SPRING FAIR

I am looking forward to my first Spring Fair on Sunday 2nd of September. I know the Houses have started to organise their activities or stalls for this gala day. Sounds like it will be fun! Please note that attendance for students is compulsory and the date has been set in our school calendar since the start of the year. I will be asking Heads of House to provide me with the names of those that don’t attend.

YEAR 10 IN CANBERRA

As you read this, Year 10 are attending the War Memorial and have already visited Parliament House. Tomorrow they will visit the National Museum, High Court, National Archives and Aboriginal Tent Embassy. This is a fantastic excursion that brings together much of the civic and citizenship area of the curriculum they will be tested on in the School Certificate. I thank the teachers, Mrs McKinnon, Mr Feebrey, Fr Woodhart, Mr Clydesdale and the GAP students for giving up some of their free time so that Year 10 can experience the nation’s capital.

ST JUDE’S TANZANIA

I was privileged to attend a Rotary meeting this week where our Assistant Head of College (Junior School), Mr Jock Bidwell, was addressing the gathering. He talked passionately about the drive and enthusiasm of Mrs Gemma Sisia and her tireless work in making St Jude’s a great school for the very, very poor in Arusha. There have been a few advertisements in Revelations for items that they could use. Schooling, or lack thereof, in developing countries is dear to my heart. I hope that many of you can support Mr Bidwell’s project. I am sure you have items that you no longer use but would be of benefit to this worthwhile cause.

Thought: Winners take time to relish their work, knowing that scaling the mountain is what makes the view from the top so exhilarating.

Year 7 Camp 2007

Camp time is rapidly approaching. The information letter for camp was sent home in July and students should be checking the gear list to ensure they have all the correct equipment.

It is essential that the medical form (and the Asthma/Allergy form, if appropriate) is completed and returned to Miss Rachel Bidwell’s project. I am sure you have items that you no longer use but would be of benefit to this worthwhile cause.

Host family for next holidays

All Saints’ College Registrar, Helen Schwab is seeking a family to host one of our students during the next holidays - 28th September until 14th October. Please contact her for details.

FROM THE ASSISTANT HEAD OF COLLEGE (SS)

FROM THE CHAPLAIN

As you read this we are having a great time in Canberra. I am taking the opportunity to show the year 10’s our flagship church in Canberra, St John’s, next to ANZAC Parade. It was built in 1841, many years before the national capital site was declared in 1913.

Gael Chaplain, Rev Kim Miller will speak at Boarders’ Chapel dinner on Tuesday evening. We are planning for the Benefactor’s Service and Prefect’s Commissioning on September 27th, Father Paul.
2007 Spring Fair

It's on AGAIN.....

Sunday 2nd September.

Preparations are underway for this year’s Spring Fair. Below is a list of stalls and the year parents who will be contacting you for assistance both before the fair and on the day.

- Year 12: Barbeque- Lorraine Rogers
- Year 11: Devonshire Tea Cafe- Sarah George and Dianna Hibberson
- Year 10: Books- Robyn Scrivener
- Year 9: Cakes- Jenny Tomlinson
- Year 8: Pavlovas- Heather Cozens
- Year 7: Chocolate Wheel- Tina Webber
- Year 5 & 6: Drinks- Louise Hall
- Year 4: Garden- Jenny Cartwright
- Year 3: Baskets- Linda Cant
- Year 1 & 2: Craft- Cindy Pickard
- Kindergarten & Transition: Trash and Treasure- Bronwyn Garden and Robyn Crowley

You may start bringing in your books, trash and treasure and leave them on the Book Shop verandah. There will be a last minute meeting of year parents in the library at 7:30pm on Tuesday 28th August. Please contact Leigh Tindall at work on 63311533 or home on 63313754 or email erivers@mcmc.com.au if you have any queries.

**BOTTLE Stall**

The Boarding P&F will be running the Bottle Stall at the Spring Fair. Donations of any of the following would be greatly appreciated:
- Bottles of wine
- Jams
- Chutney
- Pickles
- Jars of lollies
- Any other ideas or creations

Donations can be left on the book shop verandah or brought in on the day.

HELP!!! We will require the assistance of parents during the day to help set up and man the stall from 9 am to 3 pm. If you are able to spare an hour during the day to help! please contact Di Perry on 68332014 or email: sldmperry@bigpond.com.au

**CAKE Stall**

All cakes, slices and biscuits will be gratefully received on the morning of the Spring Fair. Could you please remember when you are baking that All Saints’ is a NUT FREE school therefore we do ask that any type of nut is avoided. If possible could you please label the ingredients? Thank you for your help with the Cake Stall.

**GARDEN STALL**

Year 4 are holding a garden stall at the Spring Fair on Sunday, 2 September. We are looking for any donations of pots, plants or other general gardening items to sell on the stall. Any items kindly donated can be left in the Year 4 classroom.

**Craft Stall**

Calling all arty crafty people! Year 1 and 2 would appreciate donations of craft items or materials for the craft stall. Please leave all donations in Year 1 classroom. Not sure what to make, how about play dough, keyrings, painted glassware, wheat pillows, ballet bags, Christmas decorations, things for dolls, decorated candles, photo frames, etc. the list is endless.

**Bacon & Egg donations**

Year 12 parents will by now have received a letter requesting assistance on the Barbecue Stall at this year’s Spring Fair on Sunday, September 2nd. Donations of 12 bacon rashers or a dozen eggs may be left at the Main office prior to the Fair on Friday, 31st August.

Please advise me in advance whether your donation will be bacon or eggs to enable an even supply. Lorraine Rogers 6331 6595.

**EASY BOILED FRUIT CAKE**

**Ingredients**

- 2 cups mixed fruit
- 1 cup brown sugar
- ½ lb butter
- 1 teaspoon bicarb soda
- 1 cup water
- ½ cup plain flour
- 1 ½ cups self raising flour

**Method**

Place in a saucepan the fruit, sugar, butter, soda and water. Bring to the boil and simmer for 1 minute only. Remove from the stove and allow to cool. Then add both lots of flour and beaten eggs. Mix altogether well with a wooden spoon. Bake in a moderate oven for 1 hour in a greased 8 inch square cake tin.
**From the Clinic – Influenza warning**

Influenza (usually called “flu”) is a respiratory infection caused by a virus. There are several kinds of influenza virus, and they seem to keep changing just when we seem to be immune to them. However, they all produce a similar illness.

The diagnosis of influenza is made on the presence of 6 of the following 8 criteria during an influenza epidemic:

- sudden onset, less than 12 hours
- fever
- dry cough
- rigors or chills
- muscle aches and pains
- prostration or weakness
- absence of upper respiratory signs
- influenza in close contacts ie friends and family

These may be followed by a sore throat, cough and runny nose. Many people refer to the common cold as the “flu”, but influenza is a more serious respiratory infection that usually makes the victim sick enough to go to bed. Flu tends to go to the chest and makes the whole body ache, the common cold usually only affects the upper respiratory passages causing a runny nose, sneezing and sore throat.

The main risk of influenza is that the infection may spread to the lungs, causing bronchitis, or worse, pneumonia.

Like any viral infection influenza must run its course. Symptoms can be eased and complications prevented by proper care and common sense.

- Rest: go to bed as soon as the symptoms begin and STAY there until you feel better and the fever is gone.
- Analgesics: pain relief such as a codeine compound tablets are effective at relieving cough and aching
- Fluids: drink as much water and fruit juice as possible at least 8 glasses a day.
- Special Remedies: any remedy that makes you feel comfortable is good. Freshly squeezed lemon/orange juice with honey is very good.

The flu usually lasts 3-4 days sometimes longer.

STUDENTS NEED TO REMAIN AWAY FROM SCHOOL WHILE THEY ARE EXPERIENCING SYMPTOMS SO THEY DO NOT SPREAD THE VIRUS. THE SCHOOL WOULD APPRECIATE THE HELP OF PARENTS IN ADHERING TO THIS ADVICE.

Please consult your family doctor with any concerns or feel free to contact the College Clinic on 6332 7300 for advice.

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**GARDEN AND FRESH PRODUCE STALL**

Allyson’s top 15 suggestions for donations are:

- Divide and pot agapanthus or other plants from your garden;
- Divide and pot succulents from your garden;
- Donate fresh fruit and vegetables from your garden;
- Pot self sewn plants from your garden;
- Use your workshop and your creativeness to make a garden ornament, wind chime or tree mobile;
- Purchase and donate a wind chime;
- Purchase and donate a garden ornament;
- Purchase, decorate and donate linen type garden gloves (sew on interesting buttons and beads);
- Donate your empty garden pots;
- Check through your shed for surplus garden tools;
- Check through your book shelves for unwanted gardening books;
- Prune, dig out and pot those unwanted roses;
- Donate seed packets;
- Purchase and have your children brightly paint terracotta pots; and
- Pot bulbs that are due to flower at the time of the spring fair.

I suggest that the division and potting of plants occur in the very near future to give them a chance to establish prior to the fair. If required, pots and potting mix can be cheaply purchased from hardware stores or nurseries. It is probably too late to take cuttings.

Please bring your gardening items on the morning of the fair if you cannot attend leave them at the school on the Friday (outside the Year 4 Classroom).

If you have any questions please give me a call -

Contact: Allyson Goodman - 6332 3901

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**Thinking Dentistry? Think CSU 2009**

As part of the government initiative to support our inland communities, federal funds have been allocated to CSU for the founding of a new School of Dentistry and Health Science.

The first student intake will be in 2009. This is an exciting opportunity for students like you to follow a challenging and exciting career pathway with excellent financial prospects, unparalleled job security and an opportunity to work for the betterment of regional communities. The new School will form part of a solution to the rural dental health crisis and is a perfect example of how CSU is responsive to the needs of inland NSW.

Preference for intake into the course will be given to students from rural areas, ensuring that we retain talented graduates where they are needed most.
Sports Draws

**Basketball:** Friday August 24, 2007

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<tr>
<th>Games</th>
<th>Venue</th>
<th>Time</th>
<th>Bus leaves</th>
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<tbody>
<tr>
<td>ASC Boys</td>
<td>BYE</td>
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<tr>
<td>ASC Girls v Scare Faries</td>
<td>Crt4</td>
<td>4.15pm</td>
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**Hockey:** Saturday August 25, 2007

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<tr>
<td>ASC Frst v Golden Oldies</td>
<td>Field 3</td>
<td>8.00am</td>
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<td>9.45am</td>
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<tr>
<td>ASC U15s v Pan</td>
<td>Field 1</td>
<td>9.45am</td>
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**Rugby:** Saturday August 25, 2007

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<tr>
<td>ASC 1st XV</td>
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<tr>
<td>ASC U16s</td>
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<td>ASC U15s</td>
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<td>ASC U11</td>
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<tbody>
<tr>
<td>ASC 1 v OOT Magpies</td>
<td>Crt3</td>
<td>1.00pm</td>
<td>12.30pm</td>
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<td>ASC 2</td>
<td>BYE</td>
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<tr>
<td>ASC 3 v CSU Park Clamps</td>
<td>Crt6</td>
<td>2.15pm</td>
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<td>ASC 4</td>
<td>BYE</td>
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<td>ASC 15 Colts v Culrose Dodgers</td>
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<td>ASC 14 Blue v ASC 14 Red</td>
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<tr>
<td>ASC 13s v Colleaghe Bear</td>
<td>Crt1</td>
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Bathurst District Soccer: Sunday August 26, 2007

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</thead>
<tbody>
<tr>
<td>ASC 4th Grade v Oberon</td>
<td>Proctor Park</td>
<td>9.00am</td>
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<tr>
<td>ASC 4th Grade v Oberon</td>
<td>Oberon</td>
<td>9.00am</td>
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Volleyball: Tuesday August 28, 2007

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<tbody>
<tr>
<td>ASC2 v Coleman</td>
<td>Bx Basketball Stadium</td>
<td>6.00pm</td>
<td>5.45pm</td>
<td>8.30pm</td>
</tr>
<tr>
<td>ASC2 v Rebels</td>
<td>Bx Basketball Stadium</td>
<td>7.30pm</td>
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Does your child have diabetes?

Ever wondered why some young people, aged 8 to 19 years, seem to manage their diabetes better than others? We have too. If you are interested in helping us answer this question we would like to invite you and your family to be involved in an exciting new study being conducted by University of Western Sydney and The University of Sydney.

To find out more about this study please contact Dr Jane Overland on 02 9515 5930 or drat@uws.edu.au

Volunteers needed for Refugee Service on Sunday

The Dean, Andrew Sempell would like some All Saints’ College students to attend a Refugee Service this Sunday at 4.30pm at the Cathedral. Two of the students need to be in uniform to read. Willing volunteers could ring the Cathedral - 63314711.

Sports Coaching and competition for Kindergarten to year 6 students

Enrolments are now being taken for Term 4 coaching and competition.

Hurry positions are limited

The coaching is fully programmed and structured to progress players through various levels that will enable students to participate in competition and tournaments.

Ask about our new beginner program designed for Kinder and Year 1 students.

To enrol contact Rod or Allyson on 02 6337 1680 or 0431737585

Farmers Markets

A reminder that the Farmers Markets is on this Saturday at the Showground. The farmers markets are held every fourth Saturday of the month. Please visit the ASC stand.

Weekly Revelations is distributed on Thursday afternoons to all senior school students. Items for inclusion should be submitted to Cherylene Anderson or Michele Thornton by Tuesday. A copy of Weekly Revelations is available on the College Website: www.saints.nsw.edu.au