COMPASS REVIEW
PACIFIC LUTHERAN COLLEGE

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PEOPLE
the focus.

LEARNING
the purpose.

CHRIST
the way.

Together we grow for a better tomorrow.
PACIFIC LUTHERAN COLLEGE is a Kindergarten to Year 12 independent school that provides a rich education for a well-rounded life.

With a strong focus on academic learning and underpinned by Christian values, Pacific Lutheran College provides excellent opportunities for growth through its personal development, outdoor education, pastoral care, sporting and cultural programs. Strong relationships are an important part of this innovative learning community where curiosity, imagination, deep understandings and personal excellence are nurtured.
In all areas of life, we flourish where we grow deep within. From an intellectual perspective, where we have deeply engaged in learning, provided space for the exploration of our curiosity and built connections with prior understandings, we build both energy and capacity. In our social and emotional wellbeing, where we learn to regulate our emotions, maintain strong relationships through the changes we encounter and find purpose through living for something beyond ourselves, we build resilience and a positive approach to life. Where we explore our passions in the areas of sport, culture, the enjoyment of our environment and other pursuits including the intellectual or in the production of something, the full joy of life can burst through.
As we move through life we are constantly learning. Having intentionality to that learning, enables the knowledge and understandings to drill deeper, rather than be a mass of superficial flashes at our exterior. At Pacific there is an intent to immerse young people in a culture of thinking that challenges them to grow deeply. There is a great synergy between the cultural emphasis of our pedagogical approach informed by the Harvard Teaching for Understanding and Visible Thinking frameworks, the research of the Positive Schools movement that focuses on the enhancement of our social and emotional wellbeing and our foundational beliefs and values that flow from our faith in a loving and gracious God within the Lutheran tradition.

Deep growth involves taking the long view in life. It involves an honest appraisal of success and failure and a growth mindset that says, “I haven’t or we haven’t succeeded yet”. It involves reflection and action and the acceptance of personal responsibility.

Deep growth requires time, high achievable expectation, opportunity, respectful relationships, a thoughtful use of language to ourselves and others, a clarity of values and explicit reflection on how those values are being lived, modelling ways of thinking and being and thoughtfulness in the scaffolding of people’s growing independence in their thoughts and action. Ron Ritchart (2015) identified these eight cultural forces as those impacting on a culture of thinking, particularly within the academic culture of a school context. However, they apply equally well to the development of our intellectual, ethical, social and emotional, creative, physical and spiritual selves. They speak uniformly to the young and old and are useful for reflection around our personal and work related pursuits.

At Pacific, the learnings people experience in the classroom, in pastoral care, in chapel, on the sports field, through engagement with the arts, in the outdoors, in their service and connection to community unite as an integrated whole with each focal point speaking to the other. As you read this year’s Compass Review, I trust that the integrated opportunities for deep growth celebrated here, not only speak to you but empower you to play your part as an adult or young person in the nurturing of deep growth within yourselves and others.

Source: R Richart (2015), Creating Cultures of Thinking: The 8 Forces We Must Master to Truly Transform Our Schools, John Wiley & Sons Inc, New York.
At Pacific Lutheran College, we have taken up the challenge to immerse young people in a culture of thinking with access to flexible virtual and physical spaces that enable them to take their learning to the next level.

Over the past six years before the design of spaces, Pacific has focused on developing a culture of teaching and learning that enables young people to engage in thinking, develop deep understandings, explore the connections between concepts within and across disciplines, be creative and take responsibility for their learning.

Flexibility of space and furniture means that teachers and students can quickly rearrange a room to suit the type of learning required. With the roll of furniture, learning styles can change in a matter of seconds; from small to large group direct instruction, learning that is collaborative, student directed, teacher directed, or project based. Beyond Year 2, flow of learning paths on electronic portals have enabled students to communicate with each other and progress their learning in a way that suits their personal learning needs.

Initial building designs in the College provided for flexible access to indoor and outdoor spaces. Whether in demountable buildings or our newer flexible learning spaces in the Music, Library, Prep, Year 4, Year 8 or senior areas, which have visual and physical connection between multiple learning spaces, students experience the same pedagogical approach. Increasingly, the student is in the driver’s seat.

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Students have greatly enjoyed and benefitted from the vibrancy, openness and flexibility of the new learning spaces and have enjoyed the opportunity to be part of the planning processes for these areas. Young people have grown deeply through the ownership of their learning.
Born in Biloela, growing up in Goombungee, civilised at Concordia Toowoomba, uncivilised at university in Armidale, shaped at seminary in Adelaide and pastored in particular parishes in Sydney, Ipswich and Wodonga, my life journey has now led me to Pacific Lutheran College.

Growing up as a pastor’s kid, my family has influenced me to become a pastor who loves to work in Lutheran schools. My grandfather and father served on various Lutheran college councils, my mother started a Lutheran kindy in our small country town, my sisters taught in Lutheran schools and I have brothers who also became Lutheran pastors. Family certainly does have a big influence on a person and can shape them spiritually.

What I love about working in a Lutheran school is that they are places of grace, where people learn and are encouraged to grow in faith and in community. Since coming to Pacific, I am thankful for the ministry of previous College pastors, Rick Zweck and Paul Smith. In the short time I have been here, I have enjoyed working closely with Pastor Ray Morris as the connections between Pacific and St Mark’s Lutheran Church are strengthened.

My wife Alison, son Jonah and daughter Ella have also appreciated the welcome of the Pacific community in our roles as parents and students of the College. If you see me around the place please don’t hesitate to say hello as I am interested in everyone’s journey through life. I’ve been seen to frequent bookstores, anywhere good coffee is sold and love researching church and family history, savouring pleasurable eating experiences with others and tinkering in my garden. God bless!

Every day, many children come home from school and tell their parents that they did “nothing” today. Of course this isn’t true, but it’s often difficult for young children to share what they’ve learned or for parents to know a more specific question to ask.

This year, Pacific Lutheran College has introduced a new program across Prep to Year 5, Seesaw. The program enables students to share their learning journey with parents through an online journal and empowers students to independently capture and share what they are learning at school. Students can take pictures of their work (in the case of a worksheet or other physical item), write about what they’ve learned or shoot a short video to record something they have learned. Students can also add voice comments to their pictures to clarify what their pictures are showing. Over time, Seesaw builds an organised, digital portfolio of each student’s learning.

Informed parents make the difference at Pacific

By Pastor Tim Jarick, College Pastor

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

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Informed parents make the difference at Pacific

By Mrs Sue Zweck, Head of Teaching and Learning K-5
Creating a culture of thinking is an ongoing goal for teaching and learning at Pacific Lutheran College. This means we are continually looking for opportunities to enhance and provide meaningful learning for our students.

World-renowned Harvard educator, Mark Church continues to mentor staff and support the growth of thinking in the College. Currently, teams of teachers are working with Mark to explore the idea of inquiry action and to unpack the cultural forces that are required to transform our classrooms.

Inquiry action is more than research or review; it is a continual cycle of inquiry and action where individual teachers begin with a question that they care deeply about. Some of those questions include:

- How do we support students to formulate deep understandings and connections?
- How can we find engaging ways to deliver content and increase the value of thinking?
- How can we develop student motivation and awareness of when to use their skills to develop/enhance their habits of effective thinking?
- Can student engagement in Christian Studies be improved by providing opportunities for students to own/design their learning?
- Suppose if we knew how students prefer to share their thinking, how would this change the classroom dynamics?
- How do students develop positive learning dispositions?

Working in small teams with a facilitator, teachers meet every two weeks to share progress, look at student and teacher work and plan the next steps. The focus is always on what we as classroom teachers can do to engage our students and take their learning to the next level.

As a co-learner, in one of the inquiry action groups, it has been a highlight to be part of pedagogical discussions that provide opportunities to reflect and share and to trial ideas that enrich our practice.

LibGuides are a way of making the library accessible to students 24-hours a day, seven days a week. They allow the teacher librarian to create web pages to support student research for assignments and to collate content for units of work. A typical LibGuide will consist of books, ebooks, websites, database links, a copy of the assignment, videos, images, maps and teacher resources.

Pacific Lutheran College’s LibGuides also contain useful research tools and information on topics such as search strategies, how to evaluate information, referencing and plagiarism.

LibGuides are used by most universities, but not many schools provide this valuable resource to students. Last year, Pacific’s LibGuides page recorded over 10,000 visitors. This year we are already on track to beat that record!

All novels studied in class have their own page, where students can find out about the novel’s themes, characters and background, as well as information on the author. A LibGuide currently supports all History and Legal Studies assignments and the College is also working on completing LibGuides for other subjects. The primary school has its own LibGuides site and each year level has its own page.

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**INQUIRY ACTION GROUPS**

**FOSTER CULTURE OF THINKING**

By Ms Sue Arahill, Director of Teaching and Learning

**LIBGUIDES: SUPPORTING STUDENT LEARNING**

By Ms Nell Keen, Teacher Librarian
PACIFIC FLOURISHING WITH POSITIVE SCHOOLS MOVEMENT

By Mr Brendan Delaney, Director of Students

Following the professional development of staff on research associated with the Positive Schools movement, the Pacific Lutheran College team is up and running for 2016.

The team includes teachers from across the College who met twice a term to oversee our whole school approach to student and staff wellbeing. An audit undertaken last year reflected that the College already has many Positive Schools practices in place. This is due to our focus on a positive approach to education, centred on the Lutheran values of love, justice, compassion, forgiveness, service, humility, courage, hope, quality and appreciation.

Positive Education is about learning to ‘flourish’. Flourishing refers to the experience of life going well. At Pacific, we draw on the traditions of Lutheran education as well as the research associated with positive psychology to support people to engage in everyday life with real positivity and hope. Flourishing is a term that grew from Dr Martin Seligman’s research and is synonymous with a high level of mental wellbeing.

The Positive Education model involves all members of the College community. Attention to research in this area will deepen our capacity to foster a strong sense of commitment and belonging to the College and enrich a culture that promotes positive emotions, effective learning and social responsibility.

In Term 1 students and staff looked at the ‘P’ in PERMA, which stands for Positivity. The focus included understanding ways to strengthen positive emotions and mindfulness. In Term 2, the focus was on the ‘E’ in PERMA, Engagement. We recognised that our teaching and learning approach already focuses on providing opportunities for deep engagement. Staff and students also reflected on flow, curiosity and interest, creativity, passion and motivation as a means to enhance their personal engagement.

Our overall goal as a Positive Schools team is to further enhance the positive College culture with wellbeing a central tenet of our education.

PACIFIC STAFF STEP UP TO THE CHALLENGE!

By Mrs Tanya Crooks, Director of Staff

From Wandering Wildebeests to Pouncing Pandas, from College Principal to Teachers and Support Staff, more than 60 Pacific Lutheran College staff members embarked on a 10,000 Step Challenge earlier this year. An initiative of the Staff Wellbeing Team, the challenge encouraged staff to support their wellbeing through a fun, social and ever so slightly competitive activity. In teams of five, staff created fun team names and banded together to see who could walk the most steps.

Organised through Step Safari, the aim was for each team member to walk at least 10,000 steps every day for a total of six weeks. To help motivate walkers, steps were tracked electronically and individual and team progress was mapped on a virtual African safari walk from Pretoria to Bwindi National Park.

So why would staff participate? Mrs Lu Pollard said, “I have loved the challenge. I am walking weekly with my teammates around the gorgeous headlands. It has benefitted my whole family, as we are now walking and talking more regularly. The most impressive result has been that my young children are now reading numbers to the thousand, or at least attempting to.”

Others just liked that it motivated them to exercise more, like Ms Anthea Brighton who shared, “I have participated in this challenge a number of times at other workplaces. It gives me that extra motivation to get outside and do the hard yards. It really helps me to maintain a better balance and gives me more energy. It also brings fun into work as we laugh our way through the challenge.”

In total, Pacific staff walked more than 33 million steps over the course of the challenge. We hope that this will be the first of many years that our staff and other community members participate in the 10,000 Step Challenge.

Go you good thing!
In 2016, the Sunshine Coast Council partnered with Telstra to launch the inaugural Mayor’s Telstra Technology Awards.

The challenge was open to secondary schools on the Sunshine Coast and required students to think about a current need and develop a solution using technology. After submitting a PowerPoint presentation on their project, 10 teams of students from the region were chosen as finalists.

Two teams from Pacific Lutheran College were among the finalists – the Surf Tracker’s and the Musical Maestro’s. Luke Morris (Year 10), Nathan Heinz (Year 9) and Jacob Cross-Pitcher (Year 9) made up the Surf Tracker’s who proposed a GPRS tracking device for surfers to wear, ensuring rapid recovery in an emergency situation. The Musical Maestro’s, comprising Keaton Dines and Ryan Lancaster (Year 10), proposed a set of musical steps which, when stepped on, would play notes like a piano keyboard. The steps aimed to provide a healthy option to escalators, encouraging exercise and energizing the walking experience.

Over eight weeks, the teams attended rigorous mentoring sessions at Sparks Bureau where they learned to market their ideas and develop them into a viable business case. For the final stage of competition, the teams presented a video of their completed ideas and participated in a Q and A session from a panel of four judges.

The Surf Tracker’s were presented with a collaboration award and tickets to an entrepreneurial event. The Musical Maestro’s came third place overall, which was a wonderful achievement. They won a $500 JB Hi-Fi gift certificate and a gaming laptop for the College.

We extend a huge congratulations to the five students involved in the challenge. They all put in many hours of their own time to develop and present their ideas. We also thank the families of all the contestants for their support and encouragement of our young people.

We are looking forward to next year’s competition with bigger and better ideas.
The Pacific Academic Challenge and Enrichment (PACE) program’s latest project is helping students build a bridge to a brighter future.

Up to 45 students from Year 6-9, who are part of PACE’s Science, Technology, Engineering and Maths (STEM) group, have taken up a challenge that combines creative thinking, teamwork, planning and decision making.

They met during the term on Thursday and Friday mornings to design, build and test model bridges to give them greater insight into the world of engineering. This began in the computer lab using simulation software that allowed students to design and cost their planned structures.

Their visions moved from imagined to real with the help of Pacific’s Head of Industrial Design, Mr Ian Learoyd, who gave direction on how to construct sturdy models.

The project, led by Mrs Claire Richards, also presented an opportunity to experience the University of the Sunshine Coast’s world-class Engineering Learning Hub (ELH), including a visit to its visualisation studio. Students marveled at the CAVE2, which provides a panoramic immersive 3D virtual environment and is one of only four in the world. They also heard an inspiring talk from the Head of Engineering about the future of robots, robotics and mechatronics.

This PACE opportunity runs for Term 2 and 3 and three groups from the Year 8 and 9 students will be representing Pacific at an engineering competition in Brisbane where they will submit their bridges, for strength and load testing.

Three groups from the Year 8 and 9 students will be representing Pacific at an engineering competition in Brisbane where they will submit their bridges, for strength and load testing.
The Pacific Lutheran College library is not just about books – it is a vibrant, exciting centre of the community where there is always a new celebration, activity or display.

One of the ways that the library engages students is through running clubs during lunchtime and after school. Currently, we have five clubs that cater for different year levels and student interests.

Our MakerSpace is an area where students can be creative and get hands-on with technology and craft. In our MakerSpace we have electronics such as LittleBits and snap circuits; micro-computing such as MaKey MaKey, Raspberry Pi and Arduino; construction kits such as Meccano, Goldiblox and Makedo; and a huge range of craft and sewing materials. The MakerSpace is available for student use every day and a set activity is run each Tuesday during lunchtime. So far this year, activities have varied from jewellery making to preparing homemade lemonade.

The Minecraft Club is the most popular of all our clubs and runs on Wednesday during lunchtimes. There are only 28 computers and the space fills up very quickly. A Chess Club is also run in the library once a week, although chess sets are available for student use every day.

Choc-Lit is our senior reading group, which meets on the first Thursday of the month. Students discuss the books they are reading and hear about new books, all while eating chocolate. It’s a very civilised way of spending a lunchtime!

Pacific is also a member of Code Club Australia and we run a Code Club on Wednesdays after school. Students learn skills of the future, using programs such as Scratch, HTML, CSS and Python to learn how to write computer code and create games and websites.

"One of the ways that the library engages students is through running clubs during lunchtime and after school. Currently, we have five clubs that cater for different year levels and student interests."
The moon shining high over the Middle College oval provided the perfect backdrop for Pacific Lutheran College’s second annual Jazz Evening.

The Hospitality and Music Departments joined together to showcase their talents. Delicious food and smooth jazz tones combined to create an amazing cultural experience for the community.

Supported by the Friends of Pacific, the evening was designed to bring families, friends and students together to celebrate the accomplishments of the College’s senior students.

This year, the Pacific Lutheran College Jazz Ensemble was joined by a number of senior students including Charlotte Empson, who performed a duet with Mr Adrian King and the students Rachel Kearney, Tasha Lee and Steeley Reid. A number of College staff also performed including Mrs Tanya Crooks, Mrs Aleisha Tuaine and Mrs Jenna Woodforth. Some of our Instrumental Music teachers even formed a Jazz trio – Mr Ed Bettega, Mr Adrian King and Mr Nelson Oakley.

The guests also enjoyed the delicious foods prepared and served by the Year 11 and 12 Hospitality students, overseen by Mrs Colleen Beattie and Mrs Rhana Holt. A popular treat on the menu was the cheese platters, which featured Camembert cheese made by the Year 11 students.

With a variety of food and wine on the menu, the senior Hospitality students excelled in showing their flair for welcoming and serving others during this community event.

With such inspiring talent from the students involved, we can’t help but already be excited for next year’s Jazz Evening.

In Term 2, Year 4 students explored the art works of the early Australian explorers. The topic linked in with their History and English units. Reading articles from the book titled ‘Upside Down World’ by Penny Olsen captured their interest.

For her book, Penny Olsen had collected old stories about newly discovered New Holland animals that were bizarrely or badly illustrated, described eccentrically or exaggerated.

The students saw our current world through the eyes of Australia’s early explorers and settlers, who had settled into the topsy-turvy world. “A land of contrarieties where the laws of nature seem reversed… Where the swans are black and the eagles white; where the kangaroo, an animal between the squirrel and the deer, has five caws on his fore paws, and three talons on its hind legs, like a bird, yet hops on its tail” (Reverend Smith 1816). It was even penned in an 1840 scientific society minute book that “all things are queer and opposite”.

With the stage set for their own adventure as early intrepid explorers, the students researched the native animals of Australia today. Their task was to develop a new hybrid species from this research documenting its characteristics, habit, diet and location. It was a delight to see their imaginations work overtime as they sketched, wrote notations and eventually developed a dry point etching plate to print an edition of prints. Their prints were placed into their own individual artists book for sharing, replicating the early explorers own documentation of facts to share on their return to England.
Earlier this year, an inspired cast of 34 Pacific Lutheran College senior students dedicated their production of ‘To Kill A Mockingbird’ to the memory of the late Harper Lee. The play was based on the Pulitzer Prize winning novel and set in America’s Deep South during the 1930s.

In the play, Jean Louise Finch recounts her childhood, bringing alive characters from the past in a vivid, warm and tangible tale at a time when Afro-Americans were oppressed and abused. The themes of discrimination, justice, mercy and forgiveness resonated throughout the powerful stage production. The talented cast delivered the emotive and compelling story in such a way that bought many of the audience to tears.

A range of music entwined throughout the play served to heighten the emotional content, the drama and the humour, adding depth to the sad events leading to the conclusion of the play. As a special addition, the second act began with a haunting solo performance of Billie Holiday’s ‘Strange Fruit’.

The cast were sent many accolades and congratulations, with one member of the public commenting, “It was sensational! It was one of the best plays I have ever seen”. 🙌
This year, Pacific Lutheran College established a Garden Club, which plays an important role in promoting a culture of healthy eating amongst students, families and staff.

The Pacific Garden Club aims to:

- Promote good nutrition and nutrition education;
- Market gardening for learning;
- Enhance the school environment;
- Involve the family and community in the practice of organic gardening; and
- Develop life skills and assist in caring for the free-range chickens.

So far, the garden is thriving and students are enjoying being involved. Under the guidance of Mrs Monica Napels, Mrs Sue Zweck and Mrs Colleen Beattie, students have planted a variety of leafy greens including lettuce and kale, essential herbs and garnishes that can be used in the Hospitality kitchen and winter vegetables such as baby carrots, broccoli, cauliflower and radishes. Students have also planted a potato bin and enjoyed seeing the growing process week after week. In addition, an orchard has been planted and we look forward to the future where students will be able to see the seasonal change in these plants.

In the Junior College, students actively check on their hard work and relish in the visible growth week to week. Understanding the importance of good soil, mulch, watering and tender love and care are just some weekly topics of discussion.

Feel free to come and have a walk through our garden space and visit our friendly free-range chickens.

In many classrooms, two bins are provided for recyclable waste and non-recyclable waste. 

“So far, the garden is thriving and students are enjoying being involved.”

By Mrs Colleen Beattie, Garden Club Coordinator

By Mr David Druery, Head of Staff and Students P-5
Since forming a sister school relationship with Seishin Gakuen in Japan in 2004, Pacific Lutheran College is excited to launch its new exchange program this year. The program includes one-term inbound and outbound student exchanges between the two schools. In Term 4, two Pacific Year 10 students will study in Japan and in Term 3, the College hosted two Seishin students.

A sister school relationship provides valuable opportunities for students to develop their cultural awareness, both of their own culture and others, and allows for a real purpose to establish communication in the target language. Over the past 10 years, Seishin and Pacific have enjoyed nurturing lifelong friendships between staff, students and the wider community through the biennial one-week visits to each other’s cities and schools. This lengthier experience will further expand students opportunities for growth in their study of culture and language.

In Term 3 this year, we again welcomed 20 students from Seishin for their one-week stay at Pacific. Two of these students stayed on to continue their studies abroad with us and experience school life on the Sunshine Coast. Students at Pacific benefited from the opportunity to host and learn alongside these inbound exchange students.

“A sister school relationship provides valuable opportunities for students to develop their cultural awareness.”

The outbound exchange program is open to any Year 10 student who is studying Japanese. It will provide an amazing opportunity for students to develop strong intercultural understandings and apply what they have learned in the classroom in an authentic setting to grow as international citizens.

We look forward to entering this exciting new phase of the sister school relationship.
Jesus said, “For I was hungry, and you gave me something to eat; I was thirsty, and you gave me something to drink; I was a stranger, and you invited me in; naked, and you clothed me; I was sick, and you visited me; I was in prison, and you came to me... Truly I say to you, to the extent that you did it to one of these brothers and sisters of mine, even the least of them, you did it to me” (Matthew 25:35,36,40).

This passage became the provocation from which our Early Learning Service sort to support another community in need. Through our emergent curriculum, the children discussed Jesus’s Lenten Journey. The children were very interested in the scriptures around helping others. This sense of service in everyday life was very real to our little learners as the children explored ways to be of service at home, at kindy and in our wider community.

During Lent and over the school holidays, the Early Learning Service, in conjunction with the Outside School Hours Care Service, raised money to offer a Gift of Grace from our community to a community in Burundi. The Gift of Grace is a program of the Australian Lutheran World Service (ALWS). Burundi is a landlocked country in the African Great Lake region of East Africa and is struggling to immerse from a 12 year ethnic based civil war.

Families were asked to donate change or to make a larger donation to the Gift of Grace Account at the College. In total, we raised $541 to purchase a pig farm. More details about the gift can be accessed at: http://www.alws.org.au/index.php/gifts-of-grace/pig-farm.html.

We are hoping to reach out to the community and receive regular correspondence from the ALWS. Thank you again to all the families who participated and to the families who donated twice to get us to our goal.
In December last year, nine students, two parents and two staff members completed an 18-day traverse of New Zealand’s South Island from the west coast to the east coast.

Poor weather had a major influence on the first several days with rapidly rising rivers and sleet halting our progress. The first three days of tramping from Arthur’s Pass to Kiwi Pass were particularly hard. Long days with heavy packs became the norm for the group, but we were rewarded with beautiful scenery, great mountain biking and a wonderful group of people to share the adventure with. There were several days of very cold and rainy weather and whilst crossing Fowlers Pass, the group tramped through a snowstorm!

Over the trip, the group hiked or mountain biked across eight alpine passes, all over 1000 meters high. The troupe completed the journey exhausted but with a real sense of accomplishment. The expedition included 126kms of tramping, 97kms of mountain biking and 270kms of rafting. There were many highlights along the way but the standout was the five days of rafting down the Clarence River.

The College community and the families of the students who attended can be very proud of the way in which the young adults handled themselves. All families were amazed at the growth of our young people over the journey. The expedition video can be viewed by visiting: https://youtube.com/watch?v=3ZzNzED2s0E. It is hoped that the College will undertake another adventure in New Zealand in 2017.

The College community and the families of the students who attended can be very proud of the way in which the young adults handled themselves.
Each Tuesday, as the sun has risen and the dew was still laying heavily on the grounds, more than 100 Pacific Lutheran College students were warming up to participate in the College’s weekly running club.

The running club aims to develop each runner’s personal abilities and foster their love of running and fitness. Every week these committed students participated in a variety of activities to develop running skills, core strength, speed, agility, strategy and mental aptitude. Students participated with a very positive manner, striving to do their best and encouraging each other to complete multiple sprints or endurance activities – even when they felt they couldn’t take another step!

The running club has also been very fortunate to have some experts visit and take a variety of sessions. Students have learnt new running concepts such as canter (running speed), balance and race strategy.

As a celebration and culmination to our commitment to running, students participated in the Sunshine Coast marathon in August.

This year there has been a number of changes to the format of the Sunshine Coast Independent Schools Sport Sports Association’s (SCISSA) junior competition.

Since its inception in 2003, SCISSA has provided sporting opportunities for both primary and secondary independent schools on the Sunshine Coast. Historically, students in the junior competition (Years 4-6) had the opportunity to participate in weekly sporting fixtures against the other independent schools each Thursday.

This year, the competition changed to a Gala Day model. Under this model, students participate in two trial games throughout the term and then play in a round-robin style Gala Day against other SCISSA schools at the end of each term. In Semester 1 this year, students could choose from the following sports:

- Boys Soccer
- Rugby Union
- Boys Basketball
- Girls Touch Football
- Netball
- T-Ball

Players were placed in divisions and played against other teams within these divisions.

Pacific teams have performed exceptionally well at the two Gala Days so far this year and students have enjoyed the opportunity to play in a carnival atmosphere. There are a number of Pacific teams who placed first in their divisions in Term 1 and 2. Congratulations to:

**Term 1**
- Year 5/6 Soccer (A Division)
- Year 5/6 Soccer (C Division)
- Year 4 Soccer (A Division)
- Under 10 Rugby 7’s (B Division)
- Year 5/6 Touch Football (A Division)
- Year 5/6 Touch Football (B Division)

**Term 2**
- Year 4 Basketball (C Division)
- Year 5/6 Touch Football (B Division)

Well done to all students and staff who have worked well together to grow their individual and team capacities.
Since inception, sport at Pacific Lutheran College has grown from strength to strength. We have seen tremendous growth and achievements across a range of team sports and year levels. In 2016, we have also seen individual sporting success with a number of our athletes excelling in their fields.

In particular this year, two of Pacific’s top athletes have been greatly rewarded for their effort and commitment over the past 12 months.

JAKIE HYNES took up triathlons only 18 months ago and has experienced a very rapid rise to success. This year, Jake participated in his first full triathlon, the internationally renowned Mooloolaba Triathlon, where he came first in a highly competitive field. He was then selected in the Queensland triathlon team to compete at the National Triathlon Titles. Jake finished in 8th place at the National Titles, which is a huge success especially considering he was competing in an older division. Jake has also been invited to compete with the Australian Junior Team at the World Triathlon Championships in Mexico later this year.

KAYLEE MCKEOWN has swimming in her blood. Her sister, Taylor, won Gold in the 200m breaststroke at the 2014 Commonwealth Games and Kaylee is on track to follow in her footsteps after being selected in the Australian Junior Swimming Team.

Over the past 12 months, Kaylee has set and broken (her own) Australian records in the 200m backstroke time and time again. After dominating the pool at the 2016 Age Swimming Championships, she competed in the Open Australian Championships for Olympic team selection. Kaylee finished 4th in the 100m backstroke, only two places outside of Olympic selection. The rest of the year has been busy for Kaylee, who had national and international competitions at various locations including the Gold Coast, Tokyo, Canberra and Hawaii.

Pacific congratulates both Jake and Kaylee on their achievements and we wish them all the very best on their future sporting endeavours. The entire Pacific community is behind both of you!
I graduated from Pacific Lutheran College at the end of 2011 and began studying a Bachelor of Arts and Business with an Accounting major at USC. After completing my degree and working as a part-time financial assistant, I discovered this industry wasn’t for me and began to look for more. I applied to Monash University, in Melbourne, where I had always wanted to study. I applied through VTAC and was accepted into a double degree in Science and Arts, majoring in Climatology and Ecology and Conservation. I live on campus at Roberts Hall and was chosen to be a Residential Advisor (RA). As an RA, I help residents feel supported and welcomed in their new home and had the opportunity to meet people from all over the world. I also received a scholarship to study sustainability and conservation overseas in Italy. This subject focussed on renewing agricultural practices in the Cinque Terre and sustaining and retaining activities for the future. Next semester, I will be studying Tropical Terrestrial Biology and travelling to Malaysia to conduct research as a part of the course. Expanding my opportunities has made me grow as a person and to understand and value where I came from. I will be graduating at the end of next year and am planning further my studies through honours.

Since graduating from Pacific Lutheran College in 2010 I’ve had some great opportunities. After school I went straight to university and completed a Bachelor of Aviation at Griffith in Brisbane. After graduating and receiving my Commercial Pilots License, I was fortunate enough to be offered a job straight away and began working as a Flight Instructor at Archerfield Airport. After working there for 18 months I gained a job with Cathay Pacific Airways on the Boeing 777 based in Hong Kong. With Cathay I have had the opportunity to travel the world, flying to North America, Europe, Asia and back to Australia. Some of the greatest memories I have from Pacific would have to be from the Outdoor Education expeditions in Years 11 and 12, I still have the scar to prove it! In the future I look forward to travelling further and pursuing some volunteering projects in Cambodia, after seeing the amazing work that is being done there. I heard this quote while I was at school and it’s stayed with me ever since, “Be humble, be teachable and always keep learning”.

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Upon graduating from Pacific Lutheran College in 2012 I began studying a Bachelor of Environmental Science/Bachelor of Marine Science and Management at Southern Cross University on the Vice Chancellors Scholarship. A year into my degree though, I was being pulled towards my creative passions and wanted to be more active and engaged in working within our local community. After moving back to the Sunshine Coast I directed that creative energy into a growing side-project, Tidal Magazine. Tidal is an independent Sunshine Coast based publication made up of a huge assembly of young creatives. Now in our fourth year and fourth issue, Tidal has grown from a summer project to a globally recognised, independent publication and integral media source for young people. Alongside our bi-annual publication, we also hold events called Tidal Presents including backyard gigs, pop-up art shows, film screenings or label launches. In 2015, I was invited to speak at TEDxNoosa and have since spoken at a number of events and conferences throughout the state and down to Northern NSW and Sydney. Outside of Tidal, I work as the Marketing Manager for a natural skincare company and also freelance in marketing and design.

After graduating from Pacific Lutheran College in 2012, I went on to study at the University of the Sunshine Coast. I completed a Bachelor of Science through the Dean Scholars program, fast tracking the degree to just two years. During this time, I had the opportunity to complete a work placement in the sleep disorders unit at the Princess Alexandra Hospital in South Brisbane. I worked with patients, respiratory/sleep physicians and other sleep scientists to assist in diagnosing and treating patients with sleep related disorders. I graduated from university in early 2014 and applied for and received a job as a sleep scientist at Nambour hospital. While working as a sleep scientist, I continued to study for the medical school admissions exam, GAMSAT. After completing this exam, I am now undertaking the application process for medical school, in which I endeavor to study a Bachelor of Medicine and Surgery. During my spare time I continue to play soccer, travel, spend time with friends and attend and volunteer at Calvary and Suncoast church.

After graduating from Pacific Lutheran College in 2012, I am now studying a double degree in Arts (Design) and Business (Marketing) at the University of the Sunshine Coast. I have been fortunate enough to also gain employment in the industry as a part-time corporate designer and online marketer for local companies such as Fencescape Fencing and Gold Training. I am also continuing to compete as an athlete swimmer, training at the Pelican Waters Caloundra Swimming Club, following a specified program of swimming, gym, cardio and core training. At the 2013 Queensland State Swimming Championships, I won the gold medal in the men’s regional 4x50m freestyle relay, alongside younger brother and teammate, Kieran. I have also represented the university in swimming at the 2014 Australian University Games in Sydney, where I placed 7th nationally in the 200m freestyle final. As well as competing, I also assist with coaching the junior squad (8-12 years old), which I find extremely fulfilling and enjoyable. I regularly attend church services and volunteer at Calvary and Suncoast church. My brother and I also support Compassion, a group that seeks to free children from poverty in the name of Jesus, and together we are sponsoring a young child in Africa. I also enjoy time with friends and the Pacific Lutheran College community and continue to visit for significant events.
Since graduating from Pacific Lutheran College in 2014, I have commenced studying a double degree in Law and Science at the University of the Sunshine Coast. After graduating, I am interested in a career in the police force after graduating. Since finishing high school, I have continued to swim competitively and competed at the Australian Age Championships in Sydney last year, where I placed 21st in the men’s 17 and 18 years 100m freestyle. During my spare time, I enjoy going to the gym, catching up with friends and going to church services as I have become more in touch with my religious side. I also enjoy attending events at Pacific Lutheran College where I have the chance to catch up with teachers and peers.

KIERAN BERGS,
2014 GRADUATE

My life has changed significantly since graduating from Pacific Lutheran College in 2014 and I could not be happier. I am studying a Bachelor of Primary Education at the University of Queensland (UQ), which is something that I have always wanted to do. I am really enjoying my course as it is very intriguing and my lecturers are really inspiring people. To study this course at UQ, I decided to move to Brisbane and I live at The Women’s College, which is part of the university. Living at the college is definitely one of the most enjoyable experiences of my life. It has made moving out of home a lot easier, simply because it is a very supportive and nurturing environment. It can be a little hectic living among 250 females, but it is so much fun being able to bond and connect with other students and people from all walks of life. It is definitely an experience I will value forever and I would recommend college for anyone who is looking to move to Brisbane for university! Nevertheless, I would not be where I am today if it was not for the encouragement and support from the teachers at Pacific Lutheran College, they really do deserve a big thank you.

LANA RADEMEYER,
2014 GRADUATE

I graduated from Pacific Lutheran College in 2014 and immediately established my own filming and media business called ‘West Wide Productions’. While I was at school, I completed a Cert IV in Sound Production at TAFE and also undertook work experience at Win Local News, where I found my passion for filming, editing and media! Since starting my business I have completed film and editing jobs for major sports teams, athletes and corporate industries, free-lanced for Win Local News and many more gigs from weddings right through to the Firebirds grand final match last year. I have had the chance to travel Queensland and meet lots of people including famous sports athletes and well-known industry experts. Creating my business, building my brand and getting myself out there required a lot of time and work with many free hours. The support of my parents, family, friends and the College helped me get to where I am today. Currently, I work full-time job as the Media Manager for the Bulls Master, which basically combines all of my skills into one job that I love!

BRENDAN WEST,
2014 GRADUATE

We invite Pacific Lutheran Alumni who graduated in 2007 (pictured), to make contact with the College if you are interested in leading the organisation of your 10-year reunion event in 2017. Please contact the Middle/Senior College Administration Office on (07) 5436 7315. We look forward to celebrating this milestone with you.

GRADUATING CLASS OF 2007…

COMPASS REVIEW 2016