



Nurture for Today | Learning for Tomorrow | Character for Eternity

FROM OUR PRINCIPAL



Dale Skinner

The theme of this message is inspired by one of my personal passions—running—and how it can serve as a powerful metaphor for our lives.

In Hebrews 12:1-2, we read, "Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith."

Our lives are like a race, and we are called to run with perseverance. Just as a runner trains diligently, we too must invest time and effort in our spiritual growth. This means nurturing our relationship with God through prayer, reading His Word, and living a life that reflects His love and teachings.

As a school community, we have the unique opportunity to encourage one another in our individual races. Our teachers, staff, and fellow students can be our "cloud of witnesses," cheering us on as we press forward. Let us also remember to lift one another up in prayer and lend a helping hand when we see someone struggling.

I encourage each of you to reflect on the race that you are running. Are you focused on Jesus, the ultimate prize? Are you running with perseverance, even when the road gets tough? Let us come together as a community to support and uplift one another, so that we may all run our races well and hear the words, "Well done, good and faithful servant" (Matthew 25:23).

IMPORTANT DATES

NEXT P&F MEETING
Monday, 5th June
5:30-6:30pm

NAIDOC DAY
MORNING TEA FOR
ELDERS
Monday, 19th June
9:30-11:30AM

ALPHABET ARK (Kids
2-5yrs) COMMUNITY
FUN DAY AT CARLISLE
Tuesday, 20th June
9:30am-12:30pm

TERM 2 ENDS
Wednesday, 21st June
NACHOS \$4- YR 12 FIJI
FUNDRAISER

ANNOUNCEMENTS



Nicole Bobongie/
Indigenous Co-ordinator

On Monday, 19th June we are hosting a morning tea in celebration of this year's NAIDOC Theme, "For Our Elders."

This will be an all-inclusive event for ALL of our Elders/Grandparents and significant others in EVERY family.

At Carlisle we are currently in the process of creating our Reconciliation Action Plan through Narragunnawali.org.au, as part of this journey we are striving to build respectful relationships between our Aboriginal and Torres Strait Islander families and our non-Indigenous families.

It is important that we acknowledge our First Nations people and also celebrate all of the diversity within our schools and communities.

"For you are all ONE in Christ Jesus" Galatians 3:28



For all community members
Carlisle Adventist College
The Shed - Please use Holmes Drive entrance
Date: Monday 19th June
Time: 9.30 am - 11.30 am
RSVP - Thursday 15th June
Nicole Bobongie - nbobongie@carlisle.qld.edu.au

ANNOUNCEMENTS

CARLISLE ADVENTIST COLLEGE
presents
Alphabet Ark
Fun & Educational Activities
for 2-5 Years
20th June
9:30-12:30
17 Holts Rd
Beaconsfield
(Parking at the rear of
the school at the end of
Holmes Dr)
Pony Rides,
Face painting,
Jumping Castle,
Crafts,
Healthy snacks,
Lots of Fun!
REGISTER to receive a FREE Showbag!

On Tuesday, 20th June we are hosting our first ever "Alphabet Ark"- This is a FREE Community event for preschool children, packed with entertainment and activities that the children are sure to enjoy. PONY RIDES, SPINNING TEACUPS, JUMPING CATLES and so MUCH MORE!!

Please share this event with any families and friends that you believe may be interested in attending with their young children. Your support for our school is greatly appreciated.

Don't forget to FREELY REGISTER your child's attendance so we can prepare a little bag of goodies for them. Just CLICK on the link below and you'll be done in seconds.

<https://www.eventbrite.com/e/alphabet-ark-tickets-628375356607>

ANNOUNCEMENTS

THE NEXT P&F MEETING WILL BE THIS MONDAY, 5TH JUNE
(5:30-6:30PM)

P&F Committee

The P&F is an integral part of Carlisle and provides a formal structure and support network for parents & friends to participate in the activities and decision-making processes at the school and to work for the benefit of the school and their children.

- The P&F represents the interests of the whole parent body.
- It helps parents engage with the school and the education of their children
- It works to support the school.

Some P&F activities

- Develop a Christian community spirit
- Support and work in partnership with the Principal and staff
- Participate in decision making
- Promote interaction between home and school, parents and teachers
- Encourage parent participation in teaching and learning activities and school life
- Assist parents to appreciate teaching and learning programs
- Promote the School in the wider community.
- Assist in providing resources to the school with Fundraising events.
- Planning and organising of functions approved by a P & F Meeting and the Principal

Parents and families are the first teachers of their children and have the right and the responsibility to be engaged with their children's education.

The next meeting will be held at 5.30 - 6.30 pm on Monday 5th June. A reminder will be sent out the week before and if you can't make it in person please log on to Zoom meeting, link emailed out day of meeting.



ANNOUNCEMENTS



Our school is participating in a 23-day push-up challenge to help put the spotlight on mental health. We are currently in our second day. We have encouraged students and staff to participate if they wish, and we would like to extend that invitation to all our Carlisle families too.

If you would like to JOIN our "Carlisle Adventist College Team" simply click on the link below and be on your way to a fitter and stronger version of yourself.

Fundraising is optional.

<https://www.thepushupchallenge.com.au/fundraisers/carlisleadventistcollege>

You can bank your push-ups and see how your teammates are going through the event app.

The daily push-up target changes each day to reflect a vital mental health statistic, so you'll learn about mental health along the way.

Can you commit to 3,144 push-ups across 23 days in June to represent the number of Australians who lost their lives to suicide in 2021 and help put a spotlight on mental health?

Just in case this sounds like too many push-ups, don't sweat it. All levels of fitness are AWESOME and each member of our team can even aim for half or the full push-up target - it doesn't matter at all!

ANNOUNCEMENTS

WEDNESDAY 21ST JUNE- LAST DAY OF TERM

Nacho

AVERAGE FUNDRAISER

Year 12's
FIJI
FLY 'N' BUILD

Support our Year 12 "Church Build" in Fiji
\$4
Will be able to purchase from Flexi App

CARLISLE ADVENTIST COLLEGE

The Year 12 class will be selling Nacho's for \$4, as part of their Fiji Fundraiser on the last day of Term (Wednesday, 21st June).

Students can either bring money on the day or you can make a purchase through the Flexischools App.

Preparations are going well for our Fiji Fly 'N' Build Trip. The anticipation and excitement is really starting to build.

LOST PROPERTY



Along with the above unnamed/unclaimed items from Lost Property, the following items have also been found:

2023

- 3 girls rings
- 1 small hair bow
- 1 USB
- 1 set of car keys with "MUM" on them
- 2 men's watches
- 2 female watches

From 2022

- 4 girls rings
- 2 single earrings
- 1 necklace
- 1 mobile phone from Christmas in the Cane
- 1 boys watch
- Plus other miscellaneous keys

Please contact the Office or Lost Property Box if you believe you own any of these items. If property is unclaimed, they will be given to ADRA at the end of the Term

ANNOUNCEMENTS

Thriving ↔ Christ-Centred ↔ Community

Mackay Hospital and Health Service



School Dental Service

Free dental treatment to all students from Prep to Year 10

Must have a current Medicare card and be enrolled in a school - public, private or distance education/home school are all welcome

We offer check ups, general dentistry and emergency appointments

Appointments available at Mackay North School Dental Clinic Harvey Street, North Mackay

Call to book an appointment
4885 6444



Queensland Government



NATIONAL RECONCILIATION WEEK



On Monday, 29th May some of our SRC students and staff took part in the walk across Forgan Bridge as part of National Reconciliation Week.

The morning delivered perfect conditions for walking and our school was joined by hundreds of people from different organisations and schools in the area.

Our student representatives tied ribbons to the bridge, which the kids in OSHC had been busy preparing over recent weeks. A big thanks to our OSHC kids for their support.

A special thanks must also go to Fiona Gibbs and Nicole Bobongie for organising our students to attend the celebration. The walk concluded with an afternoon lunch.



BIGGEST MORNING TEA

Community



Christ-Centred



Thriving



On Thursday, 25th May we hosted our Biggest Morning Tea on the school grounds in support of the Cancer Council. Proceeds raised on the day will go towards the Cancer Council.

This year we decided to go with a Vintage theme and our students and staff were encouraged to wear vintage clothes for our Mufti Day. There were some great outfits amongst the staff and students.

A big thanks to all the SRC students and staff who co-ordinated the event. Everything from the baking, icing, and selling of goods was co-ordinated by our staff and students.

We would also like to thank families who were in attendance. Our school is a happier and better place when we can share the school experience with our families.



ATHLETICS CARNIVAL

On Wednesday, 24th May we held our annual School Athletics Carnival at the MARC Ooralea. It was a great day for our students to be out in the sunshine, keep active, and cheer for their House colours and friends.

A big thanks to all the students and families who were out in support. Your attendance means a lot. The weather was ideal and we always welcome the opportunity to catch up with our Carlisle community.

We'd also like to thank our official photographers on the day for capturing the great moments. There is a photo album of the Athletics Carnival on our Facebook page if you wish to see all the photos. Below are just a few.

During the week we concluded our Athletics Carnival with the High Jump events being held on our school grounds.



CUMBERLAND TRIALS



Harry Neale/
Sports Co-ordinator

Recently, an invitation was sent to some of our 10-12 years Boys and Girls who have qualified for the Cumberland Sub-District Track & Field Trials.

These trials will take place on Wednesday 14th June 2023 at the Mackay Aquatic & Recreation Centre (ARC). From these trials students may be selected for the Cumberland Track & Field Team to compete at the Mackay District School Sports Trials.

Just a few friendly reminders for those students that have been invited to attend.

DATE: Wednesday 14th June 2023

VENUE: MARC, Ooralea

TIME: 8:20am-2:30pm

TRANSPORT: Your child must be transported to the event by private transport, as our buses will not be available to get children there on time.



YEAR 1- SUSTAINABILITY PROJECT



As part of their Integrated Studies, the Year 1 class have been learning about recycling and sustainability.

Earlier this week the class was tasked with reusing throw away items and turning them into a useable gift for someone.

The aim of the project was to demonstrate to the students how we can reduce waste and help the environment.

Here are some photos of the Year 1 class making their creative gifts with pride and beaming smiles.



NATIONAL SIMULTANEOUS STORYTIME



Jeny Abell/Librarian



Every year a picture book, written and illustrated by an Australian author and illustrator, is read simultaneously in libraries, schools, pre-schools, childcare centres and bookshops around the country.

This year's book 'The Speedy Sloth' by Rebecca Young and Heath McKenzie was read to our students last week to promote reading and literacy amongst our young students. The children really enjoyed the book.

Thank you for ordering from Book Club

We really appreciate your support



Our Bilby's Book Club is now closed. Thank you to everyone who purchased an order and helped support our school.

It's anticipated the Orders will arrive during the last week of term.

FREE WEBINAR- HOW TO HELP YOUR CHILD PREPARE FOR EXAMS



Sharlene Cole/Academic Dean

We're excited to announce that Elevate Education will be hosting a FREE webinar for our parents on Wednesday, 7th June. at 6:30pm.

You will need to register by visiting the link below.

<https://get.elevatecoaching.info/au/schoolwebinar>

Elevate Education works with our students, delivering high impact workshops on study skills, motivation, wellbeing, and exam preparation. By tuning into their webinar series you will learn how you can help better support your children at home through reinforcing the skills they learn at school:

In this webinar, they will be discussing:

- ✓ High Priority Work: The kinds of work students should be focusing on in the build-up to exams to maximise marks.
- ✓ Time Management: How to ensure your child has enough time to prepare for their exams.
- ✓ Practice Papers: How to prepare effectively using past questions and practice papers.

YOUNG ENGINEERS- WINTER CAMP



CQUniversity Campus Ooralea

Monday-Tuesday 26th to 27th June

Eligibility	Date	Time	Fee	No. of Days	Book online*
Yr 1 - 8	26th and 27th June	9:00am to 3:00pm	\$175	2	www.trybooking.com/CITRG

* Always consult the booking link for any changes. Every effort is made to ensure this brochure is accurate but all changes are reflected online.

From Sustainable farming to self-driving cars, **Advanced Engineering & Robotics** model a range of real-world situations that teach students a complete understanding of how the technology works and used to solve the issue at hand. The engineering lessons engage kids with a hands-on learning environment and immerse them in the applications and possibilities of modern technologies. Through PBL (Project-based learning), students combine hardware, Lego® compatible building blocks, and coding to create a prototype and solve real-world problems. The projects are redesigned to encourage students to invent other viable solutions to these real-world issues and explore ways to utilize existing technology. The completion of these projects will boost confidence and create problem solving ability in students to overcome any challenge from working in their future jobs to solving our world's current or future problems. **All activities are adjusted to the student age and we tackle different challenges on each day.**



Limited spots available!
Early bird discounts apply for a short time.



Build Your Tomorrow. Today!

Are you traveling through Central Queensland these holidays? Check out our other locations on our main web page.

For more information please call 0424 985 172

pavle@young-engineers.com.au
cq.young-engineers.com.au



Engineering & Robotics Program provides theoretical knowledge in software and mechanical engineering combined with mathematics and physics.

Electronics: Our electronic kits are specifically designed to minimise assembly time which creates more opportunity to explore the learning's behind how each experiment works. Learn to build circuits in the classroom.

Build-Up Program is designed for little children where they start from learning the basics of building Lego Models including improving them and end up building models independently with a friend and enjoying group game.

PARENTLINE- CYBERBULLYING



Jodie Peet/ Guidance Officer



What would you do if your child was being cyberbullied?

According to research by the eSafety Commissioner, 1 in 5 young people experience cyberbullying and online abuse and 55% seek help from their parents/carers.

Parentline: parentline.com.au is an excellent resource for our community and currently there is a spotlight on cyberbullying. Families are encouraged to look into the free cyberbullying training. The training is available online and has been designed to be completed on a range of internet ready devices, including smart phones.



HEADSPACE- WORK AND STUDY PROGRAM



Mrs Jodie Peet/ Guidance Officer

Did you know that you can find headspace centres all over Australia and around 50 of these offer work and study support? It is so exciting that our Mackay headspace is one of the work and study support centres! Their program uses the internationally recognised Individual Placement and Support (IPS) model, where they provide in person, one-on-one support for work and study goals. The Mackay centre team know what's happening locally, so they can help with study options and finding a job in our Mackay area.

Mackay headspace can help you with:

Looking for and applying for jobs

- Writing a resume and cover letter
- Preparing for a job interview
- Exploring your study options
- Enrolling in study
- Navigating community support services such as the Centrelink system
- Understanding your workplace rights
- Transitioning into a new job or course
- Balancing your mental health and wellbeing with work or study.

To learn more about Headspace and the supports available visit the link below

<https://headspace.org.au/services/work-and-study-support/>

The support they provide doesn't end when you achieve your goals, they continue to support you for as long as you need.

Talk to headspace Mackay about the work and study program today to see if it's the right program for you. See below for the centre details:

Level 2, 123 Victoria Street, Mackay, Queensland 4740
 Phone (07) 4898 2200
 Mackayheadspace@nwrh.com.au

OSHC NEWS



Fiona Gibbs/OSHC
Coordinator

OSHC have been very busy the last fortnight, last week we worked hard finishing the ribbons for the Reconciliation March. If anyone saw the Ribbons along the Forgan Bridge on Monday that was all the hard effort by the children at OSHC. Though the children couldn't make the march, they did play a part in the day and our Elders in our community were very thankful for the time and effort the children put in.

Some of the Carlisle High School students attended and helped put up the ribbons for the March. We are already having discussions on what we could do next year with the children.

The OSHC children and Educators had fun making the photo booth for the Biggest Morning Tea held at the school on Thursday 25th May. The children were very proud and enjoyed taking photos with their friends on their lunch breaks. I think Mrs Peet and Pastor Ben had the most fun out of everyone.

Mel and Maddy from Inclusion Support have had a few visits this month. It has been great to build connections and to be able to reflect on our practices as Educators and how we can best support your children in our environment, especially being in a temporary space.

On Friday, 26th May it was Sorry Day; we read some stories and had a discussion on what that means to us. We then sat down with a piece of paper and either wrote or drew what we felt, heard or saw in the story. The children were very engaged in this and some of the drawings were very reflective of what they had learnt.

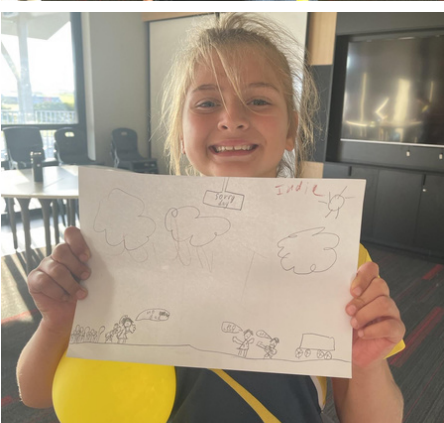
Vacation Care is coming up, so please remember to return your booking forms. Families, if you think you may need Vacation care in the future, please contact us to receive an enrolment pack so you don't miss out in the September Holidays.

I can be contacted at oshc@carlisle.qld.edu.au

On the next page are some photos of the different events and activities we have been part of over the past fortnight at Carlisle OSHC.

Community ↔ Christ-Centred ↔ Thriving

OHSC- FORTNIGHT AT A GLANCE





CARLISLE
ADVENTIST COLLEGE

VACATION CARE
JUNE/JULY 2023

Monday 26/06
Design Day

Learn to use a
Sewing
Machine

Tuesday 27/06
Pajama Party

Wednesday 28/06
**Fluffy slime
Playdough
Clay
Plasticine**

Thursday 22/06
**CLOSED
MACKAY
SHOW DAY**

**SORRY
WE'RE
CLOSED**

Friday 23/06
**Let's create
with Clay**

Thursday 29/06
**Paint your
own mug**

Friday 30/06
**Music and
Movement Day**

Making
instruments out
of recycled
objects

Monday 03/07
**NAIDOC
WEEK**

Please bring along
a photo of your
Grandparents

Tuesday 04/07
Baking Day

Make and
decorate
Biscuits
Cup cakes
Cookies

Wednesday 05/07
**Petting
ZOO**

\$15.00 EXTRA

Thursday 06/07
**REDUCE, REUSE,
RECYCLE**

**CREATE WITH
RECYCLED
ITEMS**

Friday 07/07
**Gardening
Day**

Monday 10/07
**Construction
Day**

Tuesday 11/07
**Talent
Show**

Wednesday 22/07
Group Project

Be apart of a
small group and
learn more
about the
values of being
apart of a team

Thursday 13/07
**Jumping
Castle**

\$15.00 EXTRA

Friday 14/07
**PIZZA
PARTY**

CARLISLE'S WAY AWARDS

Community ↔ Christ-Centred ↔ Thriving



Isla R: For being an enthusiastic learner and striving to do her best.



Dakota M: For being clean and tidy, respectful, an enthusiastic learner and striving to do his best.



Bailey M: For always looking smart.



Selene V: For being respectful of others and striving to do her best.

CARLISLE'S WAY AWARDS

Thriving ← → Christ-Centred ← → Community



Stephanie W: For striving to do her best.



Kalvary P: For being respectful of God and looking smart.



Ronnie T: For being loving and respectful of God and others.



Jazmine J: For being loving and respectful of God and others.

STAFF SOCIAL- PAINTING

Schools can be a very busy environment for our teachers and leaders. Any opportunity that we can take as a staff to reconnect, share a laugh and develop some team bonding is always appreciated.

Recently, we held a painting session for our staff after school hours. Our lovely Arts teacher, Mrs Gauci was our instructor for the evening and it was great to see many of our staff reverting to the role of students again.

Many of us had limited or no prior experience painting, but it's the laughter and uplifting bonding experience that we will take away most.

We are already looking forward to our next social event as a staff. Here are some photos of the staff in action.



Community
↕
Christ-Centred
↕
Thriving

HEALTHY IDEAS



Kathryn Curtin/Primary Teacher

This week we have 2 supermarket food swaps that you may wish to include in your trolley. As usual, if anyone is in the mood for some baking we've got another delicious treat to serve up.

SUPERMARKET SWAP.

PREP: 15 min | COOK: 40 min | MAKES: 16

RECIPE MUMMA

SPICED PEAR SLICE

- 1 cup ripe pears, grated
- ½ cup ripe mashed banana
- ⅓ cup honey or maple syrup
- ⅓ cup nut butter of choice
- 2 tsp vanilla extract WET
- 2 tsp ground cinnamon
- 1 tsp ground ginger
- ½ tsp salt
- ¾ cup wholemeal self raising flour
- ½ cup quick oats DRY
- ¼ cup walnuts, chopped

- 01 Preheat oven to 175°C.
- 02 In a medium bowl, mix together **wet** ingredients. Add **dry** ingredients and stir until combined.
- 03 Pour mixture into a lined 20 x 20cm baking dish. Smooth surface and sprinkle with walnuts.
- 04 Bake for **40 minutes**. Allow to fully cool before slicing.

DF | EF | V



WHEAT FLOUR, SUGAR, VEGETABLE OIL, COCOA POWDER, GLUCOSE SYRUP, SALT, RAISING AGENTS (500, 503), EMULSIFIER (SOY LECITHIN), FLAVOURS, ANTIOXIDANT (319, 304, 307B).



DATES, COCONUT (SULPHITE FREE), RAW CACAO (6.9%), ORGANIC COCONUT OIL, PUMPKIN SEEDS, BACILLUS COAGULANS (0.3%)



CHEESE (MINIMUM 45%) (MILK, SALT, STARTER CULTURE, ENZYMES), WATER, BUTTER OR CREAM (FROM MILK) OR MILK FAT, MILK SOLIDS, MINERAL SALTS (331, 339, 452), FLAVOUR (CONTAINS MILK), SALT, PRESERVATIVE (200), FOOD ACID (270).



CHEDDAR CHEESE (PASTEURISED MILK, SALT, STARTER CULTURE, NON ANIMAL RENNET)