This Saturday evening at the school, we all have the opportunity to view a documentary dealing with health — “Forks over Knives.” I recently viewed another health documentary, the last in a long line, titled “Fed Up!” It has provided some motivation to stop drinking soft drinks and even juice. It helped me realise just how much of our supermarket food is laced with sugar.

Now, I grew up on a sugar cane farm and I have the fillings to prove it! So I feel I have a balanced view on sugar related issues. I also have a 104kg physique to back up the fact that while I may think I have a balanced view, it is a largely ignorant perspective. So I am happy to learn more and put into practise healthier lifestyle choices. See you Saturday night!

On this healthy theme, we are developing a plan to have a garden competition. This will involve the two garden beds being partitioned into eight sections, allowing one for each classroom and one for administration (Nathenea does not know about this yet). Prep will use their own garden in their play area. We are just finalising the rules of engagement and I am sure that the various classrooms will welcome the involvement of parents! So stay tuned for further details.
REMINDER NAPLAN NEXT WEEK
For Years 3, 5, 7 & 9
TUESDAY MAY 10 TO THURSDAY MAY 12
If you have any questions regarding this please see the class Teacher.

WANTED....LEGO

Mrs Forbes our Year 1 Teacher would appreciate any donations of Lego that you no longer have the need for.
Thank You!
Dave from Athletics Australia runs training sessions each Friday until our athletics carnival to do specific training with all of our primary students.

The students have really enjoyed having Dave here.
Twenty-five students and staff, plus additional volunteers from the Cairns area, took part in Carlisle Adventist Christian College’s maiden STORMCo trip to Yarrabah, a beautiful indigenous community approximately 35km outside Cairns.

STORMCo stands for Service To Others Really Matters Company

The team ran a Kids’ Club and a community service project. The Kids’ Club included puppet shows, singing, craft, face-painting, clowning, ballooning and sporting activities. While the week started off slowly, each day saw more kids showing up to enjoy the fun.

The Pinnacle of Terror was also a big hit at the Kids’ Club. Many kids faced their fear of height by scaling the rock wall, climbing the wobbly ladder, and jumping off the 25m platform.

Despite unforeseen circumstances impacting the planned community service projects, the team was able to fix up grave stones and weed the ‘heritage’ cemetery, as well as do a beach clean-up.

Highlights of the trip included giving piggy-back rides and playing games with the local kids, as well as enjoying some beautiful swimming holes and a nature excursions around the Cairns area.

The team is grateful to Cairns Adventist College for making their bus and campus available to them to use for the week, where great food, team-building activities and worship times each evening provided great memories.

CACC is definitely looking forward to STORMCO again next year!
What a camp! We enjoyed a beautiful location up on the Eungella tablelands and we could all say that leeches were the dominant force! We hiked into a delightful creek for a swim, and many student had to confront their phobias, especially leeches. The winner of the most intense leech induced scream would have to be Tenille! On Thursday we mounted our assault on Mt Dalrymple, a 1260m monster with many steep ups and downs in the five creeks along the way. Along the way students sorted into 3 ability/fitness levels and the top group of 6 students made it the summit, the second group got to within 35 minutes of the top and the rest, with Mr North, relaxed and swam at the third creek crossing! Each group was challenged to their limit and the mood around the campfire that evening was jovial and content. Well done, students!
ANZAC Day was lovely and cool! It was fantastic to have so much support from our families. We had 60 students, half our school, and 15 staff march! The students looked fantastic and our School Captains did an awesome job placing our school wreath at the cenotaph.

Well done, everyone.
Well, after a thrashing at the Swimming Carnival it was good to see Gold House redeem themselves at the fun run. Gold House Points: 122  Green:  92! We had great participation and we had many primary students who simply would not stop running! It was great to see parents cheering and a few brave and inspiring souls running with their children/relatives, well done! There were several records set:

8 Yrs – Jaimie McPhee 5:50:92  9 Yrs – Cameron Brown 7:22:45

We had nine student represent our school at the Cumberland-sub district trials, with Lexis Tapp qualifying for the next stage.

A big congratulations to all who participated, we are very proud of you all.
At Easter time my dance school, Ruby Rogers School of Dancing, were invited to take part in Dance Excellence which is a festival run every year in California, USA with dance schools invited from all around the world. We come together for a week of workshops and performance boards. I really enjoyed the dance classes; there were 21 different workshops each with a different choreographer including: hip hop, ballet, lyrical, musical theatre, tap; just to name a few. The highlight of the week, of course, is the performance at Disneyland. I loved Disneyland especially meeting Minnie Mouse and the rides are very cool. My favourite ride was California Screamin’, the largest rollercoaster in Disneyland. Mum and I also spent time with my cousins in Chicago, which was awesome. We went to New York for a few days too. It was such a great experience and I learnt a lot from the week of dancing that will go with me well into the future.
Last year Denesha, Angelique, Monique and Vanessa Bobongie were chosen as part of the 2015/2016, U16 and U12 Meteorettes and Commettes basketball teams to represent Mackay in the Top of the North competition and the Classics State Championships. During the Easter holidays the U16 Girl’s State Championships were held in Townsville and the U12 Girl’s State Championships were held in Brisbane.

At the completion of the U16 Championships Denesha was named in the Nth Qld State Team to represent Queensland at the U16 Australian Junior Basketball Championships to be held in Kilsyth, Victoria in July.
Screening – 7:00 pm
Saturday the 7th of May @ Carlisle Adventist Christian College!
Free Admission!!
SISTERHOOD STARTS NEXT WEEK 9TH MAY 3:15PM - 4:00PM


MAY 6, JUNE 10
HIGH SCHOOL EVENT
5 - 7:30PM
CARLISLE ADVENTIST CHRISTIAN SCHOOL OVAL
17 HOLTS ROAD, BEACONSFIELD
You're Invited
May 21 & 22, 2016

Carlisle's 65th Anniversary Celebration

Saturday, May 21
9:00am - 12:15 pm - Carlisle Celebration Program

12:30pm - Combined Lunch
(Please bring a plate to share)

6:00pm - Dinner
Open Class Rooms
Sports
Movie

Sunday, May 22
10am - 2pm - Family Fun Day

Sabbath Program | Saturday Night Social | Sunday Fun Day

Celebrating 65 years in Mackay & 10 years at our current location

Carlisle Adventist Christian College
Family Fun Day
Sunday 22nd of May
10am - 2pm

Food
Free Rides
Stalls
Petting Zoo
Skate Mob
School Tours
Balloon Animals
Face Painting
Vintage Cars

Carlisle Adventist Christian College
Nurture for Today • Learning for Tomorrow • Character for Eternity
17 Holts Road, Beaconsfield
Call 07 4942 7455 for more information
Mufti-day fundraising for FIJI will be on Friday May 13.

Dress in an Island Theme.

Please make sure you have enclosed shoes (NOT thongs!)

As it is Friday, please also ensure what you wear is suitable for sport (or bring something to change into for sport)

Don't forget your gold-coin donation to support those affected by the cyclone in Fiji.
Caught Being Good Award!!!

This award is a classroom achievement which is determined by tallying up all of the students’ individual Caught Being Good cards. The class with the highest amount is presented the trophy on Friday assembly, along with some Natural brand lollies for the class to share.

Grade 2 - 18.4.16

Grade 3 & 4 - 3.5.16
Recently on our high school camp up to Eungella, we walked through “leechville” on one of our treks through the bush. It was rather entertaining to watch the students, in near panic, kick and stomp their legs in vain efforts to dislodge the leeches that were feasting on their blood. I wasn’t a fan of the vermin, but I had to suppress my disgust and tried to manfully scrape them off my legs before they had an opportunity to latch themselves on too firmly. The leeches made rather unpleasant companions on the trek.

On the return journey, one of the students adopted a pet leech and allowed it to dwell on her hand. She dubbed him “Fredrick.” At first, Fredrick was probably only about 1/2cm in diameter but as he feasted, we could see him visibly getting bigger. The student allowed Fredrick to stay on her hand for a few hours and during that time Fredrick must have thought that he was in leech heaven. He was having a jolly old time getting his fill of blood, feeling contented and greatly fortunate to have happened upon such a treat. Little did Fredrick know that his time was fast coming to an end as another student was planning to squish him with her fist.

If Fredrick had known what was coming, would he have tried to make his escape while he had a chance? I doubt he would’ve been able to make it, though, given that he had grown to about 2cms in diameter and was looking like an obese leech at that stage.

Unfortunately, after getting as full as he could, Fredrick came to an ill-fated end as he was obliterated by a student’s fist. He was blissfully unaware and it cost him his life.

The Bible tells us in 1 Peter 5:8 - that we should be alert and on our guard because our adversary the devil is there like a prowling lion looking for someone to devour. He lures us into a false sense of security, just like with Fredrick, and when we least expect it, he pounces. He lures us into the busyness trap and then he destroys our family, our connection with God, and our very selves by keeping us so busy that we have no time to really live in the moment.

We get so caught up with the trivial stuff in our lives, we become bombarded with the many and various things that need doing that we completely miss the important aspects. We even miss out on actually living life to the full, we miss embracing the relationships that are important to us.

In Ephesians 6, we read about the full armour of God that we can put on to protect us against the attacks of the devil and so that we can stand against his schemes to destroy us. Let us not be oblivious, going about our business, but let us stop and take stock of what is going on around us in our homes and lives and make a conscious effort to make the adjustment to embrace our family and friends, to live life to the full.

Life is short—and you only get one to live—so make the most of it while you can, remembering that Jesus gives us purpose and meaning when things seems to get all muddled up.
Carlisle Way Awards

William
Alina
Shayna
Jarrod

Jaimie
Sarah
Jorja

Class Room Awards