



Thriving, Christ-Centred, Learning Community

FROM OUR DEPUTY PRINCIPAL

As we continue our journey through the school year, I am reminded of how God has blessed our school community with incredible diversity. Every student and staff member brings their own unique background, talents, and experiences, enriching our learning environment in countless ways. It is this diversity that allows us to grow together, learning from one another and reflecting God's love in our daily interactions.

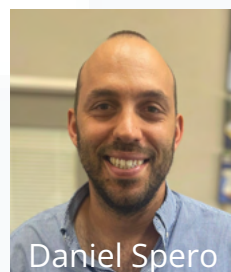
This year has been particularly special for me as I step into the role of Deputy Principal. I am incredibly grateful for the warm and welcoming spirit of the Carlisle community. From the very first day, I have been embraced with kindness, enthusiasm, and a shared commitment to nurturing our students academically, socially, and spiritually. It has been a wonderful start to the year, and I look forward to continuing to serve alongside our dedicated staff, students, and families.

At our school, we strive to create a place where all students can flourish in every aspect of their lives. Our theme this year, Flourishing, reminds us that growth happens best when we support and uplift each other. Whether in the classroom, on the playground, or during worship, we are called to show compassion, achievement, respect, and effort to those around us. These values not only help us succeed individually but also strengthen the bonds of our school family.

God's word reminds us in 1 Corinthians 12:12 that, "Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ." Each of us plays a vital role in making our school a place where everyone feels valued and empowered. Let us continue to celebrate the richness of our diverse community and seek ways to honor God through our words and actions every day.

I am excited about the opportunities this year will bring and the ways in which we will continue to grow together. With God at the centre of all we do, I have no doubt that we will continue to flourish as a community. Thank you for making my transition into this role such a joyful and rewarding experience.

Blessings,



Daniel Spero

Term 1, Week 8
21 March , 2025

IMPORTANT DATES

YEAR 11 CAMP
Thursday, 20 - 27 March

**PRIMARY SWIMMING
FINISHES**
Friday, 28 March

**AQUATIC PRACTICES
EXCURSION**
Monday, 24 March

YEAR 12 CQU EXPERIENCE
Thursday, 27 March

**HEAD HEART HANDS
PRESENTATION EVENING**
Thursday, 27 March

**HEAD HEART HANDS
PRESENTATION**
Friday, 28 March

LAST DAY OF TERM
Friday, 4 April

NOTICES

HEAD LICE



What are head lice?

Head lice are tiny wingless insects about the size of a sesame seed that live in the hair of humans and animals where they feed on blood by biting the skin. Head lice commonly affect children but adults can also have lice.

What are the symptoms of head lice?

Lice often cause itching of the skin. Bites can cause the skin to become red and irritated, which can be made worse by scratching.

You can see the lice and nits (eggs) if you look closely at your head and scalp. Nits look like tiny white dots attached firmly to the hair. They cannot be brushed or flicked off the hair, but must be physically removed with fingers or fingernails or special nit combs.

How are head lice spread?

Head lice are only found on the human head or hair. Lice can spread when people are in close contact and when they share an affected comb or hair brush.

Lice need warmth and blood to survive so they do not live for long on furniture, hats, bedding, carpet or anywhere else in the environment.

How are head lice treated?

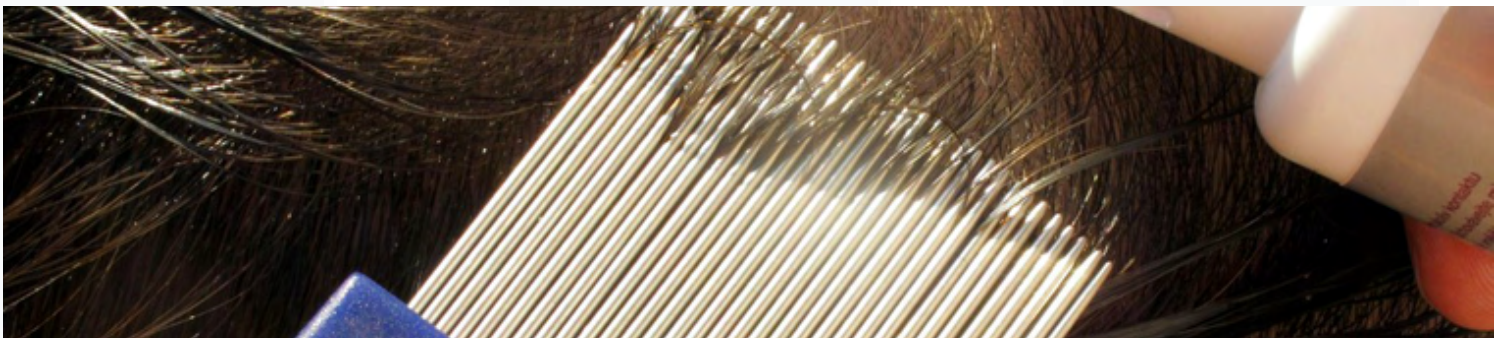
There are two main treatment options for head lice:

- wet combing using conditioner and a fine-tooth comb
- chemical removal using synthetic or natural insecticides

The wet combing method is a cheap and effective way to treat head lice. The conditioner doesn't kill the lice but it briefly stuns them, making it easier for the nit comb to trap and remove the lice and eggs.

If you decide to use chemical treatment, it is important that you follow the instructions closely. Repeat the chemical treatment in a week to kill any newly hatched eggs.

No single treatment works for everyone. You might need to try a few different treatments or a combination to find the method that works best for you.



EVENT



**HEAD HEART HANDS
THERAPY & EDUCATION**

Coming to
Carlisle Adventist College:

Puberty Preparation Presentations

Parent information Evening

6:00 - 7:00PM
Thursday 27th March
At Carlisle Adventist
College
C2 - Year 6 Classroom



Year 5 & 6 Presentation

Introduction to Puberty!
What does it mean?
What might happen and when?
What should I do?
How can I manage feelings?
Building confidence.
Engaging my support network.

Puberty Presentations

Our presentations are all about understanding the wonder of our Divine Design.
Presentations are gender specific (boys & girls separate) faith informed, age appropriate and FUN!
Kids walk away feeling inspired in who they are & empowered to make wise choices.

Year 7 Presentation

Understanding Puberty.
Making sense of hormones & body changes.
Understanding the opposite gender.
Reproduction.
Emotional Health.
Healthy Mind, Body, Soul.

Who We Are & What Do We Do ?

Head Heart Hands Therapy & Education is a local Emerald business; founded by experienced parents, Ordained Pastors and qualified Family Life Educators; Amie & Wade Coop.

Amie & Wade are passionate about empowering families, schools and communities to navigate life's important conversations with confidence and care. Our engaging, age-appropriate and faith informed sexuality, relationship and mental health presentations celebrate the wonder of God's divine design.

We are proactive in equipping families to navigate life and life's most important conversations well.

In addition to our educational services, Amie - a registered Social Worker runs a private practice in Emerald and Online offers Child, Teen, Family and Relationship Counselling as well as Parenting Support and tailored NDIS Therapies and Social Skill Groups.

THE HEAD HEART HANDS APPROACH



head_heart_hands_



0424 159 255



amie@headhearhands.com.au



www.headhearhands.com.au



UPCOMING EVENT

Celebrating 80 Years of Book Week in Australia!
Book Week is just around the corner, and we are excited to celebrate the joy of reading with our school community!
This year's theme, Book an Adventure, encourages children to explore the world through books and let their imaginations take them on exciting journeys.

Book Week Date: **18 August (Term 3)**

We know that many families love to plan ahead for the big event, especially when it comes to costumes! Whether your child wants to dress as their favourite book character, an adventurous explorer, or a literary hero, now is the perfect time to start planning.
Stay tuned for more details on school activities, special events, and how we will be celebrating Book Week together!
Happy reading and happy planning!



GET READY FOR BOOK WEEK 2025



Children's Book Week
16–23 August 2025



CARLISLE WAY



Every week we celebrate one of our CARE values. Here are the recipients of the Carlisle Way Award for Week 7 & 8



CARE CLASS



"Whatever you do, work at it with all your heart, as working for the Lord, not for human masters."

Colossians 3:23



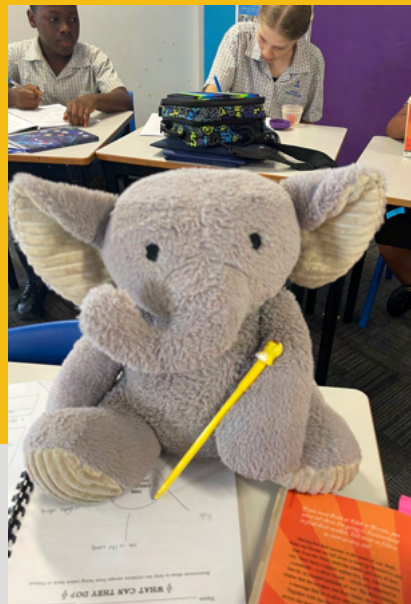
CARLISLE ADVENTIST COLLEGE

AT CARLISLE WE

CARE

WE SHOW

COMPASSION
ACHIEVEMENT
RESPECT
EFFORT



CHAPLAINCY

This week in our chapel services, we reflect on the importance of harmony, respect, and unity within our school. As we celebrate Harmony Day, we are reminded of the beauty found in diversity, the many cultures, backgrounds, and traditions that make up our community.

Harmony is more than just peaceful coexistence; it is about truly valuing and embracing one another. In Psalm 133:1, we are reminded: "How good and pleasant it is when God's people live together in unity!" God calls us to be people of love and understanding, to listen, learn, and care for one another.

Through our prayers, worship, and reflections this week, we seek to strengthen the bonds that unite us. Let us strive to be kind, compassionate, and inclusive, ensuring that every student feels welcome and valued.

May our school continue to be a place where we celebrate our differences and walk together in faith.



Prayer for Harmony

Dear Lord,
We come together as a school community,
Grateful for the beautiful diversity that surrounds us.
Help us to see each other with kindness,
To listen with open hearts,
And to celebrate the unique cultures that make us whole.
Let understanding replace division,
And love overcome fear.
May our school be a place of respect,
Where every student feels valued and heard.
Guide us in unity,
So that we may walk together in peace and friendship.
Amen.



STUDENTS SHINE AT CAPRICORNIA REGIONAL SCHOOL SPORT!

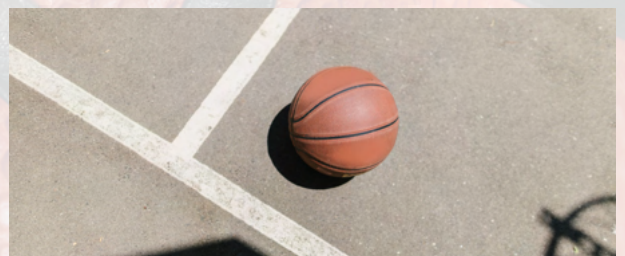


Mercy Osborne has earned her spot in the 13-16yrs Girls Basketball team.

Liam Osborne has been selected for the 10-12yrs Boys Basketball team.

We are thrilled to announce that two of our talented students from Carlisle Adventist College, have successfully made it through to the Capricornia Regional School Sport teams for 2025!

This is an incredible achievement, and we are so proud of their dedication, skill, and hard work. We wish both Liam and Mercy the best as they represent our school and compete at the regional level.



PRIMARY

YEAR Five



In this term's HASS unit, we have been learning about democracy. As part of this, our teacher decided to run an election for Care Minister. First, we chose who wanted to run for Care Minister for the term. Then, we formed a committee to organise the election.

After that, we worked on our speeches and posters. In Week 5, the candidates read their speeches aloud to the class. Once the speeches were done, we voted. The Primary Prefect and two House Captains helped direct the voting process.

In our next HASS lesson on Tuesday of Week 6, we found out who the Care Ministers were, along with the five runners-up. Then, in Week 7, Councillor Nathanea MacRae and Nigel Dalton visited our class to talk about their roles. Nigel spoke about responsibilities in leadership, while Nathanea explained how council meetings work. The students in our class even demonstrated how a meeting would be run, with Nathanea's guidance.

Before Nathanea arrived, our class had chosen some ideas to discuss in a meeting. The two ideas were: starting school earlier and finishing earlier or creating a vegetable garden. After a quick vote, the vegetable garden idea won.

Written by Nicole Riggs & Hayden Skinner



SECONDARY



Our Year 8 students recently embraced the world of abstract painting, letting their creativity flow onto the canvas! With bold colors, expressive brushstrokes, and unique techniques, they explored the power of self-expression through art.

From layering vibrant shades to experimenting with texture and movement, each piece showcased their individuality and artistic flair. This project encouraged students to think outside the box, embrace self-expression, and find joy in the creative process.

As they worked with enthusiasm and dedication, they embodied the inspiring words from Colossians 3:23:

"WHATEVER YOU DO, WORK AT IT WITH ALL YOUR HEART, AS WORKING FOR THE LORD."

We are incredibly proud of their artistic achievements and the passion they poured into their work. Their masterpieces remind us that art is not just about technique but about expression, emotion, and personal growth.

HARMONY DAY

Better Together



Australia is home to over 270 different cultures, making it one of the most culturally diverse countries in the world. People from various ethnic backgrounds and traditions contribute to Australia's rich multicultural society, and our school is proud to reflect this diversity.

At our recent Harmony Day evening, students from all year levels came together to showcase a stunning range of cultural dances, each one telling a unique story from different parts of the world. The evening was a vibrant celebration of our school community's unity, creativity, and respect for one another's cultures.

We were also fortunate to share in the warmth of delicious homemade meals brought by our school families. These shared meals were a wonderful way to connect, with each dish representing the diverse backgrounds of our students and staff. The generosity and spirit of inclusion shown by all who attended made the evening even more special.

A heartfelt thank you to everyone who contributed to making the event such a success. Your participation, whether through dance, food, or simply being there to celebrate with us, helps create a school environment where everyone is valued and respected. Together, we continue to build a school community that truly reflects the beauty of cultural diversity.



HARMONY DAY



STUDENT LEADERS

Our student leaders had the incredible opportunity to meet and speak with local politician Nigel Dalton MP. We are grateful for the time he dedicated to our students, sharing his experiences, insights, and words of encouragement. His visit provided a valuable learning experience, inspiring our young leaders to embrace their roles with confidence and a strong sense of purpose.

Throughout the discussion, students explored the qualities of a great leader, including integrity, resilience, empathy, and vision. Nigel Dalton highlighted how true leadership is not about authority but about serving others, making thoughtful decisions, and working towards a greater good. He encouraged students to reflect on the impact they can have within their school, local community, and beyond.

The session also focused on the roles of a leader and the responsibilities that come with leadership positions. Whether leading a team, supporting peers, or representing their fellow students, leaders play a crucial role in fostering a positive and inclusive environment. Our student leaders were reminded that leadership is not just about holding a title but about taking action, being a role model, and making meaningful contributions.

Nigel Dalton also spoke about the key skills every leader should develop, such as public speaking, decision-making, time management, and active listening. He shared personal anecdotes about moments when these skills helped him navigate challenges and lead effectively. Students were encouraged to step outside their comfort zones, refine their communication skills, and learn how to make informed and confident decisions.

As part of the discussion, students examined inspirational leaders from different fields, exploring what made them successful and how they overcame obstacles in their leadership journeys. They also had the opportunity to ask questions about real-world leadership challenges, such as overcoming fears, dealing with criticism, making tough decisions, and balancing personal life with leadership responsibilities. Nigel's honest and thoughtful responses provided valuable perspectives on how to handle these challenges with grace and determination.

This experience was an invaluable opportunity for our student leaders to learn, grow, and be inspired. They walked away with a deeper understanding of what it truly means to be a leader and how they can apply these lessons to their own leadership roles. We are incredibly proud of our student leaders and look forward to seeing how they use this experience to make a positive impact within our school and wider community.



WELLBEING MATTERS

At our school, we prioritise student wellbeing and safety. It's normal to feel worried or anxious, especially during times of change or uncertainty. If you're feeling overwhelmed, remember that you're never alone, and support is always available.

Support at School

Our teachers and the Student Welfare Team are here to help you. Whether you're struggling with schoolwork, personal challenges, or just need someone to talk to, don't hesitate to reach out. Ask a trusted teacher if you need help arranging a time to meet with a member of the Student Welfare Team.

Taking Care of Your Wellbeing

Looking after your mental and emotional health is just as important as physical health. Here are some tips for maintaining your wellbeing:

- **Create a Routine:** Balance study, exercise, social activities, and relaxation to reduce stress.
- **Limit Social Media:** Set time limits for apps or only check them a couple of times a day to avoid feeling overwhelmed.
- **Set Goals:** Break tasks into small, achievable steps to feel a sense of accomplishment.
- **Stay Healthy:** Ensure you're getting enough sleep, eating healthy food, and exercising regularly.
- **Stay Connected:** Regularly check in with friends and family. Social connections can help you feel supported.

Building a Support Network

Having trusted adults to talk to is essential. Along with your friends, consider reaching out to family members, teachers, the Student Welfare Team, or your family doctor for support when needed.

Counselling and Support Services

If you feel you need professional help, services such as Kids Helpline, ReachOut, and headspace are available for support and advice.

Remember, it's okay to ask for help. Your wellbeing is important, and there's always someone ready to listen.

[Headspace link fact sheet](#)

[Feeling happy and safe](#)

[Student wellbeing - safety of older students](#)



headspace

National Youth Mental Health Foundation

Telephone, chat online or email to speak to a clinician. For young people aged 12–25.

Webchat [headspace.org.au](https://www.headspace.org.au)

Phone **1800 650 890**

(8am – midnight)



Lifeline Saving Lives

Crisis Support. Suicide Prevention.

To speak to a crisis supporter:

Phone **13 11 14**

(24 hours a day, 7 days a week)

Text **0477 13 11 14** (6pm – 12am, 7 days)

Webchat [lifeline.org.au](https://www.lifeline.org.au) (7pm – 12am, 7 days)



kidshelpline
Anytime | Any Reason

Confidential, free online and phone counselling for young people aged 5 to 25.

Phone **1800 55 1800**

Webchat [kidshelpline.com.au](https://www.kidshelpline.com.au)

(24 hours a day, 7 days a week)

1800RESPECT

NATIONAL SEXUAL ASSAULT, DOMESTIC
FAMILY VIOLENCE COUNSELLING SERVICE

For family violence, domestic violence and sexual assault counselling, support and referrals.

Phone **1800 737 732**

Webchat [1800respect.org.au](https://www.1800respect.org.au)

(24 hours a day, 7 days a week)



THE GREAT HAND WASHING ADVENTURE AT OSHC!



We recently noticed that children were not always washing their hands properly after using the bathroom. To turn hygiene into a fun and engaging experience, we launched The Great Hand Washing Adventure!

To start, we watched an exciting video about the invisible world of germs and how they spread. We then demonstrated proper hand washing techniques using a fun, interactive approach - pretending to be detectives searching for 'germ clues' on our hands!

Next, we conducted an awesome science experiment using three slices of bread. Each slice had a different adventure:

- One was touched by children with unwashed hands.
- Another traveled around the room and was even stepped on!
- The final slice was touched only after hands were washed properly.

Over four days, we observed the bread slices transform! The unwashed hands slice grew the most mould, the room-exposed slice also showed a lot of changes, while the clean hands slice remained the safest. This experiment amazed the children and made the invisible world of germs visible in a fun way!

What We Learned

The children were fascinated by the experiment and loved playing germ detectives. This hands-on experience helped them understand how germs spread and why washing hands is important. Inspired by the Reggio Emilia approach, which encourages learning through exploration, this activity also supports Outcome 3 of the Australian Learning Framework - helping children become more aware of their health and safety.

What's Next?

We'll keep the fun going with more exciting activities!

1. Hygiene Hero Posters: The children will help design colorful, superhero-themed posters showing the steps of hand washing to display in the bathroom as fun reminders.
2. Germ Tag Game: A high-energy role-play activity where some children act as 'germs' trying to spread, while others wash their hands to stop them—teaching the importance of hygiene through movement and laughter.
3. Sing and Scrub: We'll introduce catchy hand washing songs that children can sing while washing their hands, making sure they scrub for the right amount of time while having fun!

By turning learning into an adventure, we're making hygiene habits exciting and helping children build lifelong skills while having a blast!





Parent Portal



**CARLISLE
ADVENTIST COLLEGE**

Cost \$60.00 per day
Excursion/ Incursions \$80.00 per day
Child care Subsidy available for Eligible families.

**Vacation Care
April 2025**

Hours:
Monday- Friday: 6.30 am - 6.00 pm

Monday, 7th

Clay Creations
The children will work with clay outdoors. Once their creations are dry, they will have the opportunity to paint them.



Tuesday, 8th

Excursion
Let's go to the movies to watch Dog Man and have popcorn with our friends.



Wednesday, 9th

Incursion
Join us for a fun day filled with waterslides and wonderful company! Don't forget to bring your towels and swimwear.



Thursday, 10th

Incursion
Ochre crushing
The children will explore various uses of ochre, learn to crush it using traditional grinding stones, and create acacia glue to mix with the ochre for painting stencil artwork.

Friday, 11th

Incursion
Petting Zoo
Join us for a delightful time with the animals! Please remember to wear sports shoes.



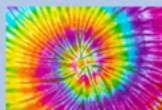
Monday, 14th

Excursion
Join us for an exciting outing to Kids Life! We'll have a great time playing and enjoying a snack of hot chips before returning to the service.



Tuesday, 15th

Incursion
Tie Dye
Join us for a day where you can create a new tie dye shirt and tote bag alongside your friends!



Wednesday, 16th

"Wet and Messy Day"!
Wear swimwear and bring a change of clothes, a towel for sprinklers, a shaving cream sensory area, and bubbles.



Thursday, 17th

Incursion
Children can enjoy their final holiday day with various activities, a movie, and pizza with their educators.



Friday, 18th



ELC



What a wonderful time we've had in Kindergarten! The children spent most of the morning outdoors, engaging in playful activities such as building in the sandpit, kicking and throwing balls, and joyfully passing them to the teachers. It was a delight to see their excitement and energy as they explored and interacted with one another.

We began our day with a heartfelt Welcome to Country, led by Mrs. Kathy, followed by our morning prayers. The children enthusiastically participated in singing, dancing, and moving their bodies to the rhythm of the music, fostering a love for creative expression.

As part of our learning journey, we read the story of Noah's Ark and watched a short video on the same theme. This was followed by engaging discussions where the children answered open-ended questions about the story, enhancing their comprehension and critical thinking skills.

In preparation for Harmony Day this Friday, we encourage all children to wear an orange shirt. This celebration is an important reminder of the values of diversity, respect, and belonging that we cherish in our community.

Our numeracy focus this week has been on numbers 0 to 20. While some children confidently recall and recite the numbers, others continue to strengthen their understanding through ongoing review and practice. We are committed to fostering a supportive and enriching learning environment for all. A heartfelt thank you to all the wonderful helpers in our Kindergarten room! Your time and dedication mean so much to us, and we truly appreciate your support in making our classroom a warm and nurturing space for the children.



KRISPY KREME DONUT DRIVE



AVAILABLE FLAVOURS

ORIGINAL GLAZED DOZEN | ASSORTED DOZEN
STRAWBERRY DOZEN | CHOCOLATE DOZEN

**ORDER THROUGH EVENTBRITE
(SCAN QR CODE)**

Not a member of Carlisle Adventist College?
No worries! This fundraiser is open to the
community.

ORDERS CLOSE FRIDAY 9TH MAY 2025



**COLLECTION DETAILS WILL BE
ON ORDER CONFIRMATION.**

**COLLECTION DATE:
THURSDAY 22 MAY 2025**

P&F - UPCOMING

Coming Soon: P&F Bi-Annual Family Photograph!

Get ready to capture another memory! Our bi-annual P&F family photograph is just around the corner. This cherished tradition brings us all together to celebrate our journey, growth, and the special moments we share.

\$20 professional portrait fundraiser

at Carlisle Adventist College
Save the date!



Wed. 21 - Thur. 22
May



Bookings now open



SAVE THE DATE

COMING SOON

THE
PRINCE
OF EGYPT

EXCLUSIVE ONE TIME SHOWING

01.05.2025



JUST FOR FUN



Spot the Difference

Spot 7 differences between the two pictures.



5				4	
		3	5		
		4			5
6			4		
		5	3		
	1				

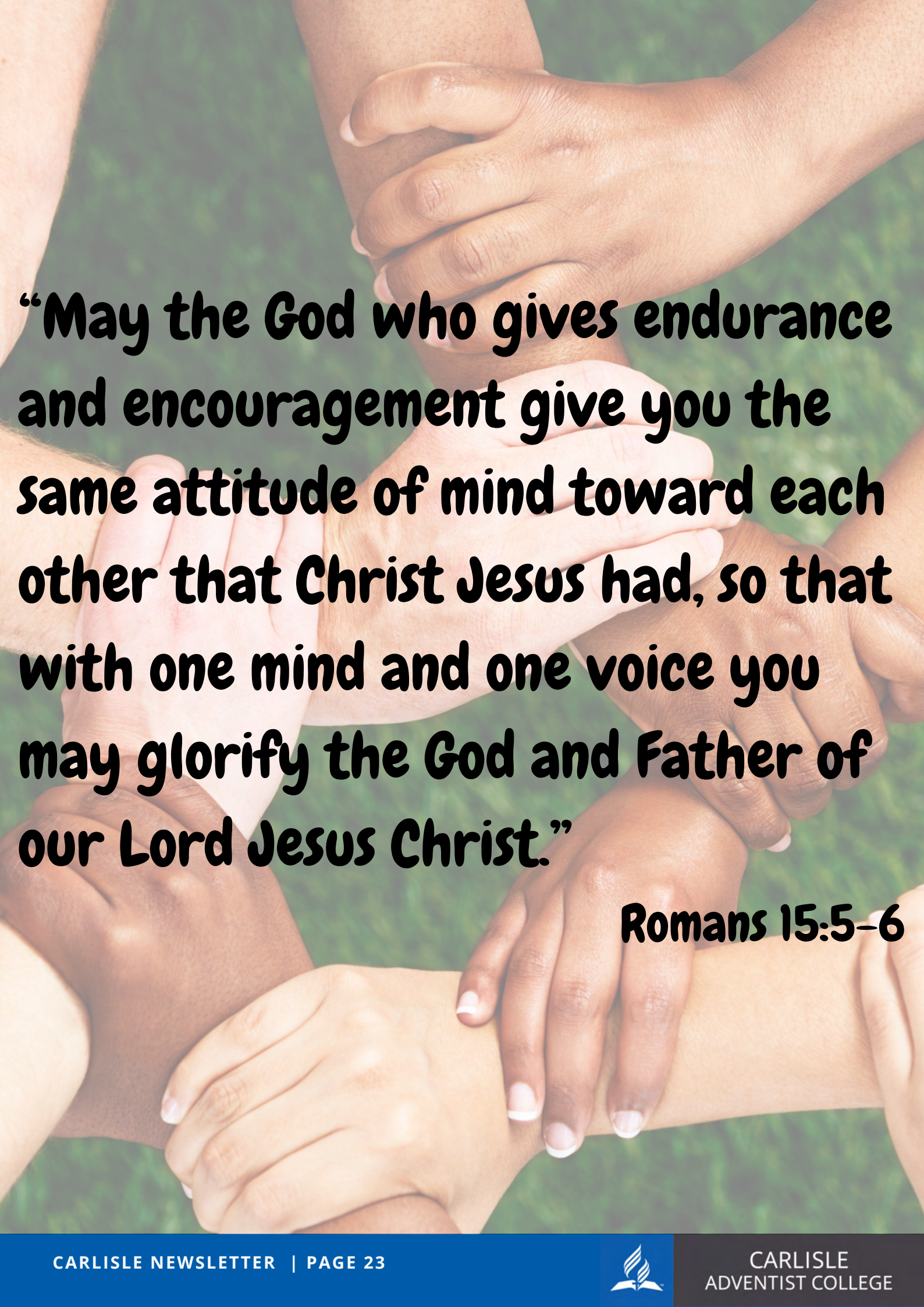
Did you know that kangaroos can hop over 3 meters in a single leap? They use their strong tails for balance when they jump!



I WILL FILL A ROOM BUT TAKE UP NO SPACE. WHAT AM I?







“May the God who gives endurance and encouragement give you the same attitude of mind toward each other that Christ Jesus had, so that with one mind and one voice you may glorify the God and Father of our Lord Jesus Christ.”

Romans 15:5-6