

Who Is In The Driver's Seat?

Who is in the driver's seat of your car? Very soon the answer will be not you or I. The driverless car is not far away. An article in the Business Insider Australia featured a video of driverless cars negotiating the roads of the research city, constructed by the University of Michigan. As you watch the video attached to this link perhaps the same feelings of awe and wonder might flow through your mind

(<http://www.businessinsider.com.au/university-michigan-driverless-cars-city-2015-7>).

Lots of questions emerge in terms of the social change that this will bring. For some, trusting the safety of yourself, your friends and family to a machine may be challenging, for others, questions will be emerging about how we might use the freedom that the innovation brings.

As you watch, you might also reflect on how much the driverless car mirrors the way we live our lives. We can feel like we are on automatic pilot as we negotiate the events of each day. God did not create us to live driverless lives. He created us to have the capacity to take full account of the richness of our surrounds, to live abundantly and to make choices. He comes to us as a great navigator and companion. Always with us, guiding us and happy for a chat.

Principal's Log

Over this fortnight, families have taken advantage of opportunities to engage in parent teacher interviews across Prep to Year 5, learn about the Year 9 camp and attend subject selection evenings across Years 9 and 10. These are important opportunities for learning and we appreciate the time of both staff and families in supporting young people's learning. Thank you to our Prep to Year 5 staff, the Heads of Department, Dr Peter McMahon, Ms Sue Arahill and Mrs Ainslie Reid for their leadership of these events.



Next Monday, Pacific looks forward to hosting curriculum leaders and Principals from other Lutheran schools as a study tour. We have been invited by Lutheran Education Queensland to share our journey around the development of our approach to teaching and learning which aims to have young people in the driver's seat as they develop deep understandings and thinking capacity. The attached article, which will be published in the Lutheran Principal's Australia newsletter, gives a concise insight into aspects of the journey.

Over the next fortnight, families, staff and students will have the opportunity to provide feedback on my professional learning as part of an appraisal process. All staff and a sampling of 1 in 3 families will be invited via an email from Mr David Bliss, Executive Director of Lutheran Education Queensland and Mrs Ruth Zerner, College Council Chair. All Year 10-12 students will also have the opportunity to complete the survey during the school day.

We were blessed to have fine weather for our Secondary Athletics Carnival on Wednesday. Students exhibited tremendous spirit as they participated in a range of events over the day. Well done to all who gave of their best and congratulations to Bula House who won both the Spirit Award and overall trophy. Thank you to our physical education staff for their early morning set up and to Mrs Allyson Sarvari and the Friends of Pacific BBQ team. Thank you to Mr Mark Hauser and his team on their organisation and leadership of an excellent carnival.

May we all feel God's guiding presence as we negotiate life's paths in the coming week.

Dr Bronwyn Dolling, Principal

From the Head of Staff and Students P-5

Congratulations to this term's Year 5 leaders who were inducted and presented with their leadership badges at Monday's assembly.

At assembly Mr Ian Learoyd spoke about the college supporting research into Motor Neurone Disease through sponsoring students entering the Maryborough Technology Challenge later this year. A letter providing further details of this initiative was sent home this week.

Thanks to those parents who attended the Prep – Year 5 parent teacher conferences last week. As the learning journey at Pacific is one shared between parents, staff and students,

these conferences play an important role in enabling parents to be a part of their child's growth and development.

Acts Of Kindness

As I entered the college earlier in the week, one of the students greeted me with a hearty good morning and held the gate open for me. Often we undervalue the positive impact small acts of kindness can have on another person. A smile, speaking in a friendly voice, helping another or doing something thoughtful or generous for someone else can brighten a dull day and invigorate our feelings and emotions. Acting kindly towards another not only makes the receiver feel good, but the person performing the actions will also feel satisfied and fulfilled.

So, are such behaviours innate or do they need to be learnt? Recent scientific evidence has found that surprisingly, our brains are actually wired to be benevolent. Our social environment is often directed towards an 'every man for himself attitude'.

Like any skill, how to speak and act with kindness towards others is something that can be taught. A major focus of the college is the development of social and emotional competencies in students. Research regularly reaffirms the idea that happy, confident and resilient children will perform better academically.

Each year students study the You Can Do It program, which includes lessons on Getting Along, Persistence, Confidence, Organisation and Emotional Resilience. Students work within the framework of Restorative Practices and the Christian Studies program at the college. This term, in support of these programs, students will be trialling study in developing the concept of kindness.

The concepts translate easily from school to home. As parents we all want them to be happy, confident and resilient. We also want our children to act with thought and kindness without the need for extrinsic forms of motivation such as prizes. A quick internet search reveals there is a variety of material available on the topic. The following website is a great starting point and also contains a program used successfully in the Colorado Schools District in the United States: <http://www.randomactsofkindness.org/>.

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

From the Director of Students

Mindset – The New Psychology of Success

During the recent school holidays I read an excellent book by Dr Carol Dweck from Stanford University called ‘Mindset – The New Psychology of Success’.

This interesting book is based on decades of research and explains why it is not just our abilities and talent that bring success but whether we approach our goals with a fixed or growth mindset. Dr Dweck makes the point that praising a child’s intelligence and ability does not foster self-esteem and lead to accomplishment but may actually jeopardise success.

Working with hundreds of students who were mostly early adolescents, Dr Dweck gave students a set of 10 fairly difficult problems from a nonverbal IQ test.

On completion of the test, some students were praised with, “That’s a really good score. You must be smart at this’. Other students were praised for their effort, “You must have worked really hard”. After the praise, both groups began to differ.

When the ability praised group were given a choice of a challenging new task that they could learn from, they did not want to do anything that could expose their flaws and call into question their talent. In contrast, of the students who were praised for their effort, 90% wanted the challenging new task that they could learn from.

Both groups were later given hard new problems. The ability praise group thought they were not smart after all and started to lose confidence. The effort group thought they needed to work harder but did not lose confidence in their ability.

This experiment shows that we need to be very careful with the words we use when praising young people, as they can influence a fixed mindset in them. The ideal option is to encourage a growth mindset based on the belief that your basic qualities are things you can cultivate through your efforts. Everyone can change and grow through application and experience.

Mr Brendan Delaney, Director of Students

Stars of the Week

This Week Monday 20th July

Prep	Seth Hellyer Schyler Brim	Jemma Costa
Year 2	Mason Pratt Matthew Schimmel Austin Lauritzen	Amelia Holmes Amber Hetherington
Year 3	Sullivan Devine Jack McDonald	Kiana Campbell Kirrily Petfield
Year 4	Hanna Meager Riley Osborne	Zoe Allen Tyler Jacobs
Year 5	Ruben Devine Charles Box Noah Elsing	Jessica Ubrihien Jett Edmondstone

You Can Do It Awards

This Week Monday 20th July

<i>Confidence:</i>	Aneisha Pearce
<i>Persistence:</i>	Amity McGregor, Valentino Kelly
<i>Organisation:</i>	Lincon Daniels
<i>Getting Along:</i>	Sophie Dahl, Macey Winter Oliver

Other Awards

Mathletics (Gold Certificate)	Isabella Feckner Gabrielle Gorham Henry Friend
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Food for Thought

The Power of Optimism

Where pessimists see problems, optimists find opportunities. If you change the way you look at difficult situations, problems can be transformed into a rich array of opportunities to grow, learn and discover inner resources you never knew you had!

QUESTION: What opportunities does your most pressing problem offer you? (I promise you, they are bountiful!)

The following website provides seven strategies for becoming a glass half-full person.

<http://www.selfgrowth.com/articles/the-power-of-optimism-7-strategies-for-becoming-a-glass-half-full-person>

Ms Annie Williams, College Counsellor

Friends of Pacific

Connecting College and Community

Meeting 21st July

Thank you to all who attended the meeting this week.

We were fortunate to have Mrs Tanya Crooks present on staff development at the college. It was a very interesting and insightful look into the development and opportunities for the staff at Pacific.

Initial discussions were also held on OCEANfest16, more details will follow shortly. We are very excited about the festival and appreciate the depth and breadth of people we have available to us at Pacific. We welcome any assistance from members of the Pacific community.

Earn and Learn

This year, Pacific Lutheran College is again participating in the Woolworths Earn and Learn program. There is currently a box in the library for depositing your tokens. We are also exploring the possibility of having further boxes situated at Woolworths Currimundi and Caloundra. Please be on the lookout for these when visiting these stores.

Car Park Raffle

Congratulations to the Newman family who have won the reserved car park for Semester 2!

Mrs Tracey Hindmarsh, Friends of Pacific Chairperson

Library News

Voices on the Coast

Last Thursday and Friday, 56 students from Years 5-11 visited the University of the Sunshine Coast to attend the

Voices on the Coast Literature Festival. Students had a great (but cold) time exploring the university and meeting authors and illustrators such as Anna Fienberg, Catherine Jinks, Barry Jonsberg and Sean Williams.



LibGuides

The following LibGuides have been added to assist students with their assignments:

Year 9

Geography - Biomes and Food Security

<http://libguides.pacluth.qld.edu.au/home/biomes>

Year 8

Geography - Coastal Landscapes and Landforms

<http://libguides.pacluth.qld.edu.au/home/coastallandforms>

English - Picture Books

<http://libguides.pacluth.qld.edu.au/home/picturebooks>

Year 7

Geography - Water in the World

<http://libguides.pacluth.qld.edu.au/home/waterintheworld>

English - Graphic Novels

<http://libguides.pacluth.qld.edu.au/home/graphicnovels>

Year 6

Geography - Where do my sneakers come from?

<http://libguides.pacluth.qld.edu.au/home/sweatshops>

Science - Shake, Rattle and Roll here

<http://libguides.pacluth.qld.edu.au/home/shakerattleandroll>

Civics - Magna Carta

<http://libguides.pacluth.qld.edu.au/home/magnacarta>

Civics - Australian Parliament

<http://libguides.pacluth.qld.edu.au/home/civics>

Year 5

English - The Indian in the Cupboard

<http://libguides.pacluth.qld.edu.au/indianinthecupboard>

History - Gold Rushes

<http://libguides.pacluth.qld.edu.au/goldrush>

Clubs in the Library

Our new clubs are off to a flying start this term. Film Makers' Club is on Mondays, where students are using Binumi to create videos. Tuesday is Code Club, in which students can learn to program games and computer animations. Minecraft Club is enormously popular, with all spaces filling within seconds of the start of lunch. The MakerSpace is also proving popular with students using items such as Snap Circuits, craft materials and littleBits electronics to create with.

Book Club

Book Club orders are due to the library on Monday 27th July.

Electronics in the Library

This year, the theme for Book Week is 'Books Light up Our World'. In keeping with the theme, students in Years 3-7 are undertaking a number of projects around the idea of light, including:

Building a flashlight;

Using SnapCircuit and littleBits electronic kits;

Creating circuits using an Arduino;



Wiring up a MaKey MaKey to play PacMan using their feet; and

Using GlowDoodle and a specially-created dark room to create pictures with light (check out the pictures to see what they've created).



Ms Nell Keen, Teacher Librarian

Marvellous Milkshakes

Writing and following procedures or instructions are important skills to learn. Last week, Year 2D had the wonderful opportunity to firstly write the procedure for making a milkshake and then to go to the Hospitality kitchen to test the recipe – an important part of any procedure! Students were very lucky to have the Year 9 Hospitality class assist them. The students all enjoyed either a vanilla malt milkshake or a yummy chocolate one. All agreed it was an enjoyable time and we can't wait to do it again!



Mrs Julie Darr, Year 2 Teacher

Origami Production

Term 3 rehearsals for the Junior College production of 'Origami' are already underway after returning from school holidays.

Cast members are excited and ready for the challenges ahead as we start to piece together the sections of our performance. We have a busy few weeks ahead of us learning lines, remembering blocking, working on characterisation and managing props and set pieces.



A reminder to all cast and crew members to be checking our Schoology page for updates, information and photos. Parents of cast and crew are also welcome to join our online group.

Mrs Laura Bonner, Drama and English Teacher

Japanese News

Are you interested in hosting a Japanese Teacher Assistant?

We would like to thank the Minns family for their support in hosting our most recent Japanese Teacher Assistant (JTA), Kenjiro Sensei. At Pacific, we have been fortunate to always have a JTA in our Japanese classrooms, to assist in our students' learning and to share with us their diverse cultural knowledge and experiences. The Japanese students benefit greatly from having a native speaker in their lessons, as do the families who host.

We are currently seeking host families for possible JTAs in Term 3 and 4 of this year and also possible JTAs for 2016. JTAs vary in their length of stay and can be either short-term (a few weeks) or long-term (a few terms).

Successful applicants will be paid \$150 a week to cover expenses such as food and utilities. If you believe your family could make a Japanese person feel like a part of our community, please get an information pack and application form from Mrs Hauser (Toriyabe Sensei) in the S6 staffroom. Alternatively, please e-mail mtoriyabe@pacluth.qld.edu.au.

Mrs Michiko Hauser, Head of 6-12 Japanese

Mathematics News

After School Mathematics Tutorials



To support students academically, the college will continue Mathematics tutorials for students in Years 7-12. These tutorials are on Monday afternoons and are in rooms L13/L14 from 3.20pm to 4.20pm. Students are welcome to come along for a quiet place to complete class work, homework or seek assistance. The expectation is that

they remain within the room until 4.20pm, unless picked up earlier by a parent.

Mathematics Competitions

There are some exciting opportunities this semester for our keen mathematicians to participate in.

Australian Mathematics Competition (AMC)

Students who have achieved very high grades in Semester 1 will have been invited to participate in this year's AMC. Years 8-12 will sit this competition next week on Thursday 30th July. They will need to bring pencils, erasers, a ruler and compass (optional) to rooms H3-H5 at 8.45am after being marked off in PCG. Years 3-7 will sit their AMC next week on Friday, also in rooms H3-H5 (above the Hospitality kitchen), straight after Pastor Smith's farewell chapel. They are to bring pencils, erasers, a ruler and compass (optional) and they are allowed to bring a calculator (not iPad). Mathematics teachers have some practice papers for those students who are interested. Good luck to all of our young mathematicians!

ICAS Mathematics Competition

All students from Years 3-9 as well as Year 10, 11 and 12 Maths B students will participate in the ICAS Mathematics Competition. The competition will be during students' double Mathematics lesson prior to 11th August.

QAMT Mathematics Quiz

This term there will be two teams of Year 7 and 8 students participating in the annual QAMT Mathematics Quiz. We have had some very good success in the past with this competition. Students need to demonstrate high levels of thinking with problem solving and estimation and be able to verbally respond to some mental questions. We look forward to Mr Block's updates regarding this event.

Sunshine Coast Mathematics Tournament

Pacific will continue to enter teams from Years 6-12 in this tournament. More details for this will follow as this event occurs in Term 4.

If you have any queries about the tutoring or competitions, please contact me at the college or email jsteven@pacluth.qld.edu.au.

Mrs Jasmin Steven, Head of Mathematics

Music News

As we enter Term 3 of 2015, the Music Department continues to look ahead with enthusiastic excitement, new ideas and opportunities to further grow the vocal and instrumental music program at Pacific.

Performance opportunities for student concerts, assembly ensembles and outreach community functions in Term 3 and 4 will continue to be made available.

Senior Pacific Voices (Choir) at St Mark's, Caloundra.

The choir has again been invited to participate in the 'Hymns We Love' service on Sunday 2nd August at St Mark's Church, Caloundra.

The theme of the service is 'A Powerful Name' and the choir will sing two hymns – 'All Glory Laud and Honour' and 'For the Beauty of the Earth'. We will also augment the singing of other well-known hymns with the congregation.

We hope that choir members make this performance a priority and participate in this important community event. Students are required to wear their formal winter uniform. Choir members should arrive at the church no later than 7.45am for an 8.00am start. The service is due to conclude at 9.00am and everyone is invited to a morning tea.

As a parent or guardian you are also welcome to contribute and participate in this service of praise.

Music Eisteddfod

Music students of Pacific Lutheran College have entered the Music Eisteddfod, which will be held in August.

Miss Hutchinson's string players and Mr Barletta's percussionists are among the participants this year and we wish them every success in their performances.

Music Lessons

A friendly reminder of the enrolment conditions for Pacific's individual and group music lessons.

- Students are required to commit to the program for a minimum of one (1) semester;
- Students need to bring all necessary equipment to lessons;
- Students will maintain their instruments in playing condition;
- Students will practice at regular intervals to maximise their learning experience;
- Students will be invited to join college bands and ensembles on reaching an appropriate standard;
- All students in an ensemble will be expected to attend all rehearsals and performances at which they have been requested to play;
- Invoices for lessons will be issued at the end of Term 1 and the commencement of each term thereafter;

- On receipt of invoice, full payment is required within two (2) weeks;
- Students/parents must notify the teacher 24 hours prior to any planned absences so an alternative lesson time can be arranged, the date and time will be determined by the teacher concerned;
- If a student falls ill on their lesson day, the office should be notified and a message left for their tutor by 8.30am.
- No credits or catch up lessons will be given for lessons missed without prior notification to the teacher; and
- To withdraw from the programme one (1) months' notice prior to the end of the school semester should be given in writing.

Christmas In July

Some Pacific students and teachers are participating in a symphony concert this coming Saturday including Mrs Aleisha Tuaine (tuba), Mrs Helen Williams and Miss Karlee Hutchinson (violins) and lastly augmenting the percussion section are Mikaela Swan, Astrid Williams and Zaida Williams.

The Sunshine Coast Symphony is conducted by Mr Adrian King and will be performing works by Corelli, Mozart and Tchaikovsky as well as some lighter pieces for this concert. The concert is to benefit the Queensland Air Museum at Caloundra.

Please come and support them and your local Symphony Orchestra by attending this brilliant concert set out below.

WHEN: 2.30pm Saturday 25th July.

WHERE: Lake Kawana Community Centre, Sportsmans Parade, Bokarina.

TICKETS: \$20—\$25.

Tickets can be purchased from the following website:
<http://www.sunshinecoastsymphonyorchestra.com/events/performances-and-box-office/>.

Mr Adrian King, Head of Instrumental Music

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Outdoor Education and Personal Development

Year 10 Outdoor Education Program

This year saw the largest Year 10 Outdoor Education program undertaken by the college in terms of participants, length of time on camp, activities offered and the number of instructional staff and adults involved. The weather was not kind at the start of the trip with heavy rain falling on the first three days. Each of the six groups of students completed a four-day hike in the beautiful Nightcap National Park (near Lismore), a 24-hour solo camp-out experience and a walk up Mt Warning to see the sun rise. Groups also chose between a four-day experience in either Mountain Bike Riding or White Water Canoeing. The students experienced what it was like to live without the common luxuries they have at home and were challenged in most aspects of daily living. They learnt to light fires using steel flints and used this technique even when it was raining. Every night was spent in a tent or a shelter that they built themselves.

The solo experience was considered to be the heart and soul of the two-week experience. The students were given two pieces of builder's plastic, which they made into a shelter and were also assigned various tasks to complete in the 24 hours. At the end of the experience each student received a letter written by his or her parents. The students, in turn, wrote a letter back to their parents.



Parent feedback regarding the camp is being sought. Please email your thoughts, suggested changes or any other comments to pmcmahon@paciluth.qld.edu.au.

A very special thank you to all the Pacific Lutheran College staff and past students involved in making the camp so successful.

Mt Barney National Park Tramp

As part of the college's Duke of Edinburgh program, 13 students and two staff participated in a five-day tramp through the beautiful Mt Barney National Park over the school holidays. The group explored Paddy's Plain, Barney Creek between Lower and Upper Portals and Cleared Ridge. Whilst the distances covered were not large, Barney Creek does not give up its secrets easily. One day the group took over five hours to travel the four kilometres between the Gorge Campsite and Upper Portals. Massive boulders, waterfalls and deep swim holes constantly blocked the student's way. Rock hopping was perfected over the third and fourth days spent in Barney Creek. The student's navigation skills were also put to the test during the program. Plans are under way for next years tramp through Girraween and Bald Rock National Parks near Stanthorpe.

Congratulations to Joshua Sarvari and Scott McDowell (both Year 12 students) for successfully completing their Gold and Silver Duke of Edinburgh Awards respectfully.

Mountain Bike and Rock Climbing Expedition – September Holidays

The students have held their first meeting for this challenging camp, which will take place over the September school holidays. This year the group shall explore Girraween National Park and ride from Stanthorpe to Boonah. At Boonah they will undertake a day of rock climbing at Minto Crag. Students in Years 10, 11 and 12 who would like to obtain information about the camp please see Dr Peter McMahon at school early next week or attend the meeting this coming Wednesday in A3 at 1.00pm.

New Zealand Expedition December 2015

With only five months until the group departs Brisbane, things are starting to get a little serious for the participants. Each Wednesday afternoon, the group will walk the 13 kilometres from Pacific Lutheran College to Pelican Waters. They also do an hours training in the stairwells of L block on Friday afternoons. This Saturday sees the group training on Mt Coolum and there are several other Saturday training sessions planned.

The actual expedition sees the group commence on the beach near Greymouth on the west coast of New Zealand and finish at Kaikoura on the east coast. The group will tramp, mountain bike ride, canoe and raft during the 22-day expedition.

There are still a couple of student and parent spots left on the expedition. Anyone wishing to get further information about the trip is asked to contact Dr Peter McMahon at the college.

Personal Development Program

With a new term comes a new topic for the students to research, discuss and explore. The year levels will be looking at the following topics through-out the term;

- Year 7 – What's Happening to Me and Why Am I Changing?
- Year 8 – Sexuality and Human Relationships Education.
- Year 9 Rite Journey – Silence and Solitude – What is the role of silence in my life? Preparation for their Challenge Camp will also take place.
- Year 10 – (i) The Miracle of Life – The First Forty Weeks, (ii) The Implications of Having a Child and (iii) Sexually Transmitted Illnesses.
- Year 11 – QCS Preparation.

Dr Peter McMahon, Head of Personal Development and Outdoor Education

Careers Department

Australian Defence Force (ADF) Recruiting

Students are invited to attend a 'Women in Defence Information Session' at the Maroochydore RSL on Wednesday 29th July at 6.00pm.

This is an excellent opportunity for female students and their parents to engage with current serving females from the ADF and discuss not only the recruiting process, but also life in the ADF as a female.

To RSVP, please call 13 19 01 or email defencejobsmaroochydore@dfr.com.au.

University of Queensland (UQ) Enhanced Studies Program

Current Year 11 students are invited to apply for UQ's Enhanced Studies Program. Talented students have the opportunity to extend their studies by completing a university subject in Semester 1 of Year 12. Applicants must be achieving a B+ average in their Year 11 grades.

Students are able to select from a wide range of courses, some of which are delivered in external or flexible modes. Currently, the available flexible courses include Animal Welfare, Behaviour and Handling, Calculus and Linear Algebra, Discrete Mathematics, The History of the Supernatural: Angels, Ghosts and Demons and World Religions.

Information brochures are available from the Careers office. Applications are now open and must be completed online by 4.00pm on 30th October. Interested students are asked to consult with the Careers Counsellor prior to making an application.

Australian Catholic University's (ACU) Early Achievers' Program (EAP)

The Early Achievers' Program at ACU considers the contribution Year 12 students have made to their community through their school, local community organisations and cultural or religious groups (not just OP scores). An additional benefit of this program is that successful applicants will receive an early offer.

Applications open on Monday 10th August and close on Monday 19th October.

For more information on the eligibility criteria and application process, visit: <http://www.acu.edu/au/454796>. Information brochures are also available from the Careers office.

National Institute of Dramatic Arts (NIDA)

Applications for NIDA's 2016 full-time courses are now open and will close on 30th September.

Study options include bachelor degrees in Acting, Costume, Design for Performance, Technical Theatre and Properties and Objects and Staging.

There are also Diploma programs in Live Production and Technical Services, Musical Theatre and Make-up Services.

To find out more, visit: <https://www.nida.edu.au/>.

TAFE East Coast

TAFE East Coast will host the Sunshine Coast Job Show on 20th August. The event will bring employers and job seekers together. To read more about the event, visit: <http://www.thejobshow.com.au/>.

MusicFest 2015

The UQ School of Music invites Year 11 and 12 musicians to this free event on Sunday 2nd August (as part of UQ's Open Day).

MusicFest gives students a chance to experience what it is like to study UQ's Bachelor of Music program and an opportunity to prepare for the audition process.

For further details and to apply, visit: <http://www.uq.edu.au/music/musicfest>. Applications close on 24th July. Applications for the 2016 Music Course Auditions close on 20th August.

Careers In Theatre

The Brisbane Art Theatre's College of Theatre Practice offers Certificate III in Live Production and Services and Certificate IV in Live Production and Technical Services. Acting workshops are also available.

For more information, visit: <http://www.collegetheatrepractice.com.au>.

Study Skills

Do you put the Pro in Procrastinating?

If so, check out the article at the website below to find out how to stop avoiding study. The article provides information on goal setting.

<http://www.whatdegreewhichuniversity.com/Survival-Guide/Surviving-Highschool/Goal-setting-how-to-avoidstudy-just-for-the-sake.aspx>

Ms Ainslie Reid, Careers Counsellor

Sunshine Coast Rugby 7's

Last Wednesday, the Sunshine Coast Rugby 7's carnival was held at Stockland Park. This carnival has grown rapidly from small beginnings to now have 48 teams competing on the day. Teams come from Brisbane, Hervey Bay, Gympie and various locations here on the Sunshine Coast to compete.

Pacific entered three teams this year including 14 years, 16 years and open boys. Many of the boys playing at the carnival had represented Pacific in the recent Wednesday schools competition but there were also a number of first-time students playing rugby for Pacific, which was pleasing to see.

Under 14's

The Pacific U14's team, coached by Mr Andrew Block and Mr Joel McCarron, played extremely well throughout the day and were undefeated in their three games against Maleny State High, North Lake State College and St Teresa's. The Under 14's played some entertaining rugby with quite a few long range tries after passing the ball through multiple sets of hands.

Whilst undefeated during the day, they unfortunately missed out on playing in the grand final by one point. However, they still finished in third place out of a 10-team division. It is promising to see the level of talent coming through in these lower age groups, which will continue to help rugby move forward at the college.

Under 16's

The U16's team provided the opportunity for a number of boys from Year 10 to represent the college in rugby. The U16's started the day strongly defeating Unity College and St Andrews in their first two pool games. Their next pool games were against North Lakes State College and Maleny State High and again the boys kept their undefeated record intact. This resulted in Pacific gaining a place in the grand final against Matthew Flinders Anglican College, who were also undefeated in all their pool games.

Pacific started the first half of the final slowly and soon found themselves behind MFAC, who were able to score a number of tries from defensive lapses. It wasn't looking good at halftime but Pacific managed to come out in the second half and fight back! Unfortunately, it was not enough to secure victory and MFAC took the game. It was great to see the U16's play some terrific rugby during the day and make the grand final. Thank you to Mr Darren Lawrence for his enthusiasm and efforts in coaching this team.

Opens

Many of the boys playing in the opens team this year also played at the same carnival last year. The team was placed in a pool of three with James Nash (Gympie) and St Teresa's (Noosa). Pacific needed to win both games to advance to the final. In their first game against James Nash, the team started slowly and at halftime found themselves behind 7-0. Fortunately, they were able to draw level after the break and scored a match-winning try just before fulltime to take the win.

In the next, Pacific played St Teresa's and started strongly by scoring the opening try. St Teresa's were able to level scores soon after. Both teams were able to score one more try each and at fulltime the teams were drawn level at 10-10. Unfortunately, as St Teresa's had beaten James Nash

convincingly in their previous match they progressed through to the grand final by one point.

After finishing behind St Teresa's in the pool, Pacific played off for third place against North Lakes State College. The team asserted their dominance from the first kick off and were soon comfortably ahead after scoring a number of quick tries. This continued in the second half and the team took out the game, finishing in third place out of 11 teams competing on the day.



It was great to see all teams finish in the top three for their age groups and the improvement in skill as the day progressed. Thanks again to the coaches who gave up their time on the day to lead teams - Mr Andrew Block, Mr Darren Lawrence and Mr Joel McCarron.

Mr Darren Hooper, Head of Junior Sport

Junior Sport

Welcome back to the start of a new semester of sport in the Junior and Middle College. I hope all students and parents enjoyed their mid-year break.

Sport commences straight away this term with athletics and SCISSA selections occurring in the first few weeks back.

Athletics

The District Athletics Carnival takes place next Thursday 30th July at The University of the Sunshine Coast. This week a parent information/permission note was given out to all students who have been selected to represent Pacific at the carnival. This carnival serves as both a selection trial for the Independent Athletics team and also determines the overall champion Independent College on the Sunshine Coast. It is

expected that all students who have been selected will attend the carnival.

A bus will travel to and from the college on the day, departing from the front at 7.50am and returning approximately 4.00pm. Parents are welcome to transport their child to and from the carnival however, please notify Mr Darren Hooper if you wish to do so.

Consent forms need to be returned as soon as possible to Mr Darren Hooper.

SCISSA Sport

The new SCISSA season will commence shortly and students have been busy participating in selection trials for the various sports offered. An information letter was handed out to all classes last week. Teams will be finalised by the beginning of next week.

Students participating in dance will continue training for the Origami production on Monday afternoon during SCISSA training as well as each Thursday.

Lastly, a reminder that kayak training occurs every Monday afternoon with Mr Gary Graves, however bus transport to the lake only runs on designated SCISSA training days. Please check the college calendar for these dates if you are unsure.

Student Success

There have been a number of students who have achieved sporting success over the school holidays and in the first two weeks back this term.

During the holidays the State Cross Country Championships were held at Runaway Bay on the Gold Coast. Alicia Woods and Jason Wulff competed at these championships. Alicia finished in 12th place in the 11 year girls 3km race and 4th in the 4 x 1.5km team relay.

Jason finished 13th in the 11 year boys 3km race and received a bronze medal in the 4 x 15km team relay event.

Both students also competed at the Sunshine Coast Soccer Championships during the school holidays and Alicia's and Jason's team finished runners up in this event. Well done!

Over the holidays, Harry McLaughlin-Phillips represented the Sunshine Coast in the Under 11 Rugby League team at the state championships held in Rockhampton. Harry was named captain of the team, which won three out of their five games, finishing fifth overall.

This week, Nathan Davis has been representing Queensland at the under 12 National AFL Championships in Geelong. The Queensland team has finished top of their pool and play

South Australia in a semi final clash today. We wish Nathan all the best for the remaining games.

Lastly Oliver Frazer, Sam Larsen and Harry McLaughlin-Phillips have been representing the district at the Sunshine Coast Regional trials. From all reports the Independent team is very strong and remain undefeated. All boys have been playing well, scoring a number of tries in the first two games.

Mr Darren Hooper, Head of Junior Sport

Secondary Sport

Friday Night Basketball

Well done to all teams who competed last week. Games continue this week (Friday 24th July) with all 12 teams playing.

Players and parents are asked to please continually check their emails, student notices, Schoology, sports notice board and the website

(http://www.foxsportspulse.com/assoc_page.cgi?c=0-7260-0-314011-0&a=COMPS) for up-to-date draws and information for the season.

This week's games are as follows:

TEAM	TIME	VENUE	OPPOSITION
Junior A Girls	4.00pm	PLC	ILC
Junior B Girls	4.50pm	PLC	SAAC (Blue)
Junior B Boys (Blue)	4.00pm	SCGS	SAAC
Junior B Boys (White)	4.00pm	MFAC	SAAC (Blue)
Int A Girls (White)	5.40pm	Caloundra 2	Siena
Int B Girls (Blue)	4.50pm	Caloundra 2	MFAC
Int B Girls (Green)	4.00pm	SAAC	SAAC (White)

TEAM	TIME	VENUE	OPPOSITION
Int B Boys	4.00pm	Caloundra	CSHS
Senior A/B Girls	6.30pm	Caloundra 3	Unity
Senior C/D Girls	5.40pm	PLC	CSHS
Senior C/D/E Boys (White)	6.30pm	PLC	GCCC
Senior C/D/E Boys (Blue)	5.40pm	SAAC	SAAC

Secondary Athletics Carnival

Well done to all students who competed at the Secondary Athletics Carnival this week. After setting up in the rain, the weather cleared into very good conditions for athletics. Congratulations to Bula house for taking out the perpetual shield for 2015. Age Champion medallions for all age groups will be presented at assembly next Tuesday.

Overall points from the carnival were:

- 1st – BULA (2397)
- 2nd – MUMBA (2159)
- 3rd – WIRA (1958)

Thank you to Friends of Pacific for running the BBQ and supplying the officials with food and drinks throughout the day.

The Secondary District Athletics Carnival is scheduled for 13th and 14th August (Week 5).

SCISSA Touch

SCISSA touch rounds continue next Wednesday with most teams involved in matches after school.

Players are asked to please continually check their emails, student notices, Schoology, sports notice board and Compass newsletter for up-to-date draws and information for the season.

PLC Equestrian

Over the holidays, Madison Layfield (Year 12) competed in the Interschool State Equestrian Championships. Out of her two events, Madison was placed 2nd overall and named Reserve Champion in dressage at the event. On top of this outstanding achievement, she was also invited to compete as a part of the State School's Team at the National Interschool Championships in Sydney in September. Congratulations Madison!



Mr Mark Hauser, Head of Sport

Pacific Soccer



Round 14 Update – 18th July

Round 14 games were played right across the coast last weekend. Thank you to our photographers who have shared their pictures on our Facebook page. If you have photos you would like to share, please send them through.

Our U11A Pacific Sharks are currently in third place on the ladder and last weekend faced the Currimundi Orcas, who are second place in the division. The Sharks have been working hard on the field throughout the season and despite a great effort, the better team beat them on the day.

The Sharks also enjoyed playing a second game on Tuesday night, to make up for their cancelled game in Round 11. The Sharks faced the Siena Dolphins at Mudjimba and it was a close fought match. At the final whistle, the teams were locked 1:1 and shared the points for the game.

Our U12 Pacific Snappers played against the Currimundi Mantarays, who currently lead the table in their age group. Although Currimundi won the game, the Snappers again gave a wonderful team performance, with all players giving 100% effort.



Our U13A Pacific Hammerheads faced the second place Bli Bli Vikings at Mooloolah. The attacking skill of the Hammerheads was impressive, with the team finding the net twice against the higher-ranked opponents. In a hard fought game, Bli Bli were able to stay in front, to finally take the points for the game.

Our U15 Pacific Torpedos welcomed back two injured players when they played a friendly against Siena Fire at Stella Maris. The spirit of the players from both teams was impressive, allowing them to not only enjoy the game, but also to show the skills which they have continued to develop throughout the season.



Winter Fundraiser



We will shortly be providing details for our Homestyle Bake Winter Fundraiser. This is an annual fundraiser, with a percentage of the sales going directly to the club and to our teams.

A summary of the available sweet and savoury options will be emailed to each Pacific Soccer family.

Round 15 – 25th July

Round 15 fixtures this weekend will see our teams playing away games across the coast.

- U6 Flyers at Brightwater Park.
- U6 Razors, U6 Seadragons, U7 Fireflies, U7 Vipers, U8 Swordfish and U11 Sharks at Fishermans Road.
- U7 Barracudas, U10 Taipans and U15 Torpedos at Siena.
- U7 Jewelfish at Mooloolah.
- U8 Seals at U8 Stingrays at Sunshine Beach

- U9 Eels at Palmwoods.
- U10 Cobras, U12 Snappers and U13 Hammerheads at Mudjimba.

Each manager will have game times, or visit www.SCCSA.org.au for more information.

Pacific Soccer Contacts

President: Ian Barnes 0418873320
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 for supporting Pacific Soccer. If you have any queries, or if you need any further assistance, please do not hesitate to contact us.

Mr Ian Barnes, President of Pacific Soccer

Church News

St Mark's Lutheran Church Caloundra

St Mark's Little Blessings

Playgroup will continue this Friday at 9.00am outside the Prep rooms at Pacific Lutheran College.

'Hymns We Love'

The 'Hymns We Love' service is on Sunday 2nd August at 8.00am. Pacific Lutheran College students are assisting in this service and all are welcome to attend.

At this service, the congregation will also be farewelling Pastor Paul Smith, who will take up office as Bishop in August.

Pastor Ray Morris, St Mark's Lutheran Church Caloundra

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.

Mrs Donna Hollindale, Uniform Shop Coordinator

Upcoming Dates

JULY

- 27 Samantha Wheeler Author Visit
- 28 Year 6-12 Parent Interviews
Year 10-12 Drama Presentation (9.00am)
- 30 District Primary Athletics Carnival

AUGUST

- 3 Kerry Argent Author Visit P-3
- 12 Junior College Science Fair
- 13 Secondary District Athletics Carnival (half day)
- 14 Secondary District Athletics Carnival (full day)
- 18 Junior College Science Fair
Friends of Pacific (7.00pm)

Did You Know?

The Earth travels around the sun at about 67,000 miles (107,000 kilometers) per hour!

All newsletters can be accessed via our website www.pacificlutheran.qld.edu.au, under 'News & Events' / 'Newsletters'.

PACIFIC LUTHERAN COLLEGE

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Woodlands Boulevard,
MERIDAN PLAINS QLD 4551

For ENROLMENTS, please call
Mrs Chris Henschke (07) 5436 7321

Direct contact phone numbers are:

Room 1 - 5436 7377 Room 2 - 5436 7387

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>