



*Confident adults start here*

**APPLY FOR A PACIFIC LUTHERAN COLLEGE SCHOLARSHIP FOR 2016**

- Academic for Years 8-11 for 2016: Applications close Friday, 8th March 2015
- Music for Years 8-11 for 2016: Applications close Wednesday, 18th March 2015
- General Excellence for Years 8-11 for 2016: Applications close Friday, 20th March 2015

PHONE: Chris Henschke, College Registrar on 5436 7301  
LOCATION: Woodlands Boulevard, Meridan Plains 4551  
[www.paciflutheran.qld.edu.au](http://www.paciflutheran.qld.edu.au)

SCAN to visit our website.



Together we grow for a better tomorrow.

## Thriving through possibility

The adventure and wonder of life is found through being open to exploring the possible. As Nicholas Sparks writes, 'It's the possibilities that keeps me going, not the guarantee'. Through engaging in what is possible, we grow and learn. New paths open up if we ask ourselves, what is possible here? Whether in our academic learning, in our relationships, in cultural endeavours and even on the sports field, we rise to greater heights by rising to the challenge of what is possible.

In our spiritual lives being open to what is possible through faith in a loving God, fills us with hopefulness and sense of wellbeing. Through God's grace and forgiveness of our sins, we can live free of the shortcomings of the past and all things are possible. Each moment is a doorway to possibility.

*"You do not need to know precisely what is happening, or exactly where it is all going. What you need is to recognise the possibilities and challenges offered by the present moment, and to embrace them with courage, faith and hope." — Thomas Merton*

## Principal's Log

Over the past week we have seen great spirit and participation in our Year 3-6 and Year 7-12 swimming carnivals. The new format of the Year 3-6 carnival provided very good opportunities for all levels of swimmers to do their best as they could elect to participate in either 25m or 50m events.



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The student leadership of the middle and senior college carnival was outstanding. Well done to all students and thank you to our physical education staff very capably led by Mr Darren Hooper and Mr Mark Hauser for their organisation and leadership.

A range of co-curricular activities have gained momentum over the past week. The debating season has kicked off with calls for students to nominate for teams. After school sport also began with SCISSA volleyball and soccer getting underway on Wednesday and students commenced training in readiness for rugby and netball competitions. Students are also enjoying being part of the touch football competition at Kawana. Addams family cast members who have been rehearsing since the start of the year were presented with their badges on assembly. These opportunities provide great possibility for growth and we are grateful for the staff leadership of these activities.

Year 9 parents were moved as they took part in a special ceremony with their children on Wednesday afternoon as part of the calling ritual for the Rite Journey. Following an afternoon of reflection, students presented to their parents personal letters about their upbringing and a summary of what they're aiming to achieve this year. This is a very special program in the college that provides opportunity for young people to engage in reflection and action as they work within single gender classes to celebrate their transition to young adulthood over the year. We thank our Rite Journey teachers of Ms Michelle McMillan, Mrs Denise McMahon, Ms Karen Schultz, Dr Peter McMahon and Mr Duncan McNee for their leadership.



There was also very good attendance at the Middle College Information Evening where parents had the opportunity to learn about the special focuses of the Middle College and then meet with their class teachers. Thank you to our parents and to the teachers for your support of this evening and to Mrs Rae Hall and Mr Brendan Delaney for their leadership.

We look forward to the Friends of Pacific meeting next Tuesday evening and encourage parents to make the most of this opportunity to contribute to the shaping of the college community while having the opportunity to form strong connections with other parents.

May God enhance our capacity to be alive to the possibilities in each moment to do great good.

*Dr Bronwyn Dolling, Principal*

## Appreciation Corner

Thank you to...

...our physical education staff of Mr Mark Hauser, Mr Darren Hooper, Mr Gary Graves, Mr Duncan McNee, Mr Darren Lawrence and Ms Stephanie Wilson for their leadership of the swimming carnival.

...our Year 9 parents for all they have done in nurturing their children's growth.

...our Year 9 Rite Journey team of Mr Duncan McNee, Dr Peter McMahon, Mrs Denise McMahon, Ms Michelle McMillan, and Ms Karen Schultz for their leadership.

...Mrs Tina Cox for her leadership of the debating teams.

...Mr Brendan Delaney, Mrs Rae Hall and our Middle College teachers for their leadership of the Middle College Information Evening.

## Daily Bread

### "Crisa-tunity"

"Crisa-tunity" is a word from the Simpsons cartoon show. Homer Simpson discovers that the Chinese script for "crisis" is made of two other characters – those for "danger" and "opportunity", so he invents the new word "crisa-tunity."

The main point of this is that a crisis could either be a cause for despair, or else it can be embraced as a door to pass onto new and grander worlds. This is the focus of that Chinese character. Faith believes the same sort of thing. Because God is with us and provides for us, we trust that in any crisis we will find ourselves lead by God into greener pastures.

Possibly there is no better witness to this truth than the lives of Brittany and Abby Hensel. Please go and "Google" their names. Brittany and Abby were conjoined twins born in 1990 in the USA. They are now 24 years old and have been the focus of many documentaries and stories. As they grew up, Brittany's and Abby's father and mother made sure that they did not despair of the many and different crises that came their way. The girls had the same highs and lows of growing up as any teenager and they used their unusual biological gift

as “crisis-tunity” – a time to stepping forward into new opportunities in life. Throughout this time, their parents guided them along the path of faith in God, calling to God in prayer, praise and thanksgiving.

And where are these two girls up to with this opportunity in times of crisis? Brittany and Abby have trained to be primary school teachers. What a great calling for these two awesome women!

May our gracious God guide the people of Pacific into great opportunities through whatever crises come our way.

*Pastor Paul Smith, College Pastor*

## From the Director of Students

This week I will continue my discussion of Dr Martin Seligman’s approach to wellness in his book Flourish. Through his research and writings, Dr Seligman has shifted from a focus on happiness defined in terms of life satisfaction. He now believes that the focus should be on well-being and that the gold standard for measuring well-being is flourishing.

Dr Seligman argues that the dominant popular connotation of happiness is too bound up with being in a cheerful mood. People who have the most positive emotion, the most engagement and the most meaning in life are the happiest and they have the most life satisfaction. Therefore, being a naturally cheerful person does not take into account how much meaning and engagement we have in life. There are five measurable elements in his well-being theory. The five elements are positive emotion, engagement, meaning, positive relationships, and accomplishment.

Not one of the five elements define well-being but each contributes to it. Well-being is a combination of feeling good as well as actually having meaning, good relationships and accomplishments. We should choose our course in life to maximize all five of these elements.

To conclude, a little checklist to see how you are flourishing.

**Positive Emotion:** taking all things together, how happy would you say you are?

**Engagement, interest:** I love learning new things.

**Meaning, purpose:** I generally feel that what I do in my life is valuable and worthwhile.

**Self-esteem:** in general, I feel very positive about myself.

**Positive Relationships:** there are people in my life who really care about me.

*Mr Brendan Delaney, Director of Students*

## College Leaders Report

Welcome to what is sure to be another exciting year at Pacific. We hope that you all had a relaxing holiday and are ready to get back into the swing of school and for many parents, we know it’s your last year of having a child at



Pacific. Whether this is your first, second, third or fifteenth year of sending your kids to Pacific, we wish you all the best for 2015.

We encourage all of the students to get involved in as many things as possible and also to support their peers in their ventures whether that be culturally, academically or in the sporting dimensions of life. As the school grows, so do the amazing opportunities given to us students and trust me, you want to grab them with both hands before it is too late.

A massive thank-you to everyone that got involved in the swimming carnivals on both Monday and Thursday. It was great to see everyone getting in and giving it a go, even if it was just the house point swim.

*Hayley Watt, College Captain*



I would love to share with you all an overview of a seminar from Enthuse Leadership Camp on how to improve our well-being and quality of life for not only us, but for those around us.

We will continue to reflect on well-being in later newsletters.

Dr W Edwards Deming proposed the acronym “CANI” to the Japanese Government amidst the rubble caused by WWII and within a decade, Japan had risen to the second most powerful economy in the world. This seemingly impossible feat is often referred to today as the “Japanese post-war economic miracle” however, those familiar with Deming’s concept will surely understand that “miracle” is quite an exaggeration.

CANI stands for “constant and never-ending improvement”, a powerful statement that describes the action of ever pressing forward and learning from our mistakes, yet not dwelling in the past. CANI tells us to seek improvement in every aspect of our lives, even if it is only slightly. The old saying “if it isn’t broke, don’t fix it” is thrown out the door as by settling for complacency, our lives or jobs can become stuck in a rut.

The Japanese sought to improve every aspect of their companies. An improvement of only 1% per month in an area can add up and over a year that area would have improved upwards of 12%, a figure many global companies today could only dream of. Corporations in Japan have been known to rely on CANI to keep them ahead of their competition. Their business models revolve around receiving improvement suggestions from employees, which are written down, accepted, shared and then implemented. They can expect to receive anywhere between 60-70 suggestions per employee per year, constantly enhancing their services/goods and increasing customer satisfaction.

By taking onboard the CANI lifestyle, the potential for action on reflection is suddenly boundless. I personally look forward to applying this attitude to my leadership role this year and moving forward past school life and highly encourage you all to do likewise.

*Lachlan McKay, College Captain*

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

Being a successful parent is one of the great challenges we all face when we accept the responsibility of having children. Research continually reveals evidence of positive parenting found in children with higher levels of Social and Emotional Well Being (SEWB) and that those children with high levels of SEWB perform better academically, socially and emotionally.

The actions of parents that contribute most to their overall children’s SEWB (as identified by children) include:

- I have a parent who talks with me about my feelings and coping with stress.
- I have a parent who spends time talking with me about how to make friends and solve problems.
- I have a “say” at home about the way we do things.
- There are interesting things to do at home with family.

- I have a parent who asks questions about what I am learning.
- I have a parent who talks with me about being respectful, honest, caring, responsible and a good citizen.
- I have a parent who discusses with me what is acceptable behaviour and what happens if I behave badly.
- I have a parent who shows he/she is interested in what I am studying.
- I have a parent who makes time for me and listens.
- There are things at home I have responsibility for.
- At home, I feel accepted for who I am.
- I have a parent who discusses the importance of doing my best in school work.
- I have a parent who praises me when I have done a good job in school work or acted responsibly.

Fundamental to all of the above is communication. Over the next few weeks, I would like to share with you some information which may make the task a little clearer and possibly easier.

Good communication leads to:

- Warm relationships,
- Cooperation, and
- Feelings of worth.

Poor communication leads to:

- Kids who “turn off” adults,
- Conflicts and bickering, and
- Feelings of worthlessness.

Please find below the first three ideas in promoting child/parent communication.

1. When talking with children, use door openers such as “I see.” “Oh.” “Mm hmmm.” “How about that!” “Really?” “Tell me more.” “Can you say that again.” “I want to be sure I understand you.” “That’s interesting!”
2. Listen attentively, get rid of distractions and pay attention to what the child is saying. At times, adults may need to stop whatever they are doing and listen to the child. It is difficult to run the vacuum cleaner, cook dinner or read the paper

and at the same time, pay close attention to what the child is saying.

- Use more do's than don'ts. For example "Close the door softly please", instead of "Don't slam the door". Or "You can colour on this page", instead of "Don't draw on the table".

## Class Parent Representatives

The success of the educational journey at Pacific involves the continued development of positive relationships between staff, parents and students. To further enhance and develop these important links, a letter was sent home seeking expressions of interest from parents who would be prepared to act as class representatives in the Prep – Year 5 section of the college.

The role of parent class representatives is not to do, but to organise.

- To work within year levels to welcome new families.
- To organise social events.
- To promote school activities.
- To encourage communication with other parents and staff.
- To provide a key link between the class teacher and parents.
- To channel issues to the school that are raised by parents and provide feedback where appropriate.

If you think you would like to be a parent representative for your child's class, please return the nomination form (which was at the foot of the letter) by Friday, 20<sup>th</sup> February. Should you have any questions regarding the role, please do not hesitate to contact me.

*Mr David Durey, Head of Staff and Students P-5*

## Students of the Week

Stars of the Week - This Week Monday, 9<sup>th</sup> February

<b>Prep</b>	Jackson Ackerman	Cade Miles
	Lennon Biggs	Joe Pollard
<b>Year 1</b>	Sonny Austin	Kahlia Taylor
	Hayley Petfield	
<b>Year 2</b>	Chloe Hughes	Finn Barnes
	Matthew Schimmel	Hannah Meekan

<b>Year 3</b>	Jessica Lloyd	Luke Harrys
	Jemma Hynes	Zoe Nankivell
	Elliott Burlone	
<b>Year 4</b>	Lachlan Currey	Jade Smart
	Mona Finney	
<b>Year 5</b>	Makani Campbell	Zeb Gallagher
	Erika Christensen	Laura Callaghan
	Charles Box	

## You Can Do It Awards

This Week Monday, 9<sup>th</sup> February

*Confidence:* Amy Richards

*Persistence:* Kellen Owen McEvoy, Jack McDonald

*Getting Along:* Jayden Fioraso, Mahalia Thiele, Romeo Paora, Caleb Donohue

## Food for Thought

### Helping our Children Deal With Challenges

We have a strong urge to protect children from harm. Protection, however, can be overdone. Children and teens who have not had practice handling stress or taking responsibility for their actions, even when it is difficult, can become more anxious and risk averse. By overprotecting them, we inadvertently make them more vulnerable.

When our children learn to deal with small challenges, they are better prepared to deal with bigger ones later on in life. If they are never disappointed, they never learn how to deal with setbacks. If they never lose, they do not learn how to handle defeat. If they are never frustrated, they never learn persistence.

By handling ups and downs, our children build the psychological muscles they need for life.

[Click here](#) for more information.

*Mrs Annie Williams, School Counsellor*

## Friends of Pacific

### Connecting College and Community

We warmly welcome and invite both new and existing families to the first Friends of Pacific meeting for 2015, next Tuesday, 17<sup>th</sup> February at 7.00pm in the library meeting room.

Please check the college calendar for future dates. Meetings are usually scheduled for the third Tuesday of the month.

Should you wish to make contact with Friends of Pacific and are unable to attend a meeting please email [fop@paciflutheran.qld.edu.au](mailto:fop@paciflutheran.qld.edu.au).

*Mrs Tracey Hindmarsh, Chairperson*

## Health Care Engagement Program

The Sunshine Coast High School Health Care Engagement Program (HSHCEP) will be held on Thursday, 21<sup>st</sup> May and Friday, 22<sup>nd</sup> May this year. The sessions run from 8.30am to 3.00pm at Nambour General Hospital and are for Year 10 students.

[Click here](#) for more information and registration details.

## Missing School Bag

Can Year 3 – 6 parents please check that you have not mistakenly taken the wrong swimming bag from last week's junior swimming carnival.

A Year 6 student is missing his sports bag, towel and swimmers. If found, please return to L Block Admin.

## After School Mathematics Tutorials

The college wants to support students academically and continue tutorials for students in Years 7-12 who would like extra assistance or clarification of concepts in Mathematics. These tutorials are held on Monday afternoons, in rooms L13/L14, from 3.20pm to 4.20pm. Assistance is provided by Mathematics teachers. Students are welcome to come along

for a quiet place to complete Maths class work, homework or ask for assistance. The expectation is that students work quietly and not be disruptive and that they remain within the room until 4.20pm, unless picked up earlier by a parent.

If you have any queries about the tutoring, please contact me at the college or email [jsteven@paciflutheran.qld.edu.au](mailto:jsteven@paciflutheran.qld.edu.au).

*Mrs Jasmin Steven, Head of Mathematics*

## Junior Sport

### Inter-House Swimming Carnival



The Inter-House Swimming carnival took place last Thursday at the Kawana Aquatic Centre. It was fantastic to see the high level of student participation during the day and the enthusiastic house

cheering by many of the students.

Below are the age champion results from the carnival:

Boys			
Age	First	Second	Third
8 Years	Luke Becker	Max Symes	Sebastian Carter / Caleb Donohue
9 Years	Jack Packer	Luca Turney	Romeo Paora
10 Years	Tom Chapman	Cody Proeger	Henry Friend
11 Years	Harry McLaughlin-Phillips	Jason Wulff	Matthew Becker
12 Years	Thomas Grey	Billy Hocken	Niels Whiteley
Girls			
Age	First	Second	Third
8 Years	Paige Whincop	Ainslie Carter	Charlise Bell
9 Years	Jemma Hynes	Katie Graves	Mya Boyall
10 Years	Aviva Kelly	Nikita Gallagher	Aime Hague
11 Years	Jayda Lowe	Eliza Woods	Sarah Jones
12 Years	Cosette Winter Oliver	Olivia Gartrell	Holly Ubrihien

There were also a number of records that were broken on the day.

Congratulations to the following students who broke records:

- Luke Becker – 8 years 25m Freestyle, 25m Breaststroke, 25m Backstroke and 25m Butterfly.
- Ainslie Carter – 8 years 25m Freestyle, 25m Breaststroke.
- Jayda Lowe - 11 years 50m Breaststroke.
- Tom Chapman – 10 years 50m Breaststroke.
- Thomas Grey – 12 years 50m Butterfly.
- Paige Whincop – 8 years 25m Butterfly.

Lastly, congratulations to Wira house who were crowned the overall champions at the end of the day.

1st place – Wira

2nd place – Bula

3rd place – Mumba



## Primary District Swimming Carnival

Next Wednesday, 18<sup>th</sup> February the Primary District Swimming Carnival will be held at the Noosa Aquatic Centre. Information sheets to all students who gained selection in this team were given out on Wednesday. All students who received these notes need to return the signed consent form as soon as possible to Mr Hooper, if you have not done so already.

A bus will leave the college next Wednesday morning at 7.30am to get to the pool in time for the 8.30am warm-up. Races start at 9.00am sharp and the carnival is scheduled to finish at 2.30pm. Students will arrive back at the college by 3.30pm.

## SCISSA Sport

SCISSA trials started this week during sport time on Thursday. An information sheet went out this week outlining the various sport choices for students this semester and the uniform requirements for these sports.

Students this week and next Thursday have the opportunity to try different sports before coaches settle on definite selections by Week 5 or 6. Please do not purchase any uniforms at this stage, until team selections have been finalised.

## Armidale Rugby Tour

The Armidale Rugby Carnival is on again this year on the last weekend of the Easter holidays (Friday 17<sup>th</sup> – Sunday 19<sup>th</sup>

April). Pacific has attended this carnival for the last seven years and is again sending a team of under 12 players to compete.

Players have the opportunity to play other schools and clubs from all around Queensland and New South Wales in one of the largest Rugby Union carnivals in Australia. If your son is interested in attending this carnival please see Mr Hooper for an information sheet.

*Mr Darren Hooper, Head of Junior Sport*

## Secondary Sport

### Year 7-12 Swim Carnival Results

Congratulations to all who participated at the Year 7-12 Inter House swimming carnival this week. There was great house spirit and atmosphere on the day and I was also very impressed with the standard of competition.

Congratulations to the following age champions and runners up:

Boys			
Age	First	Second	Third
12 Years	Tom Grey	Oliver Frazer	Charlie Punter
13 Years	James Brown	Taj Kelly	Jack Gothorp
14 Years	Angus Singleton	Joseph Simpson	Brad Graver
15 Years	Elliott McKean	Cooper Pointon	Ethan Hall and Ben Holt
16 Years	Jake Hynes	Sam Wilson	Harrison Burns
Opens	Nelson Anderson	Riley Ekin	Jacob Hume
Girls			
Age	First	Second	Third
12 Years	Steph Cawley	Kate Cameron	Louelle Hindmarsh
13 Years	Jade Norris	Georgia Harle	Phoebe Swan
14 Years	Kaylee McKeown	Skye Norris	Karlee Connors
15 Years	Ella Smith	Emma McKean	Georgia Woods
16 Years	Elsa Jonsson	Jazz Morris	Andrea Prinsloo

<b>Opens</b>	Chloe Bounty	Sophie Larsen	Madelyn Cornwall
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Special congratulations to the record breakers on the day as well:

Name	Age	Event	New Record
Thomas Grey	12 Years Boys	Backstroke	41.20
Thomas Grey	12 Years Boys	Butterfly	39.04
Kaylee McKeown	14 Years Girls	Freestyle	27.58
Kaylee McKeown	14 Years Girls	Breaststroke	36.27
Kaylee McKeown	14 Years Girls	Backstroke	30.71
Kaylee McKeown	14 Years Girls	Butterfly	30.86



The overall points for the day were as follows:

- 1st Bula (2648)
- 2nd Wira (2379)
- 3rd Mumba (2275)

## Year 8-12 District Swimming Carnival

The Year 8-12 District swimming carnival will be held next Thursday, 19<sup>th</sup> February at the Noosa Pool. All students who have been selected in the team (1st and 2nd place getters at the carnival this week) will be required to attend the day. All swimmers will need to compete in PLC school swimmers or racing swim suits. All consent forms must be returned to Mr Hauser as soon as possible. Those who are competing in the Long Course events (100m and 200m) will need to meet at the pool by 7.45am. Those who want to be considered for other distance events for Regionals MUST return the form with club time print outs on it to Mr Hauser by Friday, 13<sup>th</sup> February, as nominations must be in by Monday (no times after this time will be accepted).

## Year 7-12 School Sport

Wednesday after school sport began this week for Year 7-12 boys and girls volleyball and 11/12 boys and girls soccer. It is great to see these teams competing against other Sunshine Coast schools this term. For weekly draws, team members are asked to please continually check the '7-12 Sport'

Schoolology course updates. Venues and matches will also be advertised in the student notices each week.

Monday night netball competitions begin next Monday and rugby also gets underway in a few short weeks. All the best to the teams and players competing.

## Year 7-12 SCISSA Volleyball

Congratulations to all on a fantastic first round of SCISSA volleyball. All teams played very well and the atmosphere of the competition is building every year. This week, Pacific played at home against some good Sunshine Coast Grammar School teams. Well done to the 7/8 girls, 7/8 boys and 11/12 boys who all recorded wins this week. Next week, Pacific plays against Matthew Flinders, which promises to be another great round for all involved!



## Year 7-12 SCISSA Soccer

After a very strong 2014 season, soccer at Pacific continues to grow from strength to strength. This week, Pacific hosted Matthew Flinders in the Open Girls division and the Open Boys hosted Suncoast Christian College. The Pacific girls played a great team game, defeating Matthew Flinders 3-0, while the boys cruised to a comfortable 5-1 win over Suncoast Christian College. Well done to both teams and coaches and all the best for next week's away games.

*Mr Mark Hauser, Head of Sport*

## Pacific Club Sport

### PLC Club Netball

Just a reminder that the second Saturday Netball Sign-On is this Saturday, 14<sup>th</sup> February at the Caloundra Indoor Stadium, from 9.00am to 11.00am. Last Saturday, we had strong numbers sign on for another year. Looking forward to seeing returning and new players play another exciting season.

If you have any enquiries, please do not hesitate to contact myself or Mr Mark Hauser.

Yours in netball,

*Mrs Leigh Drogemuller*



## Monday Night Netball



The countdown is on for another exciting season of Monday Night Netball commencing this coming Monday afternoon/night. This year, the PLC Netball squad is

expanding, adding a sixth team in this year's competition. During Friday's sport training (school time), your daughter will be informed which team she will be playing for and the times for this coming Monday's mini round robin competition. The draw will also be uploaded onto our Schoology group's page. Just a reminder that all players will need to find transport to and from Fisherman's Road Netball Courts. Coaches have also requested that players arrive 30 minutes early to warm up.

Once the grading rounds have been completed, a draw will be provided to all schools. As per last year, game times will be the same for the entire ten rounds. I will include the times in next week's Compass and also upload the draw onto Schoology.

Looking forward to another season. Please do not hesitate to contact myself, Mrs Toni Fisher or Mr Mark Hauser if you have any further questions.

Yours in netball,

*Mrs Leigh Drogemuller*

## Pacific Soccer

### Just for Kicks

Just for Kicks was held last Saturday at Pacific and provided a wonderful opportunity for 36 new young players to enjoy a morning of fun and games and also to learn new skills of the game.



A big thank you must go to Rob Moffitt for planning and running the activities and to his team of parent helpers who all helped to make the day such a wonderful success. The day was certainly enjoyed by the players and the spectators.

### Final Sign-On for 2015 Season

With only three weeks to go to the start of the 2015 season, we have more than 100 players registered with Pacific Soccer, with many new players joining for the first time this year.

Our final sign-on will be held this Saturday at Pacific in the Pacific Soccer canteen, from 9.00am - 11.00am.

### Places Available with Pacific Soccer



groups (born 1999-2004).

Want to be part of Pacific Soccer this season and experience the fun and excitement of playing in a team each week? We are currently seeking extra players in U11-U15 age

With our games commencing on 7<sup>th</sup> March, after the final sign-on this weekend the committee will be busy organising teams and the team lists will be announced over the next week. If you would like to play this season, get fit and learn new skills with your teammates, please register now before it is too late.

### Get Started 2015

The State Government is again providing funding through its Get Started program, to assist children aged 5 to 18 years to participate in sports at a grassroots level. Parents, guardians and carers who hold a Centrelink Health Card or a Pensioner Concession Card are eligible to receive a voucher, which will be submitted through SCCSA Admin, and may be used to offset some or all of the Pacific Soccer registration fees for this season. More information



regarding the Get Started program is available at [www.nprsr.qld.gov.au](http://www.nprsr.qld.gov.au).

## 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 jerseys are worn every week during our season and also appear in our team photos and school newsletter, therefore continuing the exposure which any jersey sponsorship will provide. The jerseys are kept for more than five seasons, so provide ongoing promotion for any businesses.

In 2015, we have already received several requests to sponsor jerseys, and will be publishing a "thank you" to all our sponsors in the next few weeks. We still have a few 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 our treasurer Lala Burnes immediately.

## SCCRA Refereeing Course 21<sup>st</sup> - 22<sup>nd</sup> February

A final reminder that Sunshine Coast Churches Referees Association will be holding a Refereeing Course at Siena Catholic College from Saturday, 21<sup>st</sup> February to Sunday, 22<sup>nd</sup> February. The course will be run from 8.30am - 3.30pm each day, and is open to anyone aged 14 or older in 2015 (born 2001 or before). Refereeing provides an excellent means to extend your involvement in the game and therefore the \$35 course fee will also be subsidised by Pacific Soccer for any of our players who complete the course.

Places for this course are very limited, so if you are interested, please contact Edd Grant (SCCRA secretary) without delay at [edwingrant2@bigpond.com](mailto:edwingrant2@bigpond.com) or 0432 708 686. Please let us know if you have any queries.

## Working Bee – 21<sup>st</sup> February

If a refereeing course does not suit, please come along to our annual Working Bee which is also on Saturday, 21<sup>st</sup> February commencing at 8.00am. In particular, we are seeking assistance from builders and other "handy-people", who are able to help with a few tasks:



- Erection of a wall-mounted fan in equipment shed to keep our referees cool.
- Attachment of wheels to last set of goals.
- Lining of internal walls of canteen.

- Sealing our canteen tables with a marine varnish.
- Organisation of equipment for teams and canteen, in preparation for start of season.

We have always had a great response to our previous working bees, so please come along and help out for the morning and share in a lunchtime sausage sizzle. Please contact me directly if you have any queries.

## International Champions Cup



One of the biggest sporting events on the football calendar in Australia for 2015 will be the International Champions Cup, which has expanded to allow fans to see some of the most famous European teams play matches in Melbourne in July.

Pacific Soccer has two Bronze Tickets to see Real Madrid play against AS Roma at the MCG on Saturday, 18<sup>th</sup> July. These tickets will be sold at sign-on and at the Pacific Soccer canteen and the raffle will be drawn at our home game in May.

## New Pacific Soccer Committee Member

We would like to welcome Jack Vardavas who has recently joined the Pacific Soccer committee as our Director of Coaching for 2015. In addition to sharing his long-term coaching expertise with the club, Jack will also be assisting the committee to establish a training manual for our new coaches. The training manual will provide guidelines and optional programs for warmups, skills development and team training exercises and will be specifically targeted towards each of our age groups, ranging from U6 to U16.

## Involvement with Pacific Soccer

Pacific Soccer has always been run by volunteers since it was established in 2001 and this has only been possible through the generous support of our families. Whether you are helping out as a coach or a manager, in the canteen or as a committee member, all of these roles help the club to provide the services which our players need to be able to participate in their sport.

We would like to encourage all our families to play a more active role in Pacific Soccer, because only with your assistance, can the club provide the much needed services for all our players. The committee would welcome any assistance from our families, but especially would appreciate assistance for the following roles:

- Equipment Officer (to organise team equipment).

- Field set-up and pack-up (to co-ordinate field setup routine).
- Committee member (to contribute to decisions made within the club).

## Pacific Soccer Committee 2015 (so far)

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

**Vice President** Rob Moffitt

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

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

**Secretary** Louise Currey

**Canteen Conv** Kelly Abraham

**Member** Chris Friend



Thank you to all our families and supporters who assisted Pacific Soccer in previous years and we look forward to another great season in 2015. If you have any queries regarding registration or if you need any further assistance, please do not hesitate to contact us.

*Mr Ian Barnes, President of Pacific Soccer*

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## Church News

### St Mark's Lutheran Church Caloundra

Upcoming events / dates:

- Shrove Tuesday, 17th February.
- Ash Wednesday, 18th February – 10.00am worship, 14 Bombala Terrace.
- First Communion informations and lessons – contact Pastor Ray.

*"The place God calls you to is the place where your deep gladness and the world's deep hunger meet."*

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## 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

Orders can be placed online via [www.flexischools.com.au](http://www.flexischools.com.au) and will be delivered to your child the following day.

*Mrs Donna Hollindale, Uniform Shop Coordinator*

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## Did You Know?

The only food that does not spoil is honey!

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## Upcoming Dates

### FEBRUARY 2015

- 17 Shrove Tuesday  
Year 12 Information Evening (7.00pm)  
Friends of Pacific (7.00pm)
  - 18 Ash Wednesday  
District Primary Swim Carnival
  - 19 District Secondary Swim Carnival
  - 24 Year 10 Information Evening (7.00pm)
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*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.

"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](mailto:ray.morris@lca.org.au),  
web: <http://stmarkslutheran.caloundra.com>