

Using Eyes, Ears, Minds, Heart, Hands and Feet

Every day we have the opportunity to respond to the need in others. Some times this just takes including people in conversation or a smile, other times needs are greater. There is a danger in our fast paced, highly connected world that we move so fast that we see little in detail. Our heads are so full of “stuff” that we cannot hear the need of those around us. Being attuned to the needs in others, means we need to pay careful attention.

In this busy part of the term it is easy to be focused on our own needs. It is a good time to take a breath and remind ourselves to be outward looking and responsive to others. We can take time each day to encourage those who are feeling overwhelmed or under-motivated and to extend a hand of friendship to those who feel isolated. Responding in love to others creates a ripple of rich humanity that can wash over many. A kind word or a helpful act can just keep flowing. It is what God would have us do for each other.

Principal's Log

The *Bye Bye Birdie* production was a thoroughly entertaining production where young people showcased their talents as they sang, danced, acted and delivered well timed lines of humour. Well supported by our orchestra who played the lively score with verve and a high level of professionalism, the cast took us back to the 50s through a strong portrayal of characters. Congratulations to the cast and crew, Directors Mrs Janine Delaney and Mrs Laura Bonner, Musical leaders Mr David Simpfendorfer, Mr Adrian King, and Miss Anita Morton, and production support staff of Mrs Julie Darr and Mrs Janine Stone. Thank you to all of these people and their families for the considerable time and effort that went into staging a highly professional and entertaining production. Thank you to our parents for your support of transporting children and adjusting family routines to support the production.



The golf day was a great success where there was good company, good golf (well generally) and good fun. Thank you to all of our sponsors and to all who played to make the day such a success. Thank you to Mrs Allyson Sarvari and her team of helpers who organised the day and to everyone who played their part in making the day a great community day.

Over this next fortnight, we have the opportunity to support the Salvation Army through the Red Shield Appeal. I would encourage us all to do what we can to support this Appeal. The Salvation Army provides important support to families in need in Caloundra and our donations can make a significant difference to many.

May God help us to be tuned into the needs of others and equip us to make a difference.

Dr Bronwyn Dolling, Principal

Daily Bread

Full of the Good Stuff

I once heard a lecturer declare, "The brain has no delete key." He was making the point that a lot of what we see becomes imbedded in our long-lasting, long-term memories. The lecturer was addressing the images of horror, of violence and of graphic sexual practice that flashes across digital screens in our 21st century wired world. It is often very hard to get those images out of the human memory.

St Paul gives simple advice in his letter to the Philippians. He tells us to focus on the good stuff. He tells us to fill our eyes, ears and heart with things that will strengthen us. He tells us to draw into ourselves the things that will make us better people. He implies that it is also good to turn our eyes and ears away from those things that are unhelpful.

At the heart of this message, is our need to take God's word deep into our hearts that good fruit would grow.

Pastor Paul Smith

Finally, beloved, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.

From the Head of Senior School Students

Exam Time

At this point in time, Senior College students should be well underway in preparing for their upcoming examination block in Week 8. At the beginning of the term, we spoke with the students about the importance of time management. Over the coming weeks, it is imperative that senior students prioritise their time to complete ongoing academic assessment and revising for examinations. This might mean that students inform their employers about their academic commitments and, if possible, avoid taking on extra part-time work. I wish the senior students all the best as they continue to prepare for their end of term exams.

Uniform Expectations - Well Done!

As we pass the halfway point of the term, we have reflected at assembly and in pastoral care on the college's uniform expectations which are outlined in the Student Handbook (Middle / Senior College). I have spoken to senior students about wearing blazers to and from school, to assemblies and to chapel. It is pleasing to see our senior students being well-dressed.

A reminder also, that shoes for sport and Health and Physical Education classes need to be recognised running shoes that provide arch support and suitable grip for the playing surface/activity. Skate, dance, dress and tennis shoes with flat soles are not permitted. A preference is for non-marking shoes. If there are any inquiries regarding this change, please contact Mr Gary Graves, Head of Sport and Physical Education.

Red Shield Appeal

This Sunday, 26th May students across the Middle and Senior College will assist in the 2013 Red Shield Appeal collection. It is pleasing to note the number of students and parents who have already committed to volunteer their time to support this local community cause. If you are able to assist on the day, please contact the Main Administration Office on 5436 7300 as soon as possible. Your assistance is greatly appreciated.

Ms Kim Stone, Head of Senior School Students

From the Head of Staff and Students P-5

Emotional resilience is essential to help deal with the daily confrontations with difficult people, making wrong choices, getting bad results, encountering negative situations that are beyond our control and struggling with day to day things that are boring, difficult or what we consider a waste of time.

As adults, we generally face such difficulties with varying levels of resilience. Teaching children the skills to support the development of resilience is an important facet of growth and development.

Negative Habits of Mind greatly fuel emotional discomfort. These negative habits of mind include self-downing, the need to be perfect, the need for approval, the "I can't do it" or "I can't be bothered" mindset and being intolerant of others. This week I would like to continue to share some strategies from the *You Can Do It* program which may help eliminate or help to balance these negative mindsets.

Needing to be perfect is another negative habit of mind which can be detrimental to a child developing resilience.

To Eliminate "Needing To Be Perfect"

Explain to your child that one of the greatest mistakes he/she can make is being afraid to make mistakes. Explain that mistakes are a natural part of learning and that while it is good to do the best you can in your work, it is not helpful to insist that everything is done perfectly. Explain that even the greatest scientists and inventors bumble and stumble their way to success. For older children, you can also explain that demanding perfection of oneself leads one to be so worried that it lessens one's ability to perform well. Encourage your child to develop the positive type of thinking called "Risk Taking". In Risk Taking, a person prefers to do his/her best but accepts that mistakes are inevitable and frequently important as one is learning something new.

Other suggestions for eliminating your child's need to be perfect include the following:

- Help your child become more aware of their perfectionism and its negative effects on their anxiety.
- Have your child make a list of the things they always wanted to do but were afraid of not doing perfectly. Encourage your child to agree to try one of these activities.
- Encourage your child to identify areas of weakness. Have them agree to try activities in these areas. When they have

attempted such an activity, point out that they now have evidence that they can tolerate doing things imperfectly.

- Encourage your child to stop ruminating about grades and, instead, to get involved in activities unrelated to school.
- Teach your child that there is a continuum of achievement and that achievement is not an all (perfection) or nothing (complete failure) outcome. Encourage them to set goals at a place on the achievement continuum where they do not have to be the best in order to learn something and have fun.
- Acknowledge and praise your child for attempting things and not doing them perfectly.

Prep - Year 2 Cross Country

This term, all students in Prep - Year 2 have been busily training for the P -2 Interhouse Cross Country which will be held on Wednesday, 29th May starting at 9.00am.

All parents are warmly invited to come along and support their children's participation in the event.

Student Hair

A reminder that girls with hair longer than collar length should have their hair tied back in a ponytail or plaits.

Woolworths Earn and Learn Program

A reminder that this year the college has joined the Woolworths Earn and Learn Program. The program is designed to help primary and secondary schools earn valuable resources. Simply start collecting stickers at the checkout of your local Woolworths supermarket (self-service too). There will be one sticker for every \$10 spent, excluding purchases of liquor, smoking/tobacco products and gift cards. Once completed, simply drop the sticker card into a collection box, either at school or at your local Woolworths.

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

Student Travel Rebates

Semester 1, 2013

Bus Fare Assistance

- Does your child attend a school outside the Brisbane City Council boundary?

- Does your family spend more than \$22/week* on fares to and from school (* \$17/week if you hold a concession card)?
- Does your child travel on a publicly available bus not owned or associated with the school?

Students with Disabilities

- Does your child have a verified disability that requires transport assistance to and from school?
- Has your school's learning support teacher assessed your child's travel capability rating as 'semi-independent' or more dependent?

Visit the following website to see if you qualify for financial assistance to help with the cost of transport and **apply at www.schooltransport.com.au by Friday, 31st May 2013.**

Late applications cannot be accepted.

P-12 CASUAL DRESS DAY

Tuesday, 28th May



A gold coin donation and a can of food.

Raising money for the Salvation Army Red Shield Appeal.

REMEMBER: The usual clothing, jewellery, foot wear and make up restrictions apply.

Food for Thought

Each week I will be attaching a hyperlink that will hopefully be informative and food for thought. This week's article is on 10 ways to become more grateful. Studies have found that people who focus on what they are grateful for each day have better general health and vitality.

http://greatergood.berkeley.edu/article/item/ten_ways_to_become_more_grateful1/

Mrs Annie Williams, School Counsellor

Pacific Together – May Update

Pacific Together . . . Caring for One Another

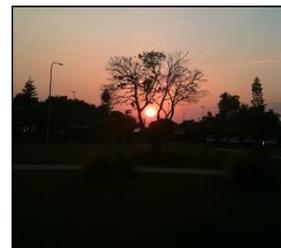
A big thank you goes out this month to the wonderful families throughout the college who have 'cooked up a storm' for our meal bank program. Your generosity and thoughtfulness is very much appreciated!



Pacific Together is a responsive, volunteer parent program coordinated to reach out and help those in need within the Pacific school community. It is an opportunity to bring together the strengths from students, teachers and parents K-12, primarily with time and skills, and match them with others in need at the college.

The *Pacific Together* team has set up a meal bank to take offerings, big or small from parents, such as home baked dinners, lunchbox fillers, soups and tinned food. These items are then passed on to families within the college who have communicated a need for a helping hand. Through fostering compassion in this everyday environment, *Pacific Together* aims to provide a caring and nurturing support network for all involved.

Like the *Pacific Together* Facebook page for encouraging quotes and further information on how you can help out. If you are not on Facebook, you can also contact your class parent representative.



Mrs Jenny Lee

Friends of Pacific

This Tuesday was the monthly Friends of Pacific meeting. Thank you to all those that attended, it was lovely to see some new faces and of course all the regular attendees.

I am so pleased the Friends of Pacific group is growing while still maintaining the dedicated core base of members.

Items on the Agenda that were discussed are as follows:

- OceanFest13 update - all areas are moving along. There have been meetings to discuss the food stalls, logistics and lots of organisation and happenings with the advertising / promotions group. In the next week or so, a meeting will be held with the Parent Reps from Kindy to Year 6 to finalise stalls.
- Pacific Together Update - further discussions were had on doing a regular baking day and therefore always having a ready supply of meals.
- Business Plan - Friends of Pacific will progressively work on a business plan identifying short, medium and long term goals which are in alignment with the college. This will include development of a logo and mission statement.
- A motion was moved to come under the umbrella of the Lutheran Schools and operate as a standing committee of the School / College Council.

A special thank you must go to Mrs Allyson Sarvari and her team of helpers who have run the recent Open Day BBQ, Mother's Day Stall and Golf day - all of which were very successful in many ways.

The next Friends of Pacific meeting will be held on Tuesday, 18th June commencing 7.00pm in the library. All welcome!

Mrs Tracey Hindmarsh (Chairperson, Friends of Pacific)

Careers Department News

1. QATSIF SCHOLARSHIPS

The Queensland Aboriginal and Torres Strait Islander Foundation's Scholarship applications open on Monday, 3rd June and close Wednesday, 31st July 2013.

These scholarships are available for Senior College students to support them through their completion of Year 12 and possible future support in tertiary settings.

Further information is available from the Career Office.

2. 2014 GAP YEAR TRAINEESHIP OPPORTUNITY

School leavers in 2013 who have advanced ski and / or snowboard ability are advised that there are Ski and Snowboard Instructor Internship programs available for the 2013/14 winter season in Canada.

For more details see me.

3. BRISBANE CAREERS and EMPLOYMENT EXPO

Senior College students are urged to attend the Brisbane Careers and Employment Expo to be held at the Brisbane Convention and Exhibition Centre (Southbank) this weekend (Friday, 24th May and Saturday, 25th May from 10.00am to 4.00pm.

This is an excellent opportunity for Year 11 and 12 students to explore the options for post Year 12 and for Year 10 students to learn about their options prior to making their Year 11/12 subject selections.

4. SPORTING SCHOLARSHIPS to USA UNIVERSITIES

Current Senior College students, who have expressed an interest in university study in USA on a Sporting Scholarship after Year 12, are asked to collect further information on this from the Career Office.

5. CHOPPERLINE OPEN DAY

Chopperline will be holding an Open Day at their Caloundra Airport business on Saturday, 29th and Sunday, 30th June from 9.00am - 3.00pm for students interested in a career in the aviation industry.

Mrs Ainslie Reid, Careers Counsellor

Music News

Congratulations to the musicians who accompanied the singing and action of *Bye Bye Birdie* so well. With the musical behind us, all ensembles will recommence, including choir, so keep your eyes on the daily notices for these details.

Mr David Simpfendorfer, Head of Music

Sports News

JUNIOR SPORT

District Sport

I have information notes regarding trials for District Rugby Union, boys softball and tennis. If your child is interested in

trailing for these sports at the District level, they must come and see Mr Hauser for a form. Must only be turning 11/12 years old this year and be involved at a club level.

Prep - Year 2 Cross Country

The P-2 Cross Country carnival will be held next Wednesday, 29th May on the school ovals. All parents are welcome to attend and support their children. All students will be required to wear their house coloured shirts for their races. The carnival will begin at around 9.00am and conclude at 9.45am for presentations.

Time	Year Level	Distance
9.00am	Prep - Year 2	(walk the course as a class)
9.15am	Prep boys / girls	300m
9.25am	Year 1 boys / girls	500m
9.35am	Year 2 boys / girls	750m
9.45am	Presentations	

Year 3-7 Athletics Carnival

The Year 3-7 Athletics Carnival will be held on Tuesday, 4th June at the University of the Sunshine Coast. Students will need to board buses by 8.35am and will be returning to school by 3.00pm. All students will need to be in house coloured shirts. An official program will be sent home prior to the carnival. Thank you to all the parents who have offered to assist at the carnival. If you have indicated that you can help in an official capacity, I will allocate you a job and list it in the athletics program.

Mr Mark Hauser, Head of Junior Sport

Pacific Soccer Update



Round 8 - 18th May

The clear skies last weekend were welcomed by our players and our many spectators, and the crowds enjoyed a full day of home games at Pacific.



In the competitive teams, we saw some very close matches. U11 Tigerheads had a close 0 - 1 loss to Immanuel Vipers and U12 Barracudas won 4 - 0 against Nambour Cougar Cats. Pacific Soccer's U13 Marlins and U13 Seahorses played each other and, in a very close match, in which the Seahorses had many great shots on goal, the Marlins managed a 1 - 0 win.



In the final game of the day, the U16/17 Jets played Mooloolah Condors. Mooloolah went ahead early 2 - 0 but the Jets fought back throughout the game, levelling the score 3 - 3 with about 20 minutes to go. Despite dominating the final minutes of the game, the Jets could not quite manage the winning goal, but the many spectators all appreciated the extraordinary skills demonstrated by both teams, in a hard fought and close game.



Thank You from Pacific Soccer

Our talented bakers have been busy again and have yet again produced a delightful selection of treats for the Pacific Soccer canteen.

- Jodi Tippett prepared a chocolate slice and lollypop cupcakes.



- Karle Nolan made gluten, egg and nut-free chocolate brownies and egg and nut-free date loaf.



- Shannon Russell made rocky road and macaroons.



- Jenny and Natasha Lee made rum balls (alcohol free) and Cocoa-Pop chocolate slices.



Our next homes games are on 15th and 22nd June, so put these dates on your calendar. If you are able to assist the Pacific Soccer canteen by whipping up some muffins, biscuits or small cakes, please contact Mark Christensen.

Team Photos

Remember that our team photos will be taken by Sunshine Sports Photography, on each team's training day, from Wednesday, 12th June to Friday, 14th June. Order forms are now being distributed



through each manager, and we will provide reminders over the next few weeks.

Recycle Old Mobiles and Help a Worthy Cause



The collection box for old mobile phones will remain in the Main Admin Office until Friday, 31st May. If you have any old phones and would like to help to raise money to support research into childhood cancer, and help our

environment, please drop your phone into the collection box during the next week.



Please remember to remove the SIM card and delete any personal information from the phone.

Round 10 - 25th May

This weekend, our teams are playing away games again at venues across the Coast.

- U6 Seals at Sienna.
- U6 Stingrays, U6 Swordfish, U7 Eels, U8 Taipans, U8 Pythons, U9 Snappers, U9 Sharks, U13 Marlins at Mudjimba.
- U7 Orcas, U8 Cobras, U10 Dolphins, U11 Tigerheads, U16/17 Jets at Mooloolah.
- U12 Barracudas at Stella Maris.
- U13 Seahorses at Sunshine Coast University.

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

Pacific Soccer Contacts

Registrar: Jenny Lee 0400 229908
jengregg@optusnet.com.au

Treasurer: Lala Burnes 0404 487701
lala@assetaccounting.com.au

Canteen Mark Christensen 0433 201123

Convenor: mark@j-club.net

President: Ian Barnes 0418 873320
design.IBAengineers@bigpond.com



Thank you everyone for the support you have provided for Pacific Soccer this season. For more information regarding our teams, our games, or the club, please do not hesitate to contact us.

Mr Ian Barnes, President

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

Now that the cold weather has arrived, we have plenty of jumpers, track tops and track pants available. We also have a school scarf available for \$25.50 that is soft, cosy and warm.

On line ordering is now available. Go to the college website and click on the link or go to www.flexischools.com.au and then find your school.

Orders will be delivered to your child's class room.

Mrs Donna Hollindale, Uniform Shop Coordinator

Tuckshop News

The Tuckshop Menu is available from the college website.

Term 2, Week 7 Roster:

	All Day (8.30am – 1.30pm)	8.30am - 11.00am	12.30pm - 1.30pm
Monday 27/5/13		Sophie McKenzie	
Tuesday 28/5/13			
Wednesday 29/5/13			
Thursday 30/5/13			J McLaughlin-Phillips
Friday 31/5/13	Caloundra Show Holiday		

Are you able to help out for an hour or two in the tuckshop? We are DESPERATE for helpers at the moment as some of our regular volunteers are now working or are busy having babies.

Don't forget you can order on-line!! Please look at our website for more information.

Mrs Carrie Dickson, Tuckshop Convenor

Upcoming Dates

MAY

26 Red Shield Appeal
 29 P-2 Cross Country Carnival
 30 Year 4-6 SCISSA v Sunshine Coast Grammar School
 31 Caloundra Show Holiday

JUNE

3-5 Middle College Exams
 3-7 Senior College Exams
 3 Voices on the Coast (Secondary)
 4 Year 3-7 Athletics Carnival
 4 Secondary SCR Cross Country (8.30am - 3.00pm)
 4 Voices on the Coast (Primary)
 6 Year 4-6 SCISSA v Good Shepherd Lutheran College
 10 Queen's Birthday Holiday
 10-21 Year 10 Camp at Uki
 11,12 Year 12 QCS Practice
 18 Friends of Pacific Meeting (7.00pm)
 20 P-12 Chapel (8.30am)
 20 Last Day of Term 2
 21 Student Free Day

Did You Know?

The South Pole is colder than the North Pole.

PACIFIC LUTHERAN COLLEGE

College Site: Woodlands Boulevard,
 MERIDAN PLAINS QLD 4551
 (via Erang Street)

Principal: Dr Bronwyn Dolling

Main Office Tel: (07) 5436 7300
 Fax: (07) 5436 7301
 Middle & Senior College Office: (07) 5436 7315
 Absentee Line: (07) 5436 7303

www.pacificlutheran.qld.edu.au
 Email: admin@pacluth.qld.edu.au



Woodlands Boulevard,
MERIDAN PLAINS QLD 4551

For ENROLMENTS, please call
Mrs Chris Henschke (07) 5436 7321

Direct contact phone numbers are:
Sessional Kindergarten (07) 5436 7377 Early Learning Centre (07) 5436 7387

CALOUNDRA LUTHERAN CHURCH



Invites You To
Sunday Services:

- 7.45am St Mark's Lutheran Church
 16 Bombala Terrace, Caloundra
- 9.30am Pacific Lutheran College
 Woodlands Boulevard, Meridan Plains
 Worship in the undercroft area - with
 a special children's program.

For more information contact the Church office on
5492 8848

*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".*

WATOTO PRESENTS

BEAUTIFUL AFRICA

A NEW GENERATION

Watoto
RESCUE RAISE REBUILD



CHOIR OF CHILDREN FROM AFRICA

When

Saturday 25th May at 5pm

Where

St Andrew's Anglican Church

Upper Gay Terrace Kings Beach

Free Concert ~ Love Offering Collection