John 4:31-34

New International Version (NIV)

31 Meanwhile his disciples urged him, “Rabbi, eat something.”

32 But he said to them, “I have food to eat that you know nothing about.”

33 Then his disciples said to each other, “Could someone have brought him food?”

34 “My food,” said Jesus, “is to do the will of him who sent me and to finish his work.

I have food to eat that you know nothing about.

John 4:32

Meat Mountain is a super-sandwich layered with six kinds of meat. Stacked with chicken tenders, three strips of bacon, two cheeses, and much more, it looks like it should be a restaurant’s featured item.

But Meat Mountain isn’t on any restaurant’s published menu. The sandwich represents a trend in off-menu items known only by social media or word of mouth. It seems that competition is driving fast-food restaurants to offer a secret menu to in-the-know customers.

Jesus invites all of us to trust Him to satisfy the deepest needs of our hearts.

When Jesus told His disciples that He had “food” they knew nothing about, it must have seemed like a secret menu to them (John 4:32). He sensed their confusion and explained that His food was to do the will of His Father and to finish the work given to Him (v. 34).

Jesus had just spoken to a Samaritan woman at Jacob’s well about living water she had never heard of. As they talked, He revealed a supernatural understanding of her unquenched thirst for life. When He disclosed who He was, she left her water pot behind and ran to ask her neighbors, “Could this be the Messiah?” (v. 29).

What was once a secret can now be offered to everyone. Jesus invites all of us to trust His ability to satisfy the deepest needs of our hearts. As we do, we discover how to live not just by our physical appetites but by the soul-satisfying Spirit of our God.

Father, we praise You for revealing Your truth to us. Help us live each day in the power of Your Spirit.

Only Christ the Living Bread can satisfy the world’s spiritual hunger.

From Our Daily Bread
Waste Wise Tips
Stop standby waste - unplugging TVs, DVD players, computers, and other major electronics when they're not in use could keep hundreds of kilograms of carbon dioxide out of the air each year.

Water Wise Tips
Use the fan setting on your evaporative AC—Switch your evaporative air conditioner to the 'fan only' setting at night and on humid days - even try it for a few hours during the day. This will save you around 100 litres an hour.

SunSmart Tips
Slap on a broad-brimmed hat that protects your face, ears and neck. Broad-brimmed, bucket and legionnaire style hats provide good protection. Baseball caps are not recommended, as they do not protect the ears, cheeks or neck

Anaphylaxis awareness facts and tips
Anaphylaxis symptoms occur suddenly and can progress quickly. The early symptoms may be mild, such as a runny nose, a skin rash or a "strange feeling." These symptoms can quickly lead to more serious problems, including:
- Trouble breathing
- Hives or swelling
- Tightness of the throat
- Nausea
- Vomiting

Asthma Aware
How do you recognise asthma?
People with asthma can have a range of symptoms including breathlessness, wheezing, tight chest and persistent coughing. Symptoms often occur at night, early in the morning or during/after activity. A person’s asthma symptoms can vary over time - sometimes they will have no symptoms, especially when asthma is well-controlled. Symptoms often vary from person to person.

SDERA Drug Aware and Road Safety tips
Parents must ensure that their child always wears a helmet when riding to and from school. The helmet must be fitted correctly, it should be worn level and should cover their forehead. If the helmet is worn tipped back or is not strapped and buckled correctly it will not be able to protect your child’s head in the event of a collision.


**Action Plan Forms**

To those parents who have received action plan forms, in regards to either Asthma, Anaphylaxis or Allergies, could you please return the forms to the front office as soon as possible. Thank you.

**Suggestion Box**

We have had a suggestion box in the front office for some time now. We welcome any suggestions that you believe will improve the school.

**School Invoices**

School invoices will now be emailed out to parents, if you would prefer your invoice to be mailed please inform the front office. In addition please ensure your contact details are up to date. Thank you.

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**SunCity Tennis Academy**

Carnarvon Tennis Club
Cnr Butcher St & Dempster Rd
Carnarvon
0409 485 117
jarronk@hotmail.com
www.suncitytennisacademy.com.au
www.tenniswestern.com

**Carnarvon Tennis Club Inc.**

P.O. Box 600
Cnr. Butcher St and Dempster Rd
Carnarvon WA 6701

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**What’s on offer @ SCTA Carnarvon**

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**Lunch Break Classes**

(Short on time after work? - Min 4 players)

**Form your own groups**

(Got a group of friends keen to play? - Min 4 players)

*Programs are subject to enrolment numbers. Classes may be combined or cancelled. Enrolments are on 1st in best booked basis.

*Invoices issued at 1st session - Payments not received by due date may result in removal from program.

Memberships to the Carnarvon Tennis Club are also available.

Membership to CTC allows unlimited Court use and access / Membership aids CTC in supporting Coaching & other programs

SCTA encourages all of our Clients to Support CTC by becoming Members in 2016 & beyond
Pre-primary

1. Week 1

It’s been a wonderful week helping the children settle into the daily routine. The children have caught on fast as to the expected behaviours during the different learning and play sessions.

2. Activities/Exercises to develop fine-motor skills

Fine-motor skills such as being able to write, draw, thread, cut, etc. are important for young children. These skills require more control and more precise movements of the smaller muscles of the fingers. If you notice that your child is having difficulties forming letters, numerals, drawing, having a very tight or loose grip, then a program to develop his/her fine-motor is recommended.

Here are a few activities that you can do with your child at home:

- Hide small objects like coins or beads inside a lump of Silly Putty, modeling clay or homemade play clay. Have your child pull off pieces of the clay, using one finger and his thumb until the objects are revealed. You can also give your child a ball of the clay and have him practice pinching. It may be one of the few times you actually encourage him to pinch!

- String large beads on a shoelace or piece of yarn with the end wrapped in tape. If you don't want to invest in beads, rigatoni noodles are the perfect size for this activity. You can even dye them different colors. Simply put some of them in a large, re-sealable bag with a few drops of rubbing alcohol and some food coloring, shake until it's distributed and place the noodles on a layer of paper towels to dry overnight.

- Transfer small items from one bowl to another using a clothespin. Again, coins or beads would work well for this activity. A variation is to use plastic tweezers to transfer grains of rice or Cheerios from one container to another. Or try trainer chopsticks. Transfer large, medium or small pom-poms from one container to another. Transfer coloured water using a sponge from one bowl to another

- Tape a large piece of paper to an easel or the wall and have your child practice drawing a line from the top to the bottom of the paper.
• Spray a dollop of shaving cream on your kitchen counter or table and have your child smear it into a thin layer. Have him use his index finger to practice writing letter, shapes, his name and to draw people. When he’s done, give him a small, clean, damp sponge to wipe away the shaving cream in a side to side motion, encouraging him to use his arm and wrist and not to move his shoulders. A bonus of this activity is that the shaving soap will leave your table incredibly clean, even removing stubborn food stains.

• Rip paper or newspaper into strips, placing both hands on the top of the page and pulling in opposite directions. Have your child put one strip at a time into the palm of his hand and try to crumple it into a ball using just the fingers of that hand. To increase the strength in both hands, remember to have him switch hands.

• Use scissors to cut newspaper into strips or make paper snowflakes. The goal is to give your child a chance to develop a proper scissor grip, so it doesn’t matter whether or not his creations are pretty or even recognizable.

• Invest in toys that use fine motor skills while your child is playing. For example: lacing cards, Legos, peg boards, Mobilo and erector sets all require good fine motor control.

• Provide your child with dot-to-dot pages and stencils to trace. If he’s having trouble using a pencil or thin marker, have him begin with a thick crayon or thick marker.

• Play the add-a-line game. On a large piece of paper, draw a simple shape or line. Take turns connecting a different shape or line to create a new object. You can continue doing this until the paper is full or your masterpiece is complete. Be creative and use curvy lines and variety of different shapes, encouraging your child to do the same.

Do not forget to have fun with your child!

Vanessa Schaefer
PP Teacher

Taken from: Activities to Improve Fine Motor Skills: http://childparenting.about.com/od/schoollearning/a/fine-motor-skills-activities.htm
Year 1

Dear Parents/Guardians

Welcome to Year 1. We would like to say well done to all of the children for the way they have settled into their new class, new routine and embraced their learning in Year 1.

In Literacy this term, children will read and enjoy three books by the beloved children’s book author Eric Carl; The Very Hungry Caterpillar, The Grouchy Ladybug and The Very Lonely Firefly together. Then we will use it as a basis for writing, reading and word study.

With their writing, the children will be exploring different text types including re-counts, re-tells and simple narrative. We will focus on hearing the sounds in words and the children are then using these to write words and sentences. Our phonetic study will focus on single sounds and moving to blends. Each day, children will be placed in reading groups to practice all these skills.

In Mathematics we begin this year focusing on number. The children explore numbers through a variety of hands on, concrete experiences in order to give them a solid understanding of number concepts. The children are exposed to the language of mathematics including more than, less than, bigger, smaller than, less than etc. We will also explore concepts of time such as months in a year, reading time to the full-hour and geometrical 2D and 3D shapes.

Children have a wide range of abilities in Maths, therefore, many of the Maths activities we do in class will be varied depending on the ability level. There will be heaps of class discussion, feedback and learning opportunities for all children.

Our Science learning this term is focused on living things, their external features and the different places their needs are met. We will explore the world of plants through experiments, observations and what plants need to survive. The children will continue this learning by exploring mini-beasts and what they need in order to survive. This will be integrated across all of our learning areas including Literacy and Art.

John 4:14-15

Miracles happen on ordinary days. Just like Jesus brought dignity and eternal life to the Samaritan woman when He stopped and asked her for a drink of water from the well, He offers the same to you and me—bubbling over life. It is His gift to us, our gift to other parched lives. (Reckless Devotion)

Miss Alice Yang

Year 1
**CCS Garden Club**

At the first 2016 meeting of the Garden Club Ella Sinclair was elected President – it was her 10th birthday.

The Club has presently 12 members, a pleasant atmosphere and heaps to do.

First of all, this term started with enjoying half the harvest of Watermelons planted last year: One really big one out of two! (Picture: Members indulging with Science Teacher Mrs. Mary Ward and Tree Fan Mr. Kurt Schaefer).

The Garden Club will build this year its home garden in the Orchard of the Eco Park and will assist in disassembling the old nursery and re-erecting it next to the home garden.

In the first week the members have continued to transplant tree saplings from tubes into pots. CCS will have about one hundred mainly Eucalypts ready to be planted out of pots in 2016/2017.

The Orchard with presently about 25 salt tolerant exotic fruit tree species will eventually comprise over 40 varieties and is not only producing nice fruits but also offering an abundance to learn hands on in horticulture and organic farming for our students.

Our Arboretum is laid out for fifty salt tolerant Australian species. Plenty to be planted for our students (including every CCS student).

The most rewarding fact is the enthusiasm, dedication and joy of our young members in the field; for instance, take their surprise when they learnt that trees can grow five to twenty times faster and higher than they do. The students will be watching!

**Kurt Schaefer**

**PS** The Carnarvon Garden Club, an active sponsor of our Eco Garden, will hold its first 2016 Meeting on 27th of February in our School