

May 31, 2019

Newsletter



CAIRNS
ADVENTIST COLLEGE

Dates to remember:

Tuesday 11th June

Prep open day #1

Wednesday 12th

Home and school

Saturday 15th June

**Cairns church
service**

PRINCIPAL'S MESSAGE

Dear Parents,

Last Friday was our annual athletics carnival and it was great to see a good number of parents attending and showing their support for the school and their children. After all the rain showers we have had of late we were blessed with lovely clear blue sky and sunshine.

The student participation was high and it was good to see the students trying their best. There were a number of records that were broken as well as new records set. Congratulations to the Turtles who were our house winners on the day.

Well done to the 6 students who made it through to TCS (district sport) and have been competing at Barlow Park this past Thursday/Friday.

Our first Prep open day for 2019 will be held on Tuesday June 11. We have targeted a local kindy this term and also have positions for other parents who have an interest in Prep for 2020. If you know of any parents who are looking for Prep options please pass on the Open day details or the school details.

God bless



ATHLETIC CARNIVAL – 24TH MAY

Congratulations to all the students who participated in the athletics carnival last Friday. Turtles won the day 766 to Dugongs 725.

Congratulations to all our age champions from the day:

6 Year Girl Hailoh Haines 6 Year Boy Lavai Clarke 7 Year Girl Alle Murison

7 Year Boy Jardine Clarke 8 Year Girl Brooklyn Sully-Rufino 8 Year Boy

Jonathon Mote 9 Year Girl Sade Pone 9 Year Boy Eli Shuttleworth

10 Year Girl Elina Ratabua 10 Year Boy Uzia Opo 11 Year Girl Caley-Jade Holt

11 Year Boy Tyler Bohlsen 12 Year Girl Margjorie Lowe 12 Year Boy Josiah Zhang.



Term 2, week 5

Congratulations to the following students

Micah Zhang, Uzia Opo, Joshua Maag, Dustin Tomalin, Abigail Nakandaul,
Isabell Brown – Learning Enthusiastically

Gemma Suchanek, Deborah Schrieber—Speaking Respectfully

Cristiano Dates, Jonathan Mote, Khan Geary, Lincoln McDougall, Lillyian
Rangiuwira—Serving Generously

Kayden Moggs– honouring God Deutron Nakandaul– Welcoming Challenge

C.A.C WAY AWARDS

Term 2, week 6

Congratulations to the follow- ing students

Hayley Deen—Serving Generously

Chase Standley – Acting responsibly

Jonathan Mote, Cyprian Mossman—Encouraging
Cheerfully

Chloe Mills– Speaking Respectfully

The C.A.C Way
WITH HEARTS AND HANDS WE:

WHAT OUR YEAR 1/2 HAS BEEN UP TO...

Junior Athletics Carnival

Last Friday 24th May was our annual athletics carnival. Students had a wonderful time showing their athletics skills. Firstly students aged from 5-8 years competed in the long jump and high jump. There were some amazing jumpers with students in Prep and Year 1 even jumping up to 80cm. Next were our running races. Students ran the 50m first, then the 100m and finally their long distance run of 400m. Students did an amazing job running the 400m with not even 1 child giving up. After a lunch break students participated in the beanbag throw and the Frisbee throw. All students who participated should be proud of themselves not only for participating but for encouraging others around them and cheering them on.



FROM THE OFFICE

Woolies earn and learn

Thank you to all those who are participating in the woolies earn and learn with us this year. It is fantastic to see so many families supporting the school in getting new resources for the school.

For anyone interested there are sticker charts and box located in the office if you would like to bring in your stickers.

Fees

Thankyou to all those that have paid their fees for this term and received their prompt payment discount.

At CAC we understand that life can get busy, Setting up direct deposit is a great way to keep on top of those sneaky school fees.

If you are interested in setting this up, please contact the office.

CHAPPIES CORNER

Needs/Wants

"Mommy, can I get this?" the young child pleads, holding a toy pulled off the store's shelf.

"No, you can't have it. Put it down!" scolds the mother.

All of a sudden, what seems to be a life or death struggle plays out in the middle of the store! Tears, shouts, embarrassment. Many parents give into the tantrum, but is there another way?

One way to curb this is to be a proactive parent and set good boundaries when your child is young. Your child then learns to express those needs in respectful ways that work within the boundaries.

Children can learn to express needs like:

- "I'm hungry. When can we eat?"
- "I'm tired. I need to rest."
- "I'm bored. I need to be involved."

You see, the responsibility of parents is not only to meet the needs of their children, but also to explain the steps that can be taken to meet them. One way to do this is to focus on the **do's** and not the **don'ts**. Be a positive parent! Instead of telling them they can't stay up try saying "*you need to rest when you are tired.*" Instead of yelling that they can't eat junk food try saying "*You need to eat food that's good for your body.*" And instead of getting upset at them playing more video games suggest that *they need to get involved in a fun, creative activity when they are bored.* (and you can join them too!)

By focusing on what they can do, they will start to see that their needs ARE being met (even if they don't get the toy or lolly), life is full of opportunities, and that they have parents who love them and will keep them safe no matter what.

Like our heavenly Father, we may listen to whims and wants of our children but we always meet the REAL needs of their lives. *And my God shall supply all your need according to His riches in glory by Christ Jesus* (Phil. 4:19).

Pr James London

