



Middle School Writing Competition Winners!

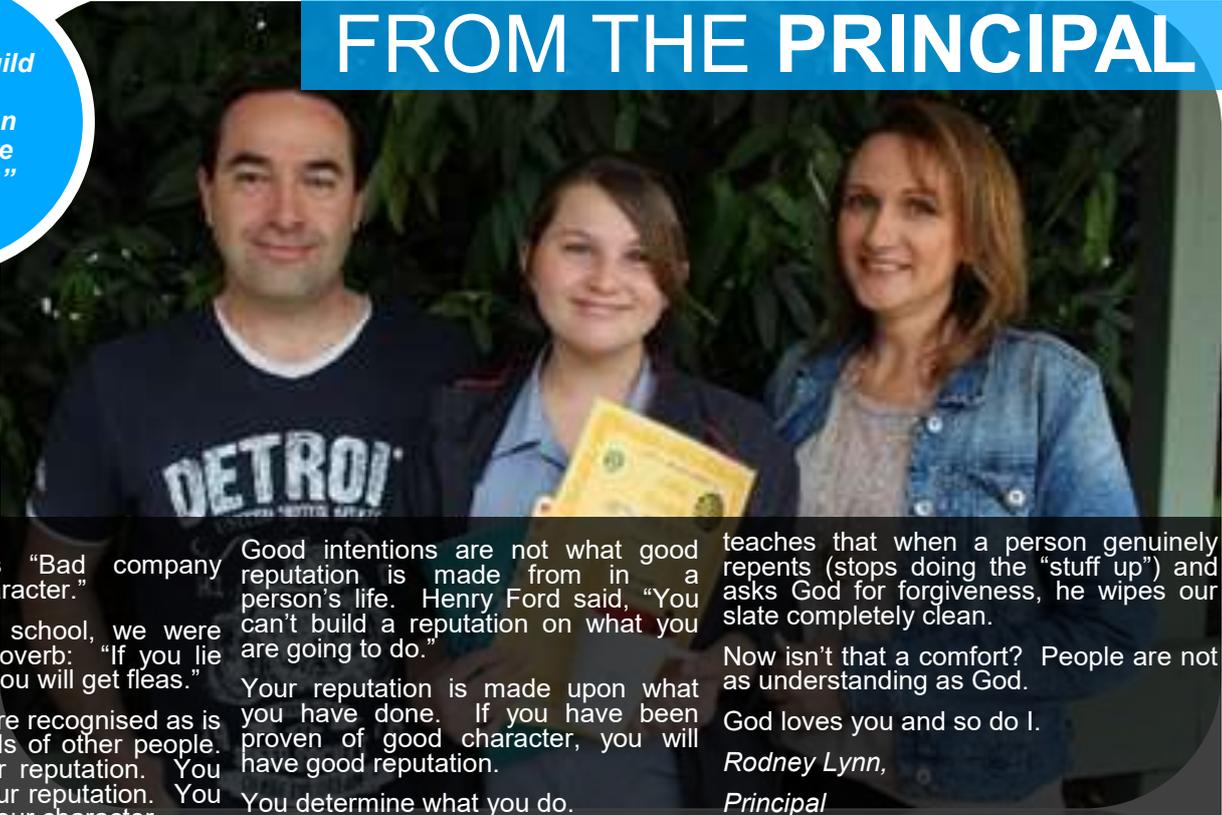


Year 9/10 Exams
See timetable inside on Page 2

NEWSLETTER

"You can't build a good reputation on what you are going to do."

FROM THE PRINCIPAL



The Bible says "Bad company corrupts good character."

When I went to school, we were taught the old proverb: "If you lie down with dogs, you will get fleas."

The person you are recognised as is much in the hands of other people. They control your reputation. You cannot control your reputation. You can only control your character.

You decide what sort of person you will be. However, if you hang around with the wrong types of people, their influence will rub off on you. You did actually decide to hang with those people. So, in doing so, you create your own character. Other people will assess you on the character you present. They will pass on your reputation.

Good intentions are not what good reputation is made from in a person's life. Henry Ford said, "You can't build a reputation on what you are going to do."

Your reputation is made upon what you have done. If you have been proven of good character, you will have good reputation.

You determine what you do.

Some people do well with their reputation, but then they make a big mistake. A reputation, once broken, may be repaired but the world will always keep its eye on the spot where the break occurred.

The amazing thing about God is he well knows our propensity for the constant "stuff up" in life. Our reputation for ongoing purity with God is rather poor. However, the Bible

teaches that when a person genuinely repents (stops doing the "stuff up") and asks God for forgiveness, he wipes our slate completely clean.

Now isn't that a comfort? People are not as understanding as God.

God loves you and so do I.

Rodney Lynn,

Principal



IN THIS ISSUE
1—The simplest way to eat your teeth clean
2—Please pray for Year 12
3—Divinity in Bergen-Belsen
4—Middle School News

TERM 4 SCHOOL HOLIDAYS COMMENCE
Middle School— 6 December
Senior School— 7 December

COMING UP	
10-21/10	Bali Mission Trip
10-21/10	Years 6 & 7 exams
13/10– 4/11	HSC Examinations
24/10-4/11	Year 9/10 Elective & Core exams
25/10	Year 6 Social
3/11	GRIPP Leadership course
8/11	Year 12 Formal

Cancer Council NSW Nutrition Snippet

The simplest way

...to eat your teeth clean.

Poor snack choices affect your child's weight, teeth and overall health. Try this activity to see what different foods do to teeth.

Eat the following foods, in order, in front of a mirror to see:

- Oreo biscuit** – a "sticky sweet" food that will fall in to all the grooves of the teeth;
- Carrot** – a firm textured, unprocessed food that increases saliva flow and will remove the Oreo particles;
- Cheese cube** – a powerful protector of teeth that neutralises mouth acid and remineralises the enamel coating of your teeth.

So stick with "firm favourites" (e.g. fruit and veg) and "powerful protectors" (e.g. cheese, milk, water) and avoid "sticky sweet" foods (e.g. biscuits, cakes, muesli bars, lollies). "Sweet acidic" juice, cordial, sport and soft drinks can attack teeth too.

Courtesy of: Hunter New England Health, Oral Health Promotion Unit, "Healthy Tums Healthy Gums" program.

For more information visit www.eatittobeatit.com.au or join us at [facebook.com/eatittobeatit](https://www.facebook.com/eatittobeatit)

Eat It To Beat It

YEARLY EXAM TIMETABLE YEARS 9/10

Year 9

Maths:

Wednesday, 26 October—Period 2
Thursday, 27 October—Period 3

English:

Tuesday, 1 November—Period 3
Thursday, 3 November—Period 1

Science:

Thursday, 3 November—Periods 5 and 6

AG&H and Commerce:

During one of the single periods during Week 4

Year 10

Science:

Monday, 31 October—Periods 3 and 4

AG&H and Commerce:

During one of the single periods during Week 4

English:

Wednesday, 9 November—Periods 1 and 2

LOST PROPERTY

Mrs Touzel has a lot of lost property including jumpers, especially red ones, and jackets.

All of the lost property items do not have names on them and so we are not able to return them to their rightful owner.

If your child has lost an item of clothing or any other possible items, please send them to see Mrs Touzel at Student Reception.

At the end of November any items still in "Lost Property" will be sent to the Uniform Shop to be put into the secondhand items.



PLEASE PRAY FOR YEAR 12

If you have misplaced your Prayer Sheet to pray for Year 12 here is a reminder about which exams will take place this coming week. Please take time to pray for Year 12. They really appreciate this type of support.

Friday, 21 October

Mathematics General 2, Mathematics

Monday, 24 October

Ancient History and Industrial Technology

Tuesday, 25 October

Agriculture

Wednesday, 26 October

PDHPE

Thursday, 27 October

Studies of Religion



(Continued from page 4)

Other student achievements...

Shekinah Phipps competed in the Gymnastics Country Championships in Newcastle and achieved 1st in Vault, 1st in Bars, 4th on Floor and 6th on Beam. That placed her 2nd overall – what an achievement! Well done!

DIVINITY IN BERGEN-BELSEN

By Miriam Khi Teng (Year 9)

It was the middle of January and the war was coming to an end. I had lost everything and I was now holding onto my last vestiges of strength. The British and the American militaries were approaching the camp, from the west; the Russian troops were proceeding from the east. Truth and justice were closing in on them and they felt imprisoned. They didn't want us, the witnesses of the horrendous viciousness they had immortalised, to be around to tell the story. We had heard about the "saviours" through our hidden radio which they had now found and demolished.

So they cogitate a new form of persecution; the ignominious death march. We were a group of six thousand women and girls driven out through the gates of Auschwitz, Poland. Anaemic, ill, broken in body and spirit, survivors of brutality, forced labour, illness and starvation. Now the Nazis were yanking us like dogs tied to chains.

The infrastructures were icy and slippery. We shivered in the cold, like laundry flapping in the wind. But the Nazis pursued us at gunpoint, mercilessly, without even giving us a morsel of bread.

It was 1 o'clock in the early morning, when they finally stopped the excruciating march for the day, not because they cared about us, but they themselves were exhausted and wanted to take a rest. Under the open sky, shivering on the ice-covered ground, we allowed our tired and sore bodies to sleep until morning emergence. Then, without any warning or preamble, they woke us up from our slumber and drove us on as we tripped and faltered over our poor deteriorated legs, bleary-eyed and ever hungry with nothing else but the powerful will to live.

We have been on the move for six weeks now. My old shoes were taken away and I had to wear the wooden clogs that they provided us, it was unbearable to walk in the snow with my blisters as they were oozing out blood. So with nothing but my socks, I marched along the snowy road. Alongside of me walked my sister Abijih's two daughters: Abilene is eighteen years old, only a year younger than me, and Darcia who is seventeen years old. We were famished, frost-bitten, and so close to despair. I could not walk anymore.

After walking for hundreds of kilometres, the Germans finally packed us into open wagons. These wagons were originally for cattle. We were squeezed together like groups of sardines, all pressing against each other with no room to even move or breath. Unexpectedly, the guards tossed to each of us, what seemed to be a black brick. But upon a closer look, I realised that it was a piece of bread. Even though it was stale, I savoured each crumb appetisingly. The taste was like heaven.

Five days later we arrived at Bergen-Belsen. I was still alive. This was the end of February, 1945. After six horrendous weeks of marching, we had reached our destination. From six thousand inmates who had left Auschwitz to four hundred girls entered the gates of Bergen-Belsen.

I lay on the opaque, asphalt floor in apathy. My bloodshot swollen feet were frost-bitten, numb and covered in blisters. My hand throbbled with aches. I was hanging on to a thin thread of life.

Like a shadow, I hobbled over to an open window. I tried to steady my trembling body. Praying and holding the coffee cup over the tap, I looked up to the heavens and asked for wellbeing and a miracle to keep me alive and giving me strength to get through this tough time. I then placed the cup of coffee that they gave to us in my left hand and washed my right hand, then did the same process to my left hand. I stared at my empty cup. There was not a single drop of liquid left.

All of a sudden, I felt a life-giving energy surging through my pain-wracked body. I felt revitalised, invigorated. From that moment on, the engorgement in my hand went down, the redness that was lingering vanished. Without any water to wash the dreadful laceration, without antibiotics, without any ointment, my wounds vanished. I silently thanked my Father in Heaven for answering my prayers. I thought to myself what a poignant reminder, to something that is beyond the realm of natural imagination.

Gold Award

A Gold Award is the highest honour in Middle School. It says that the recipient is an example to their peers in terms of behaviour, effort and attitude. The students must have accumulated at least 20 Merit Certificates and have completed 20 hours of school service and 10 hours of community service. This week we congratulate:

Annabelle Southwell (8C)

Annabelle is one of the most positive and cheerful people you will ever meet. She is always great fun to have around. She lives life with enthusiasm for whatever she is involved in and her enthusiasm is contagious. Annabelle also loves to participate in the life of the school, whether she is leading music, acting in the Outreach Drama, or participating in the speech or poetry competitions.

Annabelle is a devout Christian who wants to see her friends saved and she cares about others. She is a dedicated student and can be relied on to do her best. Her other teachers say: She has a great attitude; she is helpful; gives her best effort; works beautifully; and is hard-working.

Annabelle's friends say: she is always looking for the positive; she is cool at soccer and defending her mates; she is a kind and awesome person; she is really funny and makes everyone laugh. p.s. thanks for laughing at my jokes!

Silver Award

To qualify for a Silver Award, the student must have displayed a positive attitude and made an excellent effort in each area of school life. They must also have completed 10 hours of school service and earned at least 10 Merit Certificates.

Tamia Monk (8P)

Tamia is a gentle, kind and



co-operative student. Tamia displays a positive and mature approach to school life with a genuine desire to learn. She makes great use of her diary and displays a high level of organisation. Tamia's bookwork is thorough and up-to-date. She consistently submits homework and assessment tasks on time. Tamia prepares thoroughly for exams and has been achieving very pleasing results, particularly in PDH and HSIE.

Tamia is helpful to teachers and has enough school service to achieve her Gold award! She has helped teachers at athletics and swimming carnivals, cleaning tables, writing up compliment slips and being a library monitor. Not everyone would know that Tamia loves riding motor bikes, like a bandit!

Bronze Award

Raphael Hess (6W)

Raphael is polite and helpful as well as involving himself in everything. He loves contributing to discussions and is great at relating things to his experiences. He is a keen sportsman. When he broke his arm earlier in the year, he turned from sport to reading and is to be commended for being the first to finish the PRC. Congratulations!



Ben Margetson (6W)

Ben is a kind, sensitive young man. He is very knowledgeable and has a great sense of humour. He is polite and thoughtful as well as a diligent worker. Ben is to be commended for entering the writing competition earlier this year and for organising a great spelling bee for the class. Well done, Ben!



Baden Rees (6W)

Baden is an outgoing young man who is thoughtful and



helpful. He is always willing to add to discussions and to stand up and have a go. He is a great sportsman, particularly on the soccer field. Baden listens to feedback on how to improve and strives to act on it. Well done!

Literacy legend

Congratulations go to Luke Osborne for completing the Extension MultiLit Program!

Mrs Tasker says:

Dedicated, perseverance, determination and stickability. These words describe the attributes that belong to Luke.

He is like a dog with a bone when he has to learn a new skill. He holds on and wrestles with the skill until he has mastered it. Luke has worked incredibly hard in Multi Lit all year and this has resulted in him completing the extension program.



Luke you should be proud of your achievements. Mrs Tasker is so proud of you, as are we all.

Writers are winners...

Winners of the Stage 4 Writing Competition were presented with their certificates and canteen vouchers this week. In first Place: Madison Stanmore with Matilda Shipman and Leah Bell taking out second and third places respectively. The girls wrote on the theme of hope and can be very proud of their efforts.



Musical inspiration

The beautiful voice of Tamia Monk and the amazing talent of Leah Bell on the piano were combined on Monday as the girls performed in Assembly this week. Tamia sang "I will rise" by Chris Tomlin. She encouraged us all with her passion and her desire to honour God.

