



## Every Kid Needs a Champion

This week I was forwarded a powerful presentation about the gifted educator, Rita Pierson. Rita is a third generation teacher who has championed education in the United States for those who can least afford it. In a recent TED presentation, she said,

“Teaching and learning should bring joy. How powerful would our world be if we had kids who were not afraid to take risks, who were not afraid to think, and who had a champion? Every child deserves a champion, an adult who will never give up on them, who understands the power of connection, and insists that they become the best that they can possibly be.”

(The full clip can be seen at [http://www.ted.com/talks/rita\\_pierson\\_every\\_kid\\_needs\\_a\\_champion.html](http://www.ted.com/talks/rita_pierson_every_kid_needs_a_champion.html))

As I heard these words, I was reminded of our own need for a champion, even BIG kids. Someone who never gives up on us, no matter how many times we stumble and fall. Everyday, day after day, God reaches out to us and gives us a fresh start to face the world. What comfort it is to know that we have someone who is in our corner to insist that we become the best that we can be.

## Principal's Log

For the later part of this week, Dr Bronwyn Dolling has been in Adelaide as part of a special working party for Lutheran Education Australia. This group is looking at future leadership

development models for our system and hopes to make some recommendations on how Lutheran schools can move forward

**Postal**  
PO Box 992  
Caloundra, Qld 4551

**Location**  
Woodlands Boulevard, Meridan Plains 4551  
(via Erang Street, Currimundi or Kawana Way)

**P** 5436 7300  
**F** 5436 7301  
**E** admin@paccluth.qld.edu.au

Visit [www.pacificlutheran.qld.edu.au](http://www.pacificlutheran.qld.edu.au)

in this area. We look forward to Dr Dolling's safe return and learning more about her experiences in the weeks ahead.

This week has seen a myriad of Pacific co-curricular offerings. On Wednesday afternoon, Year 7-12 students participated in volleyball and soccer games against local Sunshine Coast schools. The energy and enthusiasm in the Pacific gym by players and spectators enhanced the Open Boys' success against Matthew Flinders Anglican College. Congratulations to Mr Gary Graves and Mr Mark Hauser for raising the profile of volleyball at the college.



On the same night, in another co-curricular experience, Mrs Janine Delaney, Year 11 and 12 Drama students and support staff enjoyed a night at the theatre to watch the production of *Cosie*. In addition, rehearsals for our upcoming senior production are taking place during the lunch times and on Thursday evenings. These are some of the great opportunities for our young people here at Pacific.

Congratulations to the Staff Volleyball team of Mr Gary Graves, Mr Mark Hauser, Mr Darren Lawrance, Mr Shane Jurecky and

Mr Darren Hooper who defended their title against a group of talented Year 12 students. In a closely fought game, the staff came out on top, 2 sets to 0. A special thanks to all the students who turned out to cheer and Mrs Leigh Drogemuller for umpiring.

*Mr Shane Jurecky, Director of Staff*

## Daily Bread

### Getting Ready Not to Tell! . . . It's Shrove Tuesday!

Next Tuesday is Shrove Tuesday. This is one of those quirky traditions we have from Christian Europe. As Christian villagers prepared for Good Friday and Easter Sunday, they spent 40 days of the *Lenten Season* going through some kind of fasting. People "gave up" things for lent and it was usually in the form of food stuffs. These days people give up things like chocolate or coffee or whatever might help them to daily remember the love of Jesus shown in his death and resurrection.

Just prior to the season of Lent in traditional European villages, people celebrated *Mardi Gras* or *Greasy Tuesday*. This was the day to use up particularly fatty foods in preparation for the 40 days of fasting. Here in Australia, we have had *Shrove Tuesday* passed onto us in the form of *Pancake Tuesday*.

This festival is next Tuesday, 4<sup>th</sup> March. I encourage Pacific folk to take up the opportunity to make pancakes on that day. Then in your feasting, consider the fasting. What food stuff or other luxury could you set aside for the next 40 days – so that you can remember the suffering, death and resurrection of our Lord?

The key in all of this, according to Matthew's Gospel, is to not tell anyone about what you have given up. So the extra challenge is to make your fasting a private act of faith known only to the Lord God and yourself. Jesus said, "But when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret." (Matthew 6)

Happy Shricing on Shrove Tuesday.

*Pastor Paul Smith, College Pastor*

## From the Director of Students

The concept of mindfulness is a real buzz word in modern Western psychology. Modern life and our general busyness make it more and more difficult for people to turn off the mental noise or the stream of thoughts that seem to flow incessantly through their heads. In schools, mindfulness is also seen as a key way to settle students and focus them on their academic studies. The concept of mindfulness is really ancient”.

Recent research by a University of New South Wales team has defined mindfulness as the passive observation of internal and external stimuli without mental reaction. According to their research, mental noise distracts you from the task at hand. For example, making you forget why you walked into a room or keeping you awake at night. They argue that mindfulness has a useful role to play in health and wellness as it changes the pattern of brain electrical activity. This in turn reduces anxiety and improves attention focus. These benefits are happening at a neurophysiological level rather than just being a suppression of emotions.

For school students, the research shows that they will benefit by being more focused and positive about the tasks they are completing. When students turn off unnecessary mental chatter they can also awaken hidden abilities in academic work, sport and creative pursuits.

Finally, a reminder that Brett Lee, Cyber Safety expert, will be at the college on Tuesday, 11<sup>th</sup> March and that he will be working with students and staff. There will also be a session for parents on Cyber Safety run by Brett at 7.00pm in rooms L4 and L5 on that evening.

*Mr Brendan Delaney, Director of Students*

## From the Head of Teaching and Learning K-5

### Nurturing a Love of Reading

For children today, reading books for pleasure has a lot of competition from many other pursuits, ones that seem to require less engagement for an instant excitement return.

Television does not require them to visualise scenarios or use their imagination as much and a video game has all the bells and whistles to be immediately absorbing. But books continue

to form the cornerstone of childhood education and development, according to Julie Wells, President of the Children’s Book Council of Australia (CBCA), and there is a large body of research to back this up.

“Nothing can fire up a child’s vivid imagination more than reading a book, or having one read to them, because it is their imagination that is creating the images from the words they’re reading”, she says.

“The academic and social benefits that come with enjoying reading have also been well documented. But for children it is the absolute joy they can find in reading that is so important.”

### Quantity or Quality?

Educators, authors and government types have all enjoyed putting a figure on how many books children should be reading, or how many a parent should be reading with their younger child each day.

In Australia, figures have been bandied around that parents should read five books a day to their little children, or at least for 10 minutes a day.

Well-known children’s author, Mem Fox, wrote in her book, *Reading Magic: Why Reading Aloud To Our Children Will Change Their Lives Forever* (Mariner Books), that children need to hear 1,000 stories read aloud before they learn to read themselves.

“That sounds daunting. But when we do the sums, it isn’t as bad as we might think”, she writes. “Three stories a day will deliver us a thousand stories in one year alone, let alone in the four or five years prior to school.”

“Reading aloud and talking about what we’re reading sharpens children’s brains. It helps develop their ability to concentrate at length, to solve problems logically, and to express themselves more easily and clearly.”

The benefits of reading have been shown over and over again in research. A German review of 146 international studies and 10,000 students found that children who read a lot end up higher on the social ladder.

An analysis of the research found that avid readers score higher not only on language and reading skills, but also on success at school and intelligence.

### Great Ideas for Parents

- Set aside a regular reading time to do comfortably at home. “This is a great habit to get into”, Wells says. “Turn off the screens and encourage your kids to read - or read to them. Kids will soon love the chance to escape into their favourite books.”

- Join your local library and visit as regularly as possible. This way children and their parents can peruse and devour a vast number of books, without the financial demand, while also having the chance to sample different genres and authors.
- Get an idea of the better books from school librarians and staff at the local children's bookshop. Wells says these people are fonts of knowledge about what children are enjoying and thriving on.
- Talk about books with your children. "Many children know what they like reading and at a young age know what authors they enjoy", Wells says. "Otherwise, talk to them about their interests and find books that match."
- Model good reading habits. Wells says research has shown that children who come from homes where reading material is easily accessible and whose parents read often are more likely to read for pleasure. "Maybe you're just reading a paper or your favourite magazine, but let your children see you read."

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

## From the Head of Staff and Students P-5

During both assemblies on Monday (in recognition of *Clean Up Australia Day* which is celebrated this weekend), I stressed to students the role each individual can play in keeping our environment litter free. Following assembly, many Year 3 - 6 classes have watched programs such as <http://www.abc.net.au/catalyst/stories/3583576.htm> detailing the degraded state of our oceans and the dangers to our health posed by the enormous accumulation of pollutants particularly plastics in oceanic food chains.

The environmental footprint of a school can be quiet large. When a large group of individuals gather daily in the one spot, the environmental implications for water usage, electricity and rubbish generation and disposal can be large. At the college, in an attempt to minimise our environmental impact, initiatives such as collection of rainwater, the generation of electricity through the use of solar panels, a strong emphasis on recycling and supporting sustainable and environmentally friendly forms of travel are important.

The amount of non-recyclable rubbish generated at the college is large. Much of this rubbish is generated from food wrapping associated with student's lunches. Much of this rubbish is plastic which does not readily break down and, unfortunately, can end up being washed into the ocean.

I would encourage parents to consider this when preparing food for lunches and morning teas. As a parent, I appreciate the convenience of snap lock plastic bags, plastic food wraps and fruit juice packed in tetra packs with attached straws wrapped in plastic and food presented in plastic bags.

Even though the students generally do a great job in keeping the grounds clean by placing litter in bins, unfortunately not all litter is placed or remains in bins.

There are alternatives for replacing much of the plastic used in lunches. Although the use of paper bags is not ideal, paper is certainly preferable to plastic. Re-usable stainless steel water bottles to carry juice in and stainless steel cutlery can be used instead of plastic. Re-washable Tupperware-like containers are great for storing fruit, yoghurt, spaghetti and, my favourite, baked beans in. There is some informative discussion on eco-friendly lunches at <http://www.youtube.com/watch?v=CJ9FXCbyUBM>. If every child's lunch contained one less piece of plastic per day, this would equate to over 160,000 pieces of rubbish removed from the environment annually. Remember every little bit helps.

### Parent / Child Communication

Last week I included in this newsletter some information regarding the importance of communication between parents and their children and three strategies designed to foster improved communication. Good communication helps children develop confidence, feelings of self-worth and good relationships with others. It makes life with them more pleasant and helps them grow into adults who have good feelings about themselves and others.

This week I would like to focus on "I" messages.

When speaking with your children, you should attempt to Use "I messages" to communicate your thoughts and feelings. "I messages" are statements of fact. They tell the child how his behavior makes you feel.

Often, children do not know how their behavior affects others. "I messages" are much more effective than "you messages" when the child misbehaves. "I messages" give the child responsibility for changing their own behavior. For example, if the adult says, "I see a dirt smudge on your face," they are giving the child the responsibility to do something about the dirt smudge. "I" messages are important because:

- They are found to be very effective in influencing a child to modify unacceptable behaviour.
- They are healthier for child-parent relationship.
- They are much less apt to provoke resistance and rebellion.
- They honestly communicate to a child the effect of their behaviour on you.

- They place responsibility within the child for modifying their behaviour and help a child grow.
- They influence the child to send similar honest messages whenever he has a feeling.

When constructing an "I" message:

- Describe the behaviour that is interfering with you, just describe; do not blame.
- State how you are feeling about the consequence the behaviour produces for you.
- State the consequence.

NB "I - Messages" focus on you, not the child and do not blame anyone. Examples of "I" messages include:

- I need help picking up now.  
*Clean up your mess.*
- I don't feel like reading a story when I'm tired  
*You are a pest, leave me alone.*
- I sure get upset when I see mud on the floor.  
*You ought to be ashamed at the mess you made.*
- I can't hear you with all that screaming.  
*Be quiet / stop yelling.*
- I don't understand.  
*What a stupid thing to say.*

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



## Students of the Week

Stars of the Week - This Week Monday, 24<sup>th</sup> February

<b>Prep</b>	Talys Warriner	Isabella Jeha
	Joe Playford	Annie Hentschel
<b>Year 1</b>	Benji Vergens-White	Austin Lauritzen
<b>Year 2</b>	Imogen Hitchcock	Madeline Nolan
	Josie Copley	Hayley Barrett
	Luke Harrys	
<b>Year 3</b>	Alex Lee	Chistian Schlotterbach
	Sam Swan	Nikita Gallagher
<b>Year 4</b>	William shingles	Jack Carmichael
	Alexander Johnston	Mikayla Cross-Pitcher
	Sierra Lauritzen	
<b>Year 5</b>	Kira Copley	William Allen
	Jayda Lowe	"Courage" Reading Group
	Noah Beasley	Kirra Langmead

## You Can Do It Awards

This Week Monday, 24<sup>th</sup> February

*Organisation:* Ruona Akporhonor

*Getting Along:* Zaice Mclachlan

*Resilience:* Macey Winter Oliver

## Food for Thought

### The Pursuit of Happiness

Research on positive psychology provides compelling evidence that individuals can increase their happiness by identifying and engaging in their signature strengths. The more we use these strengths, the more steadily we advance into the Good Life, a life of immersion, absorption and flow.

*Happiness is the meaning and purpose of life, the whole aim and end of human existence. - Aristotle*

<http://www.pursuit-of-happiness.org/science-of-happiness/?gclid=COTWmZO16LwCFURFpQodFJUAMQ>

Mrs Annie Williams, School Counsellor

## Uniform Shop and Tuckshop Go Cashless

Both the uniform shop and tuckshop now have “cashless” purchasing options. This facility is provided through Flexischools who currently do online order processing for both shops.

Using the cashless facility is simple:

**Step 1** - If you do not already have an account, register at Flexischools.com.au and log into your account.

**Step 2** - From the Flexischools homepage, select “Add a Student” and complete the details

**Step 3** - As part of the student set up, you will be taken to the card option page. Select “I do want to link a card to the system” and add the six digit student number as recorded on student ID card.

**Step 4** - Top up your account with the required funds.

For existing users of Flexischools online ordering system, simply click the set up card number link which is displayed next to each student in the My Students section and follow Step 3.

Once the above has been completed, students can pay for goods purchased at either shop, simply by presenting their student ID card. The cost will be charged to your Flexischools account.

---

## Japanese News

### Welcome Yume Sensei!

Pacific Lutheran College welcomes Miss Yume Takamatsu into the Pacific community. Yume Sensei will be staying with the Jessop family (Olivia Year 12) over the next four weeks.

A big thank you to the Jessop family for their ongoing support in hosting our Japanese Teacher Assistants. Let us make sure we make Yume Sensei welcome to our college!

*Mrs Michiko Hauser, HOD 6-12 Japanese*

---

## Library News

### Readers' Cup

Students in Years 6 and 7 are invited to nominate for the Readers' Cup competition. Teams of four students undertake to read the set books (five books for Year 6 and six for Year 7) between now and May. On Wednesday, 28<sup>th</sup> May students will compete against other schools to see who can answer the most questions about the books. The competition will be held at Immanuel Lutheran College at 10.00am for Year 6 and at 6.30pm for Year 7. Winners receive book packs, a trophy and the chance to compete in the state final. This is a great challenge to extend readers and to discuss books with like-minded students. Nomination forms can be collected from the library.

*Ms Nell Keen, Librarian*

---

## Up Close and Personal

Year 3 had the fantastic opportunity to get hands-on with a variety of native Australian animals on Monday as a part of their Science unit.

Gecko Wildlife brought in a wonderful array of animals that assisted us with learning about classification, habitats and caring for the environment, in a fun and interactive manner. The children were thoroughly engaged by the animals and information that Kirsten shared with us. They even had the odd privilege of having a carpet snake slither over their legs as it made its way back to its home.

Thank you Gecko Wildlife for your wonderful visit. If you would like to see more photos, they are on display outside of the Year 3 classrooms.





Year 3



Year 3P

## Community Service

Year 3P were concerned about the crow problem at Pacific and came up with their own unique solution to the problem. They decided to create a pirate scarecrow to scare away the crows. The result was Mr McHearty, who was presented to members of Mrs Illott's class as they appeared to have the noisiest crows nesting outside their room.

Year 3P proudly presented Mr McHearty this week at assembly and he was immediately hoisted into the tree outside the library and will perch there for the remainder of the week. He wears a sign reading, "Arghh! My name is Mr McHearty. Go away crows, this is a school NOT a party!"

Year 3P would also like to encourage everyone to take the time to place their rubbish in the bins provided as we need to take pride in our school grounds and help each other to keep it clean.

Thank you!

## Needles and Threads Club



Would you like your son or daughter to be able to sew on a button? How about learning how to sew a hem?

Students in Years 3, 4 and 5 are going to be given the opportunity to learn some 'old fashioned' sewing skills. Lunch time every

Friday, *Sewing Club* is going to be held in the spare Prep room from 1.00pm. On the agenda for this term, is making a "Sampler" which will include various stitches including Running Stitch, Blanket Stitch, sewing on a button, Cross Stitch, Hem Stitch, Lazy Daisy Stitch and more. All equipment will be provided.

If your child is interested, please get them to come and see Mrs Darr (at Learning Enrichment) or ask their teacher for a parent permission form, which needs to be returned by Wednesday, 5<sup>th</sup> March. Sewing Club will start next Friday, 7<sup>th</sup> March. Numbers will be limited to 20 so be quick!

*Mrs Julie Darr*

## Did You Know?

King George I of England could not speak English.

## Senior Drama Production 2014

### *The Resistable Rise of Arturo Ui* by Bertolt Brecht

38 talented and enthusiastic cast and crew members and several staff have begun the process of rehearsing this year's senior drama play; a savage, witty and visually exciting parable of the events which lead to the rise of Hitler, but cleverly re-contextualised by Brecht in terms of a small-time Chicago gangster's (Ui) take-over of the city's greengrocery trade.

The play involves a wide range of characters, movement, parody and vaudeville and it will deliver a strong message about the way in which we live and act in the world of the 21<sup>st</sup> Century.

The play will be suitable for Middle College and upwards, so stay tuned for more information and keep your eye out for our posters around the school.

Put **Friday, 16<sup>th</sup> May** and **Saturday, 17<sup>th</sup> May** into your calendars as a date claimer for the show.

We would love to see you at The Events Centre!

*Mrs Janine Delaney, Director*

## PLC Mooloolaba Triathlon

### Introducing the PLC Mooloolaba Triathlon Team 4



Taking on the run in this dynamic team is our newest member of staff, teaching Year 5, Miss Adrianna Schuster. Adrianna braved the Mooloolaba waters last weekend as a trial and is confident that she can out swim any hungry marine life! We wish her well.

Heading the bike leg is the impressive Mrs Virginia Schlotterbach. Not only can she ride 40km without any problems, but she can distract her competitors by singing in fluent Japanese as she rides on by. Virginia is a proud parent of three lovely children.

Lastly is the formidable Miss Karen Schultz. A hidden talent who did a personal best on her trial run last weekend. She is determined to blitz the event and is comfortable taking on "the hill".

This will be the first Mooloolaba event for all team members, so if you are free on the morning of Sunday, 16<sup>th</sup> March, come along and support PLC Team 4.

We are still looking for a swimmer for our final team. If you would like to keep Adrianna company on the swim, please email me and we can arrange it - [lpollard@pacfluth.qld.edu.au](mailto:lpollard@pacfluth.qld.edu.au).

*Mrs Lu Pollard*

## Music News

### Youth Music Workshop - Music Unpacked

Sunday, 9<sup>th</sup> March from 10.00am to 12 noon.

Eudlo Hall, Rosebed Street, Sunshine Coast Hinterland

\$40 per performer, \$15 observer. Morning tea included.

Book at [info@celldreaming.com.au](mailto:info@celldreaming.com.au) or phone 0415 128 799 [www.celldreaming.com.au/youth-music-workshop](http://www.celldreaming.com.au/youth-music-workshop).

Do you love music and play an instrument or the piano? Have you got music needing a polish ready for an upcoming performance or exam? Book in and participate in an inspiring performance workshop with the master musicians of Muses Trio. Private piano, violin and cello lessons are also available. Dedicated and passionate teachers as well as concert performers, a session can unlock your creative juices, hone your technique and develop your musicianship.

Open to students who have Grade 5 AMEB and above. Please supply piano accompaniment and book your performing spot before Wednesday, 5<sup>th</sup> March.

The workshop is designed to bring together talented string, wind and piano players in an inspiring, mentoring and informal performance experience.

Solo pianists, instrumentalists, piano trios, string quartets, chamber ensembles, music students or adult players looking for performance opportunities are welcome.

Bring your favourite piece, your quartet, music group or string ensemble or perform in a workshop environment, a masterclass, where you can polish your skills in an open and supportive lesson. Be inspired to take great musical leaps in a short time in a concentrated and engaging learning environment.

## Cello Workshop - Bach Unwrapped

Saturday, 22<sup>nd</sup> March from 3.00pm - 5.00pm.  
Eudlo Hall, Rosebed Street, Sunshine Coast Hinterland

\$40 per performing participant, \$15 workshop observers.

Two-hour performance workshop includes complimentary afternoon tea.

Bookings, phone 0415 128 799 or email  
info@cello dreaming.com.au.

Website: [www.cello dreaming.com.au/bach-unwrapped](http://www.cello dreaming.com.au/bach-unwrapped)

Unwrap Bach's iconic six suites for solo cello in this inspiring workshop. Perform and polish Bach in an open and engaging learning environment. Louise King will lead student cellists, lovers of Bach and the cello, through a rich and artful educational experience. Discover the art of interpreting the suites and discuss historical informed performance practice. If you have read *The Cello Suites* by Eric Soblin, this workshop is a must. Observers and teachers are welcome to attend. Cellists (minimum AMEB Grade 5) are encouraged to book and perform in the workshop. Younger students and lower levels are welcome to observe and learn.

Under the expert guidance of professional cellist, Louise King, the participants will perform a movement from the Bach Cello Suites in an open public workshop. Friends and family will have the chance to listen, watch and support your performance and development. This performance workshop is designed to provide a performance extension opportunity to capable and motivated cellists or amateurs. Topics discussed will be why teach and play Bach, baroque style, interpretation, bowing patterns, voicing, harmony and includes a short introduction on historical informed performance practice. Musicians, young or old, teachers or students, will benefit from hearing a different and refreshing outlook on playing Bach, how to get the most out of your practice and professional performance tips.

*Mr Adrian King, Head of Instrumental Music*

.....

## Sports News

### SECONDARY SPORT

#### District Swimming (Secondary)

Well done to our Secondary PLC swim team who competed at the Independent District Swim Carnival last week. It was great to see our team compete so well and at such a high standard. Many thanks to the parent volunteers who helped time keep all day.

Overall, Pacific finished fourth in the District (which is our best result in the history of the school), and we have seven athletes who were successful in making it into the Independent Zone swim team: Kieran Bergs, Kaylee McKeown, Riley Ekins, Ella Smith, Oscar Cluff, Skye Norris and Sarah Fleming. We wish them all the best for Regional selection next Thursday, 6<sup>th</sup> March.

Congratulations to Kaylee McKeown who was also named 13 year girl champion swimmer of the meet and also broke two District records (Backstroke - 32.79 secs and 200m IM - 2.40.12 secs). Great work!

#### PLC Sport

*Team of the Week* this week goes to the 11/12 boys soccer team who defeated Nambour Christian College 2 - 0 in the SCISSA soccer competition last week. They are currently undefeated and only have a few more games left before Finals at the end of the term. The 11/12 girls soccer team also had a great win over Matthew Flinders Anglican College and are looking good on the ladder for a finals berth as well. All the best this week for your games.

Congratulations to our volleyball teams as well who continue to improve and play well in the Wednesday after school competition. This week, all teams took on Matthew Flinders Anglican College at home, and next week play against St Andrews Anglican College at Peregian. All the best to all teams.

#### District Trials for Sport

District sport trials are heavily advertised in student notices and on Schoology a week and a half before the trials begin. Students who would like to trial for these teams MUST see Mr Hauser as soon as possible for a trial form. Next week there are trials for Open boys and girls basketball, soccer, hockey and golf; as well as 18 years rugby union, 15 years AFL and 18 years rugby league.

*Mr Mark Hauser, Head of Sport*

## JUNIOR SPORT

### Independent District Swimming Carnival

Last Wednesday, 40 Pacific Junior College swimmers made the journey up to Noosa Aquatics Centre for the annual Independent District Swimming Carnival. At this carnival, swimmers from the 10 independent colleges on the Sunshine Coast competed in various team relay events and individual strokes. Each college sent 3 - 4 swimmers per age event, with each event having 30 - 40 swimmers competing in a number of heats. Swimmers times are then used to determine the fastest competitors for each age group.

Pacific swimmers were outstanding on the day with a number of students placing highly in their chosen events. Listed below are the Pacific swimmers who finished in the top five for their events.

Oliver Frazer	4 <sup>th</sup>	11 years boys 50m freestyle
Jack Underhill	2 <sup>nd</sup>	10 years boys 50m freestyle
	2 <sup>nd</sup>	10 years boys 50m backstroke
	3 <sup>rd</sup>	10 years boys 50m butterfly
Aviva Kelly	1 <sup>st</sup>	9 years girls 50m freestyle
	1 <sup>st</sup>	9 years girls 50m breaststroke
	1 <sup>st</sup>	9 years girls 50m backstroke
	2 <sup>nd</sup>	9 years girls 50m butterfly
Jayda Lowe	1 <sup>st</sup>	10 years girls 50m breaststroke
	5 <sup>th</sup>	10 years girls 50m backstroke
Harry McLaughlin-Phillips	4 <sup>th</sup>	10 years boys 50m breaststroke
	4 <sup>th</sup>	10 years boys 50m butterfly
Tom Chapman	4 <sup>th</sup>	9 years boys 50m breaststroke
Jason Wulf	4 <sup>th</sup>	10 years boys 50m breaststroke

Another pleasing result on the day was Pacific won three out of the eight freestyle relays. The following teams finished first in their relays:

- 9 years girls (Aviva Kelly, Nikita Gallagher, Emma McEvoy and Amie Hague).
- 10 years girls (Jayda Lowe, Eliza Woods, Abbey Pukallus and Sarah Jones).
- 10 years boys (Jack Underhill, Jason Wulf, Harry McLaughlin-Phillips and Matthew Becker).

At the completion of the carnival, Pacific finished in fourth place overall which was a fantastic result for our swimmers. Congratulations also to Jayda Lowe and Jack Underhill who gained selection in the district swim team. They will be

competing next Tuesday at the Caboolture Regional Aquatic Centre. We wish them all the best for this carnival.



### SCISSA

Monday SCISSA training begins on Monday, 10<sup>th</sup> March. All students need to attend training from 3.15pm - 4.15pm on the weeks where there is a SCISSA round. SCISSA teams will be finalised by the end of this week.

### Kayaking

Lastly a kayaking note went home to all students from Years 4 -12. This was an information note for students who are participating in kayaking during SCISSA time. If your child is not participating in kayaking during this time but still would like to be part of this team, they are more than welcome to join in. There will be a second training session on Monday afternoons from 4.00 - 5.00pm. Students not in the SCISSA program can attend this session with Mr Graves.

*Mr Darren Hooper, Head of Junior Sport*

## PLC Kayaking 2014

### Greetings State Champions and New Paddlers for 2014

All students from Years 4-12 are invited to join the 2014 Pacific Lutheran College Kayaking Program.

In 2014, kayaking will be offered as a Thursday and Friday afternoon school sport as well as an additional activity for those students who would like to participate in other sports throughout the year.

After school training for Year 4-12 students will commence Week 7, Monday 10<sup>th</sup> March and continue each Monday afternoon until the Qld School Sprint Championships early Term 4.

Thursday training during sport time for Year 4-6 students will commence Thursday, 27<sup>th</sup> February and Friday training for the Year 7-12 students during school time will commence first week of Term 2.

This year students will be able to participate in the program each Thursday and Friday afternoon during sport time. Year 4-6 students who are selected to participate in the kayaking program will be required to attend training after school and participate in the Qld School Canoeing Championships (please see the Qld Canoe Website for competition dates and more information - [www.qld.canoe.org.au/calendar](http://www.qld.canoe.org.au/calendar)).

Students may choose to participate in the kayaking program for either Semester 1, Semester 2 or for both semesters. Semester 1 training culminates with the School Marathon Championships and students who participate in Semester 2 training will need to compete at the School Sprint Championships.

Students also may participate in the program and represent the college in other sports provided they attend after school training. Please see Mr Graves if your son/daughter is already training in other kayaking or SLS programs as these students can also represent the college at the state championships.

### 2014 Training Sessions (Start Tower, Lake Kawana)

Monday 3.00pm - 4.00pm      Year 4-6 SCISSA students  
(commencing Monday, 10<sup>th</sup> March)

Monday 4.00pm - 5.15pm      Year 7-12 students (plus Year 4-6 students participating in other sports)

Thursday 1.00pm - 3.00pm      Year 4-6 SCISSA students  
(commencing Thursday, 27<sup>th</sup> February)

Friday 1.00pm - 3.00pm      Year 7-12 students  
(commencing Term 2)

Please collect a kayak form from your PCG teacher, administration or Mr Graves if you would like to be involved in either marathon or sprint kayaking in 2014.

If you need more information, please ring me at school on 5436 7359 or 0407 370747.

*Mr Gary Graves, Head of Physical Education*

## Pacific Soccer Update



### Registrations for 2014 Season



Only a week remains before the start of the 2014 season.

We have 170 eager Pacific Soccer players organised into 17 teams from U6 to U15, and everyone is looking forward to our first games which commence on 8<sup>th</sup> March.

### Places Available with Pacific Soccer

Many of our teams are now full, but we still have a few places available, so if you would like to be part of Pacific Soccer this season and enjoy the fun and excitement of playing in a team each week, let us know and register now.

- 3 players for U6 teams (born 2008/09)
- 2 players for U8 team (born 2006/07)
- 2 players for U9 team (born 2005/06)
- 2 players for U10 team (born 2004/05)

Congratulations to the U6 Puffins who enjoyed their first training of the season last Tuesday afternoon!





## Representative Players for 2014

Congratulations to our many players who tried out for the SCCSA representative side at the end of 2013. We had 15 players selected as possible rep players for the 2014 season, which is an outstanding effort for such a small club. The representative teams and the development squads will be announced by SCCSA shortly, but we would like to thank all our players who attended the training and selection sessions, and for your commitment to the SCCSA competition.

## Free Coaching Clinics



To assist our new and our returning coaches, SCCSA have announced free coaching clinics which provide guidance on additional training exercises and drills, to allow our teams to continue to



develop throughout the season. Coaching clinics are specifically targeted designed for either U6-U8 and for U9-U16 age groups, and run from 6.00pm to 8.30pm on the following dates:

- U6 - U8 Thursday, 13<sup>th</sup> March at Frank Mclvor Park, Currimundi
- U9 - U16 Tuesday, 18<sup>th</sup> March at Multisports, Mudjimba
- U9 - U16 Tuesday, 25<sup>th</sup> March at Frank Mclvor Park, Currimundi
- U6 - U8 Thursday, 3<sup>rd</sup> April at Multisports, Mudjimba

Places are limited for each session, so please let us know if you would like to attend and we can confirm your place.

A few teams still require either a coach or a manager, and these positions must be filled from within the team before the games begin on 8<sup>th</sup> March. If you would like to help your team this year, coaching or managing is a great way to become actively involved, and your participation is always appreciated by the club, but more importantly by the players within your team.

Thank you to all our coaches and managers who have already offered some of their valuable time this season to help their team. Could everyone please remember that we are all volunteers, and any assistance you can provide is always greatly appreciated, and will allow the players to play their game, to learn new skills, and to enjoy playing each weekend.

## Coaches and Managers Information Night

SCCSA are holding an information night for U9-U16 coaches and managers at 6.30pm on Wednesday, 19<sup>th</sup> March at Stockland Park Stadium, Kawana.

The evening will be run by Marsh Camille, the referee's training officer for SSCRA, and will cover new rule changes for the 2014 season, as well as more technical issues such as player's equipment, team areas during games, offside, handball etc. This event will also provide a good opportunity for coaches and managers to ask questions relating to FIFA's Laws of the Game manual.

## Working Bee

We had our working bee at Pacific on Saturday morning. Thank you to all our willing helpers, large and small, who came along to lend a hand.

It was a productive day, and we were able to assemble three sets of new goals, remove and stockpile the old steel goals, install a sink in the canteen, erect shelving and tables, paint our BBQ barricades and canteen signs, organise the balls and team equipment, and many more tasks as well.

Thank you everyone for offering your time and for helping with another successful and productive Pacific Soccer Working Bee, in preparation for the start of the 2014 season.



A special thank you must also go to Mrs Lala Burnes and to Mrs Kelly and Mr Craig Abraham, who were still hard at work organising team equipment until late on Saturday afternoon.

## Sponsorship Opportunities

Pacific Soccer has always appreciated the generous support of our family businesses who sponsor the match jerseys which are worn by our teams. The match jerseys are worn every week during our season and also appear in our team photos and school newsletter, and therefore continue the exposure which any jersey sponsorship will provide. The jerseys are kept for around five seasons and therefore provide ongoing promotion for any business for many years.



At this stage we have several sets of new match jerseys which will be worn by our teams this season and are available for immediate sponsorship. Only one business will be advertised on each set, so if you would like to promote your business and sponsor a team, please contact Mrs Lala Burnes immediately.

## Pacific Soccer Canteen

Pacific Soccer always operates a canteen at our home games and Rooball carnivals. This season, Kelly Abraham has returned to take on the role of canteen convenor. In this role, Kelly will be responsible for the background administration and the ordering and stocktake for the canteen.

A canteen roster is being prepared for each of our home games, and the parents from within each team will be asked to help out for a couple of hours to allow the canteen to operate. We only have 10 home games during the season, so if every family from each team could help out only twice during the season, the canteen will continue to operate well and will be able to provide a valuable service to our players, the spectators, and to the club.



Would you like to assist the Pacific Soccer canteen with baking this season? We would greatly appreciate the assistance of anyone who would be able to do some baking for our home games, which will be sold through the

canteen and enjoyed by our teams and their families, and our visiting teams. Home-made baking is especially valued, because of the extra effort which is involved and because of the natural goodness which comes from freshly baked snacks.



If you have any queries regarding registration, or if you need any further assistance, please do not hesitate to contact us.

## Like Us on Facebook

Please "like" and "follow" our Facebook page Pacific Soccer Club, to receive up to date information regarding news and game changes etc.



## Pacific Soccer Contacts

Registrar: Jenny Lee 0400 229 908  
jengregg@optusnet.com.au

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

Canteen: Kelly Abraham 0488 550 361  
betterbooksqld@bigpond.com

President: Ian Barnes 0418 873 320  
design.IBAengineers@bigpond.com



Thank you to all our players and families for supporting Pacific Soccer this season, and we hope you all find this year to be an enjoyable and an exciting one for you and your families.

*Mr Ian Barnes, President*

## Outside School Hours Care

The time when OSHC staff start to prepare and plan for vacation care is here once again. As always, we love to hear what our families and children have to say about the program and ask for any suggestions and ideas for activities you may have. If parents could be involved in either incursions or excursions as support adults, please let us know.

In the past few weeks we have purchased a few new presentation items in order to display photos better for our families. We believe it is important to share our wonderful times and memories with all of our families and the Pacific community. We have also included a new staff display to ensure that all children and families know a little about us and make it easier to put faces to names for our new families. Please take a few moments to look around our room and see the new changes we have made.

Our service had a support visit last week from the Office of Early Childhood Education and Care. This visit was to make sure that our centre is continuing to follow the new national quality frameworks and to provide valuable information to staff on the assessment process that will be approaching us soon.

Kahlia has been very busy ensuring that our walls are covered with current art and activity projects that the children are doing during the afternoon. Our room is starting to grow and look alive. My favourite are the bobby heads, they are just fantastic!! The children also have been very happy to see the new birthday chart - all of this is evidence towards quality assessment for our centre.

Our new menu ideas are becoming favourites with the children and we continue to find new healthy ideas which keep Catherine busy. We are always looking for quick, easy and healthy ideas so feel free to share them with us. Afternoon tea is available to every child that attends after school care and the snack provided is healthy and nutritional for children. Staff always take into account any food allergies and dietary requirements.

We say farewell to Katie and wish her all the best in her study completing her diploma and welcome Natalie and Deanne who will be working in after school care and vacation care. We are very excited to have them on board!

If you have any questions regarding enrolment or the parent handbook, please come in and see a staff member. They will be more than happy to help you with your inquiry.

Email: [oshc@pacluth.qld.edu.au](mailto:oshc@pacluth.qld.edu.au)  
Phone: 5436 7328



*Ms Tanya Sheldrick*

## 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

*Mrs Donna Hollindale, Uniform Shop Coordinator*

## Upcoming Dates

### MARCH

- 3 Year 8 and 10 Vaccinations
- 4 Sunshine Coast Regional Primary Swimming Carnival
- 4 District Training (4.00pm)
- 4 Kindy and ELC Information Evening
- 6 Sunshine Coast Regional Swimming Trials Day
- 6 Year 4-6 SCISSA Training (1.40pm)
- 7 International Women's Day Breakfast (7.00am)
- 10-14 ALWS Awareness Week
- 10 Year 12 University Showcase
- 10 Year 4-6 SCISSA Training (3.15pm)
- 11 District Training (4.00pm)
- 13 Year 4-6 SCISSA – Round 1 (12.15pm)
- 14 Primary Lutheran Swimming Carnival (Noosa)
- 15 Academic Scholarship Day
- 17 Year 4-6 SCISSA Training (3.15pm)
- 18 Sunshine Coast Regional Trials Day 2
- 18 Friends of Pacific (7.00pm)



- 18-20 P-5 Conferences and Portfolios
  - 20 Year 4-6 SCISSA – Round 2 (12.15pm)
  - 21 National Day Against bullying
  - 22 Music Scholarship Day
  - 27 Year 4-6 SCISSA – Round 3 (12.15pm)
  - 29 Earth Hour
- 

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

*[www.pacificlutheran.qld.edu.au](http://www.pacificlutheran.qld.edu.au), click on the "News and Events" tab, then "Publications".*

## PACIFIC LUTHERAN COLLEGE

College Site: Woodlands Boulevard,  
MERIDAN PLAINS QLD 4551  
(via Erang Street)

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](http://www.pacificlutheran.qld.edu.au)  
Email: [admin@pacluth.qld.edu.au](mailto:admin@pacluth.qld.edu.au)



Woodlands Boulevard,  
MERIDAN PLAINS QLD 4551

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

Direct contact phone numbers are:

Room 1 - 5436 7377 Room 2 - 5436 7387



## ST MARK'S LUTHERAN CHURCH

Invites You to  
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 – with a  
special children's program.

"Growing in Jesus Christ and Sharing His Love"

For more information, contact Pastor Ray Morris on  
0492 856 532, email: [ray.morris@lca.org.au](mailto:ray.morris@lca.org.au),  
web: [stmarkslutheranocaloundra.com](http://stmarkslutheranocaloundra.com)



Pacific Lutheran Early Learning has had a wonderful start for 2014.

We have now settled into our groups and continue to enjoy getting to know our teachers and friends.

In 2014, we are now known as Room 1 (previously known as Kindy) and Room 2 (Early Learning Centre).

**Room 1** has been enjoying learning and investigating their interests. Some of these have been: the five senses, Africa - discovering where it is located, the people and animals, exploring multicultural tribal music and even dancing to it and going on a safari. Children have found insects and brought them in from home so we have looked at caterpillars and life cycles and have been on a journey with other interests. Please see the individual room newsletter which was issued today for further details. This newsletter is also going to be uploaded on our app.

**Room 2** has been on a learning journey about nature, all things creepy and crawly and currently they are discovering construction. They have been very fortunate to be able to go on an excursion over to the building site in front of Prep to see it in real life (providing an extension on their learning). The children have enjoyed different sensory play experiences such as goop, cloud dough and sand. This has made for some interesting chats about how these different mediums feel and has enabled the children to widen their vocabulary with new describing words. The children have also been learning sign language. Please also see the latest room newsletter that will be posted on our app.

The room also displays different items that the children have been learning about, so please feel free to walk around and see what your child has been discovering.

## Important Reminder

**Parent Information Evening - Tuesday, 4<sup>th</sup> March from 6.30 - 7.30pm.** Held in Room 1. Children can come along if needed. Please RSVP to [alumkes@pacluth.qld.edu.au](mailto:alumkes@pacluth.qld.edu.au).

All statements have been updated and backdated with the Child Care Benefit Approval Number. Please see your child's envelope containing important documents for families to read, including forms which need to be returned.

Any further questions, please contact Annwen on 5436 7387 or email [alumkes@pacluth.qld.edu.au](mailto:alumkes@pacluth.qld.edu.au).

*Mrs Annwen Lumkes*