



I Can . . .

Often the difference between those who do and those who don't is the conversations that people have in their heads. A simple change from starting our thinking from "I can't . . ." to "I could by . . ." starts us thinking about strategies rather than blocks. Recognising that challenges provide opportunities for growth and connection, we shift our focus from what is hard, to what is doable. We identify the small steps and move forward, making observations, learning as we go and then asking what can I do now? Whether it is solving an unfamiliar academic problem or a life issue, the repetition of two simple questions can get us moving forward. What do I know? What can I do as a next step?

Faith in a loving God who has made us as uniquely gifted people and has died to set us free from the sins of our past, sets us free to live fully in the present with genuine hope. Our head conversation changes to, 'Trusting that God walks with me, free to be the best I can be, I can . . .".

Principal's Log

The presentation on 21st Century learning by Mr Derek Bartels was an inspiring start to our strategic planning day. We live in an era where technology can greatly enhance learning by providing access to rich contextual learning as well as tremendous flexibility. The delivery of education is changing from an industrialised one size fits all to a more personalised approach. Young people have a tremendous capacity to make a difference within our community, locally and globally. In a



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future newsletter we will share how one of our young people is involved in saving the forests of Borneo with other young people around the world in a way that the Borneo government was not able to achieve.

College Council members, parents, students and staff then met as think tanks around key elements of school life to dream of ways forward. Further work will be done by College Council members, staff, students and parents to refine ideas into goals for the next four years that will enhance our journey as a rich 21st Century learning community. Thank you to our parents, College Council members, staff, students and parents for your contribution and leadership. We look forward to sharing our plan with our community.

Mr Brett Lee gave presentations this week to staff, students and parents about the importance of being digitally aware citizens who use technology in a mindful way to preserve personal safety and dignity. We thank Dr Peter McMahon for making these presentations available.

Our thoughts and prayers are with the family and friends of Mrs Sara McLeod who died this week. We remember Sara's great energy, enthusiasm, courage and warmth towards others and pray confidently that God now holds her in His loving arms. Sara's family is deeply appreciative of the support given by members of the Pacific community.

In the face of adversity and opportunity, we trust that God walks with us and enables us to be people who can and do. You might enjoy the quote at the end of Pacific Soccer which reflects this optimistic outlook and approach.

Dr Bronwyn Dolling, Principal

From the Director of Students

Recently, I read an interesting blog by *Generation Next* discussing young people and the importance of identifying and engaging their strengths. Character strength is the key and, according to the research, we all have four or five strengths that are more prominent than others. If we can identify, understand and use these strengths, particularly in the service of others, it has been shown to enhance an individual's sense of well-being.

By using our strengths in the service of others, we create meaning in our lives. As opposed to fretting about the meaning of life, individuals can get out there and make a difference. Last week our senior leaders spoke about Service Leadership and the Red Shield Appeal at a Salvation Army breakfast. The

organisers were so impressed they asked us to video the students so they could show it at other meetings across the Sunshine Coast. Our students expressed the importance of helping others and how that strengthens their own character.

Research also shows that engaged individuals who serve others have higher levels of well-being and, as a consequence, tend to do better in their own lives.

Free Dress Day

For some years now, the college has been involved in *Village Support Cambodia*. The purpose of this group is to support poor young people in rural Cambodia to help them attend university in Phnom Penn. On Monday, 17th March the college will hold a Free Dress Day. Students are asked to donate a gold coin and this will begin our fundraising for the Cambodian community this year.

Year 7 Leaders

The new Year 7 leaders were installed at the Middle College assembly last Tuesday. Congratulations to:

Bula

Captains Sam Aitken and Savannah Turner-Galea
Vice Captains Noah Bennett and Alannah Bell

Mumba

Captains Brock Birch and Emma Woods
Vice Captains Darcy Sellick and Georgia Harle

Wira

Captains Sam Fleming and Ella Block
Vice Captains Jai Chapman and Crystal Page



Mr Brendan Delaney, Director of Students

From the Head of Staff and Students P-5

Parent Class Representatives 2014.

Last Friday during Chapel, the Prep - Year 5 community recognised and thanked those parents who have been nominated to be parent class representatives this year.

CLASS	PARENT REPRESENTATIVE
Prep H	Mrs Mandy Hentschel
Prep R	Mrs Lisa Hitchcock
1C	Mrs Lisa Ackerman and Mrs Anna Brandt
1H	Mrs Kerry Cockburn
2P	Mrs Nicole Schirripa and Mrs Sonia Boland
2R	Mrs Natalie Campbell
3G	Mrs Nicole Wildman
3H	Mrs Virginia Schlotterbach
3P	Mrs Jan Pearce
4D	Mrs Joyce Smith
4F	Mrs Stacey Cross-Pitcher
5A	Mrs Jodie McLaughlin-Phillips
5S	Mrs Julie Daniec

The college community appreciates and applauds the work these parents do in enhancing the important relationship which exists at the college between students, staff and parents.

TravelSmart - Ride2School Day!

Wednesday, 19th March is National Ride2School Day! Do not forget to register your participation prior to this day to be eligible for the following great prizes:

Go to the Council website www.sunshinecoast.qld.gov.au to register and be eligible for:

- 1st Prize \$500 voucher at a Bike Shop of your choice
- 2nd Prize \$200 voucher at a Bike Shop of your choice
- 3rd Prize \$100 voucher at a Bike Shop of your choice

Plus many more random draw prizes ie. helmets and bike locks.

Why Ride?

- Be part of the fun with over 250,000 kids across Australia expecting to ride.
- Students feel fresh and alert at the beginning of a school day.

- There are fewer cars around the school which eases “drop off congestion” and makes it safer for the active traveller.
- Students are more likely to reach the recommended 60 minutes a day of physical activity.

TravelSmart is an initiative of the Sunshine Coast Council. For more information, please visit www.sunshinecoast.qld.gov.au or contact their office on 5475 7272.

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

Students of the Week

Stars of the Week - This Week Monday, 10th March

Prep	Cam Costa	Monty Palmer
	Brody McGregor	
Year 1	Jack Raymond	Chelsea Rowe
Year 2	Olivia Boland	Matthew McKenzie
	Jack Young	
Year 3	Tamara Zolotar	Kie Lenkeith
	Alice Hindmarsh	Thomas Pearce
Year 4	Tom Chapman	Lily Carmichael
	Will Harrys	Eilish McConnell
Year 5	Matthew Timperley	Emily McKenzie
	Kirra Langmead	Tegan Graves



You Can Do It Awards

This Week Monday, 10th March

Confidence: Noah Thomson

Persistence: Flynn Turnbull, Noah Daniel and Mia McEvoy

Organisation: Jason Wulff and Harry McLaughlin-Phillips

Getting Along: Sarah Timperley

Resilience: Amity McGregor and Laayla McAuliffe



Other Awards

Mathletics

Congratulations to the following Bronze recipients:

Matthew Campbell, Ellie Dixon, Kye Evans, Campbell Gigney, Samantha Holt, Jayda Lowe and Larissa Lynch.

Study Ladder

Congratulations to the following Bronze recipients:

Jayda Lowe and William Allen.

Food for Thought

Helping Kids Leapfrog Difficulties

Whether it is going to school for the first time, making new friends or even going to school camp, children often experience difficulties that they need to overcome.

Children's resilience is fostered when they overcome problems and manage unpleasant social situations such as teasing or going into new situations. Protecting kids from challenging experiences robs them of chances to learn, develop and grow.

<http://www.parentingideas.com.au/Blog/February-2014/Helping-kids-leapfrog-difficulties>

Mrs Annie Williams, School Counsellor

Friends of Pacific

The next Friends of Pacific meeting will be held on Tuesday, 18th March at 7.00pm in the Library meeting room.

Thank you to those who attended the last meeting, we look forward to seeing you all again as well as welcoming anyone who wishes to attend.

Planning is already well underway for both the Annual Golf Day and OCEANFest14 - our two major events for the year.

Shortly, families will be emailed a very brief questionnaire asking if you are able to assist in any way, either in the lead up or on the day of OCEANFest.

We would appreciate your quick response to enable the OCEANFest committee members to start to formalise the structure and proceed on with planning.

Developing and maintaining connections within the Pacific community is one of the primary aims of FOP. The monthly meetings, as well as the events we either host or assist with, are done with this primary goal in mind.

We look forward to welcoming you at the next meeting.

Mrs Tracey Hindmarsh, (Chairperson, friends of Pacific)

Road Safety Week: School Zone

Road Safety is Your Future

To reduce road trauma, a highly mobile and visible police presence will be targeting the 'Fatal Five' - distraction and inattention, failure to wear seat belts, speeding, driving while fatigued and drink/drug driving.

During this week, a multi-faceted strategy will be employed by police; including the use of speed cameras, random breath testing, random drug testing, static speed detection, mobile radar, general road policing and enforcement activities and increased police presence using marked vehicles.

The purpose of Road Safety Week is to unite the community, to focus on the devastation caused by road crashes and co-ordinate a unique community based effort to reduce the impact on those who live, visit or do business here.

Over the coming weeks there will be a focus on road use in and around schools including where vehicles are parked. Pacific parents are reminded to drive and park with care to ensure children's safety.

Ms Veronica Larsen, Senior Constable 18924, Kawana Waters Police Station

Dr Bronwyn Dolling, Principal

Senior Drama Production 2014

The Resistable Rise of Arturo Ui by Bertolt Brecht

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, 16th May and Saturday, 17th 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

Sunday, 16th March is finally here. Below are our final four teams competing at Mooloolaba. Look for this singlet and you will not miss us. Please take the time to wish these folk the best of performances.



Team 1 Kellie Gale, Andrew Block and Fiona Schefe.

Team 2 Adriana Schuster, Virginia Schlotterbach and Karen Schultz.

Team 3 Keiran Bergs, Lu Pollard and Toni Fisher.

Team 4 Aiden Bergs, Jenny Hoffman and Mike Healy.

Also a mention to Sarah Atkinson who will be competing as an individual and doing the entire course.

Mrs Lu Pollard

Careers Department News

1. RAW SOUNDS FESTIVAL - NATIONAL YOUTH WEEK 2014

The Sunshine Coast Police Citizens Youth Club and Sustainable Partnerships Australia will hold its annual youth event, Raw Sounds Festival, as part of the national Youth Week celebrations.

The event is for all ages, free and strictly drug and alcohol free.

It will be held at the Lake Kawana Community Centre on Friday, 4th April from 5.30pm to 10.30pm.

There will be numerous bands performing, activities, market stalls and competitions.

2. QUT VICE-CHANCELLOR'S 2014 STEM CAMP

High achieving Year 11 students from regional areas and South East Queensland can attend a five day school holiday event from Monday, 29th September to Friday, 3rd October.

The Science Technology Engineering and Mathematics (STEM) camp is fully funded by QUT with no costs for students to attend.

Students will experience real laboratories and learning spaces in QUT's Science and Engineering centre and interact with STEM students, academic staff and researchers.

The online application portal is now open. For more details visit the news page at www.qut.edu.au/for-schools

3. UNIVERSITY of the SUNSHINE COAST HEADSTART INFORMATION EVENING

Year 11 and 12 students and parents wishing to learn more about the USC Headstart program are reminded that an information session is to be held at the Sippy Downs campus on Wednesday, 26th March from 6.00 - 7.30pm.

Applications for study in Semester 2, 2014 close on Friday, 16th May.

To register for the information session and for further details please visit www.usc.edu.au/study/courses-and-programs/headstart-program-year-11-and-12-students

4. UNIVERSITY of QUEENSLAND UPDATES

In 2015, the University of Queensland will introduce a new Doctor of Medicine (MD) program. This four year post graduate entry MD degree will replace the current four year B Medicine / B Surgery (MBBS) program.

For more information visit [http://www.som.uq.edu.au/about/organisation/doctoe-of-medicine-degree-\(md\)-at-uq.aspx](http://www.som.uq.edu.au/about/organisation/doctoe-of-medicine-degree-(md)-at-uq.aspx)

UQ has set up a website for current high school students where they can find out about the UQ Bonus Rank scheme, upcoming events, scholarships and much more. They can also register to receive the Student Update newsletter.

Visit <http://www.uq.edu.au/study/index.html?page=13018>

5. PERFORMING ARTS COURSES

Students interested in performing arts courses can access the 2014 Directory of Performing Arts Courses at <http://stagewhispers.com.au/showcase>

The courses listed in the directory cover areas such as acting, drama, arts management, dance, costumes, sets design and making, make up, directing, musical theatre, sound and light, voice, stage management and writing for theatre.

6. GRIFFITH UNIVERSITY EXPERIENCE DAYS

Griffith University is inviting Year 12 students to experience being a university student during its Experience Griffith Week. Students can select one of 10 different study areas from one campus for their one day experience.

Campus dates and study areas are:

South Bank: Monday, 28th April - Visual and Creative Arts, Queensland Conservatorium.

Mount Gravatt and Nathan: Tuesday, 29th April - Business, Criminology and Law, Education, Engineering and Information Technology, Health, Humanities and Languages, Science and Aviation.

Gold Coast: Friday, 2nd May - Business and Government, Criminology and Law, Education, Engineering and Information Technology, Health, Humanities and Languages, Queensland Conservatorium, Science and Aviation, Visual and Creative Arts.

Registrations opened on Monday, 10th March and close on Friday, 28th March.

Please see me for more information.

Mrs Ainslie Reid, Careers Counsellor

Music News

As Week 7 of Term 1 comes to a close, the Music Department ensembles and enrolled music students of Pacific are making terrific progress and achieving musical heights with renewed enthusiasm and enjoyment.

New members are currently being accepted into the Jazz Ensemble, Senior Concert Band, Orchestra, Senior and Junior String Ensembles, Percussion Group and Junior and Senior Choirs.

Students not enrolled in these ensembles and who would like to participate in making music within a group situation can still do so. Everyone will be made most welcome!

Please come and talk to either Mrs Tuaine (Head of Music) Miss Morton (Primary Music Specialist) or Mr King (Head of Instrumental Music) to see which ensemble is most suited to you and your current musical standard.

Performances and concerts containing various combinations of solo and ensemble items are currently being planned. Please be enthusiastic and ready to commit your talent to these programs when invited. Thank you!

Finally, the percentage of students learning instruments and studying vocal technique is already higher than this time last year. Whilst most students are very conscientious at attending their tuition, I would like to draw your attention to the conditions of enrolment:

Conditions of Enrolment

1. Students are required to commit to the program for a minimum of one semester.
2. Students need to bring all necessary equipment to lessons.
3. Students will maintain their instruments in playing condition.
4. Students will practice at regular intervals to maximise their learning experience.
5. Students will be invited to join college bands and ensembles on reaching an appropriate standard.

6. All students in an ensemble will be expected to attend all rehearsals and performances at which they have been requested to play.
7. Invoices for required number of lessons will be issued at the end of Term 1 and the commencement of each term thereafter.
8. On receipt of the invoice, full payment is required within two weeks.
9. Students/parents must notify the teacher 24 hours prior to any planned absences so an alternative lesson time can be arranged. However, if a student falls ill on their lesson day, the office should be notified and a message left for their tutor by 8.30am. No credits or catch up lessons will be given for lessons missed without prior notification to the teacher.
10. To withdraw from the program, one months' notice prior to the end of the school semester should be given in writing.
11. Finally, the Music Department would like to thank all visiting music teachers, parents and friends for their support throughout this busy term of 2014.

Mr Adrian King, Head of Instrumental Music
Mrs Aleisha Tuaine, Head of Music

Pacific Soccer Update



2014 Season Kick-Off

The 2014 season kicked off last weekend, allowing our 17 teams to take the field at last. The U6-



U10 teams played in Rooball carnivals across the Coast, and the spectators all enjoyed seeing the players on the field and sharing the excitement with their teammates.



Pacific Soccer hosted U7 teams, and enjoyed seeing our U7 Seals, Stingrays and Swordfish playing at home, with 13 teams

from other clubs. Thank you to Stacey and Jenny for sharing some of the action from the U6 Vipers and U7 Swordfish.



Our competitive teams also played the first of their grading games and it was a wonderful occasion to see our U11 Snappers and U11 Tigers as they played their first game on the full sized field.



The U14 Marlins and U15 Seahorses also played at Pacific whilst the U12 Hammerheads played away at Bli Bli. For the competitive teams, the results of the first three games do not count for the points table but are used by SCCSA to place each team into a grade. The points competition will start with Round 4 games in April.

Thank you to our competitive teams and management for your games on the weekend. Good luck with the remaining two grading games.

Round 2 - 15th March

This weekend all our teams will be playing away games, with our competitive teams playing the second of three grading games:

- U8 Orcas and U14 Marlins at Bli Bli.
- U6 Vipers, U6 Sea Stars, U8 Eels and U15 Seahorses at Immanuel Lutheran College.
- U7 Swordfish, U7 Seals, U9 Cobras, U9 Taipans and U10 Pythons at Mudjimba.
- U6 Jewelfish at Palmwoods.
- U7 Stingrays at Range United.
- U6 Sea Hawks at Unity Catholic College.
- U11 Sharks at Caloundra.
- U11 Snappers and U12 Hammerheads at Buderim.



SCCSA / FIFA Uniform Codes

To comply with FIFA guidelines, please remember the following rules from 2013:

• Wearing of hats on the field

- NO peaked caps are to be worn by any players due to the possibility of a head clash causing injury to an opposing player.
- Floppy hats may be worn by players in Rooball teams (U6-U10).
- No hats are to be worn on the field by competitive players (U11+).
- Goalies in competitive teams (U11+) are allowed to wear a cap.
- SCCSA has acknowledged that if a player has a medically diagnosed condition, and requires additional skin protection to cover arms, legs or face, then an application for dispensation may be made via the Pacific Soccer committee.



• Tape around socks

- If tape is worn around socks to keep shin pads in place, the tape must be navy blue in colour. A roll will be kept in the canteen for this purpose.



• Skins worn under match jersey

- If long-sleeved Skins are worn under a jersey, they must be navy blue in colour.
- If Skins are worn under shorts, the skins must also be navy to match the colour of the Pacific sports shorts.

Coaches and Managers Information Night



U9-U15 coaches and managers, please remember that SCCSA's information evening will be held next Wednesday, 19th March at Stockland Park Stadium, Kawana. The evening starts at 6.30pm and should be concluding around 8.00pm.

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, offside and handball. This event will also provide the opportunity to ask any additional questions regarding FIFA's Laws of the Game manual.

Sponsorship Opportunities

Pacific Soccer has several sets of new match jerseys which will be worn by our teams this season. Sponsorship is available for these jerseys at \$550 for smaller teams (U6-U8), and \$750 for U9+ teams.



Pacific Soccer has always appreciated the generous support of our local and family businesses who sponsor the match jerseys which are worn by our teams. The 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 also kept for around five seasons and therefore provide ongoing promotion for any business for many years.



This season, with the setting up of our Facebook page, we are also able to provide immediate and direct advertising for our followers, which will provide special offers for our sponsors and our families, and which will benefit our club and our players.

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

We would like to thank the many parent volunteers from our U7 and competitive teams who helped out in the canteen and on the BBQ last weekend, and allowed our players, spectators and visitors to be well fed and sustained throughout the day.

Thank you also to our bakers Mrs Jodi Tippett and Mrs Shannon Russell, who again supplied many wonderful treats which delighted and nourished and were greatly appreciated by our patrons.



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 again to all our players and families for supporting Pacific Soccer this season. We hope you have an enjoyable and exciting year with the club and with your team.

Quote for the day (to commemorate International Towel Day on 11th March, and the life of the late Douglas Adams), "Let us think the unthinkable, let us do the undoable, let us prepare to grapple with the ineffable itself, and see if we may not eff it after all."

Mr Ian Barnes, President

Did You Know?

A favourite meal in China is sun-dried maggots.

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

15 Academic Scholarship Day

17 Free Dress 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: Pacific As A Peace Place

22 Music Scholarship Day

27 Year 4-6 SCISSA - Round 3 (12.15pm)

29 Earth Hour

PACIFIC LUTHERAN COLLEGE

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

www.pacificlutheran.qld.edu.au, click on the
"News and Events" tab, then "Publications".



We are so excited to introduce our first school-based trainee here at Pacific Lutheran Early Learning.



Susan Kerr is a current Pacific student who wants to complete her Certificate III and Diploma in Children's Services. Susan is in Year 11 and has a passion to educate children and is a wonderful ambassador for the school.

Susan will be working in the Early Learning Centre rooms over the next two years to achieve this personal goal of hers.

We would like to welcome her to our team and celebrate this wonderful journey that she will have with us and our families here and hope everyone is just as excited as we are to commence this new milestone.

We would love to thank all the families who were able to make it to our parent information evening held on Tuesday, 4th March in Room 1. We enjoyed sharing the information about what occurs in both rooms and how it links to our everyday curriculum.

We will load the information that was covered to our "Early Learning App" for those who were unable to attend.



Upcoming Events

Wednesday, 26th March - Our Annual General Meeting

Wednesday, 2nd April - Easter celebration with families and children

More information about these events will be sent home with statements.

Any further questions, please contact Annwen on 5436 7387 or email.

Mrs Annwen Lumkes, Director of Early Learning



**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:



**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,
web: stmarkslutheranocaloundra.com