400km bike trip gave students good grounding

DRIVING rain and flooded creeks were just some of the challenges tackled by participants in Pacific Lutheran College’s annual mountain bike trip recently.

Trip co-ordinator Peter McMahon said the 17 mainly Year 11 students were accompanied by four parents and a former student.

The group coped with four days of rain in seven days, as they travelled almost 400km by mountain bike from Tenterfield to Boonah.

Adapting plans to suit the changing conditions was part of the learning experience.

Plans to include a four-wheel drive route involving 14 river crossings had to be abandoned due to flooding.

“The students are not passengers – they help organise and plan the trip. They had to contact farmers on the route to arrange access and they did the shopping,” Mr McMahon said. “The experience is designed to develop skills students will use in the future.”

The expedition took in highlights such as discovering World War 2 tank entrenchments built as part of the Brisbane Line defence system; visiting bushranger Captain Thunderbolt’s hideout cave; hiking up Bald Rock, the largest granite boulder in the southern hemisphere; and exploring the Boono Boono River cascades.

Parents were welcome to be involved in the trip, helping with safety and logistics and some chose to ride part of the route.

“Pacific Lutheran College welcomes parents involvement in all aspects of the school. It’s part of our culture now,” he said. “Last year we had two parents who rode the whole way on the bike trip and we are planning some outdoor weekend experiences for parents and students next year.”
Students tackle floods, rain on trip

Driving rain and flooded creeks were just some of the challenges tackled by participants in Pacific Lutheran College’s annual mountain bike trip recently.

Trip coordinator Peter McMahon said the 17 students were accompanied by four parents and a former student.

The group coped with four days of rain in seven days, as they travelled 380km by mountain bike from Tenterfield to Boonah.

Adapting plans to suit the changing conditions was part of the learning experience. Plans to include a four-wheel-drive route involving 14 river crossings had to be abandoned due to flooding.

The students helped organise and plan the trip and had to contact farmers on the route to arrange access, giving them skills they will use in the future.

The expedition took in highlights such as discovering World War II tank entrapments built as part of the Brisbane Line defence system. They also visited bushranger Captain Thunderbolt’s hideout cave, hiked up Bald Rock – the largest granite boulder in the southern hemisphere – and explored the Boonoo Boonoo River cascades.

Photos can be found on the college’s website: www.paclectures.qld.edu.au and go to outdoor education.
Pacific Lutheran College students are preparing for an adventure-packed year tackling the school’s most challenging outdoor education program yet.

Pacific has been developing its outdoor program, which helps grow self-confidence, fitness, problem-solving, and group work skills in a fun environment, over a number of years.

Camps are available for students from Year 3 to Year 12, with students rising to greater challenges and longer stays away from home as they climb through the year levels.

The Year 8s have recently returned from a successful camp at Lake Somerset, where they enjoyed many fun-filled activities.

Later in the year, the Year 12s will take on a whitewater canoeing expedition along the Nymboida River near Coffs Harbour in New South Wales. Their adventure will last eight days.

Year 10 students have been planning an epic, 15-day challenge in northern New South Wales in June. This will include mountain biking, hiking, canoeing, and a day of community service where students will work as volunteers, helping rangers count wildlife, cleaning parks, and helping prepare meals in a food kitchen.

Not to be outdone, the Year 11s will spend eight days of their September holidays riding from Tenterfield in New South Wales back home to the Sunshine Coast.

Perhaps Pacific’s greatest challenge will arrive in December, when a combined group of Year 10, 11 and 12 students, accompanied by staff and some parents, will take on 15 days of rafting, hiking and mountain biking through one of the most rugged and beautiful wilderness areas in the world.

The group, assisted by local guides, will make a 470km crossing of New Zealand’s South Island, from Greymouth to Christchurch.
Avatar comes calling

STUDENTS from the Year 12 visual art class at Pacific Lutheran College were inspired to create their own avatars by Noosa artist Judy Barrass.

The latest passion for Ms Barrass, from Backstudio in Noosa, is virtual art and she spoke to students about where art was heading and the exciting potential for artistic careers in areas such as animation.

Ms Barrass showed a virtual character, or avatar, she had created, known as Juanita Debaro, who existed only in cyberspace but had an existence as real as any other. She has friends, works, and makes art.

Pacific’s head of visual art, Denise McMahon, said it was a great experience for students to learn about the future of visual art in the cyber world.

Mrs McMahon said Ms Barrass had opened their minds to the diversity in media that artists could utilise.

“The students were amazed by what Judy is doing through her avatar Juanita,” she said.

UNREAL: Year 12 art students learn how to create their own avatars with Noosa artist Judy Barrass.

Students take up leadership challenge

PRINCIPAL Dr Bronwyn Dolling has announced the college captains for 2011 at Pacific Lutheran College.

The boys’ captains are Tobi Adu as captain, and Ryan McCully and Jericho Sayson as vice-captains, while the girls’ captains are Brigette Landers as captain and Sarah Cheetham and Brooke Musgrove as vice-captains.

“It is a credit to our student body that each year the student vote puts forward the students who emerge as strongest candidates for the positions across all aspects of the selection process,” Dr Dolling said.

Further student leadership positions will be determined in the coming weeks.

Students also participate in other important leadership roles with the Pacific school community via Pacific Action Groups.

The Pacific Action Group captains for 2011 are Academic: Michaela May and Claire Milligan; Culture: Courtney Hollindale and Cassie Sorrell; Spiritual and Service: Marisa Galli; Environment: Jake Bonnyman; and Pastoral Care: Savannah Lee-Hong.
Olympic dreams

Winter Olympian Chris Spring and junior kayaker Coco Howcroft start the 2010 Sport Star of the Year awards on a high.

Words: Fiona Welsh

The Sunshine Coast’s first Winter Olympian, Chris Spring, has been named winner in the 2010 TOGETHER WE GROW IN A BETTER TOMORROW IN THE PRESS

The boldest paddler around, at the half-way mark of the circuit, a former national winner, has already had a taste of Olympic greatness. "I feel so lucky," Chris says. "To be able to represent Australia in such a big event..."

Although the competition was tough, Chris feels confident of his chances. "I just want to make sure I’m prepared for the best, just in case," he says. "I’ve been working hard in preparation for this event and I think I’ve got a good chance of winning." 

Chris’ story is an inspiration to others, proving that with hard work and determination, anything is possible. "I’m proud of what I’ve achieved so far," he says. "I’m looking forward to the future and I hope to continue to grow as a paddler." 

The Sunshine Coast’s first Winter Olympian, Chris Spring, has been named winner in the 2010 Sport Star of the Year awards on a high. He is currently training hard for the 2010 Winter Olympics in Vancouver and is looking forward to representing Australia on the world stage.

Chris’ achievements have been recognized with his selection for the Australian team in the K1 500m and the K2 1000m events. He will be joined by fellow Coast paddler, Jake Pethybridge, who has also been selected for the team.

Chris’ success has been a long time in the making. He first started paddling when he was 11 years old and has been dedicated to the sport ever since. "I’ve always loved being on the water," Chris says. "I just enjoy being out there, paddling with my friends and exploring new places." 

Chris’ dedication and hard work has paid off, and he is now looking forward to the opportunity to represent Australia on the world stage. "I just want to give it my all and do my best," he says. "I’m excited to be part of such a great team and to represent my country on the world stage." 

Chris’ story is an inspiration to others, proving that with hard work and determination, anything is possible. "I’m proud of what I’ve achieved so far," he says. "I’m looking forward to the future and I hope to continue to grow as a paddler."
Ten Pacific Lutheran College students have been given a head start in developing skills that could help them pursue exciting careers in graphics, game design and animation.

The senior students have achieved a Certificate Three in Multimedia, coming in after school, on weekends and during holidays. They include Jeremy Smith, Jericho Suyson, Jessica Hughes, Peter Jackson, Robert Chapman, Sally Commins, Kezia, Turnbull, Mitch Woodward, Hollie Ryan and Ilona Lazareva.

Another four students are working towards a Certificate Three in Game Design which they hope to complete by mid next year.
Pacific Lutheran College

Pacific Lutheran College is looking to develop basketball as part of its growing sport culture.

A new multi-purpose building, expected to be under construction later this year, will be an integral part of the plan and the school already has one of the state’s most promising basketball coaches.

Pacific Lutheran College Head of Junior Sport, Mark Hauser, has been mentoring school and club basketball teams in the area for five years.

He recently coached the Sunshine Coast Regional Open Boys team to victory in the Queensland Championships held at Caloundra.

This was a first for an open boys’ team at that level and Mr Hauser’s side was rewarded with five players earning places in the Queensland squad to contest the upcoming national titles in Darwin.

Mr Hauser, who also has coached the Maroochydore-based women’s Clippers team for two seasons, said he enjoyed developing players and teams, and was looking forward to expanding basketball at Pacific.

“It’s a great game and we can’t wait for the new building so we can create more excitement and involvement in basketball here at Pacific,” Mark said.

Pacific’s Head of Sport Gary Graves said Mark was an inspirational coach who was a great asset to the school.

“His effort in helping the Sunshine Coast Open Boys win their first ever State title was awesome. We look forward to seeing what he can do with Pacific teams in the future,” he said.
Education that is 'whole-of-life' 

ESTABLISHED in 2001 in a picturesque setting, Pacific Lutheran College is a leading innovative and progressive P-12 learning community grounded in the values and traditions of excellence of Lutheran Education Australia.

As a Christ-centred community, Pacific Lutheran College has a strong focus on relationships and values. The college challenges its members to be highly skilled, hopeful, compassionate, tolerant, deep thinking, socially just individuals who have the confidence, knowledge, courage and flexibility to make a difference, both today and tomorrow, in their families, the wider community and globally.

An enthusiastic and capable teaching team, in partnership with parents, supports the development of the whole child through dedicated programs designed to support each child to grow in the intellectual, sporting, cultural, social and spiritual dimensions.

A strong differentiated academic program with an integrated use of ICTs aims to develop deep understandings that enable each child to reach their academic potential. Students are well supported for both extension and remediation, and comprehensive career planning begins in Year 9.

Excellent co-curricular opportunities in the sporting and cultural areas, and outstanding outdoor education and pastoral care programs support an enriching whole-of-life education.

Families are welcome to visit the college, which services the Caloundra, Kawana and Hinterland areas, by appointment. Phone: 5436 7300.
Gift of the gab

Cameron’s argument earns a spot in the zone competition

What would you say if you were asked – in front of a room full of strangers with a time limit of just two minutes – to articulate if Facebook had a positive or negative influence on social networking?

While many would consider boiling for the door, two 16-year-old students from Pacific Lutheran College proved they have the knowledge and determination to face any challenge.

Entering the Caloundra Lion’s Youth of the Year competition, Cameron Kirby and Jessica Lee faced personal interviews, two impromptu questions and delivered a prepared speech in the hopes of being elevated to the zone level on March 6.

The fresh-faced teens took on the challenges with gusto and demonstrated why they have become school leaders in their chosen fields.

Jessica, a PLC vice-captain, spoke on the impact our society has on children’s behaviour and Cameron, the captain of the Cultural and Performing Arts Pacific Action Group, advocated for equal arts coverage in today’s media.

PLC’s head of English Tinas Cox said the duo had followed a proud tradition of entering the competition.

“This is a wonderful opportunity for young people to share their ideas and have a goal to work towards,” she said.

The judging panel, consisting of National Australia Bank’s Rachel Townsend, Caloundra Golf Club’s Jason Lehner and Mike Wilkinson of Caloundra Tourism, had a hard time deciding between the two candidates.

But it was Cameron who succeeded, gaining a place to compete in the zone level at the Caloundra Golf Club on March 6 from 2pm. Cameron will join Orrumundi Kuranma Lions’ candidate Jodie Luke, and Racic Austen from the Beerwah club in zone finals.

PACIFIC LUTHERAN COLLEGE

SPIRIT: Pacific students get behind the Red Shield Appeal.

Students dig deep to help the Salvos

PACIFIC Lutheran College students have won praise for their great sense of community spirit in getting behind the Salvation Army’s recent annual Red Shield Appeal.

This year, students, their families and Pacific staff dug deeper than ever to help the less fortunate.

The school community answered a request for help from the Caloundra office of the Salvation Army, which was looking for donations of food and baby formula for struggling families.

Pacific’s director of students, Peter McMahon, said students across all year levels could not have been more enthusiastic about the project, and more than 1100 cans of food were collected, along with 51 bags of disposable nappies and 32 tins of baby formula.

“On top of that, 134 students, including 24 parents and five staff, were involved in the Doorknock Appeal, collecting in Pelican Waters, Currimundi and Kawana Forest.

“The tally for the morning was $6402, which was a great team effort.”

Mr McMahon said the school’s seniors had been inspirational, with more than half of the Year 12 body taking part in the doorknock.
Hellish hike is students’ idea of heaven

Kristin Shorten
SUNSHINE COAST BUREAU

WHEN the final bell signals the end of classes this year, a group of Sunshine Coast teenagers will put away their books, put on their hiking shoes and set off on the adventure of a lifetime.

The 19 Pacific Lutheran College students have been training since April for an epic New Zealand trek that will see them take on some of the world’s most rugged terrain.

The students, from Year 10 to Year 12, next month will hike 240km in sections across the Southern Alps, cycle 180km along the West Coast and raft 360km down the Clarence River in the name of outdoor education.

“I’m ready and excited for it,” said Year 10 student Taylah Burnett, 16. “There’s this four-day hike that Mr McMahon said is going to be insane.”

Outdoor education co-ordinator Peter McMahon, who has scaled six of the world’s highest peaks, said the students had trained for six months, covering up to 20km each session.

They even practised erecting tents under sprinklers in preparation for the West Coast’s wild weather.

Mr McMahon said the skills gained from the trip would equip the students for future challenges.

“It gives the kids an instant reaction for every decision they make,” he said.

“In a place like NZ, being lazy can really hurt them.

“Once they start hiking it’s the group versus the world.”
Japanese students visit Pacific Lutheran College.

Japanese students, one of the staff and students from Seishin Gakuen. “This being their third visit to the college, it was like welcoming old friends,” Dr Dolling said. “Pacific families opened their homes to the group and we thank them for their support.”

Dr Dolling said the bond between the two schools had grown immensely. Plans were also under way to establish longer-term student exchanges – of three to four months – between the two colleges.

Pacific Lutheran College

Japanese students who visited the Sunshine Coast have returned to their homeland with some of Australia’s culinary secrets.

The 20 students and staff from Seishin Gakuen College in Kashima City spent a week with their sister school counterparts at Pacific Lutheran College.

The visit occurs every two years, alternating with a Pacific trip to Japan, and always produces some memorable moments.

For the Japanese students, one of the treats this time was the opportunity to learn how to cook the Aussie food favourite – sausage rolls.

Perhaps not as healthy as sushi, but packed with fun.

No trip to the Sunshine Coast would be complete without a walk on the wild side at Australia Zoo and the Seishin students all were thrilled to see Australia’s famed native animals up close.

Pacific’s principal Dr Bronwyn Dolling said it was wonderful to be able to again welcome
GREEN TALK: Jessie Hughes will speak at the 2010 Sunshine Coast World Environment Day Festival.

Jessie to share vision

PACIFIC Lutheran College student Jessie Hughes has been honoured with an invitation to be a youth speaker at the 2010 Sunshine Coast World Environment Day Festival on Sunday.

The Year 11 student was asked to take part in the special day by university students Tammy Uecker and Jennifer Shortis, who are working with Susie Chapman from SEQ Catchments to co-ordinate the school section of the festival.

Jessie, who comes from an environmentally conscious family, has developed a passion for green issues, as well as art and drama.

Last year, as part of her visual art course at Pacific, she embraced the challenge to use art to help secure a brighter future for endangered species.

Pacific connected with Turtle Care Sunshine Coast, Lady Elliot Island conservationists and Sunshine Coast Regional Council in a project that saw students design T-shirts that highlighted the need to protect the area’s turtle population.

Jessie’s inspired work and enthusiasm drew praise from organisers and this led to her invitation to speak at the festival.

School communities have been asked to play a bigger role in the 30th anniversary of World Environment Day celebrations on the Sunshine Coast, which will be held at the University of the Sunshine Coast, Sippy Downs from 9am to 4pm.

Education is one of the main goals of the day and activities include Bug World, where the university will open its microscope laboratory to all bug lovers to explore tiny critters with enthusiastic experts from the Qld Museum. Also on offer will be the Geckoes Wildlife Show and information and talks about school gardens, sustainability and recycling.

The 2010 Sunshine Coast World Environment Day Festival will be held on Sunday, June 6 from 9am to 4pm at the University of the Sunshine Coast, Sippy Downs. The festival is hosted by the Sunshine Coast Environment Council, Sunshine Coast Regional Council, the University of the Sunshine Coast and SEQ Catchments Inc.

For more information, go to www.scec.org.au or contact the Sunshine Coast Environment Council on 5441 5747 or info@scec.org.au
Landcare is part of school studies
Students help revegetate depleted bushland

EIGHTEEN lucky students in Mr Dornan’s 6A class at Pacific Lutheran College (PLC) spent last Tuesday working, planting native trees and investigating the local waterways’ ecosystem at Moohobah River Catchment nursery with coordinator Jan Koshy.

As part of the Energex-sponsored junior landscape management project, the PLC students gathered macro-invertebrates in nets from sirrums and planted native rainforest species such as the birthing butterfly vine, Lemonade grass, choice trees and bleeding hearts to revegetate depleted bushland areas.

PLC teacher Mr Joe Dornan said the day’s activities were part of the students’ wider learning in studies of society and the environment.

“Last term they learnt about energy efficiency and renewable energy, and this term it’s about waterways awareness,” Mr Dornan said.

Moohobah River Catchment and Landcare coordinator Jan Koshy holds regular educational days at the organisation’s native nursery as well as visiting local schools and passing on the environmental awareness message.

“It’s important the kids learn about this stuff in primary school so they can make informed decisions later in life,” Ms Koshy said.

“We’ve planted between 30,000 and 40,000 trees a year over the last five years around the catchment area and the kids learn how they will help with them as they grow older.”

On the day, the PLC students planted nearly 200 native species, tested water quality and put their tiny invertebrate specimens under the microscope for identification.

Pacific Lutheran College Year 6 student Ollie Cheam and Landcare’s Jan Koshy look at a deceased fly close up under the microscope.

Pacific Lutheran College Year 6 students Sam Turner and Tasha Lee help Landcare’s Sharna Hall plant vegetation.
Pacific Five
Represent State
at Futsal Titles

FIVE students from Pacific Lutheran College represented Queensland last month at the keenly contested Football Federation Australia National Futsal Championships in Canberra.

Futsal is a thrilling, fast-paced indoor-soccer game played by two teams of five players.

The pinnacle event on Australia’s Futsal calendar is the national championships. This year, a total of 121 state and district teams from Australia, New Zealand and the Solomon Islands competed for championship titles, from under-10s to open men and women.

This week Pacific Lutheran College congratulated the five students for their efforts in representing Queensland at the championships. The students were: Caitlin Gilliman (Year 9), Jack Teit (Year 7), Tobi Adu (Year 11) and brothers Luke Roth (Year 10) and Nick Roth (Year 11).

Luke’s effort as goalkeeper was outstanding, considering he played against older competitors, joining his brother in the under-16 team.

The event was special for Caitlin Gilliman, who was captain of her team. Queensland fielded 12 teams at the 31st annual championships. NSW, which had 21 teams, dominated the event.

Pacific Head of Sport Gary Graves paid tribute to the five representatives, who he said had worked hard to achieve their sporting goals.

Top Class: Experienced football coach George Cowie.

Cowie Coup
For College
Youngsters

PACIFIC Lutheran College has pulled off a sporting coup by securing the services of leading soccer coach George Cowie.

Pacific has been steadily developing its soccer talent, and Cowie will further boost the prospects of players this year.

Cowie, the 2008 Queensland coach of the year, has been the Sunshine Coast regional director of coaching, the national Solomon Islands coach and technical director, the national under-23 Papua New Guinea coach and the Football Queensland technical manager.

Born in Buckie, Scotland, he has been based on the Sunshine Coast since 1998.

His playing talent led to him being signed by West Ham United as a 16-year-old schoolboy. A year later he was the captain of the Scotland under-18 professional youth team.

Cowie has been a coach since 1988, following the end of his playing career due to a serious knee injury.

Pacific Lutheran College’s head of sport Gary Graves said Pacific was thrilled to gain Cowie’s services.

“George will coach our open soccer teams this year and also run soccer clinics during the week for students aged from Year 4 to 12,” Mr Graves said.

“This is a great opportunity for young, up-and-coming players to learn skills from one of the best in the business.”
Great run for young Cameron

Cameron Kirby was carefully climbing the ladder to the top for the Lions Youth of the Year competition.

Sadly, his foot slipped off a rung at the district finals on March 27, ending his great run in the competition.

Cameron arrived bright-eyed and determined at the Caloundra Lions competition in February and won the chance to compete in the zone finals alongside Carrumnda-Kawana Lions’ candidate Jordie Luke, and Kacie Austin from Beerwah.

His quick-thinking for the impromptu questions and impassioned speech advocating for equal arts coverage in today’s media saw the captain of Pacific Lutheran College’s Cultural and Performing Arts Pacific Action Group through to the regional final at Bribie Island.

A win there secured his position in the district final, which covers from Chinchilla to Brisbane.

Up against five candidates from around the district representing 40 Lions Clubs and 60 schools at the Pine Rivers Bowls Club on March 27, Cameron was unable to continue his stellar run.

“Although an outstanding public speaker, this was to be his journey’s end,” Lions Club of Caloundra president Ian Collinson said.

“We wish him success in life as one of our previous Caloundra Lions Youth of the Year winners, Jarred Bleijie, found.”

Pacific Lutheran College

Pacific Lutheran College students have ventured across the Tasman to learn some sporting secrets from “the enemy”.

The Kiwis are a force to be reckoned with in both rugby and netball and that is why Pacific chose NZ for its inaugural “netball and rugby skill acquisition tour”.

A squad of 38 Pacific students, five staff and six parents took part in the program co-ordinated by the school’s sport development aide Parrish McLeod.

Nineteen girls from Years 8 and 9 were challenged to develop and expand their netball skills during a clinic at the New Zealand Institute of Sport and Rugby at Palmerston North.

A highlight of this was an inspirational clinic hosted by leading coach and former top-line player Nicole Dryden.

This included a strong emphasis on goal-setting, dynamic movement, core strength and attacking and defensive strategies. Pacific player Treanda Seaburn was full of praise for Nicole, who she said had opened her eyes to new possibilities.

“I learnt a lot of different skills and defensive moves. I have also worked out how to do netball movement in my head before I actually do it in the game,” she said.

Nicole, a player and coach of 30 years experience, thanked the Pacific girls for their efforts during the clinic.

Pacific is also looking to grow its rugby culture and a group of promising players signed up for the NZ tour. For them, the trip was just as inspiring and included interaction with highly skilled representative coaches.

They also enjoyed the challenge of testing their skills in matches against some Kiwi counterparts.

Pacific Lutheran College Principal, Dr Bronwyn Dolling, said the tour had been an exciting and rewarding experience for all concerned.

“The opportunity to learn about the culture of our neighbour was also an experience that was highly valued,” Dr Dolling said.
Macbeth with some modern tweaking

Fair is foul and foul is fair again as Pacific Lutheran College presents William Shakespeare’s Macbeth at The Events Centre Caloundra.

It will be “double, double toil and trouble, fire burn, and cauldron bubble” as Pacific’s 2010 senior drama production hits the stage in three bewitching performances.

There will be an evening show on Friday, May 21, from 7.30pm, and a matinee and evening performance on Saturday, May 22, at 1.30pm and 7.30pm.

The play stays true to the original text of Shakespeare’s poetic tragedy, written between 1603 and 1607, conveying themes of blind ambition, fate, and treachery.

But the script has been pruned slightly to appeal to modern audiences and will showcase live percussion and a selection of contemporary music, including hits from Wolfmother, Bloc Party and Allen Ant Farm. A cast and crew of almost 50 Pacific students and staff feature in the production.

Ticket: $20 adults, $15 student/concession and $60 for family (two adults, two children).

For bookings call 5491 4240 or go to www.theeventscentre.com.au

The cast of Macbeth directed by Janine Delaney.

PHOTO: CONTRIBUTED

Students turn back time

HISTORY came to life at Pacific Lutheran College when Year 8 students and staff immersed themselves in a medieval day.

They came to school dressed as knights, ladies, lords, jesters and peasants and there was even an executioner.

A highlight of the day was a visit from trained re-enactors from the Marxbruder Historical Fight School, based at the Abbey Museum of Art and Archaeology at Caboolture.

“Sir Michael” and “Lady Judith” revealed what life would have been like in medieval times.

Pacific students were treated to a sword fight demonstration.
**Mentoring for ‘tweens’**

PACIFIC Lutheran College has implemented a special program for Year 6 and 7 students.

“Students at this age are looking for something more in their education,” school principal Dr Bronwyn Dolling said.

The specialised program expands the curriculum that students encounter in Years 6 and 7. It has a high level of academic rigor; incorporates opportunities for community service, learning and leadership beyond the school, and provides careful attention to the spiritual, social and emotional development of children through an integrated Christian studies, outdoor education and personal development program.

“The ‘tween years are particularly important for young people as they begin to mature and show greater levels of independence but still are very reliant on the guidance and mentoring of parents, teachers and other adults in the community,” Dr Dolling said.

Mentoring helps them to grow as proactive citizens who recognise that they can make a difference.

*Photo: 5438 7300.*

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**Sushi swapped for sausage roll taste testing**

JAPANESE students visiting the Sunshine Coast last week have returned home with some of Australia’s culinary secrets.

The 20 students and staff from Seishin Gakuen college in Kashiwa City spent a week with their sister school counterparts at Pacific Lutheran College.

The visit occurs every two years, alternating with a Pacific trip to Japan, and always produces some memorable moments.

For this year’s students, one of the treats was learning how to cook the Aussie food favourite – sausage rolls.

They also took the time to reveal more about their culture by running workshops in Japanese dance, origami and Kendama, a traditional game from their homeland.

Pacific’s principal Dr Bronwyn Dolling said it was wonderful to be able to again welcome staff and students from Seishin Gakuen.