

## What Is At The Core?

All of us are energised by different things. For some people, at the core of those things might be a need for space, freedom and creativity, for others a close connection to people and for the rest a sense of certainty, safety and security. Throughout history, different people have made a range of contributions to further the conversation on factors that motivate people. A common theme that emerges in most of these reflections is the need for growth and purpose.

But what fuels this growth and purpose? There are many examples of famous people who seemingly have it all - fame, money, the freedom to live a life around their passion which has grown to a level of excellence and yet they remain unfulfilled. There are the Bill Gates' of our time who have spent a lifetime of accumulating and are now spending their time and money giving to others. Where we live with a love for others, fuelled by the certainty of God's love for us, we have an endless life force flowing through us.

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## Principal's Log

Welcome back to the start of Term 3 and a particularly warm welcome to new families and staff. We welcome new staff Mr Mark Petch (Information Technology and Business), Mrs Alison Dunn (Year 4 teacher), Mrs Karen Vorster (Year 1 Teacher Aide) and Mrs Jodie McMah (Year 2 Teacher Aide). This week we also farewelled Property Manager, Mr Bruno Cirillo, who is returning to Adelaide due to ill health in his family. We appreciate the contribution Mr Cirillo has made in the leadership of our grounds staff and the different perspectives he has brought into facilities management.

Those families connected to our Facebook page would have been able to follow the experiences of our senior students as they have travelled through Japan. Their homestay experience at Seishin Gakuen is always a highlight and one that is greatly valued by both students and families. The strength of relationships and growth that occurred through this two-week tour was a life changing experience. We thank Mrs Jo Bailey for her planning and organisation and fellow leaders

Mrs Virginia Schlotterbach, Mr David Druery and Mr Stephen Healy.

Over the holidays, a small group of 13 students from Years 9-12 enjoyed being part of a Duke of Edinburgh expedition to Mt Barney National Park. This experience enabled young people to grow in their understanding of themselves and the beauty of the outdoors. We thank Dr Peter McMahan for his leadership and organisation and past student Ms Jessica McMahan for her assistance on the trip.

Pastor Paul Smith will officially finish his time at the college on Friday 31<sup>st</sup> July. On the morning of 31<sup>st</sup> July we will be farewelling Pastor Smith as part of a P-12 Chapel service at 8.30am. The local congregation will also farewell Pastor Smith on 2<sup>nd</sup> August as part of the Hymns We Love Service at Bombala Terrace at 8.00am. Families are welcome to attend one or both services.

May the certainty of God's love flow through each of us to the benefit of those around us.

*Dr Bronwyn Dolling, Principal*

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## Daily Bread

### Sometimes you've just gotta do what you've just gotta do!

This saying is about the bigger picture, about taking a deep look at ourselves. This saying invites us to see that there is something more than our own agendas and desires in everyday life. Sometimes there are things we just have to do, even something ordinary like taking out the rubbish. Sometimes you've just gotta do...

In the New Testament, we read about people who leave their work and follow Jesus. After 2000 years of Christian teaching, we can easily forget what it was like for those first followers. They took a radical approach to life as they took that leap of faith to follow this Galilean teacher. But sometimes you've just gotta do...

Those who first followed Jesus have given us a positive message about what is important in life. When we are tempted to make life about 'getting the goods' they remind us of the call of God to be good and do good, for the sake of others in Jesus' name.

The tax collector, Levi, was one of the first who followed Jesus. The Bible tells us that he left everything, a substantial career and an excellent income. In following Jesus, he used his work connections to lead people to the new way of living that was to be discovered in the person, work and message of Jesus of Nazareth.

*"After this Jesus went out and saw a tax-collector named Levi, sitting at the tax booth; and he said to him, 'Follow me.' And he got up, left everything, and followed him." (Luke 5)*

*Pastor Paul Smith, College Pastor*

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

Welcome to the new term. We hope all families enjoyed a relaxing time together over the holidays.

## Parent Teacher Conferences

Research continues to recognise the important role that parent support plays in creating an environment where children can achieve their academic potential. Next week, parent teacher conferences will be held for Prep – Year 5 students. The conferences provide a great opportunity for parents, teachers and students to discuss each child's progression and development. Although the conferences are not compulsory, we encourage parents to attend if they have questions regarding their child's academic performance.

## You Can Do It

This term in Prep – Year 5 the focus of the You Can Do It Program relates to developing persistence and the habits of mind related to working tough, giving effort and developing an 'I can do it' attitude. Persistence means trying hard and not giving up when something feels like it is too difficult. Some examples of persistent behaviour include:

- Continuing to try even when work is hard.
- Not being distracted by others.
- Checking work when it is finished.

Often students need to experience what success feels like if they are to be successful in the future. Success or achievement does not come without effort and persistence and is about each individual achieving his or her potential. Parents can support and develop persistence in their children by encouraging effort and recognising success.

The concept of persistence fits neatly with developing positive thinking skills. The You Can Do It Program not only fosters the development of positive thinking, it supports children in achieving their best and aids them in developing social and emotional wellbeing and resilience.

## Hats

A hat is an important part of the college uniform. Each student is required to wear a hat during break times and when travelling to and from the college. We ask all parents to encourage and remind students to wear their hats every day.

## Uniforms

Students in Years 1-5 may only wear their sports uniform on the days they have Health and Physical Education (HPE). Year 4 and 5 students may also wear their HPE uniforms on Thursdays. Throughout the year, there may be rare occasions when students are asked to wear their sports uniform for various carnivals and excursions. On all other occasions, students should wear their formal uniform.

We realise that on occasion, students will wear the wrong shoes or uniform to school. If for some reason your child is unable to wear the correct uniform please send a note to your child's class teacher. If the class teacher does not receive a note, a uniform reminder letter will be forwarded to parents.

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

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## From the Director of Students

### Positive Emotions

On Tuesday we experienced one of the coldest winter mornings this year. However, the smiles of students as they returned from holidays certainly warmed up the college! The development of positive emotions has been a central part of Pastoral Care since the college began. More and more research is showing that positive emotions help strengthen our intellectual, physical, social and psychological resources, all of which enhance our overall wellbeing.

Positive emotions also have a strengthening effect on our bodies and our brains. Positive emotions allow our bodies to heal, improve our immune systems and calm our systems from negative impacts. Equally, positive emotions allow our brains to function well, providing the fuel we need to think clearly.

As Pacific grows, positive emotions will continue to play a vital role in strengthening relationships and building community. There is a bonding element to positive emotions and it all begins with that warm friendly smile on a cold winter morning.

*"Positivity puts the brakes on negativity. In a heartbeat, negativity can spike your blood pressure, positivity can calm it. Positivity works like a reset button."* (Fredrickson)

### Important Dates

A couple of important dates to note are the upcoming Year 10 Subject Selection Evening on Tuesday 21<sup>st</sup> July and the Year 8-12 Athletics Carnival at the University of the Sunshine Coast on Wednesday 22<sup>nd</sup> July.

*Mr Brendan Delaney, Director of Students*

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## Food for Thought

### Reframing Parent-Child Time Can Reduce Stress

Saying 'I get to' instead of 'I have to' can lessen stress.

Using this simple kind of reframing not only reduces stress and improves your mood; it also can make the time you spend with your children more productive, positive and meaningful. In fact, this kind of reframing can be helpful in just about all aspects of life.

<https://www.psychologytoday.com/blog/high-octane-women/201504/reframing-parent-child-time-can-reduce-stress>

*Ms Annie Williams, School Counsellor*

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## Friends of Pacific

### Connecting College and Community

#### Next Meeting

We warmly invite you to attend the next Friends of Pacific Meeting on Tuesday 21<sup>st</sup> July at 7.00pm in the Pacific Lutheran College library.

Agenda items will include a discussion on the 2016 OCEANFest and a presentation on 'Teacher Development' by Mrs Tanya Crooks.

We look forward to seeing you there!

#### Earn and Learn



The Woolworths Earn and Learn program has commenced again, please support this initiative by collecting the tokens when shopping at Woolworths. Tokens can be submitted to the collection box located in the college library.

On completion of the program, the tokens are used to purchase extra resources for the college.

*Mrs Tracey Hindmarsh, Friends of Pacific Chairperson*

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## Outside School Hours Care

Children had a fantastic time at Vacation Care over the school holidays and really enjoyed all that our program had to offer. Our aim is to provide a program that is challenging, adventurous and delivers opportunities for children to improve life skills. We are dedicated to ensuring that children get the most out of their holiday break time as well as providing experiences for them to discover new things about themselves and the world around them. Our program encompasses the children's ideas along with input from staff and family members.



It is also an important lesson for us as adults to understand the interests and values of the children to ensure that we are providing a program that is received as a positive, fun and exciting experience that children can share with their families. We truly love hearing from families about our program. Your valued opinion helps us to create a high quality program and supports us improving our practices as we continue to strive for excellence.

May I remind all families that due to the increased numbers for before school care, after school care and vacation care it is very important that you give staff ample notice of your child's attendance. We understand that this is not always possible, but there are a few ways that you can contact us to ensure that this information is passed on. Our phone number is 5436 7328 and this has a message service which we check regularly. Our family communication book is always available on the sign-in table for bookings and cancellations to be noted. Please remember that to receive no charge, we have a five working day notice of cancellation policy.

Afternoon tea is no longer supplied by OSHC, so please feel free to bring in extra snacks items and we will store them in

the fridge. We only offer a few choices for children who do not have any food or are late arrivals. If your child has any food allergies or dietary requirements please ensure that they bring food as we may not be able to cater for them.

Please contact Tanya on 5436 7328 or email [oshc@pacluth.qld.edu.au](mailto:oshc@pacluth.qld.edu.au) if you have any queries.

*Ms Tanya Sheldrick, OSHC Coordinator*

## Junior College Science Fair

The Junior College Science Fair is fast approaching and we are getting very excited!

To keep students engaged and parents amazed, here's a quick rundown of what's on offer. We have received prizes donated by Aussie World and Lazerzone, workshops being run by our Senior Scientists, a Brain Break Corner that will include Foodie Favourites and much much more!

As a special treat the Prep – Year 2 students will also get to see Nickleby the Great Magician perform his incredible illusions. Our Year 3-5 students already experienced the amazing Doctor Joe, earlier last term.



All entrants may collect their boards from Mrs Pollard's room at D1 on Friday afternoon. If you are working in a team of two, you will share a single board.

We would love to hear from any parents who are interested in assisting with the set up of the Science Fair or helping out on the day. Please email [lpollard@pacluth.qld.edu.au](mailto:lpollard@pacluth.qld.edu.au). Many wonderful parents assisted with the Science Fair last year and the support and contribution resulted in a hugely successful event.

*Mrs Lu Pollard, Year 3 Teacher*

## Careers Department

### Australian Defence Force (ADF)

An ADF careers information session will be held at the Maroochydore RSL on Thursday 30<sup>th</sup> July at 6.00pm. To RSVP please call 131901 or email:

[defencejobsmaroochydore@dfrc.com.au](mailto:defencejobsmaroochydore@dfrc.com.au).

Current Year 11 students have until 28 February 2016 to apply for the ADF Academy Education Award. The award recognises the leadership potential and academic and sporting achievements of Year 11 students. The award includes a laptop computer and a certificate for the student. The award is open to both female and male students. For more information, visit:

<http://www.defencejobs.gov.au/education/adfa/howToApply/educationaward.aspx>.

The ADF Academy Open Day will be held in Canberra on Saturday 29<sup>th</sup> August. Information about the Open Day can be found at: <http://www.openday.adfa.edu.au/index.html>.

### Career Expos

The Tertiary Studies Expo (TSXPO) is on this weekend at the RNA Showgrounds in Brisbane.

The Sunshine Coast Career Market is on Tuesday 21<sup>st</sup> July at the University of the Sunshine Coast Sports Stadium.

### Flicker Up

Flicker Up is a film competition for primary and secondary students and is part of Flickerfest, Australia's international short film festival. Applications for Flicker Up are now open and will close on 30<sup>th</sup> September. For more details, visit:

<http://flickerfest.com.au/entries/>.

### James Cook University (JCU) – Special Applications

The 2016 JCU application forms and booklets for bachelor degrees in Medicine/Surgery, Dentistry, Veterinary Science and Physiotherapy can now be downloaded online. Visit:

<http://www.jcu.edu.au/fmhms/forms/domestic/index.htm>.

It is recommended that students read this information carefully and start their application early. Applications for JCU must be submitted directly to the institution by 30<sup>th</sup> September. The fixed closing date to submit a QTAC application for these courses is also 30<sup>th</sup> September.

### Bond University 2016 Scholarships

The Bond University scholarship program for Year 12 students will close on Friday 31<sup>st</sup> July. For further information on the scholarships available and to download a brochure, visit: <http://bond.edu.au/future-students/study-bond/how-apply/scholarships>.

Interested students should start their online application as soon as possible.

### QUT Art and Fashion Pathways

Changes have been made to the entry requirements for QUT's Bachelor of Design (Honours) (Fashion). An interview is no longer required however; students must submit a portfolio and also require an academic achievement. QUT is conducting Pathways to Art and Fashion forums to provide further information.

- The Pathways to Art forum will be held at The Loft, QUT Creative Industries Precinct in Kelvin Grove on Wednesday 5<sup>th</sup> August at 6.00pm.
- The Pathways to Fashion forum will be held at The Shed (Z5 -101), QUT Creative Industries Precinct in Kelvin Grove on Wednesday 19<sup>th</sup> August at 6.00pm.

### University Of Melbourne

Representatives from the University of Melbourne will be at the TSXPO in Brisbane this weekend. Visit their booth or attend one of the seminars. For seminar times, visit:

<http://www.careersevent.com/tsxpo>.

### July Open Days

Year 11 and 12 students should consult their Career Events calendar to check these dates.

A detailed list of all Open Days can also be found in the latest Options Career Information Bulletin on the college website under News and Events / Publications.

*Ms Ainslie Reid, Careers Counsellor*

## Secondary Sport

### Friday Night Basketball

The Secondary Schools Basketball season kicks off this week. All the best to all 12 teams involved throughout Term 3 and 4. Players and parents are asked to please continually check their emails, student notices, Schoology, sports notice board and the website for up-to-date draws and information

for the season

([http://www.foxsportspulse.com/assoc\\_page.cgi?c=0-7260-0-314011-0&a=COMPS](http://www.foxsportspulse.com/assoc_page.cgi?c=0-7260-0-314011-0&a=COMPS)).

This week's games are as follows:

### Week 1 (17<sup>th</sup> July)

TEAM	TIME	VENUE	OPPOSITION
Junior A Girls	4.00pm	SCGS	SCGS
Junior B Girls	4.50pm	Noosa Leisure	Pengari
Junior B Boys (Blue)	BYE	BYE	BYE
Junior B Boys (White)	BYE	BYE	BYE
Int A Girls (White)	5.40pm	Caloundra 2	SCGS
Int B Girls (Blue)	4.00pm	PLC	Unity
Int B Girls (Green)	4.50pm	PLC	St Johns
Int B Boys	4.50pm	SCGS	SCGS
Senior A/B Girls	6.30pm	PLC	MCSHS
Senior C/D Girls	5.40pm	PLC	Siena
Senior C/D/E Boys (White)	4.50pm	MCSHS	MCSHS
Senior C/D/E Boys (Blue)	BYE	BYE	BYE

### Secondary Athletics Carnival

The Year 8-12 Athletics Carnival is next Wednesday 22<sup>nd</sup> July at the University of the Sunshine Coast. All students are required to attend and be at school by 8.25am in house shirts. A copy of the program was sent home this week.

Please note that students are expected to travel to and from the track in PCG groups and any dress-ups or face painting must be done at the track, not on buses or prior to boarding.



The presentation of Age Champion Athletes will occur the following Tuesday 28<sup>th</sup> July at the Middle and Senior College assemblies.

### SCISSA Touch

The SCISSA touch season got underway this week, with Pacific fielding seven teams across Years 7-12. Congratulations to the intermediate girls and senior A boys who both recorded great wins over Sunshine Coast Grammar School this week. Next week, all teams have a bye round due to the Athletics Carnival. The next round of games will commence in Week 3.

Players are asked to please continually check their emails, student notices, Schoology, sports notice board and Compass articles for up-to-date draws and information for the season.

*Mr Mark Hauser, Head of Sport*

### Pacific Soccer



#### Round 13 Update – 27th June

Welcome back from the holidays. We hope everyone enjoyed a relaxing time with their families!

Due to the holiday break, our Facebook page has been quieter than usual, but please have a look at the photos from Round 13.

It seems a long time since the Round 13 games, which were played at Pacific on 27<sup>th</sup> June, also coinciding with the final round of the Caloundra District Netball Association games at Pacific for this season.

Pacific Soccer would like to express our sincere thanks to all the families from Pacific netball for the wonderful assistance they have provided in the canteen and at our gym table for each of the three joint events this year.

I believe everyone has enjoyed the co-hosting of soccer and netball games this season, not only because of the promotion it provides for both sports, but also because it increases the number of people who come to the school, use our facilities and discover the opportunities which are available at the college.



In the competitive age groups, our U11 Pacific Sharks played away against Mooloolaba Meteors at Mudjimba. In a very close game, it was the Pacific Sharks who took the points on the day, with a 2:1 victory. The win moves the Pacific Sharks into third place on the table.

Our U12 Pacific Snappers played against the Immanuel Jets and gave a great team performance, with good attacking runs and determined defence. The game was again very close, but it was Immanuel who found the net in a 1:0 win.



Our U13 Hammerheads have had a tough season playing in the A Grade competition, but the effort and the determination shown by the players has been admirable. In Round 13 the Hammerheads faced Caloundra Red. In a very close game, the scores were locked 0:0 at halftime. The second half allowed the Hammerheads to show their attacking ability to take the lead. Their determined defensive effort allowed the Hammerheads to protect their goal and take victory with 1:0.

The final Round 13 game was between our U15 Pacific Torpedos and the Palmwoods Trojans. The Trojans lost two players to injuries in Round 12 so this game was played as a friendly. The spirit of the game was outstanding and was greatly enjoyed by the players, officials and spectators. At the end of the game, both teams also joined in a birthday celebration for one of the Palmwoods players, which was an outstanding way to finish the day.

## Re-scheduled Games From Round 11

With the cancellation of some competitive games following the wet weather during Round 11, our U11 Pacific Sharks will be playing a nighttime catch-up game:

- U11 Pacific Sharks vs Siena Dolphins at 6.00pm on Tuesday 21<sup>st</sup> July at Mudjimba.

## Challenge Cup 2015

The Challenge Cup is a competition for U10 to U16 players and U16 girls, with teams from the Sunshine Coast, Brisbane, Ipswich and surrounding areas. The Challenge Cup was played on Saturday 4<sup>th</sup> July at Mudjimba.

The focus of the tournament is based on a Fair Play Award, rather than results and is intended to encourage a positive spirit in games. The referees award points for Team Spirit, Coaching Spirit and Attitude to the Referee.

The Sunshine Coast representative teams had an outstanding weekend and we would like to congratulate the following Pacific Soccer players who each gave a great effort and achieved results for this team:

- U10 Sunshine Coast South – 1st place (Macey Edward, Jonti Fisher, Will Swindles, Aden Gear, Will Butler, Alex Lee and Henry Friend).
- U12 Sunshine Coast South (playing in U12-U13 age group) - 4th place (Frank Butler).
- U13 Sunshine Coast South (playing in U12-U13 age group) - 1st place (Damon Abraham and Brock Birch).

Congratulations to all our players who took part in the Challenge Cup for 2015. We hope you enjoyed your games and thank you for representing the Sunshine Coast.

## Round 14 – 18<sup>th</sup> July

Round 14 fixtures resume this weekend and our teams are all playing away games across the coast.

- U6 Flyers, U8 Seals and U8 Stingrays at Mudjimba.
- U6 Razors, U6 Seadragons, U7 Barracudas and U7 Vipers at Caloundra.
- U7 Fireflies and U10 Cobras at Chancellor Park (USC).
- U7 Jewelfish at Range United.
- U8 Swordfish and U13 Hammerheads at Mooloolah.
- U9 Eels, U10 Taipans and U15 Torpedos at Stella Maris, Maroochydore.
- U11 Sharks and U12 Snappers at Currimundi.

Each manager will have game times, or visit [www.SCCSA.org.au](http://www.SCCSA.org.au) for more information.

## Pacific Soccer Contacts

<b>President:</b>	Ian Barnes	0418873320	<a href="mailto:design.IBAengineers@bigpond.com">design.IBAengineers@bigpond.com</a>
<b>Registrar:</b>	Jenny Lee	0400 229 908	<a href="mailto:jengregg@optusnet.com.au">jengregg@optusnet.com.au</a>
<b>Treasurer:</b>	Lala Burnes	0404 487 701	<a href="mailto:lala@assetaccounting.com.au">lala@assetaccounting.com.au</a>
<b>Equipment officer:</b>	Lisa Ackerman	0421 352 030	<a href="mailto:ml_ackerman@hotmail.com">ml_ackerman@hotmail.com</a>

Thank you to all our families and supporters for supporting Pacific Soccer. 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

#### Playgroup

Playgroup will commence again this Friday at 9.00am outside the Prep rooms at Pacific Lutheran College. This week is a Bastille Day theme with French food and activities.

#### 'Hymns We Love'

The 'Hymns We Love' service is on Sunday 2<sup>nd</sup> August at 8.00am. Pacific Lutheran College students are assisting in this service and all are welcome to attend.

At this service, the congregation will also be farewelling Pastor Paul Smith, who will take up office as Bishop in August.

*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](http://www.flexischools.com.au) and will be delivered to your child the following day.

*Mrs Donna Hollindale, Uniform Shop Coordinator*

## Upcoming Dates

### JULY

- 16 Voices on the Coast (Year 8-12)  
Year 8-12 1500m Athletics event (1.00pm)
- 17 Voices on the Coast (Year 5-7)  
Year 8-12 Javelin Athletics event (1.00pm)
- 18/19 Tertiary Studies Expo – Brisbane (10.00am to 4.00pm)
- 21 Year 10 Subject Selection Evening (7.00pm)  
Sunshine Coast Careers Expo (10.00am to 2.00pm)  
Friends of Pacific (7.00pm)
- 22 Year 8-12 Athletics Carnival (University of the Sunshine Coast)
- 23 Peter Carnavas Author Visit
- 27 Samantha Wheeler Author Visit
- 28 Year 6-12 Parent Interviews  
Year 10-12 Drama Presentation (9.00am)
- 30 District Primary Athletics Carnival

## Did You Know?

Polar bears have been known to swim 62 miles (100 kilometers) without stopping.

*All newsletters can be accessed via our website [www.pacificlutheran.qld.edu.au](http://www.pacificlutheran.qld.edu.au), under 'News & Events' / 'Newsletters'.*



## **PACIFIC LUTHERAN COLLEGE**

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Mrs Chris Henschke (07) 5436 7321

Direct contact phone numbers are:

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## **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](mailto:ray.morris@lca.org.au)  
<http://stmarkslutheranocaloundra.com>