The Arndell Advocate
Monday 4 March 2013

The Newsletter of Arndell Anglican College

From the Headmaster: Gareth Leechman

Enrolments for Year 7 2014 have now opened and I have commenced interviewing prospective students. Parents, of siblings, who are intending to have their child enrolled in the college for Year 7 2014 would be well advised to arrange an appointment to see me as soon as possible. It is our policy that we accept enrollments in the order that they apply and I would not want to be in a position in which I have to place a current family on a waiting list. Over the coming weeks I will keep the college community informed as to how many vacancies we possess and whether we will be opening a fifth class for 2014. All enrollment enquiries can be forwarded onto my PA Mrs Barbra Whelan on 4545 2472.

At our most recent meeting of the P&F questions were asked on several matters relating to the operations of the college. Two which are highly pertinent at the moment relate to the car parking and the college canteen. Let me deal with each of these in turn.

The college car park is very congested between 3pm and 3.20pm and with this congestion comes a number of safety issues. To assist us in managing this congestion I have asked Mr Peterson (Head of Junior School) and Mr Webb (Head of Senior School) to make a series of recommendations as to how we best manage this part of the day. I am aware that they have now contacted the RTA who will be sending out representatives to the college to assist us in creating a traffic flow management system. As soon as their proposals have been made and agreed to we will be releasing this to the college community. In the meantime could we please remember the following:

1. Be aware of the busyness of the car park and drive accordingly
2. Park only in designated car spots – do NOT park in areas which will prevent the buses coming in, or will block traffic flow
3. Remember that supervision is available to ALL of our students up until 3.30pm, so why not pick your child up then, when there is plenty of space in the car park!

In relation to the canteen, I have just asked our lovely canteen ladies to look into creating more healthy options for our canteen and they will get back to me shortly with what they plan to do. Since the college has taken responsibility for the canteen some eighteen months ago, the operations of our canteen, has gone from strength to strength and the canteen team is always willing to look at ways in which they can improve the service that they offer. The canteen will also have online ordering capacity in the near future and as soon as this is available on our website we will let the college community know.

Also, as many of you are now aware, the college website has been updated and as part of this update we have added a Facebook capacity to it. This part of the website will be regularly updated by various members of the college community and it will become one way we will try to keep the college community aware of what is happening in the life of this college. So please check it out and maybe if you ‘like’ it you can keep in regular touch with the college community.
I would like to congratulate Tom Zahn for being selected in the CIS Golf squad and our two debating teams for their recent performance in the HICES Debating competition. It is wonderful to see so many of our students taking the opportunities which are being presented to them.

From the Head of the Junior School: Rev. Keith Peterson

We are very much aware as the Junior School at Arndell Anglican College that the very best results – the very best circumstances towards best learning progress – can be best achieved by our children through the School’s prioritising and actively supporting an effective partnership with our families.

The Junior School’s offering to its parents the opportunity to attend the ‘1-2-3 Magic’ Parenting Course in March is all about putting this partnership into action. ‘1-2-3 Magic’ has come to us very highly recommended as a parent program. And just as we are an inclusive school in every sense so this is also a course, in every sense, set up to be to the benefit of all parents. That’s because it offers simple behaviour insights that are manageable, achievable and just make great practical sense – for all parents and children.

‘1-2-3 Magic’ is about partnership in that best - ‘hey here’s something this really works for everyone’ - sense.
I do enthusiastically commend it, and the School Counsellor’s, Mrs Julie Nixon’s description below - to your kind attention.

College Counsellor: Mrs Julie Nixon

1, 2, 3 Magic: at the Junior School

It is often said that there is no manual for raising children. We begin the parenting role starry eyed and in love with this little person who has been entrusted into our hands. We make vows like “I will never ever do what my parents did” but soon catch ourselves repeating the patterns we have learnt in our own childhood, to discipline our children.

The 1, 2, 3 Magic course is a humorous look at parenting, encompassing a serious look at discipline.

In 1-2-3 Magic & Emotion Coaching you will learn:

The two approaches to parenting.
- How to control obnoxious behaviour.
- How to discipline without arguing, yelling or smacking.
- How to show empathy while developing emotional intelligence in your child.
- How to handle the 6 kinds of testing and manipulation.
- 7 tactics for encouraging good behaviour.
- How to strengthen the relationship with your child.

What people are saying about 1-2-3 Magic & Emotion Coaching:-

An end to the yelling and arguing!
- It saved our lives.
- Simple, sane, effective
- What a relief to come across a program that preserves the dignity of the child, maintains the self-control of both the parent and the child and is actually easy to remember at those times when memory is the first thing to go.
- I realised quickly that 1-2-3 Magic can be a magnificent preventative measure that any parent can use to avoid raising a child, who later on down the line needs excessive discipline or grows out of control.
We have a wonderful opportunity coming up to avail ourselves of this most excellent course. Coming to it is not an admission that your children are out of control and you are desperate. It will simply affirm that you want the best skills available to do this very hard task called parenting. The course is most suited for the parents of children from 2 years of age to Upper Primary.

Check out the website [http://www.123magic.com](http://www.123magic.com) or Google for many testimonials. 1, 2, 3 Magic is regularly run at our sister school William Clark College by our presenter Gillian Evans. Gillian completed Parentshop’s 1-2-3 Magic® & Emotion Coaching practitioner training in October, 2010 Gill has worked in the Department of Psychological Medicine (Intake Officer for Outpatients) at The Children’s Hospital at Westmead since 2006, and is an Accredited Counsellor. (PACFA Reg)

**Dates:** Tuesday nights 12, 19, 26 March.  
**Time:** 7pm -9:30pm  
**Where:** The Junior School Library  
**Cost:** $60 single $70 a couple  

**RSVP essential:** julie.nixon@arndell.nsw.edu.au or 45452661

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### NSW Government Transport – School Student Transport Scheme

1. **Private Vehicle Conveyance (PVC) Subsidy** is available for eligible school students, who are residents of NSW, where there is no public transport available for all or part of the journey. The PVC Subsidy is paid on a daily basis for the single distance journey between home and the transport pick up point/school. The PVC Subsidy may also be available on medical or safety grounds. Application Forms are available from Student Services.

2. **NSW Senior Secondary Student Concession Cards for 16, 17 and 18 years.** These cards permit students to travel at the discounted rate of fare on all CityRail trains, State Transit and privately operated buses and government ferries for journeys to and from sport, evening, weekend and vacation travel. Concession cards will also be available for interstate rail journeys on Countrylink services as indicated on the back of the card. Concession Cards are available from Student Services.
Infants Water Fun Day: Mrs Rosemary Cornick

Last Friday Stage 1 held their Water Fun Day. All the students from Prep to Year 2 participated in a variety of water activities. The activities included a water relay, throwing sponges filled with water at a target and throwing water bombs to each other. By far the most popular activity was the water tunnel. The day was thoroughly enjoyed by both parents and students.
Last week in Prep we had a visit from the Year 11 Science Class. We helped them out with their scientific experiments. They are studying ecosystems and sampling techniques. They were using the capture and release and recapture technique.

We pretended to be animals and we ran around the playground with the Year 11 Scientists trying to catch us. When they did they gave us a sticker and a chocolate frog. We had lots of fun running around and playing. Who would have thought science could be so much fun!
From the scientists.....

Year 11 Senior Science had fun capturing, tagging and recapturing these delightful ‘creatures’ in Prep in order to model the process of population estimation. Some of the critters were keen to be caught but a few were so hard to catch making them very successful in terms of natural selection!

Upon return to our lab, Year 11 analysed the data from the sampling. Our method was pretty successful! The calculations produced a population estimate of 15 critters – and that is exactly the ‘population’ of Prep!!!
Duke of Edinburgh’s Award: Miss Debra Anderson Coordinator

Arndell Anglican College has been administering the Duke of Edinburgh’s Award for many years. It is a great opportunity for young people aged 14 years and above to challenge themselves in a variety of ways. This includes volunteering in the local community, learning a new skill and participating regularly in sport. There is also the adventurous journey component where students journey into an unfamiliar environment by bushwalking, canoeing or cycling and stay overnight.

On the 14th and 15th March, 2013 the Year 10 Bronze students will have their test expedition. I would like to appeal to any past Duke of Edinburgh students who may have some equipment i.e. tent or backpack that they no longer need and would like to sell to current students participating in the award. We understand that it can be quite expensive to purchase all the necessary equipment especially if it’s only used a couple of times. Please contact myself, Miss Anderson on 4545 2428 if you can help us out with any equipment.

Later this term, we will be recruiting new Bronze students from Year 9 and next term, we will be commencing the Silver level of the program.

Congratulations to Mark Schembri of Year 11 who received his Bronze Award this month.

For more information either contact the college or consult the Duke of Edinburgh’s Award Website: www.dukeofed.com.au/

From the Parents and Friends Committee: Mrs Joanne Selff P & F President pandf@arndell.nsw.edu.au

Thank you to everyone who attended the P&F meeting last week.

I know it is not always easy to find the time, but for the 30 or so parents who attended I think they would agree that the meeting was a wonderful opportunity to learn about the exciting year ahead at Arndell.

The first event on the P&F Calendar is our 80’s Themed -TRIVIA night. Last year we had 17 tables hotly competing for some wonderful prizes. I encourage you to get your tickets early as the Gym was almost at capacity last year and I would hate for anyone to miss out! Even if you are not a Trivia buff we have a fantastic night planned for all with many games and prizes to be won. If you are a Trivia buff please book your table, we can't let the teachers win every year!
TRIVIA NIGHT
80's THEME

March 23rd 7:00pm
Location: School Gym
Tickets: Available from Front Office

Adults Only!
BYO Drinks & Nibbles
Prizes for Best Dressed Person & Table! Donations of Services & Products Greatly Appreciated.

Name: _________________________________
Child's Name: __________________________
Child's Class: __________________________
(Tickets will be sent home with student)
Table Name: ____________________________
(If you wish to be added to a particular table)
Tickets $15 x (Qty) = __________
(Please bring tickets along on the night)

Return to class teacher or front office clearly marked in envelope. Tickets can be purchased up until 19th of March. No Tickets available on the night.

FUNDRAISING CONTACTS
Mindi Chisholm
MINDI@ZAFINO.COM.AU
0413 122 632

Collette Pasfield
CNACC@GMAIL.COM
0400 117 497

Janet Leechman

Selene Ellison
SELENE@BLONDESCANCOUNT.COM.AU
0421 320 129
Attention all Business Owners......

Arndell Anglican College will be releasing a Business Directory Publication, listing all businesses within the school community.

This will be a Fundraiser for the P&F. We are working towards tables & benches for both Junior & Senior Playgrounds.

By placing an advertisement in the A5 Full Colour publication your Business will be seen by over 400 families. The publication will be online & in print.

Below are samples of the 3 styles available.

A 3 lines - Black Text
10pt text - $30

B 4 lines - Black Text
7.5pt text - $30

C A5
Half Page
Full Colour
approx 130mm x 70mm
$70

We can design your sign (more info to follow)

NB: Terms of Advertising will be issued with further information once Expression of Interest has been collected.

Business Directory Expression of Interest

Yes I would like to advertise in the AAC Business Directory with...
A□ B□ C□ Advertisement (please tick)

Family Name__________________________________  Childs Year________________________________

Business Name________________________________ Contact Person ____________________________

Contact Phone_______________________________ Contact email________________________________

Please return your Expression of Interest to info@julezart.com.au or to the Front Office by 29th March 2013
1-2-3 MAGIC® & EMOTION COACHING

PARENT COURSE

Learn to manage difficult behaviour in children 4-10 years old

A three-session program for parents and carers

Arndell Anglican College
THREE TUESDAY EVENINGS

12, 19, 26th March

7-9:30pm Junior School Library

bookings essential

✓ Using emotion coaching to encourage good behaviour
✓ How to discipline without arguing, yelling or smacking
✓ How to sort behaviour
✓ How to handle challenging and testing behaviours
✓ Choosing your strategy, the three choices
✓ 7 tactics for encouraging good behaviour

Cost: $60 per person
(Couples $70 - each person must have a workbook)

Register for this course contacting School Counsellor Mrs Julie Nixon on 4545 2461 or email julie.nixon@arndell.nsw.edu.au

What people are saying?

“What a relief to have a program that helps us be on the ‘front foot’ when parenting our children”.

“It’s great to be shown tools help my child learn self control – and I picked up information for myself, as well!”

“I realized that I wasn’t giving my child enough time to “toggle” (think) .....I just kept talking and I learnt his brain is not developed enough to cope with that overload”.

Who’s running it?
Gillian Evans completed Parentshop’s 1-2-3 Magic® & Emotion Coaching practitioner training in October, 2010
Gill has worked in the Department of Psychological Medicine (Intake Officer for Outpatients) at The Children’s Hospital at Westmead since 2006, and is an Accredited Counsellor. (PACFA Reg)

SUPPER PROVIDED

Couples are encouraged to come together if possible

• An end to the arguing and yelling! • It saved our lives • Simple, sane, effective •

This course is being run by a Parentshop® licensed practitioner.  www.parentshop.com.au
**Arndell Anglican College Directory**

**Headmaster:**  Mr Gareth Leechman  
**Deputy Headmaster/Head of Senior School:**  Mr James Webb  
**Head of Junior School:**  Rev’d Keith Peterson  
**Director of Curriculum and Policy:**  Mrs Karen Merrick  
**Director of Teaching and Learning:**  Mr Jim Milford  
**Director of Staff and Student Welfare:**  Mrs Lynn Gillen  
**College Counsellor:**  Mrs Julie Nixon – 4545 2461  
**Uniform Shop:**  Mrs Liz Moore – 4572 3254  
**Tuesday/Thursdays from 8.2am – 11am/2.30pm – 4pm**  
**After School Care:**  Camp Australia – 1300 105 343 (for bookings)  
**www.campaustralia.com.au**  
**After School Care from 2.30pm - 0401 904 531**  
(at Arndell only)  
**P & F President:**  Mrs Jo Self  
**pandf@arndell.nsw.edu.au**  
**Equestrian:**  equestrian@arndell.nsw.edu.au  
**Funday Co-ordinator:**  Mrs Alannah Norman – 0404 033 994  
**Funday@arndell.nsw.edu.au**  
**Canteens:**  Monday – Friday - 4545 2486  
(Recess / Lunch)

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**Term Dates 2013**

| Term 1 | Tuesday | 29 January | Term 1 for Prep 2D, KG, Yrs 7, 11 and 12  
| Wednesday | 30 January | All remaining students  
| Friday | 29 March | Good Friday - holiday  
| Monday | 1 April | Easter Monday – holiday  
| Friday | 12 April | Term 1 Finishes  

| Term 2 | Monday | 29 April | Term 2 Commences for all students  
| Monday | 10 June | Queen’s Birthday Weekend  
| Friday | 21 June | Term 2 Finishes  

| Term 3 | Monday | 15 July | Staff Development Day  
| Tuesday | 16 July | Term 3 Commences for all students  
| Friday | 20 September | Term 3 Finishes  

| Term 4 | Tuesday | 8 October | Term 4 commences for all students  
| Tuesday | 8 December | Infants Presentation Afternoon  
| Wednesday | 4 December | Primary School Presentation Evening  
| Thursday | 5 December | Students last day for 203  
| Friday | 6 December | Senior School Presentation Evening  
| Friday | 6 December | Staff Development Day  

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