



## Finishing Strong. It's a choice.

The year was 1992, the place, Barcelona, Spain. The event, the Summer Olympics. Our hero, a British sprinter called Derek Redmond.

Redmond had made it to the 1988 Olympics in Seoul where, just two minutes before the opening heat of the 400m race was to begin, he was forced to withdraw due to injury.<sup>1</sup> In the following four years, he had undergone five operations, one just four months before Barcelona. We can only imagine his mindset as he seized this chance again. In Barcelona, he was going well, recording good times and holding his own, making it to the 400m semi-final race.

As the starter pistol fired, Derek made a clean start and ran well. His running was smooth, until about the 150m mark that was. It was at this mark that Redmond's right hamstring muscle tore and he fell to the ground in agony.

At this point, Derek had a choice. He had lost the chance to win this race, no-one would blame him for allowing the medics to stretch him off the track. But Derek had other ideas. The world watched as, in clear agony, Redmond rose to his feet and hobbled forward, aiming to complete the race. Soon, an older man joined him on the track and took his hand. It was Derek's dad, Jim. With his dad as support, Redmond continued his slow and painful journey towards the finish line. When he crossed the line, unaided, the stadium of spectators erupted with a mighty roar and Derek Redmond entered Olympic history.<sup>2</sup>

Derek Redmond did not win the 400 m race that day but he was still a winner. Physically, he may not have finished strong, but mentally his strength was on full display. I find myself wondering whether he was familiar with Hebrews 12:1-3

*Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.*

As the author of Hebrews encourages us to do, Derek persevered in the face of extreme difficulty. He maintained his focus on the finish line, not allowing pain, fear, worry or doubt to steer him off course. He was committed to excellence, giving of his very best, regardless of the circumstances. He was cheered on by witnesses, and helped by his dad, he didn't have to do it alone.

With only four weeks of the school year left, we are all heading towards a finish line. When tiredness, excitement or fear set in, it can be so easy for each of us to give up, stop turning up, stop considering others, stop giving of our best or valuing what we have. But let's remember, we have a choice. For some staff and families, their 2022 journey will take them on a new adventure and this can bring its own unique set of challenges. In light of this, my encouragement to all is this, choose to finish strong. How do we do this? Well, Hebrews 12 has great advice, keep our eyes on the one who is our strength, who is our grace, who will provide all we need to run the race with perseverance and finish strong. And remember, we are surrounded by a great *crowd* of witnesses, let's help one another to finish strong, together.

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[1] <https://olympics.com/en/athletes/derek-redmond>

[2] You can view footage of this event at [https://www.youtube.com/watch?v=-\\_JUKNfYnpC](https://www.youtube.com/watch?v=-_JUKNfYnpC)

# Merit Certificates



## THE PREP CLASS

For being bold and courageous to step up to the challenge of running assembly for the first time.

## THE 3/4 CLASS

For coping so well without Mrs V.



## SPECIAL MENTION

Mr MacKenzie for doing well in his post-grad studies.



## Student Pick up and Drop Off

We know the start and end of the school day can be hectic for parents and finding parking can be challenging.

We have had some complaints from neighbours who are finding that the street is being congested with school cars, and their driveways are being blocked. We have a good relationship with our neighbours, who often lookout for the school when we are not around. Let's work together and be excellent neighbours, continuing to build positive relationships.

When you are dropping off or picking up your children, please try to park along the school boundary as much as possible and not in front of the neighbour's houses, especially if you are staying longer than 5 minutes. There is plenty of parking available near the netball courts on Hart Street, why not park there and enjoy a 3 – 5-minute walk with your children.

Thank you



## Hydro Visit

On Monday 8th November, Gina from Hydro Tasmania visited the 5/6 class to speak with them about Light and Electricity.



# STATE CHRISTIAN SCHOOLS ATHLETICS CARNIVAL

A strong team competed in this year's Athletics Carnival at the St. Leonard's Athletics Centre. Many of the students were very competitive and achieved strong results.

Outstanding performers were:

Zara – Shot Put and Discus

Celina – 100m, 200m, 400m, Long Jump

Stella – Discus

Nathan – 100m, 200m, 400m

Hosea – 100m , 200m

Zac – 100m, 200m

Jacob – 200m

Nina – 100m , 200m

Ethan – 100m , 200m, Long Jump

Talissa – 100m , 200m

Matthew.K.– 100m , 200m

Liam – 100m

Lilyelle – 100m

Georgia – 100m

Josie – 800m

Anna – 800m

Miriam – 100m , 200m – Relay

Josh Green – 200m, 400m

Participated – Haven, William, Harry, Josh Burgess,



# Let's talk about asthma

Is your asthma really under control?

This is the question AsthmaAustralia wants you to ask yourself.

If you're experiencing regular asthma symptoms or your asthma stops you from doing what you want, then it's time to Talk Asthma.

Take the first step in getting your asthma under control and feeling healthy again.

Visit [www.asthma.org.au/talk-asthma](http://www.asthma.org.au/talk-asthma) or call 1800 278 482

## SIGNS OF GOOD ASTHMA CONTROL

**TALK**   
**ASTHMA**



Symptoms no more  
than 2 days a week



Use your reliever  
puffer no more than  
2 days a week



Aren't limited by  
your asthma



Don't get symptoms  
at night or when you  
first wake up

# WEEK 10

## 15TH-17TH DECEMBER

### **Wed** Whole School Picnic at East Beach

**15**

Students may wear casual clothes, and bring along their bathers, sunscreen, hat, lunch, snacks and a large drink bottle.

Families are most welcome to attend for the day (own transport required).

### **Thu** Presentation Service & Celebration Picnic

**16**

#### ***Presentation Service***

***2pm - 3pm***

Students are to wear school uniform. Students will travel to Punchbowl Christian Centre by bus and after the service, they are to travel back with their parents to the school for the Celebration Picnic. If you can't collect your child/ren from Punchbowl at 3pm, please let the office know.

As the venue has a capacity limit, you will be required to book tickets on Eventbrite. The link has been emailed.

#### ***Celebration Picnic***

***3.30pm - 5pm***

Enjoy catching up with other members of our community.

Tour the classrooms, see the students' work, and enjoy the musical items prepared for you by our students.

Bring your picnic blanket and afternoon tea. There will be a sausage sizzle provided by the school.

Additional Parking is available at the netball courts' carpark.

### **Fri** Last Day of Term

**17**

**9am - 1pm**

Class celebrations, packing up and gathering all work to take home.

Students may wear casual clothes and are to be picked up at 1pm.

**To enable Kindergarteners to enjoy all of these festivities, Their days will be Wednesday, Thursday and Friday for the final week of term.**

**We hope this does not cause any inconvenience to you.**

# Key Diary Dates

DATE	EVENT
29 NOV	PREP - 6 ONCE UPON A DREAM AT PRINCESS THEATRE
1 DEC	GRADE 9/10 LEAVERS DINNER
3 DEC	GRADE 3/4 CAMP
8-10 DEC	GRADE 9/10 BEAR GRYLLS CAMP
9 DEC	YEAR 6 CELEBRATION DINNER
10 DEC	REPORTS TO GO HOME
15 DEC	PICNIC AT LOW HEAD
16 DEC	PRESENTATION SERVICE & CELEBRATION PICNIC
17 DEC	LAST DAY TERM 4, DAY ENDS 1PM

