

# Newsletter

## Dates to remember:

**Thursday March 28**  
Reports sent home

**Friday March 29**  
Swimming carnival  
(Younger Grades)

**Tuesday April 2**  
Parent teacher

**Friday April 5**  
Last Day Term 1

## Principal's Message

Dear Parents,

GAME ON!!!

This was the topic of our Week of Worship last week. Throughout the week we had our chaplain team; Pr James, Pr Sean (Mr T) and Sam present to the children different stories around our theme. From stories of a 3x Olympian weightlifter to a little girl who loved to run. It was all about perseverance and not giving up till you have reached your goal.....to do that with joy, through prayer and having an obedient spirit.....the goal is to be more like Jesus and to have Him as our friend.

There were video clips and challenges each day along with Mr Hunter leading us in songs. Our theme song for the week was 'Another Level' and to hear the students sing that song especially the chorus was fantastic and great to see them enjoying themselves.

We thank our chaplains for the week and look forward to our 2<sup>nd</sup> Week of Worship in Term 3.

This Saturday we have our first School Church Service at Innisfail Seventh-Day Adventist Church. We have 30 students in total coming for the day with a range of all classes being represented. We thank them for their willingness to take part in the service and a big thankyou to the parents as well. We wish them all the best.



## CAC Library

Not long now until holidays! so if all children could please return all borrowed books by the 29th (next Friday). Also there will be no borrowing on the 5th April as it is the last day of term.

## Infant swimming carnival

The infant swimming carnival has been postponed until term 4.

## Parent teacher interview

**Parent teacher interviews will be held TUESDAY the 2ND APRIL. Please call the office to secure a time slot.**

### Week 7, Congratulations to the following students

Jeremy Nakandaul -Learning enthusiastically

Connor English and Kiarah Vidich-Acting responsibly

Joshua Maag and Cristiano Dates - Serving generously

## C.A.C Way Awards



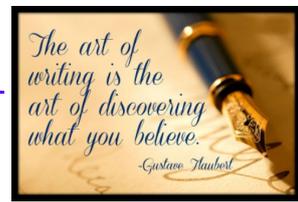
### Week 8, Congratulations to the following students

Joshua Page,-Serving generously  
Antonino Armanelli, Xavier Canendo,  
Agata Geremia and Alle Murison -  
Acting responsibly

Maliah Patrick, Jahara Richards, Eli  
Shuttleworth, Brooklyn Sully-Rufino,  
Wendell Honey and Jonathan Mote -  
Learning enthusiastically

# WHAT OUR YEAR 3/4 HAS BEEN UP TO...

The year 3/4 class been very busy learning about (and writing!) persuasive texts along with using the 6 traits in writing. We came up with some ideas and wrote Mr. Coe the following email:



Dear Mr. Coe,

The Year 3 and 4 class would like the school to purchase a swing set and trampoline for all students to play on. We think these would be very beneficial for our school.

We have discussed and come up with a number of reasons why you should buy the school new equipment.

Firstly, our class firmly believes that the school should buy a new swing and trampoline set for all students to play on. We feel that the school needs new equipment for the playground. The equipment that we already have is getting rusty and boring. It would be fantastic if we had more equipment to play with.

Secondly, our class firmly believes that the school should buy a new swing and trampoline set for all students to play on. All students in our school can do gymnastics on the trampoline. More injuries happen on the grass, as it is harder than a trampoline to try new skills. Trampolines can have more excitement than the playground equipment. We do not have any swings at our school and it would be nice to swing on them. Our school captains could monitor the equipment to help students take turns and make it fair for everyone.

Thirdly, our class firmly believes that the school should buy a new swing and trampoline set for all students to play on. If we had the new equipment it will help students get more exercise by jumping and they will move their body and legs on the swing to push themselves. Not only will they get more exercise it will be more fun at school because we have more equipment to use.

In conclusion, our class firmly believes that the school should buy a new swing and trampoline set for all students to play on. This will help students get more exercise, it will be more fun at school with new equipment to play on and it will not be as boring during breaks. We really hope you consider our request of buying new equipment for our students to play on!

From Year 3 and 4 Class

We were so excited to receive a reply from him even though we are unable to have this equipment due to health and safety reasons,. Hopefully soon, parents from the year 3/4 class will receive an email from their child using very persuasive words and voice.

## GENERAL NOTICES

**Tuckshop**-Our tuckshop is always looking for volunteers for a Thursday morning, if you interested in helping out at all please contact Sophie.

**School uniforms**-As students grow it is inevitable that they will outgrow their uniforms. If you have any old uniforms that you would like to donate back to our school please see Sophie in the office.

Be Happy!

## CHAPPIES CORNER

Let me ask you a question: Are you happy today?!

In the book Raising Happiness, it is explained that the emotional wellbeing of children is closely linked to the emotional state of their parents. According to psychologists Carolyn and Philip Cowan, pappy parents tend to have happy kids and unhappy parents tend to have unhappy children. Not only that, but unhappy people tend to be less effective in several areas, including parenting.

In one study children were asked: "If you were granted one wish about your parents, what would it be?"

What was their answer?

It wasn't that their parents would nag them less or grant them more freedom. It wasn't even that they would spend more time with them.

The children's wish was that their parents were less stressed and tired.

So, what can you do to become a happier person?

Here are 2 practical tips:

1. Gratitude - Bronze medalists are happier than silver or gold medalists. Why? Because they feel grateful that they got any medal at all! We can learn to be more grateful by making an account of at least 3 good things that happened to us during the day each night. Just the act of writing these things down has been proven to boost well-being over time.
2. Spend time with people you like - This may be a bit of a challenge for introverts, but the truth is that happiness is contagious, so being around friends who you are happy to spend time with will boost your mood (even if it makes you a bit tired 😊). Healthy, strong relationships help us maintain happiness, and often our biggest regrets are NOT taking the time to be with those we love.

I'll share a few more of these with you in our next newsletter, but till then stay happy and let your kids see it. It just may bring a smile to their face as well.

God bless!

