

connect

MAGAZINE



A Publication of Carinya Christian School

ISSUE 2, 2020

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COVER FEATURE

Year 12 Major Artwork
by Takara Delmege

MEANING

The colour scheme is one of the most important parts of my artwork as it not only helps indigenous people interpret the art, it also helps non-indigenous people recognise what it means not only to them, but also to me. The contrast of the cool colours of blues within the river and the warm colours of the browns in the mountains shows the two different places that are important to me. Blue represents the place I come from, which is Worimi land, stretching from north Newcastle all the way to Forster-Tuncurry, is a big part of who I am and this is why I wanted to use blue as one of the two main colours. The browns make up the mountains, representing the place I live, Tamworth/Kamilaroi land. The symbols represent meeting places, and I decided to paint two meeting places, one to show where I came from, and the other is the place I live now, as well as the path joining the two, to display the connection between them both.

from the Principal

THE IRREDUCIBLE MINIMUM



During this unusual time, the things that are most important to us become more prevalent. Difficult times bring a clarity in the way we think about things and people start to act in ways that reflect their priorities. As the truth of the COVID-19 virus became starkly apparent, the evidence, which can be so transient and momentary, kept changing. We looked on unknowingly, and perhaps even with ignorance, as this terrible disease spread through the world. I personally, earlier in the year, never thought that the virus would have such an impact and claim so many lives. So, as the truth became more apparent, so did our response to it, and people quickly sought the things they believed they needed the most.

During the pandemic, how blessed we have been to live in Australia! And, while we joke about the toilet paper, the images of mass graves in Italy and the USA portray the devastating mortality of COVID-19. Yet even here in Australia people are suffering the loss of loved ones, unemployment, financial insecurity and the changing family dynamics. So what becomes the most important thing? In the pantry, what are the items you can't do without? More importantly, what are the things in life you can't do without?

Bear Grylls, in his TV show "Man versus Wild", demonstrated the basic necessities for life. Despite utilising all the natural things he could, including a rotten camel carcass and various food sources, Bear would often rely on his knife, paracord and whatever articles of clothing he could sacrifice. He understood what objects he could reduce, while still ensuring his survival. His perspective in the TV show was the immediate future, however Bear Grylls, as a Christian, also has an awareness of eternity. After surviving the crossing of the Atlantic Ocean in a raft he said:

"We finally came through the storm and reached Iceland, but through it all I knew that Christ had been holding us fast, and my faith emerged stronger than it had ever been. They say there is no such thing as an atheist in a lifeboat, but for me it is more than that. When life's fluff is blown away we sometimes encounter a clarity through the fog that we can be hard to find in everyday life." - Bear Grylls

Author CS Lewis wrote, "Pain insists upon being attended to. God whispers to us in our pleasures, speaks in our consciences, but shouts in our pains. It is his megaphone to rouse a deaf world." It is often in the most troubling of times that we realise the things that are most important to us. American evangelist, Louie Giglio, called this the **irreducible minimum**, yet through Christ, life in its fullest becomes available no matter what the circumstances.

So, as we struggle with the reality of COVID-19, what is our irreducible minimum? Preacher Charles Spurgeon once said, "It is not how much we have, but how much we enjoy, that makes happiness." As a man who struggled desperately at times with depression, Spurgeon realised that it is often the things we take for granted in the everyday, that matter the most. As luxury food items, opportunities to travel, restaurants, sport and school disappear, we realise that keeping our family and friends safe becomes so much more important. Even more than that, we realise how fragile we are, and how we ultimately can only rely on one person, Jesus Christ.

I pray that at this difficult time we may still rejoice in the rich blessings we can still enjoy here in Tamworth but even more see the truth that Jesus is our irreducible minimum. And through this find the ability to look for ways to love and serve others in our precious community. Let me finish with a quote from author and preacher John Piper:

Life is not a straight line leading from one blessing to the next and then finally to heaven. Life is a winding and troubled road. Switchback after switchback. And the point of biblical stories like Joseph and Job and Esther and Ruth is to help us feel in our bones (not just know in our heads) that God is for us in all these strange turns. God is not just showing up after the trouble and cleaning it up. He is plotting the course and managing the troubles with far-reaching purposes for our good and for the glory of Jesus Christ.



Virtual Learning Platform (VLP)

We have created an information platform which provides details for parents and students about online learning, as we work together to maintain continuity of learning at Carinya.

WHAT YOU'LL FIND



Parents & Carers



Students

An area for parents and carers that provides information and support to assist with their child's at home learning. Find answers to frequently asked questions and read some professional advice on how to optimise students' online studies while maintaining a healthy, happy home.

An area for students that provides information and support to assist with their at home learning. Find answers to frequently asked questions and read some professional advice on optimising online studies while maintaining a healthy mind, body and spirit.

Online Applications

Technology can be challenging at the best of times! Here, you'll find links to information about accessing and troubleshooting the various online applications that students use for their online learning, including:

- Google Classroom
- Google Meet
- Google Docs / Slides / Sheets
- Maths Online
- eLibrary



WE'RE HERE TO HELP!

Your child's teachers and all Heads of School are available via email to answer your questions and provide assistance and advice to help navigate the challenges of online learning at home.



Contact the Help Desk for IT Support
helpdesk@carinya.nsw.edu.au

VISIT THE VLP HERE



carinya.nsw.edu.au/virtual-learning-platform

Term 1 Sport

Charles Bickersteth
Sport Coordinator



Sport at Carinya flourishes, as we are blessed with great facilities, enthusiastic students and healthy competition. In 2019, over 400 students across the school participated in sport, ranging from weekly sport to knockout competitions.

2020 started off as a successful sporting year, especially given the challenges of our environment. Our Twilight Swimming Carnival was unfortunately cancelled due to the drought, but this did not halt us, with the carnival being held during the day. Our Year 12 students ran their own Carinya Cup, (a land version) embracing the changes.

Term 1 was certainly busy, with six overnight sporting trips to Sydney and the Hunter region. Our high school cricket teams qualified for the Quarter Finals in the Wiburd and Douglas Shields (Independent School Knockout Competition) and the final of the CSSA Open's Knockout competition. The primary team travelled to Sydney and won back to back CSSA Super 8's titles.

This year, 2 hockey teams travelled to Sydney to play in the CSSA State Hockey Gala Day. The Open's team made it to the semi finals, with some students selected to represent CSSA at the CIS Championships. Our swimmers represented Carinya in Newcastle at the Zone Swimming carnival. The students faithfully used their gifts in the pool and brought home some great results, some making it through to the State Carnival.

There were 13 teams competing in the weekly sporting competitions that Tamworth offers, with cricket and basketball being the most popular. There were 4 teams in the weekly Tamworth cricket competition with the students thoroughly enjoying the competition. Our Yr 4/5 team was able to make the most of the well-maintained Carinya Oval, playing most of their games at home. Students have enjoyed playing and improving their cricket skills throughout training and games. Congratulations to our Yr 4/5 and Yr 9/10 teams who won their competitions. Unfortunately the Yr 5/6 team were unable to play their grand final due to cancellations caused by COVID-19. There were four Oztag and four Basketball teams which commenced this term and begun their season, however the seasons were postponed.

In all our sport teams this year, we have seen great camaraderie and team work, with plenty of smiles and students enjoying using their gifts to play sport. Sadly, sport in Term 2 will take a hit due to the impacts of COVID-19, like all other aspects of life at the moment. I have no doubt that this success and enthusiasm will return when we are once again able to enjoy sport. In the meantime, I would suggest that families try to be as active as possible during this quiet time, making the most of isolated times outdoors, and trying new activities like online exercise classes.

Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving. - Colossians 3:23-24



Gratitude:

Developing a Servant's Heart

'...just as the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.'
- Matthew 20:28

I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.
Philippians 4:11-12

Being grateful, giving thanks and appreciating what we have resonates across the world and within many cultures. It is a concept which has brought much attention to researchers in the field of psychology. Gratitude is defined as "part of a wider outlook on life that involves noticing and appreciating the positive aspects of life. It can be attributed to an external source e.g., a pet, another person or God." They found that individuals who practiced being thankful and expressed gratitude had improved sleep, mood, relationships and increased alertness during the day.

We often can get caught up in our day of what's going "wrong" and focus on ourselves. We can often forget about others because our field of vision has narrowed. We can only see our problems on the highest magnification and everything around us is inconsequential. As individuals we tend to place all the "wrongs" into one bag that becomes considerably heavy. We then carry this around with us as we do our regular tasks and relate with others. This is tiring. Take a step out to try something different. Be thankful and grateful; write down 3 things you are grateful for every day. Even the smallest things...a warm shower, running water, sunshine and fresh air.

Being grateful can help us move the magnification back and develop a servant's heart. Swim out of the waves and sit in your boat. When you sit in your boat you can see everything around you. You can then respond in line with your values to the people you love and care for and do the things that are important. Things like going to the park with the kids, completing that assignment, doing something even though you may be "inconvenienced", helping the teacher carry something, asking someone else if there is anything you can do to help if they are struggling, talking to a friend on the phone, and my personal favourite, watching funny cats on YouTube. Paul had a servant's heart and even in the most difficult of situations (in gaol) he was thankful to God and served others.

Sarah Taylor
School Psychologist | Assoc.MAPS

GRATITUDE EXERCISES



Journal about Gratitude

Take a few moments every evening to write down five good things about your day. The entries don't have to be major events - they might be as simple as a good meal, talking to a friend or overcoming a difficult challenge.



Write a Letter

Think about someone who has had a major impact on your life, someone who you would like to thank, or someone who you appreciate having in your life. Write a letter with specific details about what it is you appreciate about them, and send it.



Say "Thank You"

Keep your eyes open throughout the day for reasons to say "thanks". Try to recognise the small actions people do every day that might be overlooked, such as a family member who always goes the extra mile, or a friend who always seems willing to listen.



Take a Gratitude Walk

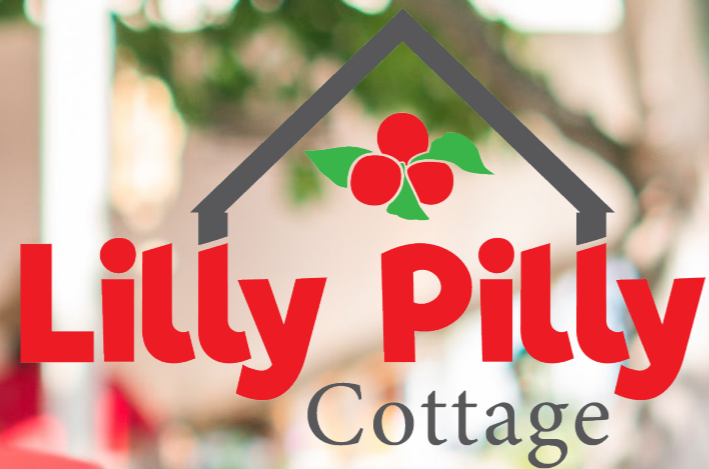
Go for a walk and make a special effort to appreciate your surroundings. You might notice the smell of flowers, a pretty building, or a soothing breeze. Spend a few minutes focusing on each of your senses (sight, hearing, taste, smell, and touch) to find new things that you might not have noticed before.



Pray

Take time to thank God for the blessings we have, and remember that we can cast all our anxieties on him.

'Cast all your anxiety on him because he cares for you.' - 1 Peter 5:7



For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made.

Psalm 139:13-14

Lyndy Smith
Lilly Pilly Cottage
Coordinator



play based learning

PT 2: THE IMPORTANCE OF PLAY

You might not think a lot is going on during these side-by-side play sessions, but it's a surprisingly important part of your child's development. By being close to another little person while building block towers, they're learning a bit about trust and making their first real push into social interaction. That's because while they play, they're also quietly observing what their partner is doing. They're forming an understanding of personhood outside of themselves and their parents. And they're learning that other humans may not be so bad after all. Their playmate fills in gaps of understanding, and your child will eventually start mimicking their pal. This can lead to new and interesting ways of play. If your child's friend is ahead of yours in development, they might even pick up a few new tricks.

As an educator, I have had many times when I have sat near an already playing child and started my own play, only to find that their interest will start to be piqued and they will come and play alongside me. Even more often, as children age and develop (typically between 3 and 4 years of age), they will start to involve me in what they are doing, making use of the materials I have, or copying something I may have said or done.

Associative play differs slightly to parallel play as whilst they are playing separately from one another, they are also involved with what the others are doing. A child in the associative stage plays with other children, however while they engage in play with others they are not yet at the stage to participate in groups. By this we mean that they will play together in the same game/activity but not necessarily work together.

From <https://www.seriouslykids.com.au/stage-5-associative-play/>

Associative play helps children start to practise the skills of cooperation, socialisation, problem solving, reasoning, and language development. The bulk of what we do at Lilly Pilly Cottage is aimed at fostering Cooperative Play. This typically develops between 4 and 6 years of age. Cooperative play will look different in different contexts, however its basic elements are the same. Play will start to be more organised, and will involve working towards a common goal.

“Children learn as they play. More importantly, in play, children learn how to learn.”

- Fred Donaldson

A leader will often emerge from the group, one who competently directs what will happen. This role may be shared around a number of people. Skills of negotiating, discussing, learning to deal with disagreements can all be practised in cooperative play. Dramatic play is a great context for these skills to develop: dressing up, modelling everyday scenarios, enacting familiar situations.

Our play spaces will always have a variety of familiar “props” that children can use to navigate this stage of their lives: baby dolls with clothes, baths and so on; mud kitchen for cooking experimentation; sand and mud pits for construction; garden beds for planting and harvesting; balls and other sporting equipment for games; bikes, cars, road signs for transport play; the list is endless. Educators are always on hand to scaffold children's play, make suggestions for how to extend or develop an idea or divert when things get “messy” emotionally.

As children near the end of their Prep year, we engage in more and more group games, to encourage and practise skills such as turn-taking, sharing, playing according to rules, and the concept of fairness. Games will often involve working towards a common goal to foster a sense of community and support.

As you can see, there is more to play than meets the eye. It is indeed “the work of childhood”, and as well as providing wonderful learning opportunities for so many necessary life skills, it is fun. And that's what learning should be.

All the colours of the rainbow!

Towards the end of Term 1, Lilly Pilly Cottage continued to be a hive of fun and learning, even though lots of our friends were at home and we missed all being together. Those of us at school had a dressing up and face painting week. We learnt about Noah's Ark, and all the colours of the rainbow. Did you know that it hadn't rained before the great worldwide flood? That's why God's sign of hope and promise in the sky was the first ever rainbow. It is lovely to see that in this worldwide time of isolating and challenges, many have re-adopted the rainbow as a sign of hope. Maybe you could explore colours and rainbows while you're at home together. Enjoy these photos from colourful times at Lilly Pilly Cottage (taken prior to social distancing).

Follow Lilly Pilly Cottage ONLINE!



You can now experience Lilly Pilly Cottage from home, on Facebook and Instagram, with daily songs, stories, kindergym skills and home activity ideas! Tag us on Instagram @carinya.lillypillycottage or post your photos in the comments on Facebook so that we can see all your at-home crafts!



Excursions

YEARS 5 - 10

As a school we seek to develop the whole person, and our excursion program at the beginning of the year is an important part of that process. Each year, students look forward to the chance to go away with their teachers and classmates to many and varied locations, from Lake Keepit, to Scotts Head, Sydney, and many others.

Why do we do the excursions?

- We want to enjoy God's world together. The Bible tells us that creation shows us something about our creator God - his vastness and intricacy, his design and plan, his goodness in sustaining all things just as he wants to. One of his many blessings to us is that we can enjoy his creation with thankfulness. It's a great thing to explore and delight in God's creation together.
- We want to acknowledge that God richly provides so many good things for us during the excursion week. One of those is the opportunity to study his word (the Bible) each day. Therefore, each day teachers speak to students and help them understand more of the greatness of Jesus. It's an important and valuable part of our time away.
- There can be many educational benefits of the excursions, as there are often lots of things to see and learn. Some might relate to school work and other things might be of general interest. Our emphasis is on active participation and involvement in each program, and to use it as an opportunity to be challenged, to grow and to serve.
- Our excursions provide terrific opportunities to build our community. It's a chance for students to focus on supporting other people, to serve others in new ways, to get to know new people, to be kind and welcoming to one another.

Each year we receive many reports from teachers and the wider community about how our students have engaged with the excursions, and the impact that they make on staff is significant. We delight in taking your children away on camps and we trust that they had a great time away. Please enjoy some of the photos from each camp.

Peter Weary
Deputy Principal

**“Mightier than the thunder of the great waters,
mightier than the breakers of the sea -
the LORD on high is mighty.”**

Psalm 93:4

YEAR 5

LAKE KEEPIT



YEAR 6

ECHIDNA GULLY



YEAR

7

CAMP ELIM, FORSTER



YEAR

8

SCOTTS HEAD



YEAR

9

BLUE MOUNTAINS



YEAR

10

SYDNEY



Activity Page

FRUITS OF THE SPIRIT Find a Word

F O L G L F R O P D R R
 S A P E B R F M A U G I
 N E I S P I R I T Y E V
 U Y L T H U U D I G N B
 G D O F H V I R E N T U
 O K V M C F T N N P L M
 O Y E O X O U E C E E A
 D D R H B U N L E A N G
 N J O A O L P T N C E D
 E O W X E U K P R E S T
 S Y F T E G X E J O S O
 S J K I N D N E S S L S

Word List

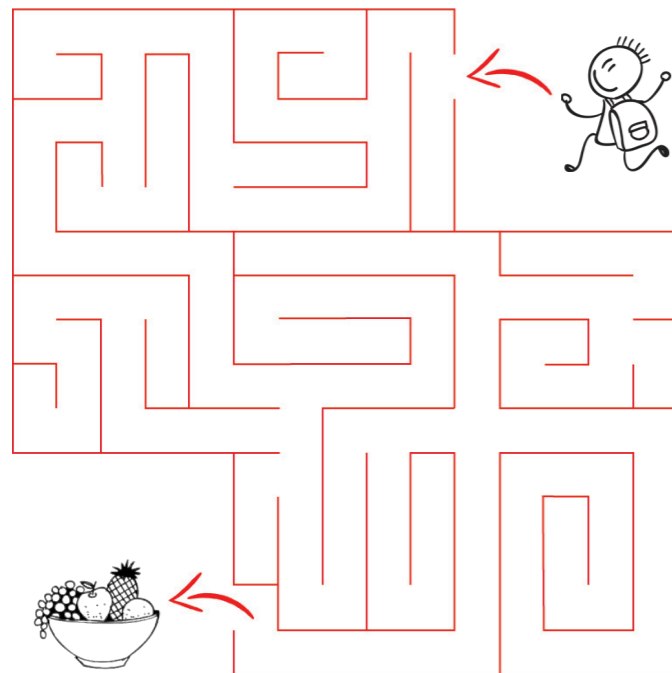
LOVE	GOODNESS	SELFCONTROL
JOY	KINDNESS	FRUIT
PEACE	GENTLENESS	SPIRIT
PATIENCE	FAITHFULNESS	

WORD WHIZ

How many new words can you make from the letters in -

FAITHFULNESS

MAZE



MEMORY VERSE

But the fruit of the Spirit is

LOVE, JOY, PEACE
 FORBEARANCE
 KINDNESS
 GOODNESS
 FAITHFULNESS
 GENTLENESS
 SELF-CONTROL

Against such things there is no law.

GALATIANS 5:22-23



STORYTIME



9:15am - 9:45am LIVE on Facebook

Every second Thursday of term beginning in Week 2

SPEECH AND DRAMA

TUITION AVAILABLE FROM TERM 2 WEEK 5



We are delighted to announce that tuition will be provided by Mrs Rankmore on Thursdays, operating in the same way as Music Tuition. Lessons will be offered for individuals or small groups, encompassing performance of a range of literary genres, and including preparation for examinations (A.M.E.B. or Trinity College) and the Tamworth Eisteddfod if desired.

Mrs Rankmore has an Associate Diploma in Drama and Performance through the Australian Music Examinations Board (A.M.E.B.), and a Bachelor of Arts majoring in both English and Classical Languages, followed by a Master of Divinity. To further her skills, Mrs Rankmore is currently studying towards completing a Master of Teaching (Secondary).

FOR SPEECH AND DRAMA TUITION ENQUIRIES

Call the office on 6762 0970 or email batleyd@carinya.nsw.edu.au



Carinya

CHRISTIAN SCHOOL
From Christ and For Him

www.carinya.nsw.edu.au

For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him.

Colossians 1:16