

Focus

To be able to focus intently on the matter at hand is one of the very important life skills we need to possess. In an era where distraction is at our fingertips and comes uninvited through our mobile devices, there is a great danger of always operating at a very superficial level in our thinking and in our relationships. Consultants giving advice about time management will advise people to respond to emails at set points in the day rather than respond as they arrive. To grow the best in ourselves and others we need to be fully present. A shift in our sense of control and thereby well-being can be improved by making decisions about when to respond to messaging on electronic devices. Just as people would ask the question about the danger of driving whilst speaking on mobile devices, we could question the wisdom of living always intent on the next message. Research and commentary would suggest humans cannot multi-task.

In a busy day we need to stop and centre, focus and then be disciplined to pay full attention to the learning, work, leisure activity or conversation we are a part of. When we find our minds flicking or distracted, it is helpful to stop, breathe deeply, thank God for what He has given us in that space and ask for help to focus fully.

Principal's Log

We encourage all families to provide feedback to the college by completing the Annual College Survey emailed in the middle of last week. The survey provides important information for the College Council as we prepare our budget for next year throughout August and also to leaders as they support the development of staff.

Very good spirit was evident as the Year 8 to 12 students competed in the athletics carnival held at the Sunshine Coast University in blustery conditions last Friday. Well done to all students for their participation and for the encouraging way they supported each other's achievements. Thank you to Mr Hauser and the Physical Education staff (including Mrs Drogemuller who is on maternity leave) for the organisation of the day and the staff for their support. A special thank you to the Friends of Pacific team, capably led by Mrs Sarvari, for running the barbecue and providing drinks on the day. Well

done to all students and congratulations to Wira on their narrow win.



It has been very good to see the large number of parents and students taking advantage of the Year 10 into 11 and Year 9 into 10 subject selection evenings. Parents and students gained important information from presentations by Mrs Reid and Ms Arahill and greatly valued the opportunity to speak directly to the Heads of Department as they began the process

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of selecting subjects for the next phase of their learning. Thank you to all staff for their leadership of these events and to parents and students for your attendance.

Our Year 7 students are enjoying their trip to Canberra and we look forward to them returning on Friday. Parents, staff and students have enjoyed following the blog.

We are moving closer to the OCEANFest on Friday, 15th August. I would encourage all families to support the committee who have worked hard to plan what looks to be an even bigger and better festival than last year. Raffle tickets have been sent out and middle and senior college families have been asked, via email, to volunteer to help run various stalls on the night. This is a great community event that has something for everyone. Please invite friends and families to keep the date free.

As we focus on the good that God brings into our lives every day and the opportunities to grow, we pray that God would guide us to grow others in their capacity to focus and grow richly.

Dr Bronwyn Dolling, Principal

Daily Bread

“Held up by Love”

Every pastor would have conducted at least one Christian wedding ceremony with the Bible reading from Corinthians 1 chapter 13, verse 8. This is the famous verse about “love”:

“Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things. Love never ends.”

This is a good wedding text because it has a strong message about how family members can support each other with love. This kind of love is always looking out for the other person. This kind of love takes an honest look at self and realises that life is not all about me and my desires. Other people need me and I need other people.

This is the way of love that Jesus shows to us. His love is unconditional as He embraces the world and forgives even the things that we might think are unforgiveable.

As we take up the Bible to learn from it and to study it, we discover Godly ways to support each other in our families.

Pastor Paul Smith, College Pastor

From the Head of Senior School Students

Pacific Action Groups

This term, Pacific Action Group leaders have established goals and actioned, or are in the process of actioning, a variety of things. Throughout the remainder of the year, the leaders will keep you updated about upcoming events and report on their experiences through a variety of forums including the Compass newsletter. We are looking to grow these groups in order to provide opportunity for students across Middle and Senior College to engage in meaningful conversation and ways of contributing to specialised areas in the college.

Next week, we have the college's sister school, Seishin Gakuen, visiting. Amongst the range of activities planned, the Sport Pacific Action Group will be organising sporting competitions between the two schools during this time.

Thank you to the Pacific Action Group leaders and the staff involved for their preparations for this visit.

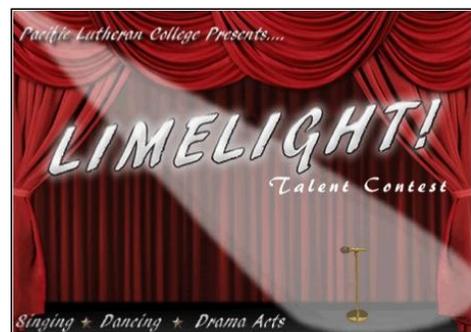
I wish all staff, students, parents and members of the community a good week.

Miss Kim Stone, Head of Senior School Students

Culture Pacific Action Group - Auditions

Who: Middle and Senior College (Year 6 to 12)

What:



When: Auditions – Weeks 3 and 4

Where: Auditions to be held in the undercroft on the designated days.

(Eat before your performance)

Why: This is an event where students can express their talent and celebrate the culture and performing arts at Pacific. Plus, you are able to earn Foundation Council Cup points for your house.

How: Please look for your posted audition time at the Middle/ Senior College office.

*Kirra Johnson and Doug Cassells,
Cultural Pacific Action Group*

From the Head of Staff and Students P-5

As I entered the college today one of the students held the gate open for me. Often we undervalue the positive impact small acts of kindness can have on another person. **A smile, speaking in a friendly voice, helping another or doing thoughtful or generous things for someone, can brighten a dull day or invigorate our feelings and emotions.** Acting kindly towards another not only makes the receiver feel good, the person performing the actions finds their endeavors fulfilling and satisfying.

Are such behaviours innate or do they need to be learnt? Recent scientific evidence has found that surprisingly, our brains are actually wired to be benevolent. Our social environment is, however, often much more directed towards an 'every man for himself attitude' based upon success at the expense of others.

Like any skill, how to speak and act with kindness towards another person is something that can be taught. At the college, the development of social and emotional competencies in students is a major focus. Research regularly re-affirms the ideas that happy, confident and resilient children perform more successfully academically.

Each year, students study the *You Can Do It* program which includes lessons on Getting Along, Persistence, Confidence, Organisation and Emotional Resilience in students. Students work within the framework of Restorative Practices and the Christian Studies and devotions program. In support of these programs this term, students will be trialing study in developing the concept of kindness.

The concepts translate easily from school to home. As a parent, we all want our children to be happy, confident and resilient. We also want our children to act with thought and kindness without the need for extrinsic forms of motivation (prizes). A quick internet search reveals there is a great variety

of interesting material available on the topic. The following site which contains a program used successfully in the Colorado Schools District in the United States acts as a great starting point if you are interested in the topic.
<http://www.randomactsofkindness.org/>

Ocean Festival – Friday, 15th August

With the Ocean Festival quickly approaching, a reminder that donations for Prep - Year 6 class baskets close on Thursday, 31st July. If you would like to make a donation, please send it to your child's classroom before next Thursday. Judging will be held on Thursday, 31st July to select the best baskets.

Thank you for your kind support.

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

From the Head of Teaching and Learning K-5

Internet Tips for Parents

In this age of technology into which our children have been born, they are often more knowledgeable and skilful in using computers than we parents are.

There are many things parents can do to help and guide their children in safely using the Internet even though they may be less knowledgeable about how to actually access and use the Internet themselves.

Parents need to talk to their children about a number of things:

1. **The house rules** – establishing rules about the amount of time they are permitted to spend online and when they can do it eg after homework, when chores are done, after some outside activity etc.
2. **Stranger Alert** - your children already know about not talking to strangers. You need to remind them that people on the Internet that they do not know are strangers and they must not give out any personal information. Ensure their email address does not give their name - have them use a "pen" name or their pet's name etc instead.
3. **Place the computer in a central place** where there is plenty of family activity and you can monitor your child's work. A computer in a child's bedroom is out of sight.
4. **Surf the net together** so you can explore and assess the sites visited together.

5. **Teach your children** what to do if someone says something inappropriate or makes them feel uncomfortable on line. Encourage your children to tell you about anything inappropriate they come across.
6. **Blocking and filtering software** is readily available to help prevent undesirable material entering your home via the Internet.
7. **Do not let your child give out his email address** without your permission. Much unsolicited material can come into your home as junk mail. Often this junk mail is very inappropriate. Complain to your Internet Service Provider if you continue to receive inappropriate junk mail.
8. **Never let your child use a credit card** online without your direct supervision and you are confident that it is a safe site.

Enjoy together the enrichment that the Internet can bring to your children's learning in a safe, positive, educational and fun way.

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

Students of the Week

Stars of the Week - This Week Monday, 21st July

Prep	William Moffitt Jemma Simpson	Liana Mackenzie Isabella Cooper
Year 1	William Brandt Ash Broome	Finn Barnes
Year 2	Josie Copley Aidan Meade Zoe Nankivell	Julian Schirripa Laayla McAuliffe
Year 3	Lachlan Gale Jewel Jamieson Hamilton Turnbull	Jack Brewer Nikita Gallagher
Year 4	Ruben Deune Amelia Nightingale	Jack Miller Makani Campbell
Year 5	Imogen Layfield Matthew Campbell	Hayley Pearce

You Can Do It Awards

This Week Monday, 21st July

Confidence: Jackson Bailey

Persistence: Oliver Cooper, Georgia Moor and Isabella Jeha

Organisation: Kyle Bradford

Getting Along: Katie Graves and Luke Becker

Resilience: Jett Edmondstone

Other Awards

Mathletics

Congratulations to the following recipients:

- **Bronze** Romeo Paora, Zoe Nankivell, Priya Miles, Keeley Meade, Aidan Meade, Laayla McAuliffe, Kiana Campbell, Charlise Bell, Hayley Barrett and Ruona Akporhonor.
- **Gold** Amie Hague

Sight Words

Congratulations to Zanea MacLeod and Harrison Angel on their Sight Words.

Food for Thought

What is Self-Compassion?

Kristin Neff, the most well-known self-compassion researcher, calls it "a healthier way of relating to yourself". Rather than beating yourself with a stick to get things done, you extend kindness and understanding to yourself. It is like saying to yourself "I know you're trying your best, but life is tough and you don't always get it right, because you're only human." It also has a component of mindful self-awareness, in which you acknowledge your own emotions, but do not get over-identified with them or use them as excuses not to meet your goals.

To understand more about Self-Compassion, copy and paste the link below.

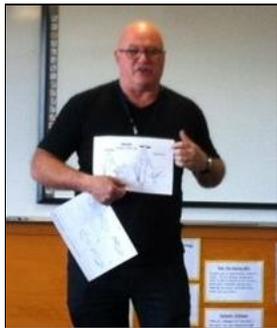
<http://www.psychologytoday.com/blog/the-mindful-self-express/201310/why-self-compassion-helps-you-meet-lifes-challenges>

Mrs Annie Williams, School Counsellor

Library News

Visiting Author

This week, in a lead up to our Book Week celebrations, the Year 7s met manga author and artist, David Lovegrove. David, the author of graphic novel Daruma, has featured in ad campaigns for Qantas and Emirates airlines and has worked as a conceptual artist on films and television series. The Year 7s are about to begin a graphic novel unit in English and it was inspiring to meet a professional in this area.



Award-winning author and illustrator, Peter Carnavas, conducted workshops this week with the four Year 8 classes as part of their study of picture books. Peter discussed the process of developing and publishing picture books.

A poet, author and an illustrator will be visiting Prep to Year 6 classes in the coming weeks.



Book Club

Orders are due to the library by Friday, 1st August.

Ms Nell Keen, Teacher Librarian

Outdoor Education

Year 10 Outdoor Education Camp

The annual Year 10 Outdoor Education camp was held during the last two weeks of Term 2. It was a 12-day adventure where the students and staff were involved in number of activities including:

- A four day hike,
- A hike up Mt Warning, departing base camp at 3.00am to watch the sunrise and have breakfast,
- A 24 hour solo experience, and
- A choice between a four-day white water canoe trip on the Upper Clarence River or a four-day mountain bike ride in the Tweed Border Ranges.

It is fair to say that all participants were challenged at some stage over the 12 days. We were very fortunate with the weather having mainly fine, cool days.

A major focus of the camp was the students' personal and spiritual growth. The students were required to reflect each day on various aspects of their lives and record these reflections in their camp journal. The students were also given a camp booklet entitled "The Long Way Home - The Journey". This booklet contained a collection of thoughts, quotes, daily and longer term challenges, discussion starters and questions for the students and groups to ponder whilst in the bush. (Parents wanting to receive a copy of this booklet can contact me at the college to receive one). One of the main challenges given to the students was how were they going to change the things about themselves that were currently holding them back from achieving what they are truly capable of?

A very big thank you to all the parents who wrote their sons and daughters a Letter of Pride. These were given to the students at the conclusion of the Solo Experience. It was a very powerful moment in the young people's lives to read a lengthy letter from their parents. Thanks also to the staff who attended - Mr Ian Learoyd, Mr Bill Vaile, Mr Damian Evans, Mr Josh Danzey, Mrs Colleen Devitt and Mrs Wendy Wescombe who did an outstanding job with the students they shared their journey with. Thanks also to our Outdoor Education aides - Miss Bronte McMahon, Mrs Rowena Marshall and Miss Eliza Dreves whose tireless work behind the scenes was appreciated by staff and students.

Year 10 parents wanting to sell their self-inflating sleeping mats are requested to send these with the family name and the amount they would like for the mat attached to me. These can

then be on-sold to any Year 9 students wanting to buy a mat. It is requested that I receive these mats by Monday, 28th July.

Gear Storage Tips

1. Sleeping Bags - store these in an old pillowslip or similar when the bag is not being used. This will allow the down feathers or similar to expand rather than be compacted for months at a time.
2. Rain Jackets - store these on a coat hanger in a cupboard. Remember to wash the jacket after each outdoor use. These jackets love being cleaned!
3. Self-inflating Sleeping Mats - store these with their valves open and standing, out of their stuff sack in the back of a cupboard. This will allow the mat to be able to self-inflate each time you take it camping.

Following these simple tips will greatly extend the life of your expensive gear!

Year 7 Canberra Tour and Other Outdoor Education Programs in Term 3

The Year 7 students and staff departed for Canberra last Sunday morning from the Junior College car park at 5.30am. A reminder that the tour returns on Friday, 25th July to Meridan Plains Sporting Fields car park (at the back of the college) at approximately 3.30pm. The gate at the end of Red Cedar Drive will be open for parents to access the car park from the college side of the fence.

Year 4 and Year 9 parent information letters and medical consent forms for these year level camps will be sent out in the very near future. The Year 9 camp parent information evening is being held on Tuesday, 29th July commencing at 6.30pm in L4 and L5.

The Year 10, 11 and 12 September holiday mountain bike and rock climbing expedition information packages were given out on Tuesday. The consent forms and payment for the expedition are required as soon as possible. There are several spots for parents wanting to be involved in this program, both as participants and safety assistants. If you can help or want to be involved, please contact me at the college on 0448 277 789.

Personal Development Program

This term sees each year level commencing new topics. Years 6, 7 and 8 students will be discussing various aspects of Sexual Education, Growing Up and Becoming a Teenager. Year 9 students continue their discussions into the role of silence in their lives as well as preparing for their Outdoor Challenge Camp in early August. Year 10 students commence a unit on the Effects of Alcohol on the Body and the Party Drug

Culture - what are the drugs being sold, what are their short and long term effects and what to do if you know a person using any of these. Year 11 students will begin their preparation for the Queensland Core Skills test.

*Dr Peter McMahon, Head of Personal Development
(incorporating Outdoor Education)*

Maths News

Maths Tutoring

The college wants to support students academically and continue tutorials for students in Years 7 to 12 who would like extra assistance or clarification of concepts in Mathematics. These tutorials are on Thursday afternoons (in rooms H3 - 5 from 3.30pm to 4.30pm) and are supported by Mathematics teachers on a rostered system. Students are welcome to come along for a quiet place to complete Maths classwork, homework or ask for assistance. The expectation is that they work quietly and that they remain within the room until 4.30pm or picked up earlier by a parent.

If you have any queries about the tutoring, please contact me at the college or email jsteven@pacfluth.qld.edu.au

Maths Competitions

There are many opportunities this semester for keen, mathematically-minded student.

Australian Mathematics Competition

Students who have achieved very high grades in Semester 1 have been invited to participate in this year's AMC. Years 3 to 12 will sit this competition on Thursday, 7th August. They will need to bring pencils, erasers, ruler and compass (optional) to their specified room for Periods 1 and 2. Year 9 students will sit this on the following Tuesday morning on their return from camp.

ICAS Mathematics Competition

All students from Years 3 to 9, as well as Year 10, 11, and 12 Maths B students, participate in the ICAS Maths Competition. The date for the ICAS Maths will be during their double Maths lesson prior to Tuesday, 12th August.

Year 8 QAMT Quiz

This week the team members for the two Year 8 QAMT Maths Quiz teams will bring home permission slips. Last week the trials were held and certainly challenged them in areas of estimation, mental maths, problem-solving and history/general knowledge. These team members will continue their practice

of these skills in preparation for Round 1 which will be at Siena Catholic College on Tuesday, 5th August, Week 4.

Sunshine Coast Mathematics Tournament

Pacific will be entering a team of five students for each Year 6-12 levels. More details for this to come.

Mrs Jasmin Steven, Head of Mathematics

Friends of Pacific

Connecting College and Community

The next Friends of Pacific meeting will be held on Tuesday, 19th August at 7.00pm in the Library meeting room. Everyone is very welcome.

Thank you

Friends of Pacific thanks all those who helped with the sausage sizzle stall at the Middle and Senior College athletics day last week.

OCEANFest 2014

Only three weeks until OCEANFest 2014 on Friday, 15th August! There will be another OCEANFest meeting for all helpers this Friday, 25th July at 8.30am in the library.

- **OCEANFest Sponsors**

Friends of Pacific is proud to introduce to you our first group of Bronze Sponsors. These are Sunquest Industries, Zarraffa's Coffee Caloundra, SEQ Campers & Gear, Caloundra Cruises, Sunny Coast Baby and Kids Market, and Oaks Oasis Caloundra. Friends of Pacific thanks these businesses for their sponsorship. To learn more about them, see the attachment at the end of this newsletter.

- **RAFFLEFest**

Tickets were mailed out this week and with such an impressive prize pool, it will be very easy to promote this fundraiser! There are more tickets available at the office as needed.

- **Cent Auction**

Don't forget there is a Pizza Party Prize for the class that submits the most impressive presentation of items for the Cent Auction, so bring your donated items into the class basket by Thursday, 31st July.

- **Year 1 Special Request**

The children and teachers in Year 1 are asking for all home bakers to kindly assist with their gathering of supplies for their cake stall for OCEANFest. Please read this message and help if you are able to provide some home baked cakes or slices.

To find out more about all the above activities, please see the attached flyers at the back of this newsletter.

Mrs Tracey Hindmarsh, Chairperson Friends of Pacific

Careers Department News

1. SUBJECT SELECTION INFORMATION SURVEYS

I would appreciate the return of the completed PACTS survey form that was issued at the recent subject selection information evenings for the Years 10 and 9 students and parents.

The results will help us to determine the possibility of a special PACTS workshop and / or how to improve future presentations.

The form can be returned in an envelope addressed to the Careers Counsellor and handed in at the Senior/Middle College office.

Students who did not attend the information sessions need to make sure they collect the handout material from Ms Sue Arahill.

2. CAREER INFORMATION EVENTS: OPEN DAYS

- ACU National University at the Banyo campus (Brisbane) on Saturday, 26th July from 9.00am - 3.00pm
- QUT at the Gardens Point campus (Brisbane) on Sunday, 27th July from 9.00am - 3.00pm.
- USQ at the Fraser Coast campus (Hervey Bay) on Sunday, 3rd August.
- UQ at the St Lucia campus (Brisbane) on Sunday, 3rd August from 9.00am - 3.00pm.
- CQ University at the Noosa Campus on Saturday, 9th August from 9.00am - 1.00pm.

Programs for the above Open Days are available on the respective universities' websites.

3. REMINDER EARLY CLOSING DATES for TERTIARY STUDIES

The Year 12 students have now received a copy of the 2015 QTAC Guide to tertiary courses.

Students have been alerted to the closing dates for applications for auditions, interviews and submitting portfolios.

The Year 12 students will be able to meet with the Career Counsellor to discuss and / or complete their online applications. The application fee is \$35.00 and is payable by Credit Card (Visa or Mastercard only) and BPAY.

Students are also able to apply to the interstate Tertiary Admission Centres.

Mrs Ainslie Reid, Careers Counsellor

Sports News

SECONDARY SPORT

World Champion!!! – Caitlin Gilliman

The past 12 months have been extremely busy and very exciting for Pacific kayaker and student, Caitlin Gilliman.

After being selected in the Australian squad in 2013 and competing at international events, Caitlin was determined to do it again in 2014. Since then, she has won almost every Grand Prix event in her age group in the lead up to national selection. She was honoured to be one of only two female athletes to ever be chosen to train at the Queensland Academy of Sport (the toughest Academy in Australia to be accepted in to for kayaking).

Since then, Caitlin spent countless hours of hard work and training in order to gain her selection in the national team again, and was selected to spend a month at the Australian Institute of Sport. Before attending AIS, Caitlin competed in the National Championships in Perth.

After her month at the AIS, training with the U23 Australian women's kayaking team, she then flew to Italy for 'high altitude training' over a three week period in preparation for the European International Canoe Sprint Regatta as a lead-in to the World Kayaking Championships in Hungary the following week.

At the European Regatta last week, Caitlin out-performed some of the top paddlers in the world, winning Gold in both the K1 200m event (46'08) AND K2 200m (43'88) race.

Caitlin's performance certainly turned some heads, with other competitors from all countries on alert when she turned up to the World Titles on Thursday. The Australian coaching staff were also pleased with Caitlin's effort and results and, because

of her medalling in an international event, has a very high chance of gaining a scholarship entry to the AIS.

At the World Championship event this week, Caitlin was competing against the best kayakers in the world and qualified for the semi-finals of the K1 200m event. In her semi-final, Caitlin achieved a personal best time of 44.694 seconds, narrowly missing out on a place in the final. Her time, however, was 9 seconds under her national time and she would have placed 2nd in the open women's 200m final at the Australian Championships (held in Adelaide earlier this year).

If this wasn't enough for Caitlin, the whole time she has been working to complete her Year 12 Senior Certificate at Pacific as well as continuing studies at the University of the Sunshine Coast (she has just passed all of her Semester 1 subjects and even received a High Distinction for her Education subject).

This is a tremendous effort for Caitlin who took up kayaking when she started at the school in Year 8, under the guidance of Mr Graves and his kayaking program. She has come a long way since then, after hours and hours of training and dedication, and we wish her all the best for the future of her kayaking and a safe journey home! We look forward to seeing Caitlin around the Pacific grounds soon.



Qld Rugby Representatives

Last term, Peter Flitcroft was selected in the Qld School Boys U18 Rugby Union No 1 team to compete at the National Championships in Sydney over the holidays. From all accounts, Peter had an outstanding tournament for Qld and helped the side to a Bronze medal at the completion of the championships. Peter was also honoured with being selected as third reserve in the Australian school boys' team.

Over the holidays, Daniel Reidy was also selected to represent Qld in Rugby Union (in the club competition). Daniel was selected to play in the Qld Country versus Qld City rugby match at Suncorp Stadium. Daniel's team (Qld Country) narrowly lost to a strong City team and the whole game was televised. Daniel played strongly and was a great asset to his team.

Congratulations to both boys on a truly wonderful performance. Being selected in such prestigious events at such a high level is an outstanding achievement.

Athletics

Well done to all who participated in the Year 8-12 Athletics Carnival last week. There were some great individual and team performances throughout the week, with the 1500m and javelin events being run prior to the carnival on Friday.

Although it was the windiest day all year, the atmosphere and standard of competition was excellent. Congratulations to the following athletes who were crowned age champions in their age groups on the day:

	1 st	2 nd	3 rd
BOYS			
13 Years	D Bounty and E Clark		K Strong
14 Years	E Hall	D Chaplin	K Modlin
15 Years	A Hall	J Lofthouse	J Hynes
16 Years	J Taylor	M O'Keefe	L Barnard
Open	S Jung	T Lofthouse	S Hodgson
GIRLS			
13 Years	N Whiteley	I Gear	L Copley
14 Years	A Thomas	K Mackie and E McKean	
15 Years	Z Parfremment	O French	I Panoho
16 Years	K Barr	B Quirey	B Mackie
Open	S Larsen	B McAuliffe	B Bevis

Records Breakers:

Daniel Reidy	Shot put (12.32m)
Steven Jung	Open boys long jump (6.05m), high jump (1.75m), triple jump (11.69m)
Brooke Bevis	Open girls triple jump (9.08m)

Overall house champions:

1 st Wira	1,240
2 nd Bula	1,206
3 rd Mumba	1,129

A big thank you to everyone who helped make the day so enjoyable - PE staff (Mr Graves, Mr Hooper and Mr McNee), a guest appearance from Mrs Drogemuller, Friends of Pacific for the lunch BBQ and especially Mrs Allyson Sarvari for her organisation and coordination of the food, and Mr Johns for his help with the organisation of the whole carnival!

In a few weeks' time, all athletes who were successful in making it into the school athletics team will be representing the school at the Independent District Carnival. Please note that there is NO YEAR 8-12 LUTHERAN ATHLETICS CARNIVAL this year.



Friday Night Basketball

The Friday night basketball competition began last Friday with seven of our eight basketball teams competing in their first games of the season straight after competing in the school athletics carnival all day!

Congratulations to all teams for magnificent performances, in particular the Junior A Girls (who beat Matthew Flinders A (50 - 42), Intermediate B girls defeated Immanuel Lutheran College (13 - 4), Intermediate B Boys defeated Matthew Flinders Anglican College (52 - 9) and the Senior Girls defeated Siena Catholic College (26 - 16).

Games for this week are:

Junior Girls	4.50pm at Sunshine Coast Grammar School
Junior Boys	4.00pm at Caloundra
Intermediate Boys	4.50pm at Caloundra
Intermediate Girls	PLC Blue (4.00pm at Caloundra), PLC White (Bye). PLC (4.00pm at Matthew Flinders Anglican College)
Senior Girls	6.30pm at Caloundra
Senior Boys	7.20pm at Sunshine Coast Grammar School

All the best to all teams.

Girls Soccer

This week marked the beginning of the State Schools Girl's Soccer Tournament, with Pacific hosting Maleny State High School on Monday afternoon. The girls (made up completely of Year 10 girls) played a strong game but narrowly lost 0 - 1. Next week they take on Siena Catholic College at Siena at 4.00pm. All the best girls!

Schools Water Polo

This term, Pacific has two water polo teams that will be competing in the Schools Water Polo Championships on Monday nights. The girls have training on Wednesday mornings at the Kawana Pool from 6.30am - 7.30am.

Mr Mark Hauser, Head of Sport

JUNIOR SPORT

District Athletics

Next Thursday, 31st July the Independent District Athletics Carnival will be held out at the University of the Sunshine Coast. This carnival is for students between the ages of 9 and 12 years. An information / permission form was sent out to students this week who gained selection in the Pacific team. These forms need to be returned by Monday, 28th July. If your child is unable to participate in this carnival for any reason, please notify Mr Hooper as soon as possible so a suitable replacement can be organised.

A bus will leave the college at 8.00am and will return by 4.00pm. A reminder to parents who are thinking about coming to support their child on the day, that the university now has paid parking. A map outlining the parking at the university has been provided in the information sheet sent home to parents.

Year 4-6 SCISSA

Semester 2 SCISSA trials started this week for all the various sports on offer. Due to the popularity of some sports, there will be some students who may not be able to participate in their first sport choice. A parent information sheet was sent home this week outlining the various sport choices and uniform requirements for these sports. Please do not purchase any sport specific uniforms until all SCISSA teams have been finalised.

After school training for SCISSA starts Monday, 11th August (Week 5). After school training starts at 3.15pm and finishes at 4.15pm. These after school training sessions only occur on the weeks where Pacific has a competition round. Please see the college calendar for training dates if you are unsure. Monday afternoon training is compulsory for all students. If your child is unable to attend a training session for any reason, please email or contact your child's coach in advance.

Water polo and kayak training will take place at the Kawana Aquatics Centre and Lake Kawana respectively. Student training for these sports will be transported to these venues by college bus on these days but will need to be collected by parents at the completion of training each week (4.15pm).

Student Success

Congratulations to Jason Wulff who ran in the Primary State Cross Country Championships over the weekend at John Paul College in Brisbane. Representing the Sunshine Coast, Jason finished in second place in the 10 year's boys 2km race which is an amazing achievement. He has now gained selection in the Queensland team and will travel to Albany in Western Australia in August to compete at the national championships.



Mr Darren Hooper, Head of Junior Sport

PLC Kayaking 2014

State Marathon Titles are scheduled for Sunday, 31st August

All students who would like to represent the college and help Pacific defend its state championship will need to attend training at least once per week. Training occurs at Lake Kawana each Monday after school and during weekly Thursday and Friday sport time. If Year 4-6 SCISSA training occurs on Monday, then the students are transported to the venue by bus (please refer to school calendar). Parents will need to pick up all students at the venue after training which, in winter, concludes by around 5.00pm. Students are more than welcome to play another sport and still represent the college at the state championships, provided they train one session per week.

Term 3 Training

Monday 3.00pm - 4.00pm and 4.00pm - 5.00pm (3.30pm start when no SCISSA)

Thursday 1.15pm - 3.00pm

Friday 1.00pm - 3.15pm (Year 10 -12 students 2.15pm - 3.30pm)

Please see Mr Graves or your PCG / class teacher for a permission form to attend the state championships.

Mr Gary Graves, Head of Physical Education

Pacific Soccer Update



Round 14 - 19th July

Following the holiday break, Round 14 games were played last weekend and saw our 17 teams playing away at venues across the Coast.



Thank you to all our teams for your tremendous efforts on the field and for providing such wonderful excitement and entertainment for our many spectators.

Thank you also to our many photographers who have shared game photos on our Facebook page. If you have photos of your team, please share them and allow us all to enjoy the action.

The U11A Pacific Sharks played the second place Bli Bli Griffins. Although Bli Bli won the game, the Sharks teamwork

continues to impress and their sustained attack allowed them to score twice against the higher ranked team.

The U11B Pacific Snappers had an easier game last weekend against Buddina Bluefins and, although the Snappers defence let a goal in, the team went on a scoring spree at the other end and recorded a convincing 8 - 1 victory.

The U12B Pacific Hammerheads played Caloundra Red. The Hammerheads produced another great team performance with solid defence and good attacking runs, which gave them a 2 - 0 win.

Our U14B Seahorses played the table-leading Currimundi Stingrays and provided another entertaining game for our appreciative spectators. The Seahorses showed the great team spirit for which they have been recognised, as well as their extraordinary speed and fitness which their fans have greatly admired.

The Seahorses are currently in fifth place on the Fair Play Points Table. The players and team management deserve enormous credit for this outstanding achievement and for their positive contribution to the sport.

Finally, the U14A Pacific Marlins played Immanuel Fire but had a slow start, letting in three easy goals early in the first half. The team re-grouped and protected their goal for the rest of the game. Despite several good scoring chances throughout the game, the Marlins could not find the back of the net and Immanuel took the game 3 - 0.





- 40kg of sausages were supplied by Kerry Venter from Snoggy's Butchery at Pelican Waters Shopping Village.
- Generous sponsorship for the event was also provided by Pelican Waters Shopping Village.



Congratulations Brock Birch

During the Easter break, West Ham United Oceania Academy held an ID camp at Pacific which allowed participants to receive expert coaching and training from West Ham United Oceania coaching staff.

We apologise for the delay in sharing this news but Brock Birch (U12B Hammerheads) was selected to attend the Academy National Camp in September and was also invited to tour the UK.



Congratulations Brock for your outstanding success with the WHU Academy and for the skill and the teamwork you have shown with the Hammerheads this season. We hope you enjoy your well-deserved trip to Canberra in September.

Bunnings BBQ Fundraiser



Last Saturday Pacific Soccer held its annual fundraising sausage sizzle at Bunnings Caloundra.

We would especially like to thank our local sponsors for the supporting this event.

- 100kg of ice was donated by Caloundra Ice Works (63 William Street).

Thank you also to Mrs Jodie Tippett for preparing so many delightful cupcakes which were greatly appreciated by the young children who certainly preferred the cupcakes instead of a sausage.



A big thank you must go to the volunteers from U6 Jewelfish, U7 Seals, U7 Stingrays, U9 Cobras, U12 Hammerheads, U14 Seahorses and U14 Marlins who were rostered on for a shift during the day and helped to make the event an outstanding success for the club.

A special thank you must also go to Paul Cooper and Brad Dines (U14 Marlins), who remained after their 1.30pm - 3.00pm shift for another 1½ hours and provided invaluable assistance with the cleaning and pack up.



Make-up Games for U14B Pacific Seahorses

Due to school excursions, the Pacific Seahorses will be missing their games on 21st June (Round 11) and 28th June (Round 12). These games will be replayed as follows:

- Round 12 (vs Caloundra Black) on Tuesday, 29th July at 7.00pm at Mudjimba.

Friendly Games Between U13B / U14B Teams

Due to the number of byes in the U13B and U14B age groups, we will be playing extra friendly games between the teams in these age groups to allow the players to have a game each weekend.

U14B Pacific Seahorses will be playing as follows:

- Round 17 on Saturday, 9th August vs U13 Immanuel Vipers at 3.35pm at Pacific.

Round 15 - 26th July

Round 15 games will be played this weekend and our teams are playing away at fields across the Coast.

- U6 Jewelfish and U8 Eels at Mudjimba.
- U6 Sea Hawks, U6 Vipers, U9 Cobras and U11B Snappers at Chancellor Park.
- U6 Sea Stars, U7 Seals, U7 Stingrays and U7 Swordfish at Bli Bli.
- U8 Orcas at Good Shepherd, Noosaville.
- U9 Taipans at Currimundi.
- U10 Pythons and U11A Sharks at Fisherman Road, Maroochydore.
- U12B Hammerheads and U14A Marlins at Caloundra.
- U14B Seahorses at Palmwoods.

Each manager will have game times, or visit www.SCCSA.org.au or call us for more info.

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 for your involvement and support of Pacific Soccer. We hope that the 2014 season will be an enjoyable and fulfilling one for you and your family.

Mr Ian Barnes, President

Did You Know?

Cats can spend 16 hours a day sleeping.

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

Warm, knitted scarves are available at a cost of \$25.50 for those feeling the cold weather.

Orders can be placed on-line through flexischools.com.au and will be delivered to your child the following day.

Mrs Donna Hollindale, Uniform Shop Coordinator

Upcoming Dates

JULY

- 29 Year 6 - 12 Interviews
- 29 Year 9 Camp Parent Information Evening (6.30pm)
- 31 District Primary Athletics Day
- 31 Year 4 - 6 SCISSA Trials (1.40pm)

AUGUST

- 4-8 Year 9 Camp at Glastonbury, Gympie
- 5 Author's Visit - Prep to Year 3
- 7 Australian Maths Competition
- 11 Year 4-6 SCISSA Training (3.15pm)
- 12 Junior Science Fair
- 13 Author's Visit - Years 4-6
- 14 District Secondary Athletics - Half Day
- 14 Year 4-6 SCISSA - Round 1 (12.15pm)
- 15 Ocean Festival
- 15 District Secondary Athletics Day
- 18-22 Book Week
- 18-22 Keep Australia Beautiful Week
- 18 Trimester 3 Begins
- 19 Friends of Pacific (7.00pm)
- 21 Year 4-6 SCISSA - Round 2 (12.15pm)
- 22 P-5 Book Week Musical
- 22 Primary Lutheran Athletics Carnival - Murrumba Downs
- 26 Co-curricular Photo Day
- 28,29 Year 4 Camp at Noosa Northshore

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
Email: 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.

"Growing in Jesus Christ and Sharing His Love"

For more information, contact Pastor Ray Morris on
0429 856 532, email: ray.morris@lca.org.au,
web: <http://stmarkslutheranocaloundra.com>

*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".*

Welcome to our **Bronze Sponsors** for



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Today, Zarraffa's Coffee has 50 stores across South East Queensland and remains committed to 'striving to make an individually perfect cup of coffee - every time!'

The Zarraffa's Coffee motto 'Head and Shoulders above the Rest' reflects the origins of the name. Zarrafa is Arabic for giraffe, and the Masai giraffe that inhabits the savannah of Kenya and Ethiopia stands 'head and shoulders above the rest in the savannah!'

With their 'fresh is best' mantra, exacting standards and quality service, Zarraffa's Coffee experience aims to be 'Head and Shoulders above the Rest'.



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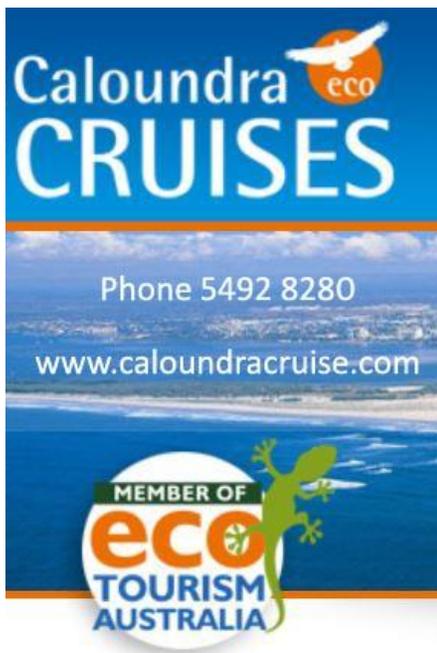
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Visit their indoor showroom for Australia's largest display of new and used Kimberley Campers, Kimberley Caravans and MyCubes available. SEQ also stocks Travelander Slide-On Ute Campers and James Baroud Offroad Roof tents.



Come along with Caloundra Cruises and experience the beauty, history and wildlife of the Pumicestone Passage Marine Park with its pristine waters and abundant birds, or enjoy a spectacular sunset over the Glasshouse Mountains.

Our Thursday **Eco Explorer** cruise takes you deep into the heart of this internationally significant region of over 300 bird species and our Eco Explorer cruise for school excursions can be tailored to your curriculum.

Our popular **Saturday Lunch Explorer** cruise is a relaxing three-hour guided tour. We check out the sand flats, the amazing bird life and the quieter end of the passage, then pick up a posh picnic buffet lunch to enjoy on board with complimentary drinks at a secluded anchorage.

Our 90 minute **Smoothwater Classic** cruise (Sunday and Tuesday to Friday) lets you discover the rich sea faring history and superb scenery of the Pumicestone Passage. You can choose a departure that connects for a relaxing stop at Pelican Waters Tavern to enjoy lunch (wheelchair access available).

We have a great range of specialty cruises including weddings, private charters, bus groups, dance parties for teens, and pirate parties for kids. Cruises depart from Pelican Waters or from Caloundra. Visit our website for full details.

The Sunny Coast Baby and Kids Market is a locally owned market selling pre-loved, new and beautiful handmade items for the under 5's. Come and experience the smarter way to shop! At Caloundra and Nambour - see the website for dates and locations.

The Sunny Coast Baby and Kids Market aims to give families an affordable shopping destination for everything under 5. They have a mix of pre-loved items including clothes, toys, books, cots, prams, etc. You will also find beautiful handmade items, made locally, including cloth nappies, clothes and toys. There are kids' hair-dressers, car seat fitting services, maternity services, kids' health nurses and creche. The Caloundra Market Venue also has an essentials area with great prices on formula, nappies, bottles, dummies, etc.

Bring the whole family – there is so much to do and see!



Phone Kate Dodds 0412 865 032

See www.sunnycoastbabykidsmarket.com.au

Kathy Dickson 0488 778 874



1300 031 963 - Phone - 5491 0333

**Corner North Street and
Landsborough Parade, Caloundra**

Perfectly positioned just a short walk from the sparkling waters of Golden Beach and boasting a brand new onsite water play park, Oaks Oasis is an ideal Caloundra accommodation choice for families, couples and groups alike.

The extensive range of accommodation options, including newly refurbished hotel, studio, one and two bedroom apartments, and two and three bedroom villas, are equipped with everything you need to enjoy your Sunshine Coast holiday, such as reverse cycle air conditioning, cable TV, Wi-Fi internet access, large open plan living areas and with all except our hotel rooms having a kitchen or kitchenette.

Set within the resort's sweeping grounds, the 500m² play zone includes a sizeable splash pool and central, multi-level water attraction complete with water slides, fountains, colourful and interactive activities and a giant tipping bucket. A multitude of sun lounges feature prominently on new timber leisure decks, along with grassy, shaded areas and party tents, perfectly complementing the fully heated facility. The play zone is also fully fenced with a full-time attendant on hand during the park opening hours.

OCEANFest 2014 Main Raffle – Tickets on Sale Now

Main Raffle - Tickets \$2

*Drawn at the OCEANfest on Friday, 15th August (evening).
Pacific Lutheran College, Woodlands Boulevard, Meridan Plains
Prize winners to be announced from stage or contacted if not at the event.*

- 1st Prize** Viking Fishing Esprit 3.5m kayak with deluxe seat, Viking paddle, railblaza rod holder and base. Value \$1075. Donated by Viking Kayaks - 188 Nicklin Way, Warana.
www.vikingkayak.com.au
- 2nd Prize** Kimberley Kamper Trailer one week hire, ready for camping. Value \$840.
Donated by SEQ Campers and Gear. www.seqcampers.com.au
- 3rd Prize** Luxurious one night getaway for two people in queen spa suite, includes breakfast, complimentary cheese platter, Wi-Fi and parking. Value \$500. Donated by Pelican Waters Golf Resort and Spa www.pelicanwatersgolfresortandspa.com.au
Prize includes 2 x 18 hole rounds of golf with cart. Value \$190. Donated by Pelican Waters Golf Club www.pelicangolf.com.au Total Package \$690.
- 4th Prize** Private Sunset Cruise – Sunset Cruise for up to 40 guests (BYO drinks and nibbles). Value \$620. Donated by Caloundra Cruises www.caloundracruise.com
- 5th Prize** Two nights in an Executive Family room for up to 4 people, at Oaks Oasis Caloundra. Value \$522. Donated by Oaks Hotels and Resorts
www.oakshotelsresorts.com/oaks-oasis
- 6th Prize** Full day fishing trip for two people to best offshore reef grounds, from Mooloolooba. Value \$420. Donated by Odyssey Charters. www.odysseycharters.com.au
- 7th Prize** BMW luxury car to drive for a weekend – Value Priceless! Donated by Coastline BMW.
www.coastline.bmw.com.au
- 8th Prize** Nitro White Bike. Value \$300. Donated by Howcroft and Associates Real Estate.
www.howcroftrealestate.com.au
- 9th Prize** Party for 10 at Big Boing Indoor Trampoline Park, includes pizza, two slushies per child, chips, lollies and birthday host. Value \$290. Donated by The Big Boing Indoor Trampoline Park, Birtinya (opening Sept) www.thebigboing.com.au
- 10th Prize** Basket of seven premium bottles of red wine. Value \$200. Donated by Schultz Toomey O'Brien Lawyers. www.stolaw.com.au
- 11th Prize** Breville Little Genius Kitchen Scales \$105 plus Sunbeam Waffle Stick-Maker \$40 - total value \$145. Donated by The Good Guys at Kawana Waters. www.thegoodguys.com.au
- 12th Prize** Stockland Gift Card. Value \$100. Donated by Stockland Caloundra.
shoppingcentres.stockland.com.au/shopping-centres/stockland-caloundra
- 13th Prize** \$100 restaurant voucher. Donated by the Boat Shed Restaurant.
<http://boatshedrestaurant.com>

Bonus Prize 1 Zenko Yoga 2 x 12 month membership at their fabulous Sunshine Coast Studio in Buddina. Total value \$2,000. Donated by Zenko Yoga. <http://zenkoyoga.com.au>

Bonus Prize 2 Boot Camps Australia 2 x 3 month's membership including 1 x 30 minute personal training session. Total value \$700. Donated by Boot Camps Australia – Sunshine Coast. www.bootcampsaustralia.com

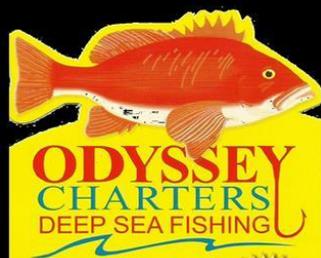
Bonus Prize 3 2 x Zarraffa's Caloundra prepaid drinks cards with 11 drinks on each card www.zaraffas.com
PLUS
4 Caloundra Big Screen movie passes www.bigscreeninemas.com.au/caloundra PLUS
2 x Top Shots Family Combo Vouchers www.topshotsmaroochydore.com
Total value \$280

Bonus Prize 4 \$50 movie hire voucher – donated by Civic Video Caloundra. www.civicvideo.com.au
PLUS
1 hour Massage. Value \$85. Donated by Blend Salon, Currimundi. www.blendsalon.com.au. Total value \$135

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PACIFIC LUTHERAN COLLEGE

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FRIDAY 15TH AUGUST 2014 | 3.15PM TO 8.30PM

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to the class cent
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yet?”

Judging soon!



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2014

PACIFIC LUTHERAN COLLEGE

where **EAST** meets **WEST**

FRIDAY 15TH AUGUST 2014 | 3.15PM TO 8.30PM



Year 1 - Cake Stall

Ocean Fest 2014

East meets West



The Year 1 students would like your help.

We are calling all enthusiastic bakers, including the home baking grandmas, to help fill our cake stall with your wonderful cake and slice creations.

Last year many people were requesting 'Gluten Free' so, if you know a great GF recipe, please share your delights with the community. And, of course, everyone loves the good old favourites.

The cake stall will be selling whole cakes and slices.

Cake boxes will be made available for you to collect and return filled with your delicious donation closer to the time.

We will also be running a raffle to win an amazing cake creation voucher from Sticky Face Cakes.

Please come along and support Year 1.

Thank you.