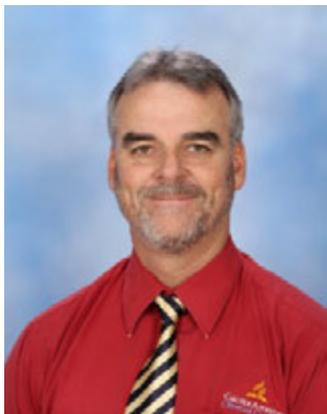




Carlisle Adventist Christian College *Newsletter*

Friday, 25th May, 2018
Edition 8

From the Principal...



Dear Carlisle Families,

As I reflected on the huge day of FUN that was had this last Sunday, I immediately felt a huge sense of thankfulness for the awesome school community we have. I am so very thankful to the volunteers who worked tirelessly and happily in all aspects of the day, from planning, cooking, setup, running activities, donating items for sale, organising BOTTLES, and finally with the pack up and clean up!

As there were more families than ever before who got to benefit from the fun to be had, I guess we can all say it was the most successful Fun Day we have held.

So, thank you to all those involved, may you gain a blessing from your contributions to this awesome event!

And the BOTTLE winners:

Year 4 collected the most bottles for the stall, by far!

Year 6 collected the most bottles per student!

Both classes will received the reward, a mufti day and party! Well done!

Mr Andrew North

SECOND-HAND UNIFORMS

If you have any smaller size second-hand uniforms at home that you would like to donate to the office, please bring them in.

SICKNESS

Now that sickness is on the rise with the weather changes, it is school policy to notify the office if your child is away (including appointments). The preference is by email, otherwise a phone call is fine. Your co-operation with this is appreciated.

TERM 2 DATES

June

- 2 - Central Church Program
- 11 - P & F Meeting
- 11-13 - Year 11 Exams
- 14-15 - Year 7-10 Exams
- 20 - Athletics Carnival
- 21 - Show Day
- 22 - MESH
- 25 - Reports Sent Home
- 26 - Report Night
- 27 - Term 2 Last Day

CARLISLE'S WAY AWARDS...



Hope Furlong
14/5/18



Dana Tapp
14/5/18



Brittney Wellby
14/5/18



Willis Tikomaimaleya
14/5/18



Hunter Lennox
21/5/18



Jessica Jurello
21/5/18



Bailey Bowman
21/5/18



Well done to Sarleen McKenzie for winning the Bunnings Colouring Competition!



Christian Greetings,

I attended a Wellbeing Symposium in NSW with three of my colleagues earlier this week. Wellbeing is related to quality of life. Adventist educators and other professionals (counsellors, chaplains, academics, etc.) came from

across Australia to discuss and learn about the range of programs available to help schools better cater for student and staff wellbeing, as it is of great concern and priority for both governments, parents and school administrators. 1 in 4 teens experience serious mental health issues, with 56% of secondary students reporting that they are anxious due to family conflict/breakdown, bullying, expectations of their peers, etc. As the school chaplain I am often dealing with students who are experiencing some sort of sadness due to at least one of these issues.

The encouraging news is that there are a lot of support agencies and resources available to schools, students and parents. I would like to share some of these resources that you and your children can access to find help, and/or perhaps support a loved one or friend in need.

- The beyondblue.com website has a range of very good resources to offer support and help with a range of mental health issues. Ph. 1300224636
- youthbeyondblue.com.au has some very exciting resources for teenagers (videos, an app, etc.) to help on a range of issues like supporting their friends, etc.
- kidsmatter.com for resources on helping younger children.
- Google the Queensland Health department resource for talking to younger children about mental health.
- <https://headtohealth.gov.au/> is a government website that has digital mental health resources.

- **Headspace:** A free and confidential telephone and online service for young people aged 12-25. Qualified youth mental health professionals provide support to young people worried about their mental health or experiencing issues such as depression, bullying and isolation. Support is also available to concerned parents or carers. Ph: 1800 650 890; 9 am – 1 am (AEST), 7 days a week
- **Family Relationship Advice Line:** Provides information on family relationship issues and advice on parenting arrangements after separation. It is for anyone -including step-parents, young people and friends - affected by family relationship or separation issues. Referrals to local services are also offered. Ph: 1800 050 321; Mon-Fri: 8 am - 8 pm, Sat: 10 am - 4 pm (excluding national public holidays).
- **Alcohol and Drug Information Service:** A confidential and anonymous counselling and information service for individuals, parents and concerned others. 24/ 7 call 1800 177 833
- **Parentline -** Provides confidential telephone counselling to support and nurture positive, caring relationships between parents, children, teenagers and significant other people who are important to the wellbeing of families. Ph: 1300 30 1300, 8 am - 10 pm, 7 days a week

The above list is not exhaustive, but it gives you access to just some of the resources to support you and your child/ren's wellbeing. Please take the time to speak to your child/ren about their mental health and the make the time to use one of the above resources.

In His Service,

Craig Young

Chaplain

Fun Day



SNEAK PEAK FROM OUR WEEK

Prep Excursion to Jarravale Farm



Year 4 Pinball Machines

