



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.pacificlutheran.qld.edu.au

SCAN to visit our website.



Together we grow for a better tomorrow.

Finding Purpose

Very often in life we can be focused on the external. Our thoughts and actions can be driven by what we have and what we look like. While we might derive short-term pleasure from new clothes, haircuts, a new or even first car, trying new foods and a new house they do not bring a deep sense of well-being. A focus on the external can see us on a never-ending treadmill of having to buy new things to maintain the small sparks of pleasure.

Our deep sense of worth and well-being comes from within. It comes from giving ourselves to others. It grows through the quality of relationships we have with others and with God. It comes from having a deep sense of purpose and a commitment to do good for others. Such a focus enriches us deeply from within and provides the cushions to ride out the bumps in life. In letting go of self-focus we gain life. God created each of us to have a purpose to do good. We prayerfully ask God to grow us towards that purpose, whether large or small.

Principal's Log

We have appreciated the feedback from parents around the closure of the school last Friday. All families should have received an email from me earlier this week. Parents are reminded that our official method of notification of significant changes to routine will be via the red rolling banner on the front page of our website and via 92.7 Mix FM. As soon as is practicable, staff will then send an SMS to all families.



Mrs Annwen Lumkes will be finishing as the Early Learning Service Leader on Friday, 27th February to take on a new position with the Office of Early Childhood. This is an excellent opportunity for Mrs Lumkes and a testament to her as a leader in the Early Childhood area.

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She has done an outstanding job in our Early Learning Centre. We thank her for her warmth, dedication and generosity of spirit in leading the growth of a special place of learning for the smallest members of the Pacific community. We wish her well with this new phase of her life.

This week our senior students have been involved in the Lions Youth of the Year competition. We congratulate Jessica Curreri who won the Youth of the Year for the Currumundi-Kawana Lions Club and Lachlan McKay for the Caloundra Club. We commend all of our senior students who represented themselves and the college very well throughout the week. We wish Jessica and Lachlan all the best as they now move onto the next section of the competition. We greatly appreciate the leadership of Mrs Tina Cox who assisted the students to prepare for this competition, including supporting them at their various evening events.



Pacific students participated well in the Independent District Swimming Carnivals. We congratulate Tom Chapman (10 years), Aviva Kelly (10 years), Jayda Lowe (11 years), Luca Turney (9 years), Kaylee McKeown (14 years), Taj Kelly (13 years), Skye Norris (14 years) and Ella Smith (15 years) on their results. The Independent Schools Sport's Administrator was glowing in her praise of Mr Mark Hauser's organisation of the Independent District Carnival. Well done to all students for their participation and congratulations to Mr Hauser for a job very well done.

It was great to attend the PLC Club Netball meeting on Tuesday night. The enthusiasm and commitment of the parents was very inspiring. We thank incoming President Mrs Natalie Campbell and committee members Mrs Julie Hoffman, Mrs Sam Hutson, Mrs Sophie McKenzie and Mrs Bianca Moffitt for being prepared to take the team forward. We also thank Mr Mark Hauser and Mrs Leigh Drogemuller for their work in getting the Club organised for the committee to now take over.

We hold the family and friends of Instrumental Music teacher Mr Sam Saunders, who passed away earlier this week, in our prayers. We trust that God will keep Mr Saunders' family and friends in His care.

May God open our eyes and hearts to His purpose for us.

Dr Bronwyn Dolling, Principal

Daily Bread

A Good Shelter

Over the weekend, there was torrential rain where I live. Maybe you watch the rain the way that my wife, Heidi, and I

do - sitting on our front patio eating breakfast, seeing the overflowing gutters and water washing across the lawn.

Then there was a magpie. He was across the road on the front balcony of a house which is currently uninhabited. The magpie was sheltered there, unbothered by the rain and away from any wind. He sat there for most of the morning as the rains thundered down.

The image of God sheltering us is central to the Bible. You will find this written most beautifully in the Psalms where there are prayers which thank God for caring for us and protecting us. There are also Psalms that call out to God for help, trusting that only God is our "ever-present need in trouble". The most loved hymn from the pen of Dr Martin Luther also celebrates the sheltering care of God. In that hymn, God is called a mighty fortress.

So in the face of nature's storms and in the face of the storms of our day-to-day life issues, God invites us to shelter in his care. That, like the magpie I watched during the downpour, we will be protected and secure.

"Be merciful to me, O God, be merciful to me, for in you my soul takes refuge; in the shadow of your wings I will take refuge, until the destroying storms pass by" (Psalm 57).

Pastor Paul Smith, College Pastor

From the Director of Students

This week I will finish my short summary of Dr Martin Seligman's book 'Flourish'. According to Dr Seligman well-being is buildable not just as a short term fix but as a long term change. Following are two exercises that can make us lastingly happier.

What-Went-Well Exercises

In our lives, we think too much about what goes wrong and not enough about what goes right. Of course, sometimes it makes sense to analyse bad events so that we can learn from them and avoid them in the future. However, people tend to spend more time thinking about what is bad in life than helpful. For sound evolutionary reasons, most of us are not nearly as good at dwelling on good events as we are at analysing bad events. We need to work on our brains natural catastrophic bent, by thinking about what went well.

Dr Seligman suggests to set aside 10 minutes before you go to bed, each night for a week. Write down three things that went well today and why they went well. These three things do not need be earthshaking in importance. To each positive event answer the question: why did this happen? Writing about positive events in your life may seem awkward at first

but it will get easier. We can deepen the experience by saying a prayer of thanks to God for these good things in our lives.

Signature Strength

Another method is the Signature Strength exercise. There are 24 strengths ranging from curiosity/interest in the world to zest/passion/enthusiasm. You can find this test on the website www.authentic happiness.org or in the appendix of Flourish. When you are clear on your strengths, try to create new ways to use them and write about the experience. How did you feel before, during and after engaging in the activity? Did time pass quickly? Did you lose your sense of self-consciousness? Do you plan to repeat the exercise?

Working towards being a positive school involves the whole community including staff, students and parents. The goal is to have more positive emotions, more meaning, better relationships and more positive accomplishment. Positive education can also help develop confidence, contentment, fulfilment, balance and kindness in our students. It resonates strongly with what is at the core of Lutheran education.

Mr Brendan Delaney, Director of Students

From the Head of Staff and Students P-5

At assembly on Monday, in recognition of Clean Up Australia Day (which is celebrated this weekend), I will be stressing the important role each individual can play in keeping our environment litter free. If you are interested, websites such as <http://www.abc.net.au/catalyst/stories/3583576.htm> detail the degraded state of our oceans and the dangers to our health posed by the enormous accumulation of pollutants, particularly plastics in oceanic food chains.

When a large group of individuals gather daily in the one spot, the environmental implications for water usage, electricity and rubbish generation and disposal can be large. In an attempt to minimise our environmental impact, the college collects rainwater, uses solar power, recycles and supports sustainable, environmentally friendly forms of travel.

The amount of non-recyclable rubbish generated at the college is large. Much of this rubbish is generated from food wrapping associated with student's lunches, it does not readily break down and unfortunately can end up being washed into the ocean. We encourage parents to consider this when preparing food for their children.

As a parent, I appreciate the convenience of snap lock plastic bags, plastic food wraps and fruit juice packed in tetra packs with attached straws wrapped in plastic. However, there are alternatives for replacing much of the plastic used in lunches.

Although the use of paper bags is not ideal, it is certainly preferable to plastic. Reusable stainless steel water bottles and cutlery can be used instead of plastic ones. Rewashable containers are great for storing a variety of food like fruit, yoghurt and spaghetti.

There is information on the internet regarding eco-friendly lunches such as <http://www.youtube.com/watch?v=CJ9FXCbyUBM>. If every student's lunch contained one less piece of plastic per day this would equate to over 160,000 pieces of rubbish removed from the environment annually. Remember, every little bit helps.

TravelSmart

This year the college will continue to be a Travelsmart School. TravelSmart is a voluntary program, run by the Sunshine Coast Council to change travel behaviour. The program provides the college community (through a generous grant) the opportunity to relieve traffic congestion, reduce air and noise pollution and investigate more sustainable and healthy modes of transport such as walking, cycling, public transport and carpooling.

Pacific Lutheran College encourages TravelSmart behaviors to improve the health of our college community and natural environment. Here are some ways we can contribute to this initiative:

- Walk to school with a parent or responsible friend.
- Ride your bike safely to school with Mum or Dad (see below-Ride to school day).
- Catch a bus – route information is available on our website.
- Park and Walk – park your car at Oakdale Park or Meridan Sports Fields, enjoy a short walk with your child and keep a car off campus!
- Carpool – bring a neighbor and save a car trip!

For more information, please visit www.travelsmartsc.com.au or contact 5475 7272.

Take care and remember that TravelSmarties always travel safely!

TravelSmart - Ride2School Day!

On Friday, 13th March, your children are urged to join over 300,000 students across Australia and adopt a two-wheeled mode of transport for Ride2School Day. The event is Australia's largest celebration of active travel to school.

Students within the Sunshine Coast Council region who wish to participate should register online before 13th March to be eligible to win a number of prizes including gift vouchers at a bike shop of your choice, helmets and bike locks.

If driving to school in the family car is your only option, you can still be TravelSmart by parking the car a short distance away and then riding from there.

Visit www.sunshinecoast.qld.gov.au to register. Happy cycling!

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

Brainy Breakfasts!

How Breakfast Can Improve School and Work Performance

"Breakfast" means just that - break the overnight fast. Eating breakfast allows you to restock the energy stores that have been depleted overnight and begin the day with a full tank of the right fuel. Sending yourself to work or your child to school without breakfast is like trying to use a cordless power tool, without ever recharging the battery. If you do not refuel your child's body in the morning, the child has to draw fuel from its own energy stores until lunchtime. The stress hormones necessary to mobilise these energy reserves may leave the child feeling irritable, tired and unable to learn or behave well. If you want your child to rise and shine rather than limp along sluggishly at school all morning, make sure your child's day gets off to a nutritious start.

If your hectic household has a morning rush hour like the one in our home, you may feel that you do not have time for a healthy breakfast. But consider what studies have shown:

- Breakfast eaters are likely to achieve higher grades, pay closer attention, participate more in class discussions and manage more complex academic problems than breakfast skippers.
- Breakfast skippers are more likely to be inattentive, sluggish and make lower grades.
- Breakfast skippers are more likely to show erratic eating patterns throughout the day, eat less nutritious foods and give into junk-food cravings. They may crave a mid-morning sugar fix because they can not make it all the way to lunchtime on an empty fuel tank.
- Some children are more vulnerable to the effects of missing breakfast than others. The effects on behavior and learning as a result of missing breakfast or eating a breakfast that is not nutritious vary from child to child.
- Whether or not children eat breakfast affects their learning, but so does what they eat. Children who eat a breakfast containing both complex carbohydrates and proteins in equivalent amounts of calories, tend to show better learning and performance than children who eat a high protein or a high carbohydrate breakfast. Breakfasts high in carbohydrates with little protein seem to sedate children rather than stimulate their brain to learn.

- Children eating high calcium foods for breakfast (e.g. dairy products) showed enhanced behavior and learning.
- Morning stress increases the levels of stress hormones in the bloodstream. This can affect behavior and learning in two ways. First, stress hormones themselves can bother the brain. Secondly, stress hormones can increase carbohydrate craving throughout the day. The food choices that result may affect behavior and learning in children who are sensitive to the ups and downs of blood sugar levels. Try to send your child off to school with a calm attitude, as well as a good breakfast.
- Breakfast sets the pattern for nutritious eating throughout the rest of the day. When children miss breakfast, they set themselves up for erratic bingeing and possibly overeating the rest of the day.

Brainpower Breakfast Foods

- Complex Carbohydrates: Multigrain or whole-wheat bread, flatbread, tortillas and crackers; whole-grain pasta; brown rice; oatmeal (regular oats have a lower glycemic index than quick-cooking or instant oats); whole-grain pancakes; whole-wheat frozen waffles.
- Protein: Eggs (cooked that morning, or hard boiled in advance); leftover chicken, turkey, or fish; low fat cheese; beans (which can also count toward the complex carbohydrate requirement); natural peanut butter.

Add a piece of fruit and a glass of low fat milk, and your child will be ready to learn all morning long with no energy crash!

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

Lions Youth of the Year

The college is proud of our leaders' involvement in many aspects of community life, including the annual Lions Youth of the Year Competition. Five students entered for the two clubs with which we have links.



On Monday evening, Jessica Curreri was awarded the title of Youth of the Year for the Currimundi-Kawana Lions Club. She represented herself and the school with confidence and maturity in all

areas including academic, general knowledge, community involvement as well as with prepared and impromptu speeches. Congratulations and well done to Jess. She now goes on to represent at district level.

The Caloundra Lions Club held its competition last night and Lachlan McKay took out Youth of the Year. Congratulations

and well done to Lachlan, who also goes on to the next level of the competition.

Mrs Tina Cox, Head of English

Students of the Week

Stars of the Week - This Week Monday, 23rd February

Prep	Schylar Brim Nathan Russell	Austin Bellette
Year 1	Ryan Schimmel	Mena Wilkinson
Year 2	Lara Foxe Hooper Liam Hague	Hugh Henry
Year 3	Paige Hynes Macey Winter Oliver Ayrisa Jones	Charlise Bell Max Symes
Year 4	Alexander Lee Luca Turney	Harry Hockam
Year 5	Alexander Johnston Isobel Hughes Seina Keir	Jacob Salvesson Ella Hansen Kaine Christie

You Can Do It Awards

This Week Monday, 23rd February

Confidence: Riley Dixon

Persistence: Benji Vergens-White

Resilience: Blake Dines, Priya Miles

Food for Thought

If you do not respect yourself, who will?

When you do not like or love yourself, much less respect yourself, you will always find a way to live your life blaming other people for all the pain you are feeling. To have self-respect is to take yourself for who you are and to forgive yourself for mistakes you have made. When you are down, try to remember the good that you have done and not the bad. It can be hard to overcome some self-respect issues, but when you are able to look in the mirror and smile and tell yourself you're a beautiful person, it is an amazing feeling.

[Click here](#) to read more.

Mrs Annie Williams, School Counsellor

Friends of Pacific

Connecting College and Community

This Easter, Friends of Pacific are participating in an "Easter Egg" fundraiser.

The individual packets of mini eggs are supplied by Cadbury and come in various selections for \$4 per packet.

An order form was emailed to families on Tuesday, 24th February and we ask that all orders with payments are placed by 10th March. The eggs will then be delivered on Tuesday, 31st March.

Instead of purchasing all your eggs at the supermarket, please take the time to perhaps order some via Friends of Pacific so Cadbury can direct some profit back to the college.

If you have any items for the agenda for next FoP meeting on Tuesday, 17th March please forward them to fop@pacluth.qld.edu.au.

Mrs Tracey Hindmarsh, Chairperson

Library News



Assignment Help

LibGuides have been added for the following assignments this week:

- Year 11 Legal Studies
The Legal System and Human Rights
<http://libguides.pacluth.qld.edu.au/home/humanrights>
- Year 7 History
Investigating the Past
<http://libguides.pacluth.qld.edu.au/home/investigatingthepast>

Book Club

Book Club orders are due by Friday, 6th March.

26 Storey Treehouse

Are your children fans of Andy Griffiths' 13 Storey Treehouse series? If so, Nambour Civic Centre is hosting a performance of the 26 Storey Treehouse during the June/July holidays.

Date: Thursday, 9th July

Time: 10.00am and 12.30pm

Cost: SCvip Members \$16.50
General Admission \$19
Group of 4 (min 2 children) \$65

To book: www.scvenuesandevents.com.au
07 5475 7777

Ms Nell Keen, Teacher Librarian

Immunisation Consent Forms

A friendly reminder that Year 8 and 10 vaccination forms need to be returned to the college by Monday, 2nd March.

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 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@pacluth.qld.edu.au.

Mrs Jasmin Steven, Head of Mathematics

Vacation Care Program

There are only five weeks to go until our fun packed Vacation Care Program starts!

Be sure to get your bookings in by Friday, 20th March as we have very limited spaces and they are filling fast! Our program runs from Tuesday, 7th April to Monday, 20th April. Here is a sample of some of the exciting days we have coming up:

- Go Karts and bubble machine
- Family Feud day

- Caloundra Cinema and Happy Valley
- Shelly Beach Picnic
- Laserzone
- Noosa National Park and BBQ

Please see our OSHC team to enrol or email us at oshc@pacluth.qld.edu.au.

Early Learning Centre

Welcome to our new families who have joined us over the last few months. We hope you have settled into our service and are enjoying being part of our Pacific family. The children have settled into our early learning programs and appear to be having a wonderful time.



The children have been participating in a variety of experiences and challenges that are presented to them each day. These include free playing outside in the morning, group sessions for music, stories and songs, show and share/tell, art and craft and physical challenges both inside and outside. Please look at our daily reflection books to see what we do each day. All of these experiences link to the five areas of our curriculum.

In Christian Studies, we have been exploring the theme "Love is all around us" allowing children to learn about how God loves us. We have begun to introduce the children to who God is. Some of the areas we have and will cover this month are God is loving, God has always lived, God is Holy and God is a spirit. We have also explored prayer and why we say Grace at meal times.



Thank you to the families who were able to make our parent information evening this week. Everyone will be receiving an email with all the information and other important news and events by the end of the week.

I also need to advise everyone that this Friday, 27th February will be my last day with Pacific Lutheran Early Learning. I have taken a role with the Office of Early Childhood Education and Care commencing on Monday, 2nd March. I have enjoyed setting up the Early Learning service and being part of the daily operations. My children are staying at Pacific so I will still get to enjoy being part of the community, just in a different capacity.

Please be aware that all emails need to be sent to Sue Zweck (szweck@pacluth.qld.edu.au) until the new service leader commences.

To conclude, I want to say that it has been a wonderful privilege and opportunity to educate, laugh, play and discover with each of you and your children. The children have taken me on many adventures that I will always remember and I have made wonderful friendships with you all. I'd also like to thank the amazing team of teachers, educators and management who have made the Early Learning Centre what it is today and who will continue to dedicate themselves to the service. With their support and love for children I know I'm leaving everything in good hands.

I pray that you all have a wonderful time here at Pacific Early Learning and continue to have an amazing journey within our service.

Until next time.

Ms Annwen Lumkes, Early Learning Service Leader/Director

Year 11 Biology Fieldwork



To prepare Biology students for a career in this field, the syllabus mandates that they undertake 10 hours of fieldwork whilst completing this subject at school. This year, our students completed two day trips.

On Tuesday, 17th February, we went out to Baroon Pocket Dam (the source of our drinking water here on the Sunshine Coast) and were met by Ellie Pobjoy – the Community Relations Advisor for SEQ Water. She explained the history of the dam, including when it was enclosed, where the water treatment plant is located and the multitude of steps in treating our tap water that we drink.



Following this, the students undertook water quality tests including Dissolved Oxygen, pH, Phosphates, Nitrates, Faecal Bacteria, Turbidity and Temperature. Mark Amos, a Ranger in the Catchment Care Group at the dam site, then

walked us around an area of the dam which had been revegetated and talked about the type of revegetation that occurs and why particular species were chosen. Did you know that Hoop Pines are planted to stop land slips?

We then traveled to Mary Cairncross Reserve and made observations as we walked through the ancient rainforest. The

diversity of the species here, both flora and fauna, is just phenomenal. It is a biologist's heaven on earth. Have you seen a giant earthworm? We did, and they are giant!



On Monday, 23rd February we had the privilege of spending the day with Cerran Fawn, the CEO of Maroochy Water Watch and a conservation volunteer, Jet Spiro. We began our day at Currimundi Conservation Reserve, where

the students assisted the rangers bagging up particularly noxious weeds that have infested the native forest area.

We then travelled to Noel Burns Park, La Balsa Park and Fisherman's Road (to observe the Maroochy River) to view the differences in the waterways and conduct a site analysis at each one. We compared the general human impact, bank erosion, weeds, native vegetation, litter, wildlife and visual water quality and rated each site based on its health.

To complete the trip, Jet Spiro taught the students how to survive if they were lost in the bush! These tips are below for the avid bushwalkers amongst us:

1. Paperbark trees have a large storage of water which is drinkable, you just need an implement to dig into the trunk 2-3 inches and water will flow.
2. Termites are extremely prevalent and a fabulous source of food should you get lost. Since they are 80% protein, they will definitely keep you alive.
3. If lost anywhere on the east coast of Australia, head due east as you are bound to hit civilisation or at least the coastline to follow. If you head due west you are in trouble as you will end up in the Simpson Desert.

It was a terrific learning experience for all involved and we were fortunate and grateful to be accompanied by very experienced people in their fields of expertise.

Ms Rebecca Ross, Head of Science

Personal Development and Outdoor Education

Personal Development Classes Years 6-12

Each week, students in the Middle and Senior College participate in a Personal Development class. Each year level is working their way through the Student Handbook and discussing the content. Particular emphasis is being made on the student's rights, responsibilities and expectations. Year 10 and 11 students will also closely look at the college's Assessment Policy - referencing, researching techniques and

how to avoid plagiarism. Shortly, each year level will look at study techniques, different learning styles and setting homework and study planners.

Year 7 and 8 Camps



Two weeks ago, Year 7 and 8 students participated in their three-day camps at Somerset Outdoor Education Centre on Somerset Dam. We were very lucky to have cooler than normal weather, especially at night. The

students were involved in a number of activities designed to encourage them to get to know each other including high ropes, archery, a problem solving bridge building activity and activities run at night. As the co-ordinator of the camps it was great to see all students being inclusive and really getting involved in the various activities. There were many new friendships made throughout the three days.

Thanks to the Year 7 and 8 staff who attended and delivered a very creative and entertaining program.



Year 10 Camp Briefing and Information Meeting for Students

A very important meeting for Year 10 students was held this week to discuss this year's outdoor education program. At this meeting the students chose what activities they wished to be involved in for the two week camp and also selected partners to share the experience with.

If there are any Year 10 students who are unable to attend the camp, have to leave early or arrive late, their parent or guardian is requested to contact me at the college on 0409 882 407 or 5436 7381 as soon as possible so that arrangements can be made.

Voluntary Holiday Expeditions

The following outdoor education programs will be offered to all Year 10, 11 and 12 students:

- Easter holidays (8th – 15th April) White Water Canoeing – Nymboida or Clarence Rivers (depending on water heights).
- June/July holidays (1st – 6th July) Tramping Mt Barney National Park.
- September holidays (19th – 26th September) Mountain Biking and Rock Climbing Stanthorpe to Ipswich (including Girraween, Bald Rock and Basket Swamp National Parks).

For more information about attending or being an assistant, please contact me at the college 5436 7381.

New Zealand Expedition December 2015

Planning for the expedition is well advanced with final details now in place for the trip. The expedition will be departing Brisbane on 2nd December and return on 23rd December. The expedition will commence near Paroa on the west coast of the South Island and finish at Kaikoura on the east coast, 19 days later. The group will hike, mountain bike, canoe and raft during the expedition. The expedition is open to Years 9-12 students and parents. The cost will be approximately \$5000 and includes airfares, travel insurance, equipment (other than personal gear) and instructors from Boyle Outdoor Education Centre employed to assist me with the program.

Students and/or parents interested in obtaining further information are requested to contact me in the next few days at the college 5436 7381 or on 0448 277 789.

Safe Driver Programs

Unfortunately, the Year 12 Safe Drive Day "It's Up to You" on Thursday, 2nd April has had to be postponed. Parents and students will be advised of the new date as soon as possible.

Basic and Advanced Driver courses with Safe Drive Australia are set for Saturday, 28th March at Willowbank Driver Training Facility near Ipswich. Information has been forwarded to all Year 10, 11 and 12 parents. Registration and medical consent forms are due this coming Monday, 2nd March. All students attending these courses must use the bus transport provided by Safe Drive Australia.

Dr Peter McMahon, Head of Personal Development and Outdoor Education

Junior Sport

Primary District Swimming Carnival



The Independent District Primary Swimming Carnival was held last Wednesday at Noosa Aquatics Centre. The event was lucky to go ahead with the looming weather but fortunately for swimmers and organisers, there were only a few minor showers on the day.

A team of 40 swimmers represented Pacific with all students displaying great spirit and determination in both the individual and team relay events. Pacific finished in 6th place overall and there were a number of swimmers who recorded great results. Listed below are students who finished in the top five for individual races.

- Tom Chapman (10 years)
5th place – 50m Freestyle
2nd place – 50m Breaststroke

- Aviva Kelly (10 years)
4th place – 50m Freestyle
3rd place – 50m Breaststroke
3rd place – 50m Backstroke
3rd place – 50m Butterfly
- Jayda Lowe (11 years)
1st place – 50m Breaststroke
4th place – 50m Backstroke
- Luca Turney (9 years)
4th place – 50m Butterfly

Well done to all students who represented their school on the day.

Inter-Lutheran Swimming Carnival

Next Friday, 6th March the Inter-Lutheran Swimming Carnival will take place at Caboolture Regional Aquatic Centre (1 Aquatic Centre Dve, Burpengary). An information sheet has gone out to students who were selected to represent Pacific at this carnival. Please sign and return this consent form as soon as possible. Please note that breaststroke and backstroke events at this carnival only have A and B divisions. A bus will depart the college at 7.45am in order to get the venue in time for an 8.30am warm-up. Students should arrive back at the college by 3.15pm.

SCISSA

SCISSA selection trials took place this week with all students having the opportunity to trial in their first preference sport. Team lists will be placed up on the notice board outside the S-Block staff room.

As some sports are more popular than others, not all students will be able to participate in their first selection and will need to move into an alternative sporting option.

The first afterschool training session and round of SCISSA starts in Week 7.

Mr Darren Hooper, Head of Junior Sport

Secondary Sport

Year 8-12 District Swimming

Last Thursday, the Pacific swimming team travelled to Noosa to compete in the District Schools Swimming Carnival. Overall, Pacific finished up 6th, but we were only a few points behind 4th place in the end.

Thankyou to all who attended on the day and represented the school. Special mentions to the following students on their individual performances on the day:

- Kaylee McKeown (14 years)
1st place - 200m IM
1st place - 50m Breaststroke
1st place - 50m Freestyle
1st place - 50m Butterfly
1st place - 50m Backstroke
- Taj Kelly (13 years)
2nd place - 100m Freestyle
- Skye Norris (14 years)
2nd place - 200m IM
3rd place - 50m Butterfly
- Ella Smith (15 years)
3rd place - 200m IM
2nd place - 50m Breaststroke

Kaylee McKeown was also named the 14 years girls champion swimmer of the carnival and broke district records in the 200m IM and 50m Backstroke. Well done Kaylee!

Out of those who swam for Pacific, four athletes were named in the District Swim Team to compete at the Regional swim trials next week at the Caboolture Swim Centre (Kaylee McKeown, Skye Norris, Ella Smith and Nelson Anderson). We wish these swimmers all the best next week.

Year 7-12 SCISSA Volleyball



The SCISSA Volleyball season continues to progress as Pacific hosted Nambour Christian College in round three of the competition. Congratulations to all teams who are continually improving

each week and a special mention to the 9/10 girls team who won 2-0 this week against Nambour Christian College, and the 7/8 Boys who defeated Matthew Flinders Anglican College 2-1 as well.

Next week, Pacific takes on Suncoast Christian College, which promises to be a great match for all involved.

Year 7-12 SCISSA Soccer



The SCISSA Soccer season has started off very successfully for Pacific. The open girls are currently undefeated after beating the 2014 premiers Suncoast Christian College, 3-0 last

week. This week they took on St Andrews and won in a close match, 1-0.



The open boys are also in a good position, winning two out of their first three matches. Last week, they narrowly lost

in the dying minutes of the game, in a fantastic match against a very good Sunshine Coast Grammar team. This week the boys easily accounted for St Andrews, winning 9-0. Next week the team has a bye round to recover and prepare for their final two matches, and if successful, finals in Week 10.

District Sport

All students who are interested in trialling for District Basketball (18 years); Football (18 years); Rugby Union (18 years); Rugby League (15 and 18 years); Golf (19 years); AFL (15 years) or Hockey (18 years), you must see Mr Hauser as soon as possible. Trials are next week.

Mr Mark Hauser, Head of Sport

Monday Night Netball

What a fantastic start to Monday Night Netball with three teams winning their first round games. Miss Finter's Year 7 team defeated St Andrews 10 goals to 5; Mrs Toni Fisher's Year 9/10 team were victorious, winning 19 to 3 against Chancellor State College; and Dr Peter McMahon's Senior B team won 20 to 17.

Best and Fairest Awards

- Aimee Sheppard (PLC 1)
- Andrea Prinsloo (PLC 2)
- Lily Brown (PLC 2)
- Phoebe Swan (PLC 6)

The draw for the remaining nine rounds will be distributed to coordinators by Friday afternoon and will be uploaded for all players before Monday's next game.

An additional training session has been suggested for both senior teams. Dr Peter McMahon is offering this training session for both PLC 1 and PLC 2 on Friday morning at 7.00am on the Senior Courts. Training that occurs during sport's lessons is still compulsory.

Thank you.

Mrs Leigh Drogemuller

Pacific Club Sport

PLC Club Netball

With the start of a new season, we also start fresh with a new Club President, Mrs Natalie Campbell. We welcome Natalie and wish her all best in her new role! Supporting Natalie in a

range of committee roles include: Mrs Julie Hoffman, Mrs Sam Hutson, Mrs Sophie McKenzie and Mrs Bianca Moffitt.

The round robin carnival is fast approaching on Saturday, 7th March at Caloundra Indoor Stadium. Game times will be posted the morning of the carnival. In previous years, the carnival commenced with a March Past at 8.00am and games concluded at approximately 12.00pm. Coaches and/or Managers will be in contact within the week to organise a training day and time. If you are still chasing your uniform, please contact your team manager.

Looking forward to an exciting start to the season and seeing the club grow throughout the year.

Mrs Leigh Drogemuller, PLC Club Netball Secretary

Pacific Soccer



Registration for 2015 Season

There is only one week remaining before the start of the 2015 season! We have 166 eager Pacific Soccer players organised into 17 teams, from U6 to U15 and everyone is looking forward to our first games which commence on 7th March.

Places Available with Pacific Soccer

Many of our teams are now full, but we still have a few places available. If you would like to be part of Pacific Soccer this season and enjoy the fun and excitement of playing in a team each week, register now. We are especially looking for boys or girls in the following teams:

- Boys or girls born 2003, and girls born 2002, to play U12.

Team Coaches and Managers

Pacific Soccer would like to thank our many coaches and managers who have already offered their valuable time this season to help their team. Your dedication is greatly appreciated by the players, their families and the club because it allows the players to play their game, to learn new skills and to enjoy playing each weekend.

A few teams are still missing either a coach or manager and these positions will have to be filled prior to the first games. If you would like to assist this year, coaching or managing is a great way to become actively involved and your participation will be especially appreciated by the players.

Information for Coaches and Managers

Our Equipment Officer, Lisa Ackerman, has been hard at work with Kelly Abraham and Lala Burnes, organising our



team bags for the 2015 season. We are just waiting for a few items from our suppliers.

This season, Pacific Soccer is especially pleased to welcome many new players into the club. With so many new families, it is important for our teams to be aware of SCCSA guidelines which allow matches to run smoothly.

So this information can be passed onto our teams, we would like to invite all our coaches and managers to come along to the canteen this Saturday morning at 11.30am for a brief welcome chat about your role, the season ahead and the various SCCSA requirements which are in place. If you would like to assist your team as a coach or manager, or perhaps share this role with another parent, please come along as well and we'd be happy to answer any questions you may have. After the meeting, everyone is welcome to join us for the Working Bee BBQ.

Free Coaching Clinics

To assist our new and returning coaches, SCCSA are holding free coaching clinics. The clinics provide guidance on additional training exercises and drills which allow our teams to continue to develop throughout the season. Coaching clinics are designed for either U6-U8 and for U9-U16 age groups, and run from 6.00pm to 8.30pm on the following dates:

- U6-U8 – Thursday, 12th March at Frank McIvor Park, Currimundi.
- U9-U16 – Tuesday, 17th March at Multisports, Mudjimba.
- U6-U16 – Tuesday, 24th March at Multisports, Mudjimba.

Places are limited, so please let us know if you would like to attend.

Team Training Days



With the announcement of the team lists, training is now underway. The training day for each team is chosen by the coach and manager, but most are training on Wednesday, Thursday or Friday. Please remember shin pads must be

worn for training and matches.

Some teams may also train on Meridan Fields 3 to 6 and we would like to thank Mr Mark Hauser for arranging access.

Please note, teams who train at Meridan must not use main Fields 1 and 2.

Working Bee – 21st February

The wet weather last weekend forced the cancellation of the Working Bee. It will now be held this weekend from 8.00am to 12.00pm. With only a week remaining to the start of the season, we could use some help with the following :

- Erection of a wall-mounted fan in equipment shed to keep our referees cool.
- Attachment of wheels to last set of goals.
- Repair of corner joint in an old goal.
- Lining of internal walls of canteen with temporary sheeting.
- Repairs to BBQ to allow six burners to operate together.
- Organisation of equipment shed.
- Spring clean of 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.

New Jersey Sponsors

We would like to welcome our new businesses, who have sponsored a set of Pacific Soccer jerseys this year. The printing is underway and we look forward to seeing these logos on the field this season and for many years to come.

We will be publishing a “thank you” to all our sponsors in the newsletter next week. We still have a few sets of match jerseys which 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.



Pacific Soccer Canteen

Pacific Soccer operates a canteen at our home games and carnivals. This season, Kelly Abraham has generously offered her time once again to take on the role of canteen convenor, with much needed assistance from Lala Burnes. In their roles, Kelly and Lala are responsible for the background administration of the canteen as well as the ordering and stocktake of supplies. We also rely on the parents from our teams to volunteer for a couple of hours to allow the canteen to operate during each home game.



A canteen roster will be prepared for each of our home games and parents from each team will be asked to help out. We only have eight home games during the season and two carnivals, so if every family can help out twice during the season, the canteen can continue to provide a valuable service to our players, the spectators and the club.

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.

The committee would welcome any assistance from our families, but especially would appreciate assistance for the following roles:

- 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

President	Ian Barnes	0418 873 320
	design.IBAengineers@bigpond.com	
Registrar	Jenny Lee	0400 229 908
	jengregg@optusnet.com.au	
Treasurer	Lala Burnes	0404 487 701
	lala@assetaccounting.com.au	

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

Mr Ian Barnes, President of Pacific Soccer

Church News

St Mark's Lutheran Church Caloundra

A Playgroup is being planned at Pacific Lutheran College on Friday mornings. Please contact Natalie Sorbello on 0402 733 291 for more information.

Upcoming Events:

- World Day of Prayer – 6th March: 9.30am at St Mark's Bombala Terrace
- Mid week Lenten services – 10.00am Wednesdays at 16 Bombala Terrace

Everyone is welcome.

Pastor Ray Morris, St Mark's Lutheran Church Caloundra

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 and will be delivered to your child the following day.

Mrs Donna Hollindale, Uniform Shop Coordinator

Did You Know?

Denmark has the oldest existing national flag. The flag dates back to the thirteenth century.

Upcoming Dates

MARCH 2015

4	Year 12 University Showcase Day
6	International Women's Day Breakfast (7.00am)
17	Friends of Pacific (7.00pm)
20	National Day Against Bullying
30	Year 2-5 100 th Anniversary ANZAC Celebration (11.30am)
31	Middle College Conferences

*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".*



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

PACIFIC LUTHERAN COLLEGE

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Middle & Senior College Office: (07) 5436 7315

Absentee Line: (07) 5436 7303

www.pacificlutheran.qld.edu.au

Email: admin@pacluth.qld.edu.au

ST MARK'S LUTHERAN CHURCH

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 or ray.morris@lca.org.au

<http://stmarkslutheranocaloundra.com>