



Pacific Brook Christian School

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Newsletter Friday 19th October 2018

Upcoming Events:

Sunday 28th October

2pm Celebration of Strings
Concert

Friday 2nd November

Swimming Scheme

Friday 9th November

Swimming Scheme

Friday 16th November

Swimming Scheme

Friday 23rd November

Swimming Scheme

Tuesday 27th November to

Friday 30th November

Primary Excursion to Canberra

Monday 10th December

10:00am Presentation Day

Tuesday 11th December

Swimming Carnival

Thursday 13th December

Last Day of the School Year

Proverbs 17:22 says "A cheerful heart is good medicine, but a crushed spirit dries up the bones."

There are many references about laughter in the Bible, and in this verse in the Bible it says that laughter holds as much healing power as medicine.

In fact, research has shown laughter to be therapeutic. According to a study by the University of Maryland, laughter is a powerful remedy for stress, pain and conflict. It boosts the immune system, triggers the release of endorphins, the body's natural feel good chemicals promoting an overall sense of well-being, and it can even temporarily relieve pain.

Wow! God knew what he was doing when he gave us the prescription for laughter. God created laughter and humour because he knew that we would need the soul medicine it provides in this fallen world.

James Martin said, "Joy, humour and laughter should be part of everyone's spiritual life. They are gifts from God."

Hand in hand, faith and laughter are the best medicine for your soul. From the beginning God knew how important laughter would be in our lives long before the medical world would discover the incredible benefits to our physical and mental health. So, look for things for things to laugh about. Try focusing on the blessings God had given you rather than only on the difficulties in your life. Find ways to tickle your funny bone. Use the gift that God has given and laugh! It's good medicine for your soul.

Laetitia Botha

Operation Christmas Child

Once again Pacific Brook Christian School is involved in Operation Christmas Child. Operation Christmas Child is a program run by the charity Samaritan's Purse. Operation Christmas Child is about helping children in developing countries who are far poorer and less fortunate than we are. We can help children by giving them a small present for Christmas. These presents will be packed in shoe boxes here at school, and then collected by Samaritan's Purse, and sent to children in a developing country.

We are collecting gifts that can be packed in shoe boxes. Gifts should be for children up to 14 years of age. Gifts can include toys (but not electrical or battery operated toys), clothes, school equipment, or items for personal hygiene. Gifts only need to cost a few dollars. This is a great chance to help children in poverty stricken areas, and to help families less fortunate than we are.

More information can be found at <https://www.samaritanspurse.org.au/what-we-do/operation-christmas-child/>

Please send your gifts to school for Operation Christmas Child by November 2nd.

Celebration of Strings Concert

The Primary students who are learning violin have been invited to perform at the Celebration of Strings Concert. This is a concerto organised by the Upper Hunter Conservatorium of Music, and is held on Sunday October 28th. The concert begins at 3pm, but there is a rehearsal at 2pm.

The students will perform two pieces, and also join with other students who are learning string instruments to perform a piece as part of a large ensemble. The theme for the concert is country. Students can wear jeans and a shirt for this concert.

A note from the Upper Hunter Conservatorium of Music has been sent home. The permission slip can be returned to school, and we will pass the notes to the Conservatorium.

I hope you can allow your child to take part in this concert. It will be a great chance to demonstrate what they have learnt during violin lessons, and to perform with a larger group of students.

Travelling to MOOSH by Bus

We have had notification from Osborn's buses that there are students who are not paying for their travel to and from MOOSH.

Please ensure that your child has sufficient money for their travel.

If you have any questions at all, please do not hesitate to contact the school office.

Art Exhibition

During Term Three, the Primary class learnt about photography as part of their visual art curriculum.

A part of this was preparation for an exhibit at Muswellbrook Regional Art Centre during the Muswellbrook local art awards.

These are an annual award open to artists in the Muswellbrook, Singleton and Upper Hunter Shires. The awards are open from Sunday 28th of October to Sunday 23rd of December, with the opening night at 6pm on Saturday, 27th of October.

We would like to extend an invitation to all students and their families to come along to the opening night and view our exhibit entitled "The Art of Creation." There is also a people's choice award for our exhibit where the photograph with the most votes will take home a prize pack.

We hope you can join us.

PAL News

The PAL class had a great first day back on Tuesday. We tried some new routines, such as visiting the big kids in the K-2 class. We also enjoyed pretending to be astronauts in the masks we made.



Primary Excursion to Canberra

From November the 27th to the 30th, Years Three to Six will be attending an excursion to Canberra as part of their education, linking with a number of subjects, including their work in History on government.

The total cost of the excursion is \$400, which includes the \$50 deposit that most families paid earlier in the year. **The excursion must be paid for in full by November 12th.**

Merit Certificates

Lailahni	A great start to our school.
India	Excellent work in Maths.
Holly	A great first week back at our school.
Zanel	Great sportsmanship in PE.
Olivia	Fantastic work in Writing.
Lachlan	A great first week back at our school.
Declan	Fantastic work in Drama.
W	Fantastic work in Drama, great shot making in tennis.
Orlando	Setting a great example in his behaviour, great translating in Japanese.
Riley	Fantastic knowledge and work in History.
Brock	Great progress in multiplication
Ethyn	Great progress in Reading.

Please do not bring egg, nut or seafood products into Pacific Brook Christian School



Anaphylaxis is a potentially life threatening condition where sufferers are susceptible to severe allergic reaction to certain foods and other things in the environment. Since the safety of the children in our care is of the utmost importance, Pacific Brook Christian School aims to be an egg, nut and seafood free school. As such, please do not send any foods to school containing these items. Please see the website for more information about alternatives to popular foods and recipes.

Thank you for your assistance in helping keep all our students healthy and safe.