

THE ADVOCATE

THE OFFICIAL NEWSLETTER OF ARNDELL ANGLICAN COLLEGE



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Arndell
 Anglican College

FROM THE HEAD OF JUNIOR SCHOOL

REV KEITH PETERSON



Probably the most significant fact of the 2022 school year at Arndell Anglican College has been that the College has not had to endure a COVID-19 lockdown.

And doesn't this 'most significant FACT' just indicate in itself the total difference in perspective that the COVID-19 experience has brought over the past three years? That such a matter-of-fact, FACT, which would certainly not have been in any other time, placed even on the very distant edge of any conversation, has now actually become, in so many ways, the heart of the conversation itself?

For it has surely been to the incalculable advantage to our children's learning and well-being that their school has actually been open across this year? How great has this been! For, to a point of huge significance, the confident expectation and experience of each student's daily presence across 2022, has allowed all students to return to the renewed opportunity; to learn equably; to have face to face access to all aspects of social learning and social affirmation and development; to re-access the opportunities of the worlds beyond, through camps and excursions and eisteddfods; and to become fully present as contributors together within their own community of Junior School; a community once again fully living, breathing, growing, including, hoping and believing, around them each day.

Learning through Christ



From the Head of Junior School, Cont.

It is then, 'Open School', which, over this year, has provided the key, positive, scenario; the fact of primary significance.

But, what educators are also now becoming increasingly concerned to keep in focus, is the potential impact of the COVID-19 years for all those students who experienced it. There is talk of, 'understanding and defining the two year gap'; talk of needing to actively research any emerging developmental and learning impact on children of the COVID-19 period; talk of the possibility of a two-year long 'missing bridge' for some children, that still best needs to be defined and understood so that all children might be fully enabled to flourish from this point.

This educational/social research and reflection is going to be very interesting to follow through on and it is certainly the commitment of Junior School to do just that.

Meanwhile, and in grateful affirmation and appreciation, of the tremendous support that parents provided for their children across the COVID-19 period, it's perhaps even more pertinent now to affirm that the very best way to continue to support each child's learning is, according, to the ever significantly accessible research from the University of Melbourne, to read aloud to them at home.

Why? / Because

- Reading to children at age 4-5 every day has a significant impact on their cognitive skills i.e., language and literacy and numeracy, later in life.
- Reading to children 3-5 days each week (compared to 2 or less) advances a child's reading age by six months at age 4-5.
- Reading to a child 6-7 days per week advances a child's developmental growth to 12 months.
- Reading storybooks increases provision for empathetic reflection and understanding, contributing formatively to inclusive social development.
- Reading to children stimulates them to read books for themselves and so develop the range and the depth of their learning capacity accordingly.

Roald Dahl once commented, "I have a passion for teaching kids to become readers, to become comfortable with a book...And learning to be a reader gives a terrific edge."

I'd suggest that these are great words for us to choose to take opportunity to re-assess right now; and, if at all possible, for us to look to maintain or to re-affect their insight, passion and advice, so that this still emerging post-COVID-19 world, might indeed be pro-actively shaped to become, that very best learning and growing place for the flourishing of all our children.

God bless!



CHAPLAINCY CHAT

REV JEREMY CLARK



Hope

Isaiah 40:31a (NIV)

...those who hope in the Lord will renew their strength

During the term break I took time to enjoy some sport, highlighted with a mighty win for the Panthers in the NRL. I watched with dismay as the week before as the Swans struggled to play the same game as Geelong in the AFL. I followed the race in Bathurst marvelling at their ability to cope with the wet conditions. I also know there were some very significant basketball games happening. It was a break filled with sport.

At the same time, I decided I wanted to improve my relationship with God. Now, this may be an unusual thing for most, but my way to grow this relationship is to read his word, the Bible. I chose to read an Old Testament book called Isaiah. Isaiah reflects on the situation of God's people, facing terrible enemies who are making things far worse. Fortunately, I came away greatly refreshed. Refreshed at hearing God's plans and purposes for his people. Isaiah provides a future hope that is far more glorious than anything we experience here on earth. A wonderful future for those who hope in the Lord, where there is a just and gracious king, ruling perfectly and bringing peace to our world. I felt so comforted and hopeful.

Recently, I heard the quote, 'today, people under 25 don't hope for a better future but for a future that is no worse than the present.' I felt sad hearing this view. There are so many things in life that cause hurt and pain, I hope we can actually do better. Surely, we want to improve things, or at least this is the way I think. I am thankful for the good things in our society, many of which are improvements on the past.

So, my hope this term at Arndell is that we might be able to share God's vision for a better future. We will explore God's vision through Chapels in both the Secondary and Junior Schools. A future full of hope, peace and justice. This is what Isaiah provides to God's people. I pray he will provide it to all of us as well.

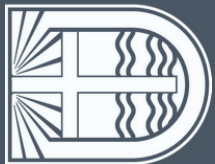
If you wish to chat about the Christian faith, ask general questions about chaplaincy or have any needs for prayer, please to contact the Chaplaincy Team at the College.

2024 Enrolmentsand beyond

Enrolment applications are accepted in advance for all year groups.

Families wishing to secure a place for Prep, Kindergarten and Year 7, 2024 are encouraged to submit their applications now, to secure their child's place on the waitlist, as we have received significant interest already.

<https://enrol.arndell.nsw.edu.au/student/enrolment>



FROM THE COUNSELLING TEAM

MS ANNA PONNUDURAI,

HEAD OF COUNSELLING, REGISTERED PSYCHOLOGIST

Welcome to the counselling team at Arndell. Here at Arndell, we recognise the importance of mental health and the impact it has on one's learning. We look at the holistic picture of what is going on in each student's individual world.

We recognise that mental health encompasses the physical, mental, spiritual, home life, relationships, and education. By teaching your child how to develop healthy habits in each of these areas, we equip them to reach their potential not just within Arndell but in their broader worlds. The counselling team here at Arndell supports your child to equip themselves with the tools needed to grow into the plans and purpose God intended for them.

Research shows that when trying to manage a busy life with study, family, work and social lives we can tend to swing from one thing to another in terms of priority. However diet, exercise, sleep and self-care are so deeply intertwined it is difficult to state which is the most important. So a few tips to start off your self-care/wellbeing journey. While these tips sound easy to do, the trick is consistency. Doing the following once a week or now and then can help you 'feel good', however it will be consistency over a number of years that will result in meaningful change and long lasting benefits;

- Move your body – 15-30 minutes a day will be beneficial. While any movement during the daytime is good, it's even better to get regular, moderate exercise a few days a week. Try to avoid working out too close to bedtime, giving your body a few hours after working out to wind down before bed.
- Drink water – water is key to maintain energy levels, aid digestion, absorb nutrients, and more! It is very common to mistake thirst for hunger at times, so before grabbing for the sugar fix try a glass of water first.
- Eat well – no it doesn't have to be salads 24/7, start with regular consistent snacks or meals throughout the day. Maintaining your blood glucose levels with eating small amounts regularly can help increase attention and energy levels.
- Sleep – how long you slept does not include the time lying in bed awake. Quality sleep requires a few things; comfortable room temperature, no devices in bed or approximately 1 hour before bed. A few tips to increase sleep hygiene, set a routine prior to getting into bed which allows our brains to 'wind down' in preparation for sleep.

If you have any questions or would like to chat to a School Counsellor, please feel free to reach us at counsellors@arndell.nsw.edu.au

Best wishes.



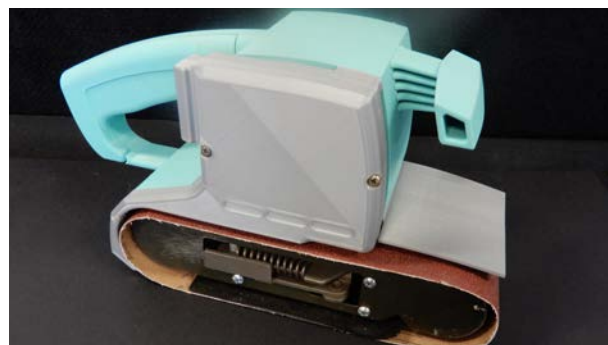
HSC INDUSTRIAL TECHNOLOGY STUDENTS NOMINATED

MRS JENNIFER DALY

We have received notification that Lachlan's and Braydon's respective Industrial Technology-Graphics Major Projects have been nominated for display consideration in the annual HSC showcase of outstanding projects.

Both boys have not only been nominated for display with the Institute of Industrial Arts Technology Educators (which is the specific Industrial Technology projects showcase), but have also received a nomination for 'SHAPE' which only selects exemplary student works from all three TAS Major Project subject areas: Design and Technology, Industrial Technology and Textiles and Design and displays this in a three month temporary exhibition at the Powerhouse Museum. The boys await more information on final selections for these events at the end of the year.

We are VERY proud teacher of Lachlan, Braydon and each of our students.



FOOD TECH CHRISTMAS CAKE DECORATION

MRS ROSHINI DAVID PAUL

Year 10 and Year 11 Food Tech students participated in a Christmas Cake decoration incursion run by Joanne Farrugia. The students had a lot of fun and were very proud of their creations!



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YEAR 10 CAMP

MRS LEIGH BAKER WITH SIENNA & COOPER, YEAR 10

As part of the experience for Year 10 students during their camp at the end of Term 3 they visited an organisation called Kids Giving Back in Bondi. This activity is included as part of the camp program to give students the opportunity to see and feel first-hand the importance and value of community service. The following is a reflection on the activity from Sienna and Cooper:

"The Kids Giving Back organisation is a 10-year running charity program that brings children and their families to give back to those in need in the community. From food to support, resources to awareness Kids Giving Back is all about sharing and offering up. In 2020 there were over 30,000 meals given back to those vulnerable and over 10,000 participants who made that happen. The impact this program has is priceless. Children and teens being able to show compassion and selflessness from giving their own time and love to those who need it, while experiencing their own sense of purpose and fulfilment, knowing the biggest impact will be on those who receive. Enjoyable and nutritious meals are made fresh every day to be packaged, delivered and handed out to people who may not have food of their own. From homeless shelters to disaster relief aid Kids Giving Back is making big differences with the help of little people!

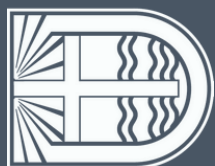
As part of our Year 10 Urban Challenge camp both the boys team and the girls team participated in a cooking and awareness session, where we were introduced to the program and its story, hand cooked a variety of meals and created messages to be delivered with the meals. We learned that there are 19,500 children under 15 in Australia that are currently homeless and only half of these children access support services. Each session prepared almost 200 meals of Italian soup, fruit kebabs and rice paper rolls, each meal included a hand-written message from each of us. After the cooking session it was a unanimous vote that the activity was so worthwhile and such a rewarding experience, some even shared their wishes to return.

Both groups finished on an emotional note with a story from our instructor. One of the ideas of Kids Giving Back is to offer jobs and opportunities for some of the people who are in their care region. Our leader shared her heartbreaking story openly enough for us all to ask any question respectfully. Having an openly shared talk with the privilege to ask such questions to someone who has experienced such a different world to us really opened our eyes and hearts to being grateful for what we have and having empathy and compassion for those not so fortunate. Overall Kids Giving Back was one of the best experiences we could have participated in on camp and its going to be just as enriching for the year groups who attend in the future!"



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EQUESTRIAN

MS IMOGEN THEW

During the school holidays, Arndell had a team of six riders; Claudia, Abby, Ruby, Paige, Aurora, and William represent NSW at the 2022 Marcus Oldham National Interschools at Sydney International Equestrian Centre. All riders rode extremely well and had a great time with their team.

Claudia was 4th Overall in the Secondary Show Hunter on her horse Corndale Kiss and Tell and also scored in Champion Team that was awarded to NSW.

Ruby placed 6th overall in the 1 Star combined training on her horse Blazing Django.

Aurora rode her pony Theodore Maple BSP to 3rd Overall in the Secondary Intermediate Dressage.

Well done to our team of riders, we are so proud of your hard efforts and outstanding results.



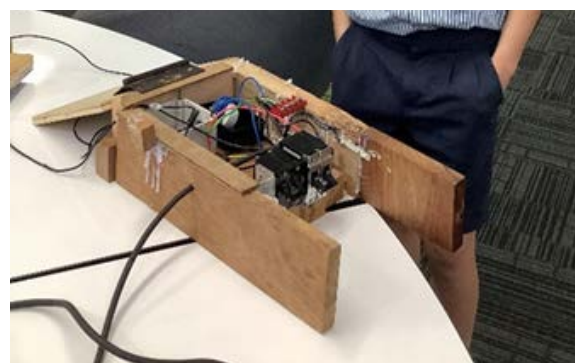
JACKSON'S DEFIBRILLATOR

MRS NATASHA HURST

In the holidays Jackson went to his grandparents' house and made an extraordinary thing! After watching The Backyard Scientist dismantle a defibrillator and build one from scratch, Jackson had the inspiration to challenge himself and build his own defibrillator!

Jackson said the task was very enjoyable, however burning his finger with the soldering iron a few times was seriously NOT enjoyable. Jackson shared his creation with 4 Red with a detailed explanation of how it worked, how it is powered and what it does. 4 Red, Mrs Hurst and Ms Bickford were super impressed with Jackson's defibrillator and explanation and can't wait to see what he brings in next!

Jackson is extremely interested in coding, robotics, chemistry and electronics. I think we have the next Nile Red (Jackson's favourite scientist!)



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WHEEL CHAIR BASKETBALL

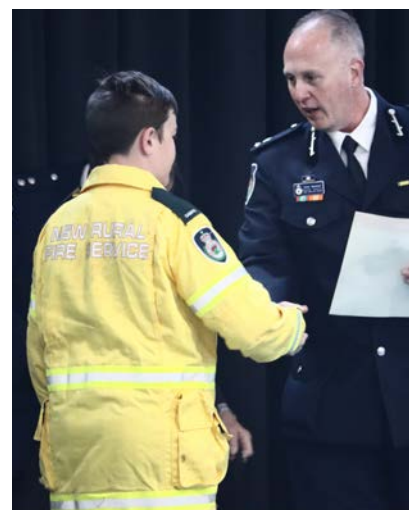
MR PETER GORDON

In the First week of Term 4, our PASS students had the opportunity to experience wheelchair basketball. They had an incredible time transferring skills of basketball into the new context of being in a wheelchair. Many of the instructors that come told of their experiences living in a wheel chair and the resilience they show is admirable. Often they have been affected due to road accidents so it also serves as another reminder of the importance of good road safety and attitudes.



RFS CADET GRADUATION

Congratulations to our RFS Cadets, whose achievements were recognised at our Rural Fire Services Assembly held on 14 October 2022.



YEAR 12 CAMP

Subsequent to their graduation, Year 12 attended a study camp in the last week of Term 3, in preparation of their HSC exams.



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AROUND THE GROUNDS

MRS EMILY CATT

Inspirational Classrooms – Laffin

During the Term Break, the Laffin block which is predominantly used for History and Biblical Studies classes underwent a colourful transformation. Wall Art has been installed in each of the five classrooms designed to inspire the students. Each of the three History classrooms focuses on a stage of history; ancient, medieval and modern history. The Biblical Studies classrooms display the timeline of the Bible and reflect God's glory and majesty. We hope our students enjoy learning in the Laffin block with these new murals.

External Shade Upgrade for Pre-Kindergarten

After many years of wear and tear, the Prep Playground has been rejuvenated with some colourful shade sails, all sun safe rated to protect our Prep students. With freshly painted poles and post pads, we hope that our students enjoy the bright colours while they explore the outdoors.

Craning in a Classroom – Agriculture

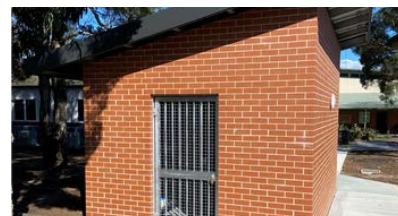
The Arndell Farm has been a hive of activity recently with the addition of a new demountable classroom. The building was installed in September and the final touches were completed in the Term break ready for Term 4. The classroom has a verandah overlooking the cattle yards and vegetable gardens and is all decked out to facilitate the needs of an aspiring agriculture student.

Art Precinct - Complete with a Kiln

Term 3 saw lots of building works within the Art Precinct at the rear of the College with the construction of a new kiln building designed to re-home the College's existing kiln. Nestled behind the demountable buildings, the kiln enclosure provides ample space for drying the students clay works prior to firing them as well as storing art equipment and materials.

Safe with Snakes

Being located in the Hawkesbury in a rural area, we seek to keep our students safe from local wildlife including the slithering variety. During the holiday break, Arndell hosted a Snake Catching and Relocation Training Course for TASC School Employees. The course was extremely engaging and hands on providing lots of practical opportunities and catching scenarios for the attendees. Arndell now has a designated staff member who is trained and licenced to catch snakes that are found on College Grounds.



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studyskillshandbook.com.au Make Great Study Notes

With exam time approaching it is time to seriously think about making study notes – especially if you haven't been doing them regularly throughout the year. Find out what topics will be tested, make a quick mind map of each topic so you can see an overview of what you need to learn, then start making point form notes about what you need to learn and remember for the exam. You want to make your study notes as soon as possible so you have ample time to learn them and to do lots of practise questions.

Top 5 Tips to Improve Your Notes:

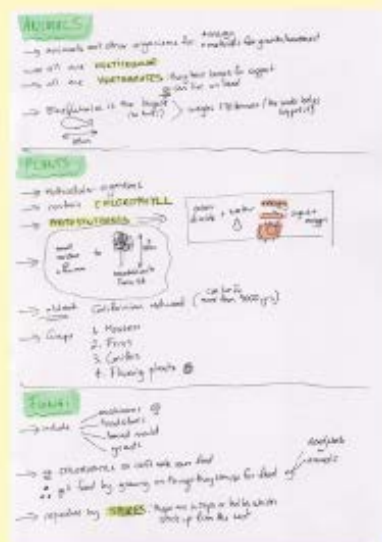
1. POINTS: Avoid long sentences and condense content into key points.

2. TABLES: Use tables wherever you can to create structure and make the content easier to learn.

3. KEY WORDS: Pull out key words and capitalise them (as shown in this list).

4. HIGHLIGHT: Make sure the main content stands out (but don't go crazy with colour).

5. FEEDBACK: Show your notes to teachers, parents and friends so they can suggest ways to improve them.



www.studyskillshandbook.com.au



**Enhanced Learning
Educational Services**
"the study skills specialist"

username: arndell

Tips by Dr Prue Salter

password: 139results



TAP on & TAP off

Every time you travel by bus
It helps us plan bus services



STUDENT OPAL CARDS

If your child travels to school by HillsBus or Busways bus, please ensure your child has a valid Opal card (either a School or Child/Youth Opal card).

Encourage your child to tap on when they board and tap off when they arrive at their stop.

The Opal card data gathered by tapping on and off is used to determine demand for bus services.

During Term 4, they are focusing on increasing the compliance with tapping on and off with school Opal cards.

This is a requirement of bus travel that your child has a valid Student Opal card, and that they tap on and off each time they use the school bus or route bus service. This is outlined in the TfNSW Code of Conduct as follows:

"It is a condition of the School Pass Terms and the Student Codes of Conduct when travelling that students in possession of the School Opal card must tap on and tap off every time when using public transport to travel to and from school. Per section 3.2 of the Opal Privacy Policy, Transport for NSW collects information from taps on and tap offs to support coordination, planning and policy development for transport, transport services and transport infrastructure."

It's been noted that students from our school using the bus service have not been tapping on or off. In Term 4, there will be a strong focus on getting students back into good habits of tapping on and tapping off with their student Opal card.

We're requesting your help to restore the tap on and off numbers to match the travelling numbers to benefit the students, parents, school, and bus operator.

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Student Term Dates 2022 - 2023

Term 4 2022 (9 weeks)	
Tuesday 11 October	Term 4 Students Commence
Wednesday 7 December	Term 4 Concludes – Junior School
Thursday 8 December	Term 4 Concludes – Secondary School

Term 1 2023 (10 weeks)	
Thursday 19 and Friday 20 January	Kindergarten Transition Assessment Interviews
Monday 23 to Wednesday 25 January	Staff Professional Development Days
Thursday 26 January	Australia Day Public Holiday
Friday 27 January	Year 7 Orientation & Secondary Leaders
Monday 30 January	Pre-Kinder – ½ day (morning) Year 7, Year 11 and Year 12 Students Commence
Tuesday 31 January	Pre- Kinder ½ day (morning) Year 1-6 and 8-10 Commence
Wednesday 1 February	No Pre-Kinder Kindergarten Students Commence
Thursday 2 February	Pre-Kinder ½ day (morning)
Friday 3 February	Pre-Kinder ½ day (morning)
Monday 6 February	Regular Pre-Kinder timetable begins
Thursday 6 April	Term 1 Concludes
Friday 7 April to Monday 10 April	Easter

Term 2 2023 (9 weeks)	
Monday 24 April	Staff Professional Development Day
Tuesday 25 April	Anzac Day Public Holiday
Wednesday 26 April	Term 2 Commences
Monday 12 June	Queen's Birthday Public Holiday
Friday 23 June	Term 2 Concludes

Term 3 2023 (10 weeks)	
Monday 17 July	Staff Professional Development Day
Tuesday 18 July	Term 3 Students Commence
Friday 22 September	Term 3 Concludes

Term 4 2023 (9 weeks)	
Monday 9 October	Staff Professional Development Day
Tuesday 10 October	Term 4 Students Commence
Wednesday 6 December	Term 4 Concludes – Junior School
Thursday 7 December	Term 4 Concludes – Secondary School
Friday 8 December	Staff Professional Development Day





COLLEGE CONTACTS

Headmaster:	Dr Gareth Leechman
Deputy Headmaster:	Mr Austin Robinson
Head of Senior School 10-12:	Mr David Hall
Head of Middle School 7-9:	Mrs Michelle Wilson
Head of Junior School P-6:	Rev. Keith Peterson
Assistant Head of Junior School: Curriculum:	Mrs Tamasin Lowe
Assistant Head Junior School: Pastoral Care & Organisation:	Mrs Larne Jacobs
Director of Curriculum 7-12:	Mrs Katrina New
Director of Professional Learning:	Mr Ian Finn
Director of Strategy and Planning:	Mrs Karen Merrick
Chaplain P-12:	Rev. Jeremy Clark
Director of Wellbeing & Community Service:	Mr Stuart Ryan
Director of Business Services:	Mrs Jodie Woods
Enrolments Manager:	Mrs Penny Finlay
Careers and Tertiary Education Advisor:	Mr George Cavanna
Equestrian Co-ordinator:	equestrian@arndell.nsw.edu.au
Uniform Shop:	Mrs Elizabeth Moore – 4572 3254 Shop Opening Hours – Term Time Monday – 2.30 pm to 4.00 pm Tuesday – 8.15 am to 4.00 pm Thursday – 8.15 am to 6.00 pm
Before and After School Care:	Camp Australia - 1300 105 343 www.campaustalia.com.au Before School Care: 6:45 am – 8:45 am After School Care: 2:45 pm – 6:00 pm Coordinator – 0401 904 531
Canteen:	Monday – Friday – 4545 2486
Website:	www.arndell.nsw.edu.au
Advocate Newsletter:	penny.finlay@arndell.nsw.edu.au
Sport Scene Newsletter:	sport@arndell.nsw.edu.au

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