



Thriving, Christ-Centred, Learning Community

FROM OUR PRINCIPAL

It's hard to believe we're already at the end of Week 4, and what a full couple of weeks it's been around the College!

We wrapped up our final Ready, Set, Prep session and hosted our Prep Information Evening, where families got a glimpse into what the transition to formal schooling looks like here at Carlisle. It's always exciting to see new faces and to share in the anticipation of those first days of school next year.

Grandparents' Day was another standout. The joy, stories, and laughter shared between students and their grandparents filled the campus with warmth. It's one of those days that reminds you just how special our community really is.

For our Year 12s, the focus has been on their external exams, the final stretch of their Carlisle journey. We're incredibly proud of the way they've approached this season with effort and determination.

We also had our Orientation Day, welcoming students who'll be joining us in 2026 and giving our Year 6s a taste of life in secondary school. There was plenty of excitement (and a few nerves!), but the energy across the campus was fantastic.

And today, we celebrated World Teachers' Day, a chance to stop and recognise the incredible staff who pour so much of themselves into the lives of our students every single day.

These past two weeks have really captured what it means to strive with effort and lead with compassion, two values that continue to shape the heart of our Carlisle community.

Galatians 6:9, "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."

That's the heart of flourishing — steady effort, kind hearts, and faith that growth comes in God's time.



Dale Skimmer

Term 4, Week 4
31 October , 2025

IMPORTANT DATES

SWIMMING CARNIVAL
Wednesday, 5 November

MESH
Friday, 14 November

VOLEENTEERS APPRICIATION DAY
Thursday, 13 November

REMEMBRANCE DAY
Tuesday, 11 November

YEAR 12 SERVICE TRIP
Sunday, 16 November

BLUE WATER LAGOON DAY
Friday, 28 November

LAST DAY YEAR 10 & 11
Friday, 28 November

CARLISLE WAY



CARLISLE WAY

CELEBRATING CARE IN PRIMARY

Each week in Primary, one class is recognised for their excellence in demonstrating our CARE values - Compassion, Achievement, Respect, and Effort. The selected class is rewarded with a colourful fruit platter to share during fruit break — a small but meaningful way to celebrate the positive choices and behaviours that make our school community thrive.

This simple weekly tradition has become a highlight for students, creating a sense of excitement and pride as they strive to show kindness, work hard, and support one another. It has been wonderful to see the enthusiasm across all year levels, with students encouraging their peers and celebrating each other's successes.

Throughout the year, every class has demonstrated what it means to live out The Carlisle Way. Our students have shown compassion through caring for friends and lending a helping hand, achievement by setting goals and working hard to reach them, respect in the way they treat others and their environment, and effort in all aspects of learning and play.

As a result, our Primary students have truly flourished, not only in their academic learning but also in their personal growth and relationships. Their commitment to the CARE values has created a warm, supportive environment where everyone feels valued and encouraged to be their best.

Congratulations to all our Primary classes for a fantastic year of learning, growing, and showing what it truly means to CARE. You have made us all proud!



NOTICES

STAY HYDRATED

As the weather warms up, it's the perfect time to remind everyone just how important it is to stay hydrated. Water plays a vital role in keeping both our bodies and minds functioning at their best. When we're properly hydrated, we feel more alert, can concentrate better, and are able to perform at our full potential throughout the day.

In our tropical Mackay climate, it doesn't take long to feel the effects of the heat. Even light outdoor activity can cause us to lose fluids quickly through sweat, which can lead to tiredness, headaches, or a lack of focus. That's why it's so important to drink water regularly not just when we feel thirsty. By the time we notice thirst, our bodies are already beginning to dehydrate.

As the days get hotter, it's also a good time to put those jackets away. Wearing extra layers can quickly lead to overheating, especially during playtime or outdoor activities. Light, breathable clothing helps everyone stay comfortable and better manage the heat.

Encourage students to bring a filled water bottle to school each day and take regular sips during lessons, break times, and especially during sport or playtime. Cold water bubblers are available throughout the school for students who forget their bottle or need to top it up during the day. Staff can also set a great example by keeping their own water bottles handy and reminding students to rehydrate regularly.

Choosing water over sugary drinks is one of the simplest and healthiest habits we can form. It helps regulate body temperature, supports energy levels, and promotes overall wellbeing. Foods with high water content, such as watermelon, cucumber, oranges, and strawberries, are also great for helping us stay refreshed.

Let's make hydration and sun safety a daily priority across our school community. A simple bottle of water and a light outfit can make a big difference to how we feel, think, and learn. Stay cool, stay hydrated, and take care of yourself and each other as the warmer months roll in.



CHAPLAINCY

SCHOOL-RUN CHURCH SERVICE

This Saturday, our students will be leading the morning service at Mackay Central Church. This is always a special event in our school calendar, where students take part in readings, music, and reflections, showcasing their confidence and care values in a meaningful way.

It's a wonderful opportunity to come together as a community, celebrate our students' efforts, and share in a morning of faith and connection. Everyone is warmly invited to attend and support our students as they take on this important role.



 **CARLISLE
ADVENTIST COLLEGE**

Service

**MACKAY CENTRAL
CHURCH**

01ST NOV

10AM - START

83 MILTON ST, MACKAY

SPORTS

Our annual Swimming Carnival will be held at the Mackay Aquatic & Recreation Complex from 8:30 am to 2:30 pm.

Students should arrive by 8:15 am and bring swimwear, towel, goggles, sunscreen, water bottle, and a change of clothes. The canteen will be open, or students may bring their own food.

Parents are responsible for transport to and from the venue. Students using the regular bus service or OSHC will travel by the school bus.

We look forward to a fantastic day of fun, teamwork, and school spirit!



CARLISLE
ADVENTIST COLLEGE

SWIMMING CARNIVAL

CARNIVAL DATE
NOVEMBER 5, 2025



8:30 - 2:30PM



LOCATION

Mackay Aquatic & Recreation Complex
193 Boundary Rd, Ooralea QLD 4740

COME ALONG AND COLLECT POINTS FOR YOUR HOUSE



EXCURSION



This week, our Year 5 and Secondary Music students attended a special one-hour performance by the Queensland Symphony Orchestra at the MECC.

The concert gave students a wonderful taste of live orchestral music, showcasing a range of instruments and musical styles. It was an inspiring opportunity to see professional musicians in action and connect their classroom learning to a real-life experience.

Although the performance only lasted an hour, it left a lasting impression and plenty of motivation for our young musicians to keep exploring the world of music.



PRIMARY

Year 5 students have been exploring the world of poetry by creating their own Limericks. With their trademark five-line rhythm and playful rhymes, Limericks gave students the perfect opportunity to experiment with language, rhythm and humour.

The classroom was filled with laughter as students shared their imaginative verses about everything from mischievous animals to everyday adventures. It was wonderful to see their creativity shine through as they learned how to balance rhyme and rhythm while having fun with words.

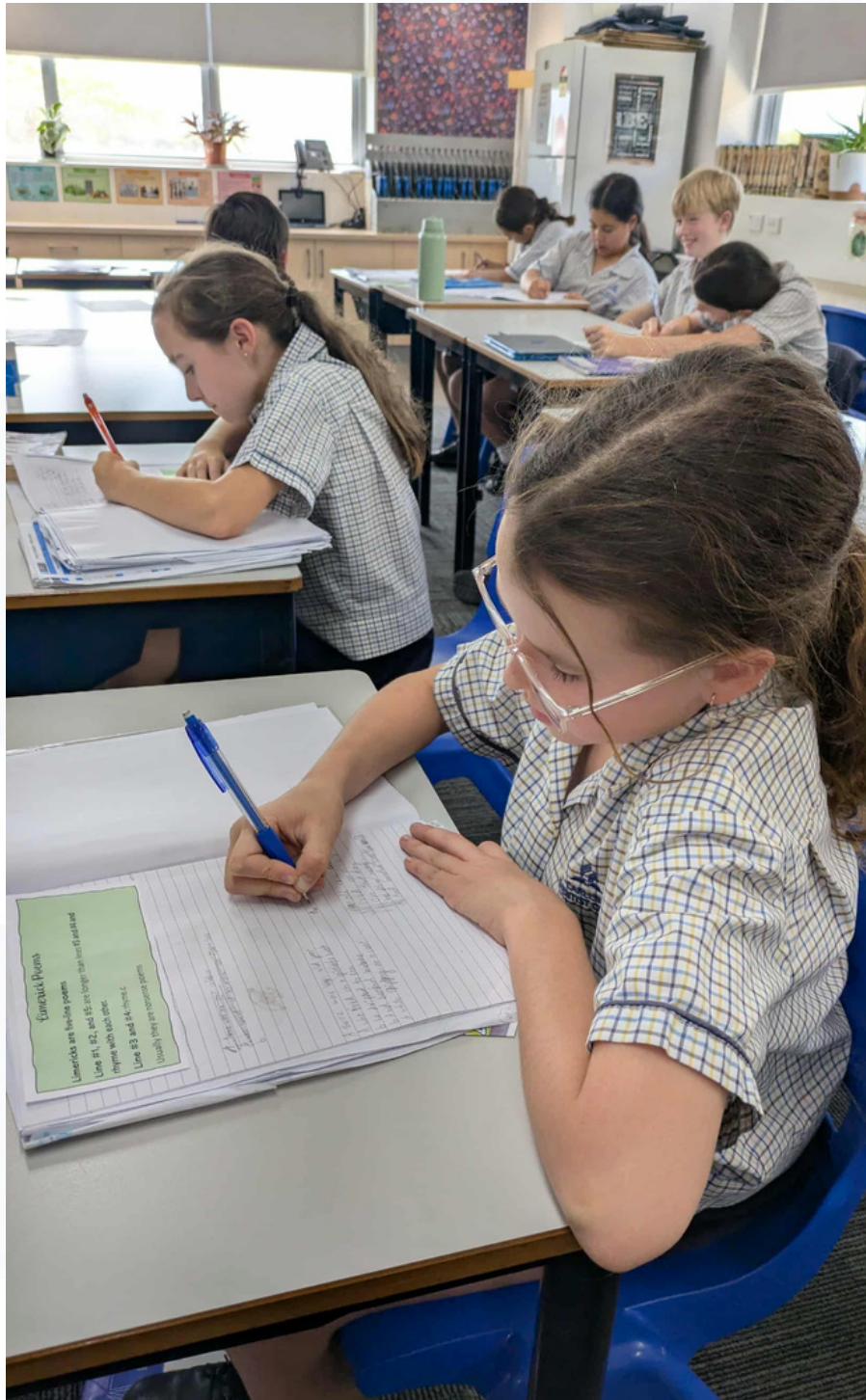
Well done to our budding poets in Year 5 - your Limericks were clever, funny and full of personality!

By: Ziggy, Elijah & Cash
There was a very old cook,
Who liked eating books,
He lived in a pan,
And got a hand,
He was an ugly sook.

By: Paige
There was a young rat,
That wore a big hat,
After this rhyme,
Had a big dine,
And ran out of time.

By: Hayden & Elliott
There was an old man from Oo Oo
There he went 'boo hoo'
He had piranha's
That went bananas
And didn't know what to do.

By: Year 5
There was a very old goat,
Who lived on a pirate's boat,
He drifted to sea,
And bonked his knee,
While slipping on a coat.



SECONDARY



CHOIR CAMP

Our recent Choir Camp was a great success! Students discovered the power of their voices, learning new techniques and how to use their voices as instruments. They grew in listening, harmony, and fellowship, celebrating together through music and good food. Following camp, students performed beautifully for Grandparents Day and reflected thoughtfully on their experience. We commend our choir members for their dedication and teamwork and look forward to the exciting opportunities ahead as we continue this journey in unity and song. A special thank you to Mr Mataafa for his time, guidance, and for sharing his wisdom with our students.



"I will sing to the Lord, for He has been good to me."

Psalms 13:6



SECONDARY

YEAR 12 EXAMS ARE UNDERWAY

The Year 12 exams are now in full swing, and students are approaching them with focus, determination, and a sense of calm. Despite the usual pressures that come with this time of year, stress levels have remained relatively low, with students taking a balanced approach to preparation.

In a display of unity and reflection, all students are taking a moment to pray before each exam. These brief moments of prayer help them centre their thoughts, find focus, and approach each assessment with confidence and calm. Alongside this, many students are engaging in last-minute revision, reviewing key concepts and notes to ensure they feel fully prepared.

Teachers and staff have been supporting students throughout this period, providing guidance, encouragement, and a reassuring presence. The combination of preparation, reflection, and prayer is helping students manage the demands of exams while maintaining a sense of wellbeing.

This period is not only about academic effort but also about balance, resilience, and perspective. As Year 12 students move through the coming weeks, we wish them every success and encourage them to continue combining study with moments of calm, reflection, and prayer.



COMMUNITY



Our school community came together to celebrate Grandparents Day with joy and warmth. Our primary students delighted everyone with a selection of songs, bringing smiles and laughter to the audience. Meanwhile, the secondary choir showcased the skills they had honed during their recent choir camp, impressing grandparents and parents alike with their harmony and stage presence.

The celebration concluded with a lovely afternoon tea, providing a chance for families to connect, share stories, and enjoy a relaxed and happy atmosphere together. It was a wonderful day of music, community, and appreciation for our grandparents.



TEACHERS DAY

CELEBRATING OUR AMAZING STAFF

This week, we had the wonderful opportunity to celebrate Teachers' Day and show our heartfelt appreciation for the incredible staff who make our school such a special place. To mark the occasion, our staff were treated to a visit from a coffee van, and the staffroom table was overflowing with delicious treats a small gesture to say a big "thank you."

Our gratitude extends to every member of our school community, both teaching and non-teaching. From planning lessons and guiding students through challenges, to keeping our classrooms and school running smoothly behind the scenes, the dedication and effort of our staff make a real difference every day.

It's these daily acts of care, patience, and encouragement that help our students flourish academically, socially, and personally. Whether it's a teacher inspiring a love of learning, a support staff member ensuring a safe and welcoming environment, or an administrator keeping everything on track, every role contributes to the vibrant and nurturing school community we are proud of.

Thank you to all our staff for your tireless work, your commitment to our students, and the positive impact you make every day. Your efforts are truly valued, and we are grateful to have such a dedicated team shaping the lives of our students.



WELBEING MATTERS

HELP RESEARCHERS IMPROVE SUPPORT FOR CHILDREN WITH ANXIETY



Researchers from the Black Dog Institute are inviting parents and children aged 8–12 years to take part in a study to help improve treatments for childhood anxiety.

The study focuses on Courage Quest Plus, a new digital program designed by expert psychologists. The program teaches children and parents valuable skills based on exposure therapy, a well-established approach that helps children gradually face and overcome their fears in safe and supported ways.

Participation is free, and families will be reimbursed for their time completing short research surveys at the end of the study. The goal is to refine and enhance digital mental health tools that empower children to manage worry and anxiety early in life.

If you or someone you know may be interested, visit the Courage Quest team online to sign up or contact them directly at couragequest@blackdog.org.au for more information.



**Do you have a child
(8–12 years old)
who **experiences**
anxiety and worry?**



FUNDRAISING

AVONDALE TRIP 2026

Each year, our Year 11 students travel to Sydney to experience Avondale University. Fundraising efforts for this trip are already well underway, with our Year 10 students beginning to plan for their trip next March. You can help support them by participating in the following fundraisers:



SUPPORT OUR STUDENTS' AVONDALE TRIP!

EVERY TUESDAY AT HAZEL'S KITCHEN - SECONDARY LUNCH



SLUSHIES - \$2
TOASTIES - \$3



GRAB A TREAT & HELP OUR YEAR 10 STUDENTS MAKE THEIR TRIP UNFORGETTABLE!

SWIMMING CARNIVAL FUNDRAISER!



CHIPS & SOFT DRINKS FOR SALE!



Price: \$2 each

When: During the Swimming Carnival

Support our students while enjoying a tasty treat! Don't miss out!

OSHC – 2026 Spots Available



We have limited spots available for our 2026 Out of School Hours Care program. After school, students can complete homework and enjoy a range of fun and educational activities.

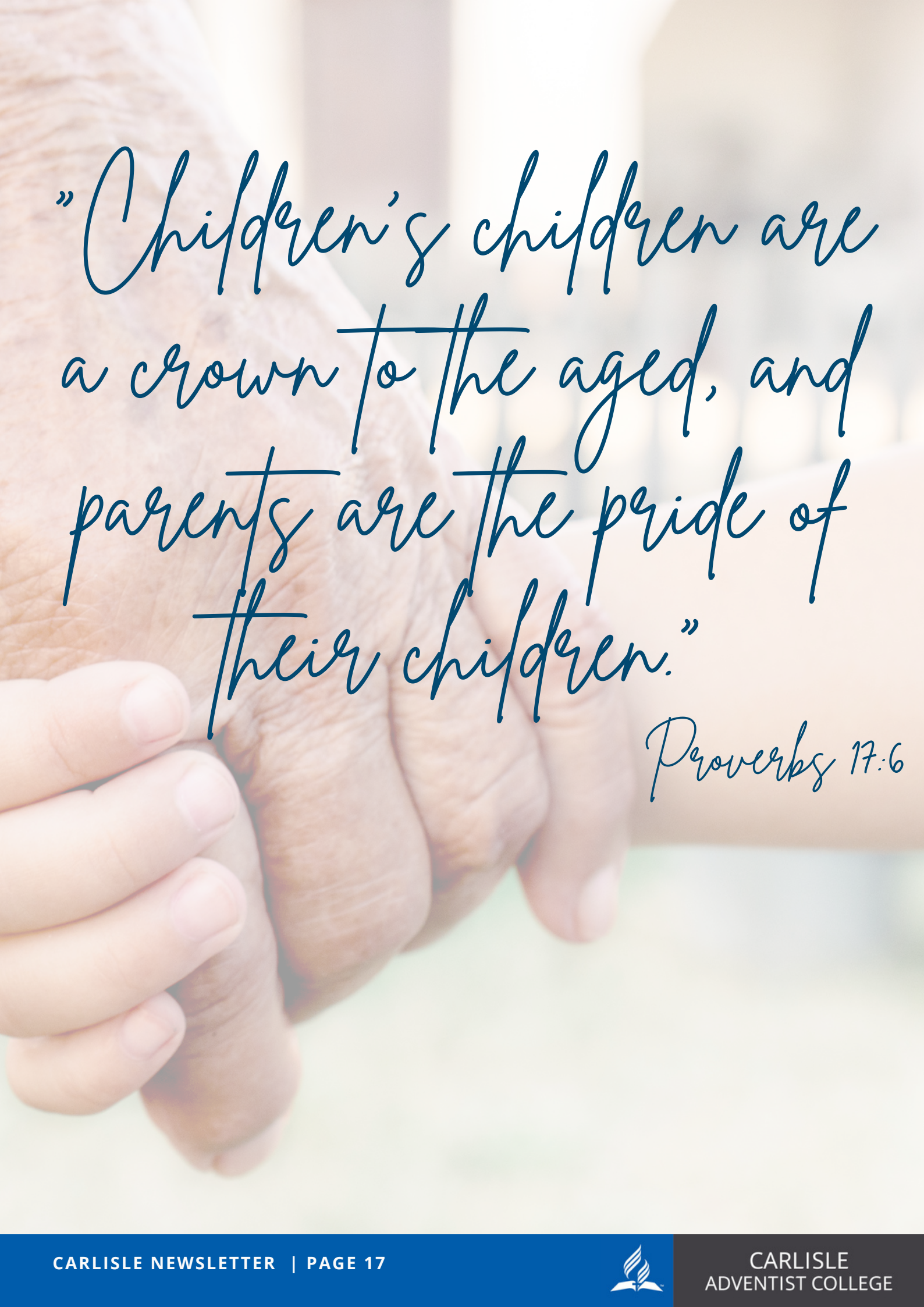
During the school holidays, the program is packed with excitement, including excursions to the movies, play centres, water slides, and jumping castles. We also have special visits, like a petting zoo!

Secure your child's spot by contacting oshc@carlisle.qld.edu.au or via parent portal.

[Parent Portal](#)







"Children's children are
a crown to the aged, and
parents are the pride of
their children."

Proverbs 17:6



CARLISLE
ADVENTIST COLLEGE

WE ARE HIRING!

We are currently looking to fill the following position;

- Carlisle Adventist College Bus Driver

**12.5 + HOURS A WEEK
TERM BASED**

EOI - reception@carlisle.qld.edu.au

www.carlisle.qld.edu.au

