

FROM OUR PRINCIPAL

When we think back to our school days, it is often the people we remember. A teacher who believed in us, a friend who made room for us, or someone who noticed when we needed support.

Those experiences remind us of what we want for every student at Carlisle. To feel known, valued and part of our school community.

This week, Remembrance Day gave us an opportunity to pause and acknowledge those who have served and remember the lives lost through war. It also encouraged us to reflect on service, sacrifice and our responsibility to treat others with dignity and work towards peace.

Our Year 5 students and Year 9/10 Business class also put their learning into practice through Entrepreneurial Day. Creating small businesses or market stalls, then promoting and selling products during lunch, gave students a taste of running a business. They had opportunities to develop skills in planning, pricing, customer service and working with others.

Shared experiences like these help build connections across our school. Belonging also grows through everyday choices: inviting someone to join in, encouraging a classmate or taking time to listen. Each of us can help make Carlisle a place where people feel welcome.

Jesus showed us this through the way He noticed people, welcomed children and made time for those who needed Him. His example guides how we care for one another.

Thank you to the staff and students who contributed to this week's activities. My prayer is that our students continue to develop their abilities and use them to serve others, knowing they are loved by God and valued here at Carlisle.

Blessings,

Dale Skinner


Dale Skinner

Term 4, Week 6
13 November, 2026

IMPORTANT DATES

SERVICE TRIP
Wednesday, 18 - 2 December

BLUE LAGOON DAY
Friday, 27 November

YEAR 10 - 11 LAST DAY
Friday, 27 November

YEAR 6 ASSEMBLY & DAY OUT
Monday, 30 November

AWARDS NIGHT
Thursday, 3 December

LAST DAY
Friday, 4 December

COMING UP



NOTICES

A REMINDER ABOUT SPEED LIMITS AROUND CARLISLE!

The safety of our students, families, staff and visitors is always our priority. With busy mornings and afternoons around the school, we would like to remind everyone to be mindful of speed limits when travelling around the Carlisle grounds and through the car park.

Please ensure you are travelling at a safe and appropriate speed at all times, particularly around the front car park, drop-off and pick-up areas, and anywhere students may be walking.



We ask all drivers to:

- Drive slowly and carefully through the car park.
- Be alert for children and families moving between vehicles.
- Follow the designated traffic flow and parking arrangements.
- Avoid rushing, even when running late.

A moment of patience can make a big difference. Children can be unpredictable, and we all have a responsibility to help keep them safe.

Thank you for doing your part to make Carlisle a safe place for everyone.
Let's work together to ensure every student arrives and leaves school safely each day.

Slow down, stay alert and put our children's safety first.

BEAT THE HEAT

With the warmer weather well and truly here, we want to remind all students to come prepared for the heat and look after themselves throughout the school day.

A few simple reminders:

- Leave the jackets at home! With temperatures rising, jackets are no longer needed during the school day. Please make sure students are dressed appropriately for the warmer weather.
- Bring a hat every day! Hats are essential for outdoor activities, lunch breaks and playtime. Remember, no hat, no play!
- Stay hydrated! Please bring a full water bottle to school each day and remember to refill it regularly. Drinking water throughout the day helps students stay cool, focused and ready to learn.

As the temperatures continue to rise, it is important that we all take care of ourselves and make smart choices in the sun.

A little preparation goes a long way in keeping everyone happy, healthy and ready to enjoy the school day!

LIVING OUR CARE VALUES



C
A
R
E



CHAPLAINCY

Carlisle Adventist College students had the privilege of serving at Mackay Central Church, bringing our school and church communities together for a special worship programme.

Three students from Years 10, 11 and 12. Rayth, Shaun and Jordan represented our school as speakers. Under the theme “Standing Up for What’s Right - Faith Under Pressure,” they shared encouraging messages about trusting God through difficult choices, challenges and fears.

Rayth spoke from Daniel 1:8 - 20, sharing the importance of standing firm in our choices. Shaun explored Daniel 3:13 - 27, reminding us to stand strong under pressure. Jordan reflected on Peter’s experience in Matthew 14, encouraging us to stand in faith when fear takes over. Each student did a wonderful job, serving both our school and God through the messages they shared.

The programme also featured a beautiful solo from Darcy, a lovely children’s story shared by Alecia, and a warm welcome from Aaliyah. Each contribution helped make the service a meaningful and welcoming experience.

Being part of our local church programme is something we love. It gives our students opportunities to share their gifts, grow in confidence and faith, and build connections across our communities.

Thank you to Mackay Central Church for welcoming our students and giving them the opportunity to serve. We are proud of everyone who took part and look forward to seeing more students join in the joy of serving God and others.











OSHC
Outside School Hours Care



As we approach the end of another wonderful year, we would like to thank all our families for their continued support and involvement throughout 2026.

It has been lovely watching the children build friendships, develop new skills, explore their interests and make wonderful memories at OSHC. From creative activities and group games to cooking, sports and special celebrations, it has certainly been a busy and fun-filled year!

December School Holiday Program

We have some exciting activities planned to finish the year, including:

- **Skating:** Hit the rink and practise some new skills.
- **Build-A-Bear:** Create a special furry friend to take home.
- **Timezone:** Enjoy arcade games and friendly competition.
- **Christmas Water Slide Party:** Cool off with an afternoon of water-filled fun!

There will also be plenty of Christmas crafts, games and activities to enjoy with friends.

Holiday Program Dates: Monday 7 December – Friday 18 December 2026.

OSHC Operating Hours:
Monday – Thursday: 6:30am – 6:00pm
Friday: 6:30am – 5:30pm

Bookings are encouraged early to avoid missing out!

Christmas Closure and January 2027

Following our December program, OSHC will close for three weeks over Christmas and the New Year.

We look forward to welcoming everyone back on Monday 11 January 2027 for our January holiday program. We are also excited to welcome our new Preps and help them settle into OSHC, make friendships and feel at home in our Carlisle community.

Thank you for being part of our OSHC family throughout 2026. We wish all our families a safe, happy and blessed Christmas and New Year and look forward to another wonderful year together!

Warm regards,
The OSHC Team

OSHC







CARLISLE ADVENTIST COLLEGE

Join the festive fun and let your creativity run wild, crafting Christmas decorations! Plus indoor & outdoor play

Vacation Care December 2026

Cost $84.00 per day
Child care Subsidy available for Eligible families

Hours:
Monday- Thursday: 6:30 am - 6.00 pm
Friday 6.30 am- 5:30 pm

Monday, 7th Incursion
Craft and Grow: flowerpots and grass hair dogs
Bible story
Parable of the Sower
Matthew 13:1–9

Tuesday, 8th Incursion
Woodwork!
Little builders come and build a jet plane or nesting dolls.
Bible story
Noah Builds the Ark
Genesis 6–9

Wednesday, 9th Excursion
Skating!
Join us for an exciting bus trip to the Leisure Centre, where we will have a blast roller skating!
Bible story
Jesus Calms the Storm
Mark 4:35–41

Thursday, 10th Incursion
Christmas craft!
Join us for a day where you can make Christmas craft door and tree hangers.
Bible story
The Birth of Jesus
Luke 2:1–20

Friday, 11th Incursion
Lego Builders
Come and build your own creations, then have a LEGO bridge challenge in the afternoon
Bible story
Wise and Foolish Builders
Matthew 7:24–27

Monday, 14th Incursion
Christmas Craft Fun!
Come and decorate festive ornaments and create colourful Christmas keepsakes.
Bible story
The Wise Men Follow the Star
Matthew 2:1–12

Tuesday, 15th Excursion
Timezone Adventure!
Come and enjoy a bus trip to Timezone and enjoy arcade games Teamwork and fun with friends.
Bible story
David and Goliath
1 Samuel 17

Wednesday, 16th Incursion
Build-a-Bear Day!
Join us to create a cuddly friend, choose its clothes and give it a name.
Bible story
The Good Shepherd
John 10:11–15

Thursday, 17th Incursion
Christmas Baubles!
Come and paint and decorate your own special Christmas baubles and create Christmas kindness cards for someone special.
Bible story
Angels Bring Good News
Luke 2:8–14

Friday, 18th Incursion
Christmas Water Party!
Join us for water slides, a water fight, and a shared Christmas lunch. Bring a plate to share!
Bible story
Jesus Washes the Disciples' Feet
John 13:1–17

CARLISLE ADVENTIST COLLEGE

Join the festive fun and let your creativity run wild, crafting Christmas decorations! Plus indoor & outdoor play

Vacation Care January 2027

Cost $87.00 per day
Child Care Subsidy available for Eligible families

Hours:
Monday- Thursday: 6.30 am - 6.00 pm
Friday 6.30 am- 5:30 pm

Monday, 11th Incursion
Creaturtoons!
TOONWORLD WORKSHOP
1:00–3:00pm
Come and Create a dinosaur or fantasy model to take home.
Bible story
God Creates the Animals
Genesis 1:20–25

Tuesday, 12th Incursion
Birdhouse Build!
Woodwork and painting,come and enjoya chance to do woodwork and create a birdgouse and paint it.
Bible story
God Cares for the Birds
Matthew 6:26

Wednesday, 13th Incursion
Laser Tag!
Join us for an exciting day of Laser Tag and design obstacles and play in teams on the oval (shed if wet).
Bible story
David & Jonathan
1 Samuel 18:1–4

Thursday, 14th Excursion
Kidz Life!
Join us on a fun bus trip to Kidz life inddor play centre to play with our friends and have our packed lunch with hot chips.
10:00am–2:00pm
Bible story
Jesus Welcomes Children
Mark 10:13–16

Friday, 15th Incursion
Sensory day!
Come and Explore fluffy slime, rainbow rice and sensory play.
Bible story
Wonderfully Made
Psalm 139:14

Monday, 18th Incursion
Healthy Heroes!
Toonworld Workshop
1:00–3:00 PM
Join us for fun drawing challenges with the Sugar Queen and her roach army.
Bible Story
Daniel Chooses Healthy Food
Daniel 1:8–16

Tuesday, 19th Incursion
Wheels Day!
Children, bring your skates, boards, bikes, and scooters for a fun Wheels Day with your friends. Please remember to wear helmets at all times.
Bible Story
Elijah's Chariot of Fire
2 Kings 2:1–12

Wednesday, 20th Excursion
Movie Day!
Let's go to the movies to watch Angry Birds 3 and enjoy some yummy popcorn with our friends! We will leave at 10 am and return at 12.30 pm
Bible Story
Abigail Makes Peace
1 Samuel 25

Thursday, 21st Incursion
Basketball Fun
Join us for a fun-filled day of basketball! Children will learn dribbling, shooting, passing, and teamwork through drills and mini-games.
Bible Story
Four Friends Help Jesus
Mark 2:1–12

Friday, 22nd Incursion
Water Slide Party!
Join us for water slides and a shared lunch to finish our school holidays. Bring a plate to share!
Bible Story
Jesus Walks on Water
Matthew 14:22–33

PRIMARY

YEAR 6 SCRAPBOOKS

Year 6 have been busy working on their Primary School Scrapbooks, taking time to reflect on and celebrate their journey from Prep through to Year 6. Together, we have been brainstorming and sharing memories, thinking about our best friends, the people who have helped us along the way and some of our favourite moments throughout our Primary School years.

We have also taken a moment to think about how it felt to start school all those years ago and how we are feeling now as we reach the end of our Primary School journey. We have reflected on how much we have changed physically, mentally, emotionally and spiritually. Most of us agree that we have grown taller, learned so much, become more resilient and developed the ability to keep going when things get tough. We also recognise that our relationship with God has grown along the way.

While we are a little sad to leave our Primary School years behind, we are even more excited about what lies ahead. High School is just around the corner, bringing new opportunities, challenges, friendships and adventures as we begin the next chapter of our lives!











E-DAY

Our Year 5 students have worked hard over the past few weeks preparing for E-Day, developing creative business ideas and clever strategies to bring their stalls to life. Along the way, they have learned about the responsibilities involved in running a small business, including completing E-Day insurance forms, conducting risk assessments, planning for safety and organising the resources needed for their activities.

On the day, our Primary students received E-Dollars to spend as they explored the many stalls on offer. From delicious food and exciting games to toys and handmade crafts, there was something for everyone to enjoy. It was wonderful to see our Year 5 students putting their planning into action, demonstrating creativity, teamwork, problem-solving and an understanding of what it takes to run a business.

A huge thank you to Mrs Skinner for the time, effort and enthusiasm she has put into working with her students to make E-Day such a success. We also extend our sincere thanks to the parents and families who generously supported the students throughout the process. Your help and encouragement made a real difference, and the day would not have been possible without you!















STUDENT WORK

YEAR 5 LIMERICKS

Our Year 5 students have been getting creative with words by writing their own limericks! They have explored rhyme, rhythm and humour to create five line poems with clever and often funny endings. It has been wonderful seeing their imagination and creativity shine through their writing!



created by
Nate

There was a slimy frog
That fell on a log
It was the night
He got a fight
He ran and screamed like a hog



created by
Skye

My friend's name is Pete
He eats a lot of meat
He fell off the bed
And hit his head
And conveniently fell in his seat



created by
Alexis

A king sat down on his throne
And then he started to groan
He sat on his crown
And started to frown
And he cried out with a loud moan



created by
Ollie

You wake up in the morning
Crying, moaning and groaning
Your mum says,
"We're late these days"
So you get up and get going

YEAR 9/10 ENTREPRENEURSHIP MARKET DAY



Our Year 9/10 Business Studies students brought their entrepreneurial ideas to life during our Market Day on Thursday, 12 November!

From delicious burgers, refreshing drinks, waffles and brownies to creative dog tags, personalised engraving, beautiful crochet flowers and handmade keyrings, there was something for everyone to enjoy!

The students worked incredibly hard to plan, prepare and run their own small businesses, putting their creativity and entrepreneurial skills into practice.

A heartfelt thank you to our staff and students who supported Market Day. Your encouragement and generosity meant so much to our young entrepreneurs!

We are incredibly proud of our students and what they have achieved. A fantastic day of learning about entrepreneurship!





WHOLE SCHOOL



STEPPING UP FOR STUDENT LEADERSHIP

On Friday 13 November, students had the opportunity to step up and share their SRC speeches in front of their peers. For some, the words came easily and were delivered with great confidence, while others faced a few nerves and shaky moments. But regardless of how they felt standing up in front of the crowd, every student did an incredible job, and we are so proud of each of them for giving it a go.

Putting yourself forward for a leadership position takes courage. It means being willing to have your voice heard, represent others and take on the responsibility of serving your school community.

Our SRC representatives will be announced at Awards Night. Those selected will have the opportunity to represent their year level throughout next year, share ideas and provide valuable student input to help make a positive difference at Carlisle.

We recognise that stepping into a leadership role isn't for everyone, but to those who put their hand up, prepared a speech and were willing to give it a go, we commend you. Your willingness to step forward, serve others and make a difference is something worth celebrating.

Well done to all our SRC candidates!



Introduction to interoception for families and caregivers

We are using new mindfulness activities in the classroom which are designed to help students feel more connected to their bodies, and to interpret and express their emotions helpfully.

Our bodies send us signals about our emotions all the time through physical changes like our heartbeat slowing down or speeding up, our muscles tensing and our breath changing.

Tapping into these changing signals and learning to understand them as emotions and/or feelings is called interoception or 'mindful body awareness'.

Everybody's natural interoception is different.

Without good interoceptive awareness, children and young people might find it hard to notice a big emotion building up inside until it becomes overwhelming or distracts them from learning.

What are interoception activities?

The simplest activities involve gently moving parts of your body, like your hands and feet, and mindfully paying attention to the stretch.

- They only take 1-2 minutes each to complete.
- To see a benefit, they need to be repeated 2-3 times a day for at least 8 weeks.

What are the benefits?

Participating in mindfulness and building interoception skills can help children and young people to:

- self-regulate their emotions and feelings,
- be calm and engage with learning,
- have positive wellbeing, and
- improve their academic performance.

Try it at home You might like to give this interoception activity a go in the morning, before bed, or even in the car on the way to school.

Feeling the muscles in your hands

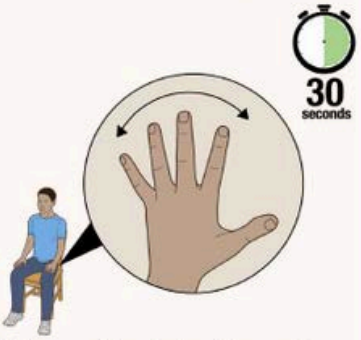
Step 1

Sitting down, rest your hands on the top of your thighs.



Step 2

Now stretch your fingers as wide apart as possible and hold them stretched out like that for 30 seconds. Then rest them back, so they are relaxed again.



Where could you feel a difference in your body when your hands were relaxed and when your hands were stretched? Point, sign or say where you felt something.

Step 3

Now pick one of the parts of the hand that you identified and repeat Steps 1. and 2. focusing on that part of your hand.

For example, focus on the webbing of your hands while your hands are relaxed, now stretch the fingers as wide apart as possible and focus on how the webbing between your fingers feels.

Visit the Student Wellbeing Hub for more information, activity videos and academic references.

CARLISLE
ADVENTIST COLLEGE

SAFE CHILDREN. STRONG COMMUNITIES. BRIGHTER FUTURES.

Child Safe Incident or Concern Reporting

We are committed to the safety, wellbeing and protection of every child and young person at Carlisle Adventist College.

If you have a concern, incident or behaviour that may place a child or young person at risk of harm or adversely impact their wellbeing, please use our Child Safe Incident or Concern Reporting Form.

IF YOU SEE SOMETHING, SAY SOMETHING.

THE FORM IS AVAILABLE TO:

- Parents & carers
- Staff members
- Volunteers
- Contractors
- Visitors
- Members of the wider community

HOW TO ACCESS THE FORM:

- Via the school website
- Through SEQTA Engage
- Scan the QR code below
- Through direct links provided by the College

Scan here to report a concern

Reports may be submitted anonymously. However, while anonymous reports will be taken seriously and assessed appropriately, anonymity may limit our ability to investigate a concern fully or provide feedback regarding the outcome.

All reports are managed in accordance with our Child Safety Policies and Procedures.

FOR STUDENTS

An Anonymous Submission of Concern Form is also available. You can access this form via SEQTA Learn, in hard copy in Dem 1 corridor.

Together, we can help ensure Carlisle Adventist College remains a safe, supportive and respectful environment for every student.

RECIPE OF THE WEEK

STRAWBERRY CHEESECAKE BALLS

A delicious little treat that takes only a few minutes to prepare. No baking required!

Ingredients

- 250g plain sweet biscuits (Marie or Nice)
- 250g cream cheese, softened
- ½ cup desiccated coconut
- ½ cup strawberry jam
- Extra desiccated coconut for rolling

Method

- Crush the biscuits into fine crumbs.
- In a large bowl, combine the biscuit crumbs, cream cheese, coconut and strawberry jam.
- Mix until everything is well combined.
- Roll the mixture into small bite-sized balls.
- Roll each ball in extra coconut.
- Place in the fridge for at least 1 hour until firm.

A Little Tip

Keep these refrigerated and enjoy them cold. They're perfect for sharing with family and friends!



WHATS ON AROUND MACKAY

Join us this Saturday night as we come together for a time of praise and worship from 6:00pm, followed by a fun games night in the shed!

There will be free nibbles and drinks available, so bring your friends and come along for a great night of fellowship, fun and connection.

Venue: Carlisle Chapel
Time: 6:00pm–10:00pm
When: Saturday night



SUPPORTING COMMUNITY

CARLISLE ADVENTIST COLLEGE

CHRISTMAS HAMPER COLLECTION

ADRA



It's hard to imagine, but this Christmas some families in our community will be struggling to meet even their basic needs. The Adventist Development and Relief Agency (ADRA) is working to change that by preparing over 100 Christmas hampers for the most vulnerable in our Mackay community. Together, we can make a difference and bring back some Christmas cheer.

To make this possible, ADRA is hoping to collect at least 70 of each item listed below. We've broken it down by class to make donating simple and achievable.

If you are in a position to bless someone else this Christmas, we encourage you to bring your class items to school between 2 – 27 November.

Prep – Pancake Mix/Tin Fruit
Year 1 – Custard and Jelly
Year 2 – Shortbread and Kantong Sauce
Year 3 – Cordial and Chips
Year 4 – Rice and Toothbrushes
Year 5 – Jam and Shampoo
Year 6 – Beetroot and Corn
Year 7 – Muesli Bars and Sauce
Year 8 – Boxes of Biscuits and Toothpaste
Year 9 – Soap and Tissues
Year 10 - Deodorant and Lollies
Year 11 - Tinned Vegetables and Pasta

An ADRA representative will be present at our morning school assembly on Monday 30 November collect all donated items.

CARLISLE
ADVENTIST COLLEGE

Christmas

IN THE CANE

A FUN COMMUNITY EVENT

6th December 2026

2.30 - 8pm

17 Holts Road Beaconsfield

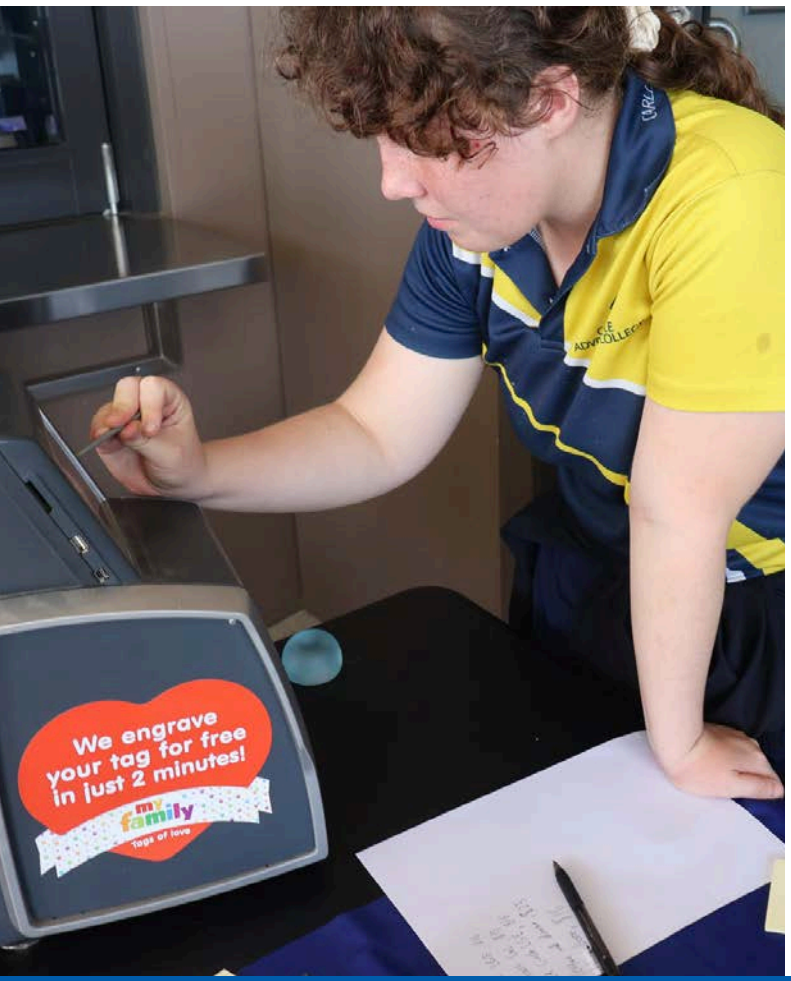
Rides
Carols
Food vans
Petting Zoo
Market stalls
Live entertainment
Fireworks @ 7:30pm

Scan for early bird ride tickets



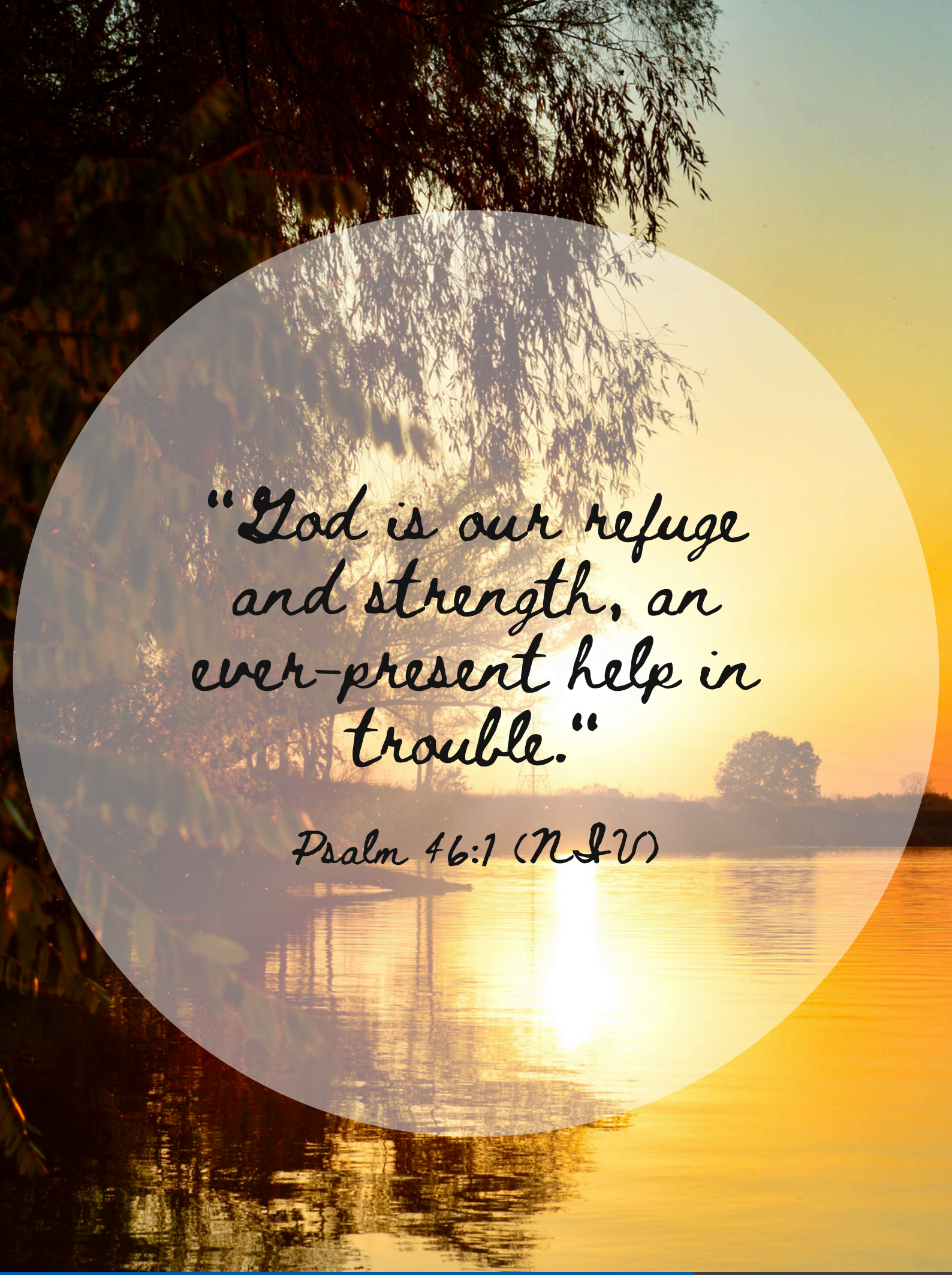

TUCK SHOP




We engrave your tag for free in just 2 minutes!
my family




CARLISLE
ADVENTIST COLLE


"God is our refuge and strength, an ever-present help in trouble."
Psalm 46:1 (NIV)