm

18th March
Carlisle Adventist Christian College is fortunate to be affiliated with an outstanding global outdoor education program called Pathfinders. Pathfinders is for all children aged 10 – 15. There are many interesting activities, where you can find lifelong friends and develop skills both indoors and outdoors.

There is a registration evening on Saturday night February 20 at Mackay Central SDA Church from 6:30-8:30pm.

A brochure and more information is available from the school office. Please note that Mr North went to Pathfinders between the ages of 10 and 15, also Mr North will be one of the leaders in the Pathfinder Club this year. So we want to recommend this outstanding opportunity to our students! See you there for sign-up!
Caught Being Good Award!!!

This award is a classroom achievement, at the end of the week we tally up all the students' individual Caught being good acknowledgements. The Class with the highest amount is presented the Trophy and some Natural lollies for the class to share on Friday assembly.

YR 3 & 4 WON THIS WEEK....CONGRATULATIONS!!!
Ken was mowing our back yard which was in desperate need of cutting when he came inside for help to remove a splinter from his foot. I got tweezers and started to dig around in an attempt to find and dislodge the annoying foreign matter. As I dug, Ken winced in discomfort. Finally, after about a minute I was able to safely remove a tiny pinhead-sized splinter. I wondered about how much discomfort that little tiny prick could cause.

For the past few days I’ve been feeling a pimple on my tongue. Upon inspection in the mirror it was found to be a tiny little, almost unseen, pimple. Yet, I could feel the discomfort of it every time my tongue brushed against my teeth. Again I wondered about the discomfort that a little pimple could cause?

In the Bible Jesus spoke about how a little yeast can cause a whole batch of dough to rise. Later James spoke about how a gigantic ship can be turned by a little rudder and how a little fire is able to set a great pile of wood ablaze. Similarly, the tongue is a small part of the body, but it takes credit for great things. James even called the tongue untameable, an unruly evil, full of deadly poison. James 3:8.

Oh how much damage can be caused by that little part of the body, the tongue? The unthoughtful words spoken, the unkind things said. Conversely, how much good can the tongue do? The kind words said, the encouraging words offered. How many lives are impacted for ill or good by the words we speak.

What words are being spoken to our children? Are you speaking words of encouragement or words that tear down? Do you tell your daughters and sons how much they are special, loved and valuable? Or how stupid you think they are? Remember, to let everything you say be good and helpful, so that your words will be an encouragement to those who hear them. Ephesians 4:29.

We are all sons and daughters of the king of the universe; special and unique. May our words to each other reflect this!

_one of the most used words in the English language is “say.” Why not say something nice to someone today._