



# Mt Carmel College

## Active and inspired!

EACH morning there's a bustle of school bags and sandals, as Mt Carmel's primary students know that every opportunity will be taken to bring physical activity and fun into learning.

From the infant classes on, girls and boys learn through an active approach in all areas, from history to health and language to literature.

The emphasis on the physical is not only for enjoyment but to maximise their ability to be more receptive and responsive to classroom learning.

In addition to regular physical education lessons, all students participate in an afternoon of sport each week.

A daily morning PE program is also run on a week-on, week-off basis. It is often a highlight of the day.

"My favourite part is running relays," Prep student Jack said.

For other students the benefits are more social: "I've made new friendships," Grade 4 student Meg said.

Encouragement from peers means that every student from Grade 3 to Grade 6 represents the college in at least one team sport, in whatever area they have interest or talent.

The significance of this is not lost on college sports coordinator Miss Melanie Sluyters, who sees in-school activity as being partly behind the students' positive



**PHYSICAL FUN:** Mt Carmel prep kids enjoy some exercise in the playground.

reaction to organised sport.

"They learn about building team spirit and morale, as well as improving skill development," Miss Sluyters said.

Events such as Primary Bike Day take physical activity beyond the PE program.

Bicycles and tricycles come to school to be ridden under the guidance of visiting road safety representatives, ensuring messages about traffic

awareness have the deepest impact possible.

Grade 5 students recently hiked up Mt Wellington as part of their study of the history and geography of the area.

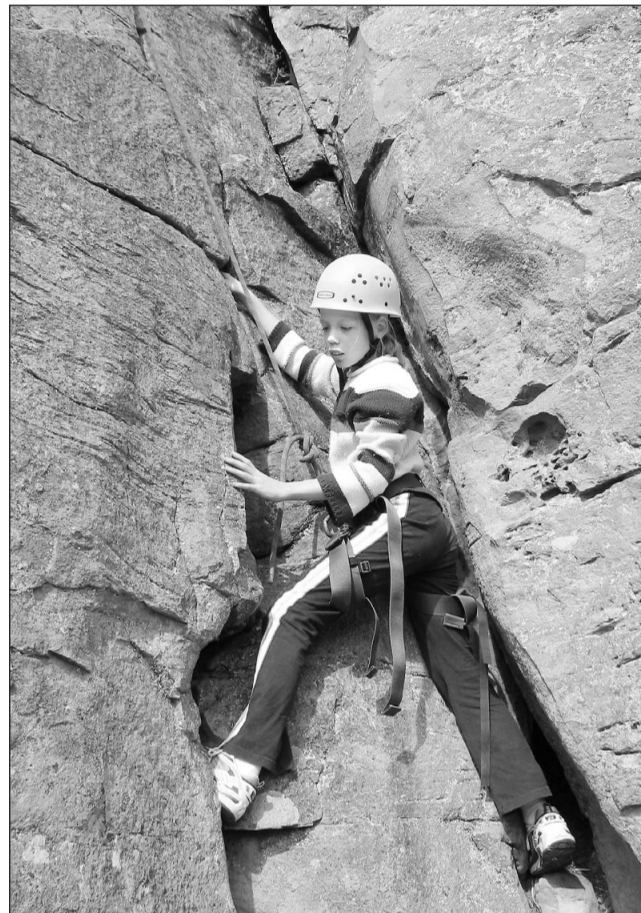
Older students design obstacle courses for the younger girls and boys, contributing to the feeling all children have of being part of the greater college community.

Physical activities help students gain insight into the sort of learning that can only be encouraged, not taught.

"It's not important to win but to have fun," Grade 4 student Lucy said.

Her friend Jessica added: "We learn how to be good sports and be nice to one another."

**JULIA LACHOWICZ**  
Year 10



**HIGH POINT:** Abseiling as part of Activities Day — a big event in the physically active life of a Mt Carmel student.

**NEWSPAPER TEAM:** Julia Lachowicz, Estelle Pretty, Sarah Lyden, Anita Cane

### Sports news in brief

**Soccer:** Early in July, three Year 10 students, Lauren Farquhar, Jessica Appleby and Jackie Appleby, flew to Sydney to compete in the U/17 National Identification Championship. Australian selectors were there, on the look-out for future members of the Young Matildas.

**Table tennis:** At the recent Tasmanian Open table tennis championship, Jessie Atherton of Year 8 won the U/16, U/18 and U/19 singles. Making the U/16 and U/19 events a true family affair, younger sister Sally of Year 6 was runner-up.

**Softball and tennis:** The Mt Carmel 9/10 softball and tennis teams recently competed in the First Grade State Premierships. The softball team claimed the trophy. The tennis girls were runners-up.

**Dancing:** On July 9, Jade Barker appeared on the ABC's *Strictly Dancing*. We congratulate Jade on her television debut.

## Exercise woven into school life

**PADDLING** quickly and in unison, crews of girls guide their rafts over the rapids of the Upper Derwent River.

It is Activities Day 2004 for Mt Carmel's grade six to 10 students and they can be found abseiling rock faces, flying light aircraft over Hobart, canoeing on the Derwent or learning lifesaving skills.

Mt Carmel students are never short of an opportunity to be actively involved in school life. Secondary students experience physical ac-

tivity in all aspects of the curriculum.

Every fortnight enrichment courses for year nine and 10 students provide hands-on experience from dance to ceramics.

One of the most popular of these courses is fitness, which sees girls taking part in aerobics classes, cycling along the bike track or participating in footy clinics.

In science classes, students study the environment through nature walks, exploring a variety of natural

locations ranging from the seaside to conservation sites.

In health and physical education classes each week the emphasis is on students developing the skills to make healthy lifestyle choices.

Through team-building activities, which develop cooperative, listening and problem-solving skills, social interactions are enhanced.

Further opportunities exist for students wanting to develop particular sporting skills.

The high level of participa-

tion in more than 30 co-curricular sports on offer shows that students recognise involvement in team sports brings enjoyment and well-being.

All students belong to a house group — Carmel, Loreto or Lourdes. They are more than willing to participate in house-based events such as carnivals and beach days. Beyond the physical involvement, strong house spirit and enjoyment are evident.

**ESTELLE PRETTY**  
and **SARAH LYDEN**  
Year 10

**CDF**  
Catholic Development Fund Tasmania  
162 Macquarie Street,  
GPO Box 62,  
Hobart, Tasmania 7001  
Phone (03) 6224 1727  
Fax (03) 6223 1534

**tastex**  
Tastex Knitwear Inc  
12 Mill Lane  
Glenorchy  
Tas 7010  
Phone: (03) 6272 8877  
Email: sales@tastex.com.au  
The only Tasmanian Made School Jumper  
**GLEN MILL software**  
School Knitwear  
Proud Suppliers to Mount Carmel College  
TASMANIA  
Love this place

**Metro**  
Proud to support  
Mount Carmel College  
For passenger transport  
information call the Metro  
hotline 13 22 01 or visit  
www.metrotas.com.au

A World of Fine Foods  
"With a veritable treasure trove of local and imported food and wines, Lipscombe Larder has built an enviable reputation as Tasmania's leading gourmet retailer."  
**LIPSCOMBE LARDER**  
Delicatessen & Patisserie  
527 Sandy Bay Road, Sandy Bay,  
03 6225 1135 03 6225 1158  
www.lipscombelarder.com

**Lush Studio**  
Denison's House, Kingston  
proud to support  
**Mount Carmel College**  
Phone 6229 6198  
Fax 6229 8275

**PICKEN** Auto Body Repair Centre  
Nigel Picken  
QUALITY ASSURED  
37 Federal Street,  
North Hobart, Tas 7000  
Phone: (03) 6234 3410  
Fax: (03) 6234 6328  
Mobile: 0409 486 662

**The Tasmanian Gift Wrap Co**  
Distributors of quality Australian made greeting cards, gift wrapping & social stationary  
PH 6248 5426  
Proud to support  
Mt Carmel College

Only Saab has ★★★★★ on all cars  
Saab is the only car manufacturer in Australia with the maximum five star safety rating from EuroNCAP across all models. That's the Saab 9-3 Sport Sedan and Convertible and the 9-5 Sedan and SportEstate. To celebrate this outstanding achievement, we're providing an equally outstanding ★★★★★ finance offer. But only for a limited time.  
**Saab 9-3 Sport Sedan from \$149\* per week**  
From **\$47,900\***  
**MOTORS SAAB** 179 Macquarie St 6230 7395  
After Hours: Tony Breckenridge 0419 339 798