



Expressing Our Gratefulness

As part of the Opening of Stage 1 of the Year 3-5 learning space, we expressed our appreciation to Federal and State government representatives for their contribution of \$990,000 towards the construction of the \$2.4 million facility. We also thanked Business Manager, Mr Mike Healy, for his oversight of the project, the builders, BBN Construction, architects Bickerton Masters Architecture and consultants. The most moving part of the service was when the whole gathering of staff, students, parents and visitors stood to give Foundation Pastor, Pastor Rick Zweck an extended standing ovation as he opened the building. This simple expression of deep appreciation was a very significant moment for Pastor Rick and the community.

There are many people in our lives that have made significant differences for each of us. Taking the time to pen a note or letter of appreciation is a great way to give our own personal standing ovation to those people who have made a difference. Expressing our appreciation gives energy to those who receive and to us. A key part of the service was to express our thanks to God for the blessing He continues to give the Pacific community. The habit of starting and finishing the day with a prayer of thanks to God for the good things He has brought into our lives helps us live life from the perspective of abundance.

Principal's Log

As well as providing the opportunity for us to express our appreciation as described above, the Opening Service also enabled us to celebrate the willingness of our teaching staff to continually strive to improve their practice to best cater for individual students. Engagement with Harvard's Teaching For Understanding and Visible Thinking programs enables

teaching and learning to be focused on developing deep understanding, curiosity, creativity and enhances thinking skills. The short video produced by the Year 4 teachers highlighted not only the learning experiences of children in the new learning space, but of all students across the college.

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The diversity of experience and flexibility of opportunity occurs only because of our teacher's commitment to continual improvement. To view the video, visit <https://www.youtube.com/watch?v=Zcawvi7Oxjc&feature=youtu.be>.

Over the past week, the Australian Curriculum, Assessment and Reporting Authority (ACARA) has updated the My School Website to provide information for the 2014 school year including NAPLAN results. Detailed data was provided to the college last year, which we are using to identify ways to support cohorts and individuals to enhance their learning. Once again, at all year levels there were individual students who performed very well. As advised last year, if families have questions they are encouraged to make contact with Mrs Sue Zweck for Prep – Year 5 and Mrs Rae Hall for Years 6-9.



Last week, Ms Karen Schultz inspired those who gathered for the college's International Women's Day Breakfast to look at ways in which they could make a difference. She

shared stories about individual women she had met in Nepal and Cambodia who had overcome great adversity to improve the lives of people in their communities. Ms Shultz is regarded as a leader of service learning in Lutheran schools across Australia and it was a wonderful opportunity for the people of our community to learn through her passion and perspectives.

It was great to hear that PLC Club Netball and Soccer both made a strong start to the season last weekend. In a first for the college, we will be hosting the Caloundra Netball Association and our Pacific soccer games this weekend. In a very real way we have the opportunity to come together as a Pacific community as we provide an important service to the local area. As Soccer Club President, Mr Ian Barnes, has mentioned, there will be a need for patience in and around the car park, particularly as we will also be conducting scholarship testing on the same morning.

We thank God for the people He has brought into our lives who have enriched and encouraged us to grow deeply and to venture to new horizons.

Dr Bronwyn Dolling, Principal

Appreciation Corner

Thank you to...

...Mayor Mark Jamieson, the Hon Jarrod Bleijie MP, the Hon Mal Brough MP, the Hon Mark McArdle MP, Rev Noel Noack, Bishop of the Lutheran Church of Australia, Queensland District and the College Council for their attendance at yesterday's service and the ongoing support they provide the college.



...Pastor Paul Smith for his leadership of the Opening Service and the support he gives to this community.

...our SCISSA volleyball coaches including Mrs Debbie Turner, Mr Gary Graves, Mrs Michiko Hauser and Miss Karen Schultz for their expertise and help with the teams and also Mr Brendan Delaney and Mrs Leah Croke for taking the SCISSA soccer teams each week.

...all our teachers, who are continuing to provide good feedback for learning through drafting and assessment.

...all our students, who are working hard to make the most of their learning.

Daily Bread

God's Open Hand of Blessing

Ten people came to Jesus with a sad story. They had suffered social isolation because they were lepers. During the time of Jesus, leprosy was a disease that left you cut off from everyone and there was no hope for any change.

These ten lepers had come to Jesus to ask for help. He sent them off to the priests. Going to the priest was the way that a person could determine if they were 'acceptably clean' or 'ritually impure'. This was the only means the lepers had of returning to normal life.

We can imagine the moment of sheer joy that each of these ten people felt when they learned that somehow, somewhere between Jesus and visiting the priest, they had been totally

cleansed of the leprosy. Then, just one of those who were freed from their disease returned to Jesus to thank him and Jesus quietly asked about the other nine.

This is an eternal question. Do we see the blessing of God with thanksgiving? We may not be healed of leprosy, but God certainly gives us good gifts day after day. During the season of Lent, leading up to Good Friday, we especially ask God to open our eyes of faith, that we might see his gracious hand at work and so offer our thanks and praise for all that he provides.

On the way to Jerusalem Jesus was going through the region between Samaria and Galilee. As he entered a village, ten lepers approached him. Keeping their distance, they called out, saying, 'Jesus, Master, have mercy on us!' When he saw them, he said to them, 'Go and show yourselves to the priests'. And as they went, they were made clean. Then one of them, when he saw that he was healed, turned back, praising God with a loud voice. He prostrated himself at Jesus' feet and thanked him. And he was a Samaritan. Then Jesus asked, 'Were not ten made clean? But the other nine, where are they? Was none of them found to return and give praise to God except this foreigner?' Then he said to him, 'Get up and go on your way; your faith has made you well.' (Luke 17).

Pastor Paul Smith, College Pastor

From the Director of Students

One of our modern day buzz words is mindfulness. What is mindfulness? The concept of mindfulness has been around for at least 3000 years. In recent times, due to the pressures of modern life, mindfulness has been seen as a way of reducing stress and helping people cope. From that point of view, it is very useful for both children and parents. Mindfulness involves switching out of autopilot and paying more attention to your immediate experience with a measure of openness, objectivity and compassion. Mindfulness doesn't mean achieving a completely still mind, or feeling like it is 'all good' when it is clearly not. Mindfulness is a type of meditation – one of the most accessible – that helps us to train our brain to be more aware.

Mindfulness can be very restful and peaceful, especially if you use it as a break from a busy schedule. By practicing every day, even when it is tough, you can build up calming skills that kick in when stressful moments arise. One common form of mindfulness is breath focus. There's really nothing special

about breathing, it is just something that you focus your attention on that is not the business inside your head. Simply focus on your breath and gently bring your attention back to it when you feel your mind wander. It is important for anyone starting out to recognise that you will get distracted. I find it helpful to say 'not that thought' when my mind wanders and you do get better over time.

You will find many guided meditations online that help with mindfulness. Developmental Doctor is a good place to start looking for resources. It doesn't really matter which method you choose as the important thing is to dedicate some time every day to focus on your breathing and advance your mindfulness. The practice of mindfulness is not a fix, it is more like physical fitness with the more you practice, the more shape you get in.

Mindfulness is useful when people become upset or there is a confrontation. It teaches you that the only person you can control in any situation is yourself. If you regroup and focus on your breathing before you react, you will find yourself more able to focus on the big picture. Children and adults can both practice mindfulness and if the techniques are followed day to day you can become calmer and better able to deal with the different pressures in life.

Mr Brendan Delaney, Director of Students

From the Head of Staff and Students P-5

Next Friday, 20th March is the National Day of Action against Bullying and Violence. Students at the college will be participating in a variety of activities to re-enforce this important message.

At Pacific, we aim to create a safe and supportive environment for students. Sometimes, it can be difficult for parents or carers to know what to do when their child talks to them about issues that occur between students at school. As parents you are an important part of our work in preventing, intimidating and mean behaviour occurring between students.

According to The Safe And Supportive School Communities (SSSC) Working Group (<http://www.bullyingnoway.gov.au/national-day/>), identifying what is actually bullying is not always easy. The SSSC describes bullying as the ongoing misuse of power involving patterns of harmful verbal, physical or social behaviour. Is every conflict between students bullying? Not all aggressive or harmful behaviour between people is bullying. While conflicts and aggressive behaviour need to be addressed, it is

important to be clear when these behaviours are not actually bullying.

The definition of bullying has three critical aspects - a repeated pattern, the misuse of power within relationships and behaviour which causes harm. All three aspects need to be present in order for behaviour to be called bullying.

What can parents do if their child tells them they think someone is bullying them?

1. Listen carefully to what your child has to say.
2. Ask your child what they want to do and what they want you to do.
3. Discuss with your child some sensible strategies to handle the problem – starting a fight is not sensible.
4. Contact the school.

At Pacific, addressing any problem between students focuses on dealing with any issues which may arise through an emphasis on a restorative approach, developing resilience in students and promoting a culture of support.

The restorative approach is based on the following questions:

What happened?

Who's been harmed?

What needs to happen to repair some of that harm?

This approach focuses on the harm that has been done and the obligation this brings to those who are responsible to 'right the wrong'. It is an approach that seeks to develop in the wrongdoer an understanding of the breadth and depth of the harm their behaviour has caused so they can try to make amends. In this way, it is an educative approach.

It also ensures that those who have been most affected by the wrongdoing have the opportunity to be involved in working out what has to happen, in order to move forward.

Through a restorative approach, conflict or wrongdoing is seen as causing harm to people and relationships and there is an obligation to repair this harm in order to move forward. It is a way of educating students towards self-regulated right behaviour that is respectful of all concerned. In particular, it puts the onus back on the wrongdoer to be truly accountable for their behaviour and to repair any harm caused to others.

If students who bully others fail to moderate their behavior after being given an opportunity to do so, then a more punitive path will be followed, which could ultimately lead to exclusion.

As a footnote, research now clearly articulates that short-term solutions alone, like punishing the student doing the bullying, do not improve the relationships and social factors which allow the bullying to happen. Although the bullying may stop

in the short-term, unless these factors are addressed, it is very likely to reoccur or become covert (hidden).

To help develop resilience, students in all Prep - Year 5 classes participate in the You Can Do It program. The program aims to teach children a number of different skills to be a successful and happy student and person. A major emphasis in the program is developing in students Emotional Resilience. That is, knowing how to stay calm and being able to stop yourself from getting extremely angry, down, or worried when something 'bad' happens. It means being able to calm down and feel better when you get upset. It also means being able to control your behaviour when you are very upset so that you rebound from difficulty and return to work or play.

Both programs encourage students to be proactive bystanders when witnessing issues between students. Eminent child psychologist, Dr Carr-Gregg, suggests bullies are buoyed by the support they get from bystanders, so victims and witnesses should be encouraged to stand up to the aggressors by telling the bully to stop or if they feel uneasy doing this to simply walk away and tell a teacher about what is happening. Through the use of practical tools such as the 'high five' (speak friendly, speak firmly, ignore, walk away, tell the teacher) students are reminded of their role if they witness problems between students. The involvement of bystanders in restorative conferences and circles also promotes a deep understanding of how negative behaviours can affect a person. Students need to understand that standing around, watching and saying nothing gives approval to someone trying to exert control over another.

Mr David Druery, Head of Staff and Students P-5

Screen Time

Getting the Balance Right for Families

Screen time is all about balance. It is sometimes more about what is being done on the screen than the amount of time spent on it. Too much screen time can mean that family members are not really talking to each other or spending time in a productive way. If you are not sure if your family has got the right balance, consider these questions:

- How much time does your family spend on digital devices and screens?
- How do you connect with your kids away from digital devices and screens?

- How does your family start conversations where the kids can contribute and let you into their world?

Sometimes families need to go without digital devices to see what else they might like to do. Here are some ideas for switching off:

- Make some agreements around not having phones/iPods at the dinner table.
- Set times for screen time and times for switching it off.
- Help your children find other things they like to do that do not rely on a screen.
- Suggest a screen diet - the whole family give up screens for a weekend to see what happens.

Screen time is not all bad! Children and families are enjoying interactive time together playing educational or strategy games, or when using their computer to create something. Keep an eye on what children are using their devices for and learn about other things they can do on their devices that are creative. Here are some creative things that young people are doing on their devices:

- Creating movies or stop motion animation.
- Drawing with a drawing tablet or drawing program on a tablet.
- Reading or working on photos creatively.
- Writing a story or creating a comic.
- Learning to code to create an app or a game.
- Building a blog.
- Collaborating with others on a project.

There are so many amazing creative pursuits you can do on a computer besides just homework, checking social media and watching YouTube!

Mrs Sue Zweck, Head of Teaching and Learning K-5

Students of the Week

Stars of the Week - This Week Monday, 9th March

Prep	Lottie Winter Oliver	Summer Toracki
	Natahlia Bailey	Joseph Woods

Year 1	Ashtyn Gigney Nicholas Curry	Taj McCulloch
Year 2	Noah Daniel Austin Lauritzen Leila Osborne	Alexandra Schlotterbach Danica Cockburn
Year 3	Keeley Meade Jackson Bailey	Paige Carter
Year 4	Hamilton Turnbull Zaida Williams	Christian Schlotterbach Nikita Gallagher
Year 5	Sophie Wilkinson Kiahna Steenbergen	William Block

You Can Do It Awards

This Week Monday, 9th March

Confidence: Noella Finney, Riley Bowering

Persistence: Jazlyn Miller, Lanayah Halligan-Howlett

Organisation: Jemma Costa, Jessica Lloyd

Getting Along: Willem Van der Kley, Amity McGregor

Resilience: Sullivan Devine

Other Awards

Mathletics (Gold Certificate) Chantelle Page

5000 Poppies

A Community Project of Respect and Remembrance

Between 2014 and 2018 Australia will commemorate the ANZAC Centenary, marking 100 years since Australia's involvement in the First World War. This year there will be a large number of activities commemorating 100 years since the ANZAC Gallipoli landing.

5000 Poppies is an exciting and ambitious nationwide, grass roots community tribute of respect and remembrance, where crafters from across Australia have been asked to participate in this meaningful and heartfelt project.

The initial aim of the project is to 'plant' a massive field of handmade poppies in Melbourne's Federation Square on ANZAC Day 2015. It will be a stunning visual tribute to Australian servicemen and women for more than a century of service in all wars, conflicts and peacekeeping operations. So far over 100,000 poppies from all over Australia and the world have been gathered for the project.

After ANZAC Day, the hope is for the project to tour nationally from 2015 to 2018 with the ultimate aim being to gift the entire project to the Australian War Memorial for all Australians to enjoy.



Last year at Pacific, as part of our alternative lunch break activities, some students and parents knitted and crocheted some poppies that are being contributed to the community tribute, along with a dedication to all servicemen and women from the Sunshine Coast who have served and still serve.

Use the following web address if you would like to find out more about the project.

<https://5000poppies.wordpress.com/>

Mrs Julie Darr, Teacher

Art News

Traffika Design Project



At the end of last year, a 'real' company offered Year 10 Art students the opportunity to undertake a small design project with them. The company, Traffika, is a Digital Business Generation firm that is based in Mooloolaba. Traffika helps business thrive online by using digital marketing technology to expand their growth. The students were required to design artwork reflecting one of

Traffika's seven disciplines, using some of their old business cards. Belinda Foreman, Culture and People Manager, visited throughout the project to consult with each student. The winner of this design task was announced in 2015 and so we now celebrate and congratulate the winner, Emmalee Stevenson.

Excursions



Year 10 Visual Art students attended an exhibition at the University of the Sunshine Coast on Thursday, 5th March. They viewed two exhibitions - 'Telling Stories: the illustrated

book' and 'The Drift of Impure Thoughts' by Kym Tabulo (Rodgers). Kym is a teacher at our college. Her series of panels constructed a narrative, or sequence of images, entirely from abstract forms. The Year 10 Art students had worked with this concept in Year 9 and will continue to develop this practice through their studies.



Year 12 Art students visited Caloundra Gallery on Friday, 6th March to view the exhibition 'Digital Disruption'. The exhibition showcased new media, design

innovation and future thinking. The art students are presently studying 'Future Time' as their concept and were inspired by these works.

Mrs Denise McMahon, Head of Art Department

Assignment Help



LibGuides have been added for the following assignments and units of work:

Year 5 English

- The Lion, the Witch and the Wardrobe
<http://libguides.pacluth.qld.edu.au/narnia>
- Rowan of Rin
<http://libguides.pacluth.qld.edu.au/rowanofrin>

Year 8 History

- The Middle Ages
<http://libguides.pacluth.qld.edu.au/home/middleages>
- The Black Death
<http://libguides.pacluth.qld.edu.au/home/blackdeath>

Year 11 Modern History

- The Nazi Party
<http://libguides.pacluth.qld.edu.au/home/naziparty>

Ms Nell Keen, Teacher Librarian

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Friends of Pacific

Winner of the Car Park Raffle Announced

Congratulations to Peter and Teresa Wilkinson who have won the Friends of Pacific car park raffle!

Peter and Teresa Wilkinson have won exclusive use of a car park, near the Kindy, until the end of semester (June).

Easter Egg Fundraiser

This Easter Friends of Pacific are participating in an 'Easter Egg' fundraiser.

Cadbury supplies the individual packets of mini eggs for \$4 each and a range of options are available.

Instead of purchasing your eggs at the supermarket, please consider ordering some via Friends of Pacific so Cadbury can direct some profit back to the college.

It's not too late to place an order!

Meeting – Tuesday, 17th March

We welcome you to attend next Tuesday's meeting at 7.00pm in the library.

David Druery and Sue Zweck will be attending to discuss the recycling program that has recently been introduced at the college.

We look forward to seeing you there!

Mrs Tracey Hindmarsh, Chairperson

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Careers Department

University Showcase 2015

The Year 12 annual career excursion to the University Showcase took place last Wednesday. This year, Pacific was the only school at this session and the cohort actively participated in presentations from various student ambassadors who spoke about the application process for

tertiary study, the financial considerations and the transition from secondary school to university. After the presentations students had the opportunity to collect course guides and ask questions about study at universities, East Coast TAFE and the Australian Defence Force (ADF).

This excursion is a timely reminder for the students to focus on their post-year 12 plans.

USC Headstart Information Evening

Current Year 11 and 12 students wishing to enrol for the 2015 Semester 2 Headstart program at the University of the Sunshine Coast are advised that an information evening will be held at the Sippy Downs Campus on Wednesday, 25th March from 6.00pm to 7.00pm.

It will be held in Lecture Theatre 7, Building C.

Visit www.usc.edu/headstart for details and online attendance registration.

Women in the Defence Force Military Pilots Information Event

The ADF Recruitment team is looking for women interested in a career as a Navy, Army or Air Force pilot.

A special career event will be held in Brisbane on Saturday, 28th March. This event will involve briefs from military pilots and aptitude screening to see if interested young ladies have what it takes to pursue the recruiting process as a military pilot.

The criteria for nomination to attend this event are:

- Currently studying Year 11 or 12.
- Must be studying a minimum of four OP eligible subjects. These subjects MUST include English and Maths B (Physics is highly desirable).
- Student must be at least 16 years of age.

TASTE 2015

If you love working with animals, plants, machinery or the environment, you could consider a career in the Rural Industry.

The Agricultural Skills and Technology Experience (TASTE) is a program for high school students aged 15 years and over, held at Emerald Agricultural College, Longreach Pastoral College and Dalby Training Centre during the April, June/July and September/October school holidays. The four-day program is designed to help young people explore the many career options available in the rural industry.

Information on dates, costs, locations and experiences are available from the Career Office.

For more detailed information and to enrol:

- Call: 1800 888 710
- Email: enquiries@qtac.edu.au
- Visit: qtac.edu.au

ADF Gap Year

The Maroochydore ADF Recruitment team is holding an information session about the ADF Gap Year program on Wednesday, 18th March at 6.00pm at 37 Primary School Court, Maroochydore.

The application date for the program has been extended to 27th March.

To book a seat call 5459 8700 or email defencejobsmaroochydore@dfr.com.au.

Mrs Ainslie Reid, Careers Counsellor

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Junior Sport

Inter-Lutheran Swimming Carnival

Last Friday, 6th March the Inter-Lutheran Swimming Carnival took place at Caboolture Regional Aquatic Centre. Seven Lutheran schools from the north side of Brisbane and the Sunshine Coast competed.

There were a large number of students who finished in the top four places for their events and the overall male and female swimmers for Pacific were Harry McLaughlin-Phillips and Aviva Kelly. Harry finished in first place in all four strokes in A Division and Aviva finished with two first places and two third places in A Division.

Throughout the day Pacific led the carnival in the points scores and looked to have one hand on the trophy. Unfortunately, Immanuel Lutheran College stormed home in the freestyle relay events and were named the overall aggregate champions by a very tiny 15-point margin.

Congratulation to all swimmers who competed and thank you to Mr Davis, Ms Wilson and Matt O'Keefe who helped out on the day.



SCISSA

The first round of SCISSA competition was played this week with teams playing Suncoast in the various sports. Kayaking and dancing are also continuing to train on Thursdays during SCISSA time with strong students numbers. Full results from the games this week will be published in the next compass newsletter.

Can all parents please note a change to the college calendar regarding SCISSA training: **on Monday, 23rd March there will be no SCISSA training for any sports, due to the Prep-Year 5 parent conferences that week.**

District Sport Trials

District sport trials have been advertised in the student notices for the last few weeks. If your child is interested in trailing in the following sports they need to see Mr Hooper for a nomination form.

- 12 years AFL.
- 11 years Netball.
- 11 years Rugby League.

Mr Darren Hooper, Head of Junior Sport

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Secondary Sport

District and Regional Representatives

Congratulations to the following students for being selected into District and Regional Sporting teams this year so far:

Shelby Bennett (District Touch); Kelsey Mackie (District Touch); Mikey Gilliman (District Touch); Andrea Prinsloo (District Netball and Basketball); Georgia Woods (District Touch); Robbie Barwick (District Rugby League); Ben Marshall (District Rugby League); Jack Tait (District Football);

Bailey Pointon (District Rugby League); Jake Hynes (Regional Triathlon); Kaylee McKeown (District and Regional Swimming); Skye Norris (District and Regional Swimming); Nelson Anderson (District Swimming) and Ella Smith (District and Regional Swimming).

Well done to all these athletes for their success. This is a fantastic effort from all involved. We wish those who are going on to State Team selection all the very best in their trials and we look forward to hearing how they go.

Regional Swimming Success

Last week, Karla Lowe, Skye Norris, Ella Smith, Tom Chapman, Aviva Kelly and Kaylee McKeown all swam at the Sunshine Coast Regional swimming trials for selection into the Sunshine Coast team to compete at the State titles in two weeks time.

Out of our swimmers, we had five athletes qualify for the State titles, which is a fantastic result!

- Tom Chapman (50m Breaststroke)
- Skye Norris (400m Freestyle, 100m Butterfly, 200m IM, 800m Freestyle, 200m Freestyle, 400m IM).
- Ella Smith (50m Breaststroke, 100m Breaststroke).
- Jayda Lowe (50m Breaststroke, 100m Breaststroke).
- Kaylee McKeown (200m IM, 50m Backstroke, 100m Backstroke, 200m Backstroke).

A special congratulations to Skye Norris who also broke the 14 year girls 400m Freestyle record and Kaylee McKeown who broke four Regional records (200m IM, 50m Backstroke, 100m Backstroke, 200m Backstroke). Well done to all swimmers!



Year 7-12 SCISSA Volleyball

This week Pacific played against Immanuel Lutheran College in the fifth round of the SCISSA Volleyball competition. Congratulations to the 7/8 girls and the 11/12 girls teams who recorded great wins on the night. The 11/12 boys and the 9/10 girls both fought well but lost in extremely close matches.

We only have two more rounds left in the season, so all the best to all teams for the remainder of the SCISSA competition. Thank you to the coaches – Mrs Debbie Turner, Mr Gary Graves, Mrs Michiko Hauser and Miss Karen Schultz for their expertise and help with the teams.



Open Boys and Girls SCISSA Soccer

Congratulations to our open boys and girls soccer teams. This week the girls took on Sunshine Coast Grammar School, while the boys played against Nambour Christian College. Both teams recorded great wins and are still in contention to make the finals at the end of the term. Thank you to Mr Brendan Delaney and Mrs Leah Croke for taking the teams each week. Only a few weeks left in the season. Go Pacific!

Year 3-12 Cross Country

On the last day of this term (2nd April), all Year 3-12 students will be participating in the Inter-House Cross Country carnival. Students will compete in age groups from 8 years through to open boys/girls. The 8 years – 12 years events will take place from 10.45am to 1.00pm and the 13 years – Open races will go from approximately 1.30pm to 3.00pm. Students will be taken around the course over the next three weeks in PE lessons to familiarise themselves with where they will be running. More information to come!

Mr Mark Hauser, Head of Sport

Monday Night Netball

What a tough round Week 3 turned out to be. The Year 7 Junior team (PLC 6) were victorious against St Theresa's, winning 32 goals to 9. Most Valuable Player was awarded to Phoebe Swan.

The Year 7/8 Junior A Reserve Team (PLC 5) unfortunately lost their match to Coolum State High School; however demonstrated great sportsmanship, playing their very best until the final buzzer. Most Valuable Player was awarded to Louella Hindmarsh.

The final score of Mrs Fisher's Year 10 Intermediate A Reserve Team (PLC 3) did not reflect their performance, with the coach of St Johns even reiterating how hard the girls fought throughout the match. What a compliment! Most Valuable Player was awarded to Jennah McAuliffe.

Dr McMahon's team also demonstrated grit and determination which our teams are fast becoming known for and with four defence players injured and away, fought back to win the final quarter 7-5. Unfortunately, the team lost to Siena Catholic College; however the girls were very proud of their efforts. Most Valuable Player was awarded to Lily Brown and Caity O'Keefe received a honourable mention for taking charge in the defensive circle.

Finally, the Open A Reserve team played at a very late timeslot of 8.00pm, but in the first quarter, the girls came out firing, winning the quarter by a goal. Though they fought back in the 3rd and 4th quarters, the girls couldn't quite close the margin, losing to Chancellor State College by eight goals. Most Valuable Player was awarded to Elsa Jonsson.

Next week's draw can be now downloaded from the Monday Night Netball Schoology Group page.

Thank you.

Mrs Leigh Drogemuller

Pacific Club Sport

PLC Club Netball

The atmosphere was electric at the Caloundra Indoor Stadium last Saturday morning. The girls were ready to step onto the court with their uniforms and parents were excited about the start of another Saturday Netball Season. The day commenced with the inaugural March Pass and before the PLC Unicorns took the court for their very first game of NetSetGo, all PLC Netball players huddled together to chant our war cry, led by our senior players. The day was well organised by our newly formed committee, led by Mrs Natalie Campbell, who mentioned that she was particularly impressed by the spirit demonstrated by PLC. Despite most teams having some wins and losses, the day was deemed a success. Mrs Campbell also commented that at the end of the day, once the tent came down, it was great to see that

absolutely no rubbish was left in PLC's area. A big cheer should also be given to Year 10 student Aimee Sheppard, who not only played in the senior team, but also co-coached with Year 10 student Sophia Rule and umpired throughout the day.

For updates on the draw for this weekend please ensure you maintain contact with your daughter's coach and/or manager. Also, make your way to the Club's new Facebook Group page for updates and information regarding the draw and any other important news.

Training continues this week. See you all this weekend for Round 1.

Mrs Leigh Drogemuller, PLC Club Netball Secretary

Pacific Soccer



2015 Season Kick-Off

The 2015 season kicked off last weekend, with our 17 teams to take the field at last. The U6-U10 teams played in Rooball carnivals across the Coast and the spectators enjoyed the action on the field.

Pacific Soccer hosted some U6 games and enjoyed seeing our U6 Razors and Seadragons playing at home, with 18 teams from other clubs.

Our U6 Flyers played away at Bli Bli and experienced the thrill of scoring their first goal for the season.

Thank you everyone for sharing your photos from the weekend. We have included a small sample here, but please have a look at our Facebook page for more.



Our competitive teams also played the first of their grading games last weekend and Pacific Soccer was pleased to have our U11 Sharks, U13 Hammerheads and U15 Torpedos playing at home. The U12 Pacific Snappers played away at Chancellor.

For the U11-U13 competitive teams, the results of the first three games do not count for the points table, but are used by SCCSA to grade each team into A, B or C division. The points competition for these age groups will start with Round 4 games in April.

The Pacific Sharks played in the U11A competition in 2014, which was difficult against the older players. In 2015, the U11 Sharks are playing in their correct age group and their experience on the full size field is now an advantage. Last weekend they went on a scoring spree against the Palmwoods Gladiators, to take a 7 to nil win.

The coach of the U12 Pacific Snappers, Mr Jack Vardavas, is happy with the enthusiasm and the application to training, which the players are showing.

Last weekend the Snappers played away and had an outstanding team performance, with the energy of midfielders Charlie and Frank and a stand out performance from Sean. Frank scored two of their goals and Mica scored the third.

Our U13 Pacific Hammerheads played at home against Nambour Bengal Tigers, one of the top-ranked A grade teams from 2014. The Hammerheads went behind early, letting in four goals within the first 10 minutes. Despite this set back, the Hammerheads regrouped and won the second half, but eventually went down on the scoreboard 4 to 7 to Nambour.

Our U15 Pacific Torpedos played the Currimundi Sharks at home and thanks to the speed of the girls at the front, managed to score twice against the stronger side. Special recognition must go to Macca in the goals, who had an outstanding game and saved many more goals than were scored.



As our oldest team in Pacific Soccer, many of the players have been part of the club for several seasons and we would like to thank them for their long-term support and the enjoyment they have provided for our spectators over that time.

Thank you to all our competitive teams and management for your games this weekend. Good luck with the remaining two grading games.

Pacific Soccer Canteen

We would like to thank the many parent volunteers from our U6 and competitive teams, who helped out in the canteen and on the BBQ last weekend.

Thank you also to Jodi Tippett, who again supplied many wonderful treats, which were greatly appreciated by everyone.

Free Coaching Clinics

To assist our new and returning coaches, SCCSA is holding free coaching clinics, which provide guidance on additional training exercises and drills. Coaching clinics are designed for U6-U8 and for U9-U16 age groups and run from 6.00pm to 8.30pm on the following dates:

- U6-U8 - Thursday, 12th March at Frank McIvor Park, Currimundi.
- U9-U16 - Tuesday, 17th March at Multisports, Mudjimba.
- U6-U16 - Tuesday, 24th March at Multisports, Mudjimba.

These clinics are filling up quickly and numbers are limited, so please let us know if you would like to attend.

Coaches and Managers Information Night

SCCSA is holding an information night for U9-U16 coaches and managers at 6.30pm on Wednesday, 18th March at Sunshine Coast Stadium, Kawana.

The evening will be run by Marsh Camille, the referee's training officer for SSCRA and will cover new rule changes for the 2015 season as well as technical issues such as player's equipment, team areas during games, offside and handball. This event will also provide a good opportunity for coaches and managers to ask questions relating to FIFA's Laws of the Game manual. We encourage all our coaches and managers to attend.

SCCSA / FIFA Uniform Codes

To comply with FIFA guidelines, please remember the following rules:

Wearing of hats on the field

- NO peaked caps are to be worn by any players.
- Players in Rooball teams (U6-U10) may wear floppy hats.
- No hats are to be worn on the field by competitive players (U11+).
- Goalies in competitive teams (U11+) are allowed to wear a cap.
- If a player has a medically diagnosed condition and requires additional skin protection to cover arms, legs or face, an application for dispensation may be made.

Tape around socks

- Tape around socks to keep shin pads in place, must be navy blue in colour.

Skins worn under match jersey

- If long-sleeved skins are worn under a jersey, they must be navy blue in colour.
- If skins are visible under shorts, the skins must also be navy.

Netball Carnivals at Pacific

Caloundra District Netball Association (CDNA) is running four carnivals at Pacific this season and Pacific Soccer has been asked to provide canteen facilities throughout the day. For this reason, some of our home games for this season have been scheduled to coincide with the date of the netball carnivals.

Round 1 of the netball season is commencing this weekend at Pacific and therefore car parks are expected to be busier than usual. We ask everyone to be patient and courteous and to please park sensibly, to allow other cars to come and go as needed. The main parking areas will include:

- Primary and Secondary car parks at Pacific.
- Limited on street parking along Woodland Boulevard (avoid no parking areas and bus stops).
- On street parking along Red Cedar Drive.
- The gates into the Meridan fields will also be opened (at the end of Red Cedar Drive), to allow over-flow parking into this area. Please be aware that other games will be played at these grounds as well.

We appreciate the extra assistance that has been offered from other families within our school community to help with the staffing of the main canteen, in addition to an extra table that will be located closer to the Sports Hall. We would also like to thank Kelly Abraham and Sophie Mackenzie for helping to organise the logistics of the day. We hope that the joint carnivals will be a wonderful celebration of the joy that sport brings to everyone.

Round 2 – 14th March

This weekend Pacific Soccer is hosting home games for all of our teams and our U11-U13 competitive teams will play the second of three grading games.

Bunnings fundraiser – 22nd March

Our annual fundraising sausage sizzle at Bunnings Caloundra has been scheduled much earlier than usual this year and will be held on Sunday, 22nd March.

We would especially like to thank our local sponsors for the supporting this event:

- 40kg of sausages donated by Snoggys Butchery (Pelican Waters Shopping Village).
- 100 kg of ice donated by Kleer Ice Supplies (Maroochydore).
- Generous support from Pelican Waters Shopping Village.

Our families will operate the BBQ during the day, although a roster for this event has not been finalised at this stage. If you would be able to help out please contact me directly.

Pacific Soccer Contacts

President	Ian Barnes	0418 873 320 design.IBAengineers@bigpond.com
Registrar	Jenny Lee	0400 229 908 jengregg@optusnet.com.au

Treasurer Lala Burnes 0404 487 701
lala@assetaccounting.com.au

Thank you to all our families and supporters who assist Pacific Soccer and we look forward to another great season in 2015. If you have any queries or if you need any further assistance, please do not hesitate to contact us.

Quote for the week (to commemorate life of the late Douglas Adams who was born 11 March 1952), "Let us think the unthinkable, let us do the undoable, let us prepare to grapple with the ineffable itself".

Mr Ian Barnes, President of Pacific Soccer

Uniform Shop

The Uniform Shop is open every:

Wednesday 8.00am to 9.30am

Thursday 8.00am to 9.30am

Friday 8.00am to 9.30am

Orders can be placed online via www.flexischools.com.au and will be delivered to your child the following day.

We have had supply problems with our uniforms this year. The sport shorts have arrived and have been distributed but at this stage we are still waiting on quite a few items to come including netball skirts, rugby shorts and some socks (I do have some sizes in stock). To save a trip to the Uniform Shop, you can ring ahead on 5436 7349 to check if we have your size. If you have stock on back order, we will send it home as soon as it arrives.

We apologise for any inconvenience caused by this delay.

Mrs Donna Hollindale, Uniform Shop Coordinator

Did You Know?

Half of the world's population is under 25 years old.

Upcoming Dates

MARCH 2015

- 17 Friends of Pacific (7.00pm)
- 20 National Day Against Bullying
- 27 Jazz Evening (6.00pm)
- 30 Year 2-5 100th Anniversary ANZAC Celebration (11.30am)
- 31 Middle College Conferences

Young Ethos Scholars Program

Presented by Ethos Foundation - a registered charity.

A STEAM program (Science, Technology, Engineering, Arts and Mathematics) during school holidays on Wednesday, 8th April.

This is a fantastic opportunity for children with bright and inquisitive young minds, aged 7-12.

Apply now. 5 scholarships are also available. 10% discount for students in the Sunshine Coast and Hinterland areas if you book before 20th March. Use the discount code **SCH20** to receive discount when registering.

Information and Registration:
ethosfoundation.org/course/young_ethos_scholars

Contact: Morag Gamble, Ethos Foundation 5494 4833 or ethos@ethosfoundation.org

Supported by Griffith University, University of the Sunshine Coast and the Sunshine Coast Council

All newsletters can be accessed in a printable format via our website

www.pacificlutheran.qld.edu.au, click on the "News and Events" tab, then "Publications".



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www.pacificlutheran.qld.edu.au

Email: admin@paciluth.qld.edu.au

ST MARK'S LUTHERAN CHURCH

Sunday Services:

8.00am St Mark's Lutheran Church
16 Bombala Terrace, Caloundra

9.30am Pacific Lutheran College
Woodlands Boulevard, Meridan Plains
Worship in the Drama Room.

"Growing in Jesus Christ and Sharing His Love"

For more information, contact Pastor Ray Morris
on 0429 856 532 or ray.morris@lca.org.au
<http://stmarkslutheranocaloundra.com>