Building From The Positive

Recent neuroscience studies have highlighted the importance of positive emotions in enhancing wellbeing, the immune system and cognitive, emotional and perceptual openness. When our minds are positive, we are open to learning. On the other hand, strong negative emotions limit the access to neural circuits and impair cognitive, emotional and perceptual awareness.

When planning for change and improvement it is important to reflect from the perspective of what is good. An internal discipline that forces our minds to recognise what is good, provides the right emotional setting to creatively identify small steps forward. Having identified what is good, we can then ask what small change would lead to improvement and act on it. Success can then build on itself. God invites us to build from the positive by having faith that our shortcomings have been forgiven and by seeing all people as simultaneous saint and sinner. We are then free to focus on how the giftedness of ourselves and of others can bring improvement. He invites us to create this atmosphere of safety and positivity for both friend and stranger, in all of our interactions.

(Boyatzis 2011, Neuroscience and Leadership: The Promise of Insights in Ivey Business Journal, Jan/Feb 2011.)

Principal’s Log

A very warm welcome to the start of Term 4 and particularly to our new families. We also welcome Mrs Helen Nitschke who will be teaching Middle and Senior College Christian Studies and SOSE and Mrs Sonia Shin who will be teaching Prep – Year 5 Japanese. We welcome back Mr Damian Davis, Mr Brett Jones, Mrs Andrea Burnett and Ms Kim Stone from long service leave. We look forward to an enjoyable and purposeful term of learning.
Next week I will be in Wittenberg, Germany representing the Principals of Lutheran Education Australia at the ‘500 Protestant Schools – One World: Towards the Reformation Jubilee 2017’. This gathering of international leaders of 500 protestant schools will provide the opportunity to explore the capacity of protestant schools to influence a better global future. It promises to be an inspiring learning experience with leaders from very diverse countries and settings sharing their thinking.

Over the past two terms, our tuckshop leaders have been investigating ways to improve and expand their service. Having implemented significant change, they are now in need of volunteers to provide assistance and ensure the process happens effectively. I would encourage as many people as possible to read the article by Mrs Dickson and then volunteer their time, where possible, by completing the form on the end of this newsletter.

We wish our Year 5 students a safe end to their Outdoor Education experience and wish our Year 6 students a rich and rewarding time in Canberra next week. We thank our staff for the support of these experiences and Dr Peter McMahon for his leadership.

May God grant us the humility and the wisdom to always build graciously from the positive.

Dr Bronwyn Dolling, Principal

From the Director of Students

As we move into a very busy and shorter final term of the year, it is important that students control their stress with a balance of academic work, exercise and relaxation. To flourish in their pursuits and have a sense of peace and harmony in their lives, students need to find a school/life balance. In turn, this fosters positive growth mindsets, which empower students to do good things.

Research shows that students who pursue an active lifestyle are more likely to be positive. Exercise clears the mind, builds relationships, increases oxygen intake and study endurance, reduces tension and improves sleeping patterns. Exercise can take many forms including bike riding, running, swimming, playing sport, going to the gym, surfing or yoga.

During Term 4, students should aim to find a sensible balance between schoolwork, exercise and relaxation. They need to develop some self-awareness around what causes them to feel stressed by recognising both physical and emotional signals. When it comes to study, students need to be assertive and engage in positive self-talk, realising that hard decisions now will benefit them in the long term.

The beginning of the term is the perfect time for students to plan for balance, incorporating a mix of study, relaxation and exercise. A proactive approach and attitude now will help reduce future stress.

Finally, I wish our Year 6 students an educational and fun Canberra trip in Week 2. I would also like to thank the Year 6 teaching team of Mrs Leisa Ilott, Mrs Amanda Empson, Mr Joe Doran and also Dr Peter McMahon for their planning and leadership of this important week.

Mr Brendan Delany, Director of Students

Department of Education and Training

Collection Notice

The Australian Government Department of Education and Training has requested for Pacific Lutheran College to provide them with the following information:

- Students’ residential addresses (not student names)
- Students’ level of education (primary or secondary)
- Students’ boarding status (boarders or day students)

For further details, please see the notice at the back of this newsletter.

Food for Thought

Mental Health Week

This Mental Health Week (October 4-10), Beyondblue is encouraging all Australians to put their mental health first and take positive steps to improve their mental wellbeing.

Just as physical fitness helps our bodies to stay strong, mental fitness helps us to achieve and sustain a state of good mental health. When we are mentally healthy, we enjoy our life and environment and the people in it. We can be creative, learn, try new things and take risks. We are better able to cope with difficult times in our personal and professional lives.
Outsideschool Hours Care

OSHC will be open for the upcoming Student Free Day on Monday 19th October!

Vacation care is over once again. The past two weeks have been full of fantastic fun. We started the holidays with a visit from some slimy and spikey sea creatures from Ocean Life Education. The children had the opportunity to learn about shark species and to touch some of the more friendly sea creatures like a baby bamboo shark. At OSHC, we spend a lot of time doing wonderful art and craft, which was displayed for our families at our holiday exhibition. The children also set up a café and prepared food for our families on the day. Thank you to everyone who attended, it was wonderful to see you and we hope you enjoyed the experience. The day was entirely run by the children, which made us very proud. Great job, kids! Our visit to Mooloolaba was also lovely. The children enjoyed fish and chips in the park, followed by sandcastle competitions and a scavenger hunt on the beach. It was such beautiful weather to be at the beach.

Throughout the school holidays, our Service offers many opportunities for children to explore places they may have never been to and to take on challenges with confidence, guided by positive support and encouragement from staff and peers. Our program evolves from the children’s likes and encompasses their ideas along with input from staff and family. We are committed to ensuring that the children have the self-confidence to experiment with ideas and discover new things.

May I remind all families that due to increased numbers at before school care, after school care and vacation care, it is particularly important that you personally book your child in. We understand that this is a change to our procedure but there are a few ways that you can contact us to ensure that
this information is passed on quickly. Our direct phone number is 5436 7328 and we also have a message service available.

We encourage families to make permanent bookings to avoid refusal of care, especially since we have limited space on some days (Tuesday and Wednesdays). Our Service capacity is 35 for after school care and vacation care and 20 for before school care. These numbers are also subject to staff child ratio, so it is important that we know of bookings in advance.

Our family communication book is always available on the sign-in table. This is for families to write booking requests and cancellations in. Please remember, that we have a five working day notice of cancellation policy to receive no charge. This information is in our enrolment pack.

Finally, it is important that children have some extra food for afternoon tea when attending OSHC. Afternoon tea is an important social experience for children and also refuels their energy. During before school care, a basket is provided on the sign-in table where afternoon tea can be left for your child and we will store it in the fridge. We encourage you to provide healthy and nutritional snacks.

If you have any queries, please contact Tanya on 5436 7328 or email oshc@pacluth.qld.edu.au.

Ms Tanya Sheldrick, OSHC Coordinator

Library News

LibGuides
This week, a number of English novels for Term 4 were issued to students. LibGuides are available for the following novels at http://libguides.pacluth.qld.edu.au.

Year 5
- The Lion, The Witch and The Wardrobe

Year 8
- Camel Rider
- Holes
- Gracie Faltrain Takes Control

Year 9
- Jetty Rats

- The Outsiders
- Don’t Call Me Ishmael

Year 11
- Animal Farm
- Falling
- A Lesson Before Dying

Ms Nell Keen, Teacher Librarian

Crazy Coding in Year 2

Last term, Year 2 students integrated their learning across different key areas including Geography, Mathematics and Technology. Students learnt about place; what is a place, what connects people to places and what affects people’s connections to places. They also looked at position and direction and learnt about coding, using Bee Bot robots. To demonstrate their learning, students planned and mapped their own places, considering necessary features of towns and how those features are accessed. Roads were planned out using Bee Bot rulers, to ensure they were the right length and width for a Bee Bot to travel safely! Students then coded their Bee Bots and sent them on a journey from one point to another. In the last week of Term 3, students shared their learning with their parents, who also had the opportunity to code the Bee Bots. They found out it’s not as easy as it looks! Well done Year 2!

Mrs Leonie Prout, Year 2 Teacher

Mathematics

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.

Sunshine Coast Mathematics Tournament
Pacific is entering teams in the Sunshine Coast Mathematics Tournament, which is held later this month. Students from Years 6-12 have been selected for the tournament and will compete in teams of five. Permission notes were sent home this week. Prior to the event, some training is expected from all participants. The event is on Wednesday 28th October for Years 6-7 and Thursday 29th October for Years 8-12.

If you have any queries about tutoring or the maths tournament, please contact jsteven@pacluth.qld.edu.au.

Mrs Jasmin Steven, Head of Mathematics

Netball News

NetSetGO Development Program
Pacific Lutheran College is excited to announce that we have 55 Prep – Year 4 students registered and ready to participate in our first independent NetSetGO netball development program. The program is designed to teach students fundamental netball skills in a fun environment.

A reminder to our NetSetGO participants:

Start Date: Next Thursday, 15th October 2015.
Duration: Four (4) weeks.
Time: 3.30pm – 4.30pm each Thursday.
Venue: PLC gym and outdoor courts.
Clothing: All students should wear appropriate sports clothing and shoes for this program.

PLC Netball Club AGM
All current and interested members of PLC Netball Club are invited to attend the upcoming AGM.

Date: Tuesday 10th November 2015
Time: 3.30pm
Location: Pacific Lutheran College

Please direct any queries to Natalie Campbell atncampbell@pacluth.qld.edu.au.

Mrs Leigh Drogemuller, Netball Coordinator

Secondary Sport

Friday Night Schools Basketball
We wish the following teams all the best for their games this week on Friday 9th October. Depending on the results, we could have five teams playing in the semi-finals next week, which is a magnificent effort from all players and coaches this season!

<table>
<thead>
<tr>
<th>Team</th>
<th>Time</th>
<th>Venue</th>
<th>Opposition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Junior A Girls</td>
<td>4.50pm</td>
<td>SAAC</td>
<td>SAAC</td>
</tr>
<tr>
<td>Junior B Boys (Blue)</td>
<td>4.00pm</td>
<td>PLC</td>
<td>NCC</td>
</tr>
<tr>
<td>Junior B Boys (White)</td>
<td>BYE</td>
<td>Through to semi-finals next week v Caloundra State High School</td>
<td></td>
</tr>
<tr>
<td>Int A Girls (White)</td>
<td>4.50pm</td>
<td>PLC</td>
<td>St John’s</td>
</tr>
<tr>
<td>Int B Girls (Blue)</td>
<td>4.00pm</td>
<td>Caloundra 2</td>
<td>Siena</td>
</tr>
<tr>
<td>Senior A/B Girls</td>
<td>5.40pm</td>
<td>PLC</td>
<td>ILC</td>
</tr>
<tr>
<td>Senior C/D Girls</td>
<td>6.30pm</td>
<td>PLC</td>
<td>Siena</td>
</tr>
<tr>
<td>Senior C/D/E Boys (White)</td>
<td>Thursday at 3.30pm</td>
<td>PLC</td>
<td>PLC Blue</td>
</tr>
<tr>
<td>Senior C/D/E Boys (Blue)</td>
<td>Thursday at 3.30pm</td>
<td>PLC</td>
<td>PLC White</td>
</tr>
</tbody>
</table>
SCISSA Soccer

The 2015 SCISSA Soccer season for the 7-10’s has already begun, with the Junior and Intermediate Boys teams competing in Week 1 games. The Junior Boys escaped with a 1-0 victory over Matthew Flinders Anglican College, while the Intermediate Boys played a good match to defeat Suncoast Christian College 6-2.

All four teams have matches next week and all involved are expected to compete each week for their team. Congratulations to the boys teams and all the best to everyone for the rest of the season.

Games for Week 2:

<table>
<thead>
<tr>
<th>Team</th>
<th>Time</th>
<th>Venue</th>
<th>Opposition</th>
<th>Bus Departing / Returning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Junior Girls</td>
<td>4.00pm</td>
<td>ILC</td>
<td>ILC</td>
<td>3.15pm / 5.45pm</td>
</tr>
<tr>
<td>Junior Boys</td>
<td>4.00pm</td>
<td>GCC</td>
<td>Glasshouse CC</td>
<td>3.15pm / 5.00pm</td>
</tr>
<tr>
<td>Intermediate Girls</td>
<td>4.45pm</td>
<td>SCGS</td>
<td>SCGS</td>
<td>3.30pm / 5.45pm</td>
</tr>
<tr>
<td>Intermediate Boys</td>
<td>4.45pm</td>
<td>ILC</td>
<td>ILC</td>
<td>3.15pm / 5.45pm</td>
</tr>
</tbody>
</table>

Athlete of the Year Nominations

Students are invited to complete a Male/Female Athlete of the Year nomination form to help us determine the most outstanding athlete of 2015. The winner will be announced at the end of year presentations.

All students who have represented the school in a sport during 2015 are able to complete a nomination form, citing their achievements. Please note that only school sport pathways are acceptable (not outside of school club/representatives involvement).

Nominations close at the end of Week 5. All students will have the opportunity to complete a nomination. Forms will be distributed in PCGs and on Schoology over the next few weeks.

Returning Sport Uniforms

As the year is winding down and most school sport seasons are finished, it is important that all students return their playing uniforms. Rather than us chasing up individual students, it would be greatly appreciated if everyone had a good look through their wardrobes and handed in any Pacific uniforms that have not been returned yet.

Please pass these on to Mrs Campbell at the Sports Aide office opposite the school tuckshop. Students who do not return uniforms will have the cost of their uniform billed in their school fees at the end of the year.

Student Success

Congratulations to Jez Lofthouse who was invited to trial for the Brisbane Roar Youth Football Club (U21 squad) in the National League. Jez was the youngest athlete invited to attend the trials and received very positive feedback from the coaches, who have their eye on him for a possible midfield position later on in his career! This is a great achievement for Jez and we wish him all the best for his future trials. It was also great to see him representing Pacific in the Intermediate Boys Football team this season!

Over the school holidays, Josh Sarvari was invited to referee at the CFFA National Football Titles in Sydney. Josh was awarded a position in the U14 grand final match and was also named the National Referee of the tournament.

Congratulations to Josh on his achievements!

Also over the school holidays, five Pacific students attended an International Football Tournament in Malaysia, after they were selected for Caloundra Football Club’s Under 14 representative team. Matthew Gray (Year 10), Joshua Gray (Year 9), Brad Forrest (Year 9), Haden Hurd (Year 9) and Lachlan Aldous (Year 8) participated in the tournament. Both Matthew Gray and Haden Hurd won player of the match awards. The team finished a credible fourth place to Labuan FC, a Malaysian regional club, after Labuan scored in golden goal extra time during the bronze medal play off. We congratulate these young men on an outstanding performance.

Last week, Madison Layfield and her horse, Remi Legenderry, competed at the 2015 Australian Interschool National Championships in Sydney. Madison and Remi Legenderry won the 2015 National Medium Freestyle Championship and won the title of 2015 National Medium Dressage Champions after securing first and second place in the two divisions.

Madison and Remi Legenderry were also selected as one of four representatives in the Queensland State Dressage team. The team was awarded the 2015 National Dressage Teams Champions. We congratulate Madison on her achievements!
Kayaking Coaching Sessions

**Time:** Sundays at 6:30am for a 7.00am start on the water. Off the water at 8.00am.

**Coach:** Dion Morgan

**Cost:** $10 per person, subsidised by Jim’s Paving

**Notes:**
- Three committed paddlers required for training to go ahead.
- Please contact Dion Morgan to express your interest on either 0431 177 957 or dionmorgan@gmail.com.
- The coaching will focus on technical ability, race plans and strategy and provide structured progressive training tailored to what you want to get out of kayaking.
- BYO boat or use a boat supplied by Pacific. I will open the container but participants are responsible for transporting their boat across to the lake. U15s must wear a PFD whenever in the water or in a craft. Any children under 16 years of age must have an adult lakeside at all times. Participants must be 13 years or older.

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**

**OCTOBER**
- 7-9 Year 5 Camp – Bornhoffen
- 11-16 Year 6 Canberra Tour
- 16-19 Melbourne Arts Tour
- 19 Student Free Day
- 20 Friends of Pacific (7.00pm)
- 23 Grandparents Day
- Student Art Exhibition (6.00pm)
- 29-30 Year 3 Camp – Luther Heights

---

**Did You Know?**

In 1933, Mickey Mouse received 800,000 pieces of fan mail!

---

_All newsletters can be accessed via our website www.pacificlutheran.qld.edu.au, under ‘News & Events’ / ‘Newsletters’._
PACIFIC LUTHERAN COLLEGE
Woodlands Boulevard,
MERIDAN PLAINS QLD 4551
Principal: Dr Bronwyn Dolling
Main Office Tel: (07) 5436 7300
Fax: (07) 5436 7301
Middle & Senior College Office: (07) 5436 7315
Absentee Line: (07) 5436 7303
www.pacificlutheran.qld.edu.au
Email: admin@pacluth.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://stmarksutherancaloundra.com

Visit www.pacificlutheran.qld.edu.au
Pacific Lutheran College presents **Origami**
written by Laura Bonner

Saturday 7th November
The Caloundra Events Centre

Tickets on sale from Monday 5th October
Contact: The Events Centre 54914240
or www.theeventscentre.com.au

$20 Adults
$10 Students/Concession
$50 family/group (2 adults, 2 children)

The students from Pacific Lutheran College cordially invite you to celebrate the opening of an exhibition of student work in Visual Art from Kindergarten through to Year Twelve.

Friday 23 October 2015 (between 6.00 - 9.00 pm)

Pacific Art Gallery
Woodlands Boulevard
Meridan Plains Qld 4551

one night only, licensed, coffee van, children’s activities
free admission

Visit www.pacificlutheran.qld.edu.au
Tuckshop Helpers

Make some new friends and help provide great food for our kids! If you are interested in assisting at the tuckshop, please return this form to the college admin office, or directly to the tuckshop. If you have any questions, please contact Carrie on 5436 7327 cl dickson@pacific.edu.au. Your contribution will be greatly appreciated.

---

TUCKSHOP HELPERS
(Please tick the appropriate boxes)

☐ YES I WOULD LIKE TO LEND A HAND AT THE COLLEGE TUCKSHOP

I CAN HELP: ☐ WEEKLY ☐ FORTNIGHTLY ☐ MONTHLY

<table>
<thead>
<tr>
<th>PLEASE</th>
<th>8:30am – 11:00am Morning session</th>
<th>11.30am – 1:30pm Afternoon session</th>
<th>8:30am – 1:30 pm ALL DAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TUESDAY</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>THURSDAY</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>FRIDAY</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Parent/Guardian name: __________________________ Phone: __________________________
Name of eldest child: __________________________ Class: __________________________
INFORMATION REQUIRED TO DETERMINE SOCIOECONOMIC STATUS (SES) SCORES FOR NON-GOVERNMENT SCHOOLS FOR 2014-2017

STATEMENT OF ADDRESSES

This notice is from the Australian Government Department of Education and Training (the Department), to advise you that the Department has requested your child’s school to provide the Department with a “statement of addresses”. A statement of addresses contains the following three pieces of information about students at the school:

- Students’ residential addresses (not student names)
- Students’ level of education (primary or secondary)
- Students’ boarding school status (boarders or day students)

Authority for and Purpose of Collection

The Department has requested your child’s school to provide a statement of addresses under section 21 of the Australian Education Regulation 2013.

The Department requires a statement of addresses from the school in order to calculate the school’s socio-economic status (SES) score. Under the Australian Education Act 2013, a school’s SES score determines its capacity to contribute percentage, which in turn affects the amount of base Commonwealth recurrent funding which the school attracts under that Act.

The Department will only use the information in a statement of addresses for this specific purpose.

Under section 21 of the Australian Education Regulation 2013, a statement of addresses cannot identify an individual student. All information in the statement of addresses provided by your child’s school to the Department is de-identified, and the Department does not correlate the information in a statement of addresses with individual students at the school.

Nevertheless, it is important to ensure that statements of addresses are accurate, and the Department may from time to time carry out audits of statements of addresses to verify their accuracy. In that case, the Department’s contracted auditors may seek to compare a school’s statement of addresses with student enrolment information held by the school.

Disclosure of Information

The information provided by your child’s school in a statement of addresses may be disclosed by the Department to contractors working for the Department for the purposes of verifying the information. The contractors will not use the information for any other purpose.

The Department may also provide this information to the Australian Curriculum Assessment and Reporting Authority (ACARA). ACARA will use this information in developing and evaluating Index of Community Socio-Educational Advantage (ICSEA) formulas and school values.

Contact

If you have any questions regarding this notice, you can contact the Department by:

- phone through the SES helpline on 1800 677 027 (Option 1 then Option 4) (free call)
- email to: SchoolsReformImplementation@education.gov.au.