DATES TO
REMEMBER:
MONDAY 21, TUESDAY 22
& WEDNESDAY 23 SEPT
PAINTING AT THE SCHOOL -
VOLUNTEERS NEEDED!
TUESDAY OCT 6
FIRST DAY TERM 4
WEDNESDAY OCT 7
SWIMMING COMMENCES
SCHOOL OPEN DAY 9AM-11AM
OCTOBER 21
RIVERSIDE PNEUMA

GREAT. FULL!
The benefits of gratitude are well documented. Being grateful is shown to improve both physical and mental health, psychological wellbeing and attitude, and our relationships with others. Practicing gratitude has even been shown to rewire our brains for the better—it is a truly powerful life-changing tool – by design!

It is interesting to see modern science, more and more, backing up what Christians have known to be true since Jesus was here. We are built to appreciate things. When we don’t, when we are thankless, callous, careless and critical of even someone’s best effort, the first person to suffer is usually us.

Count your blessings, stop comparing your lot in life to others’, start a ‘gratitude journal’, say ‘thank you’ even when you are feeling like saying nothing and rather than modern mindfulness techniques, praise the God who made people and things so good. We are made in the image, the Bible says, of Almighty God. He designed us to be His companions and He is so grateful to us that He has given us full freedom and unexplainable love.

You and your family are precious and prayed for. The team at Riverside is looking forward to working with your amazing children again next term. And... thanks. I mean it!

Christian Regards,
Ian Humphries

CHAPEL WAS SPECIAL TODAY ...
What a blessing it was today at Chapel to have the Joy Prayer Warriors sing for us. Praise God for the ministry of these special people who are travelling to Palm Island for outreach. We pray the Lord will shine his light through them and that they be a blessing to the people of Palm Island.
Principal’s Award:
Ella Wilkinson - A more mature attitude to learning and for being a great help when needed.
Marlena Pugh - For looking out for others.

Prep-1
Florida Teariki - For helping in the class.
Gracie Skelton - For careful work in art.
Lissin Anil - For being a cheerful class member.

Grades 2/3/4
Harvey Biddlecombe - For making excellent choices in the playground.
Sarah Stanley - For an excellent effort in writing.
Rachellie Savuro - For an excellent effort in writing.
Kamoa Scott - For being helpful in the classroom.

Grades 5/6
Imogen Cornell - For approaching schoolwork with a positive attitude and her best effort.
Jeremiah Mote - For an excellent attitude to schoolwork.

HOME AND SCHOOL REPORT
A big thank you to the Home and School committee for donating a massive $4940 of fundraising money towards the carpeting of Mrs Thomas and Miss Bennett’s classrooms.

The classrooms and handball courts are being painted on Monday 21, Tuesday 22 and Wednesday 23 September by our wonderful volunteer, Michael Thomas. Should any parents and families who missed out on the working bee wish to lend a helping hand now is your chance as Michael will need a helping hand. Lunch will be provided for volunteers on these days. Even if you can give a few hours or a day we would appreciate it.

CHANGE OF DATE FOR FAIR
The fair this year “Riverside Pneuma” has been changed from Thursday 15 October to Wednesday 21 October. Please mark this date in your calendar as it will be an enjoyable family night out. The definition of “pneuma” in the bible is “spirit” or “breath”.

OPEN DAY
Riverside Adventist Christian School is having their open day on Wednesday, 7 October from 9.00am to 11.00am for new enrolments. Please spread the word to any friends or families who you think may be interested in attending our school. Over the school holidays there will be a letterbox drop with our school flyers in the areas surrounding the school to spread the word.

PASTA THURSDAYS
In Term 4 the tuckshop will be open for Pasta Thursdays thanks to Mr Dawes. Pasta will be $3 per bowl and you have a choice of tomato or mushroom sauce toppings.

NAPLAN RESULTS
Naplan results are available for collection at the office for Year 3 and Year 5 students who sat Naplan this year.
As we talked about dogs we remembered what our pets at home need – a place to sleep, bowls for their food and water, so we made beds for our ‘special’ dogs and painted some bowls to make them look like dog bowls and made some pretend food.

We heard a story about a little girl who wanted a puppy but it had to do something special to show its love. The right dog ‘sighed’ just like mummy does when she shows her love!

Dogs are also helpers. We learned they help blind people. We gave it a try to see what it would feel like. There is much the dogs have to learn.

For fun we played the game ‘Doggy, doggy, where is your bone’. It helped us remember each other’s name and use our words in questions and answers.
WHEELS DAY MAYHEM!!
PRIVATE GUITAR LESSONS AT RIVERSIDE

NEW SET UP

Georgia Martel is our wonderful guitar teacher at Riverside Adventist Christian School. If you would like your child to begin their musical journey, guitar lessons are a wonderful way to start. She offers both individual and small group lessons, however for the most optimal learning, individual is highly recommended. We would like to recommend that your child stick with individual lessons into the future as the results are noticeably better with only a small increase in the hourly rate. Ask Mrs Winship in the office for the rates. These are much more affordable than sourcing Georgia’s or any other music teacher’s tutoring privately.

Your child will learn to read music, learn the traditional Spanish style of guitar playing and have the opportunity to explore all different styles of guitar playing including classical, popular or whatever your son or daughter would love to pursue. These skills not only benefit their musical ability but research show they perform better in other mental tasks as well. Please contact the school or myself if you would like your son or daughter to begin lessons.

Mr Humphries has agreed that students must to have a guitar at home to practice to be registered for lessons. Without that practice, progress has been very limited. Riverside has a number of guitars the office is willing to hire out to families for just $15 per term, plus a $50 bond. Alternatively, these guitars, brand new, can be purchased starting at $25.00 from Kmart or Big W or for a better quality from a music store for approximately $70.

Email: georgia.martel3@gmail.com
Mobile: 0419 890 193
Many health and weight-loss programs provide information in the hope that you change your habits. CHIP is different. CHIP will help you make long-lasting lifestyle changes by addressing the causes of chronic disease and teaching you to use your own lifestyle as your best medicine.

SOME CHRONIC DISEASES ARE REVERSIBLE. MOST ARE PREVENTABLE.

It is never too late to take your life back!

CHIP is one of the most scientifically validated lifestyle medicine programs in the world with PROVEN RESULTS in improving:

- Blood pressure
- Cholesterol
- Triglycerides
- Fasting blood glucose
- BMI
- Sleep
- Resilience
- Depression

What is it?
- A Lifestyle Medicine Education Program.
- Focused on whole-person health.
- Facilitated over 12-18 Sessions (30-90 days) in a group environment with dynamic group discussions and peer support.
- Integrates optimal nutrition, exercise and behavioural psychology principles and tools.

When does CHIP start next?
CHIP is being facilitated in your locality - commencing Thursday, October 8, 2015.

How do you find out more?
Attend our FREE ONE HOUR information session at Riverside Adventist Christian School library.

DATE TIME

Thursday October 8 7.00pm - 8.00pm 2015

Call, Gratton - 0478 338 000
For more information or to register
Visit: www.chiphealth.com

To see testimonial videos, excerpts of the course material and find a program near you.
DEPRESSION RECOVERY SEMINAR
Information Session

Did you know that one in five Australian population aged 16-85 years, experienced mental disorders in the previous 12 months?

Among young Australians aged 12-25 years, depression is the most common mental health problem.

Don’t Wait Until Depression Suffocate Your Beautiful Life
YOU HAVE HOPE!
Come for the FREE Information Session

Riverside Adventist Christian School Library
55, Leopold Street, Aitkenvale, Qld. 4814

September 26, 2015 at 7:00 p.m.

Call Gration for more information – M. 0478 338 000