

## Gratitude - A Path to Happiness

At the recent Australian Conference of Lutheran Educators, Dr Thomas Nielsen in reference to research by Seligman, identified three types of happy living. The first was that which grows from living a pleasurable life which related to short term enjoyment of something such as chocolate or ice creams. The second type of happiness was that which comes through living an engaged life where we lose track of time through activities such as playing sport, chess or doing maths. The final happiness was that which grows through living a meaningful life where we are 'something for others' and grows out of giving. Mr Daniel Pink also spoke about having a sense of purpose as one of the three key motivators in life. While all three forms of happiness are important, it is the latter that brings longer, lasting benefits.



Where we engage in acts of giving, either small or large, research has shown that it has very positive impacts on our sense of well-being and even on the academic performance of young people. One of the forms of giving which has a significant impact on our well-being is that of giving to the sacred through having gratitude for life itself. Research has shown that where people spend 5-15 minutes a day expressing their gratitude, there is a shift in the nervous system to a calm state. This has been part of the wisdom of the ages where we have been taught to pray to God, being grateful for the many blessings He has given us. Expressing our gratitude to others also brings benefits. At the beginning and end of each day we can begin with a short reflection or prayer which thanks God for the many blessings that He has brought into the day. Write them down, celebrate them and pin them up!

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## Principal's Log

A warm welcome to the start of a new term, in particular to new students, their families and three new staff members. We welcome Mrs Sanet Strong to the Business Department, and teachers Mrs Tanya Graves and Mrs Cynthia Dodd who will be teaching Mr Mark Hauser's PE classes and Mrs Michiko Hauser's Japanese classes while they are away on long service leave. We also congratulate Mr Darren

Hooper and Mrs Joanne Bailey who will be taking on leadership roles of Acting Head of Sport P-5 and Acting Head of Japanese P-12 this term.

Over the holiday break, students grew through experiences on the Year 11 Bike Expedition led by Dr Peter McMahon and well supported by past parent Mr Jeff Vaughan and staff members Mrs Denise McMahon, Mrs Leah Croke and

Mr Brett Jones. Expeditions such as this are unique life changing experiences for our young people and we are grateful to our adult leaders and, in particular, Dr McMahon for the time they give in providing such powerful learning opportunities.

The student NAPLAN reports have arrived and will be posted home with the book pack lists this week.

A number of staff made a significant contribution to the Australian Conference of Lutheran Educators at the Brisbane Convention Centre over the holiday break. The conference, with around a thousand Australian and international delegates, was both professional and inspiring. It provided opportunity for staff and Council members to learn from international, Australian and fellow Lutheran educators as well as for Pacific staff to share their expertise. The conference was very affirming for our community as we recognised strong correlations between college practice and best practice being presented at the conference. Importantly, it also provided considerable stimulus for ways to continue to move the college forward in all areas of learning. Well done to all of our staff who made a very significant input into making the conference such a success!

Term 4 is a short and very important term for all students. It is important that effective study habits are quickly settled into at home. It is a term that can make an important difference in learning outcomes, particularly for Year 12 students.

We thank God for the many blessings He has given us, individually and collectively.

*Dr Bronwyn Dolling, Principal*

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## Daily Bread

### Happy? Or Happy!

Last week, I learned something really interesting about happiness. I was at the Lutheran Educator's conference in Brisbane with many other Pacific people. In one session, we learned that researchers have been investigating happiness and how being happy impacts on our lives. They have described two kinds of happiness. They call one "pleasurable" happiness and the other "purposeful."

Neither of these is "bad" or wrong. Pleasurable happiness is the kind of self-focused happiness we have when we eat our favourite chocolate. We might call this getting a "buzz" kind of happiness. The researchers show that this is not so sustaining. It dissipates quickly and, if this is the only

happiness we pursue, we can become deflated, like when you eat too much chocolate and get sick.

The other kind of happiness that they have described as "purposeful" happiness is deep and lasting and ultimately changes me. This is actually more about giving happiness to others than simply getting it. They have discovered that in giving and serving others, a person experiences a very different kind of happiness that does interesting, positive and creative things to your biology even changing you inside.

In one Bible story, Jesus was teaching us about these two kinds of happiness. A man comes to Jesus asking about "Heaven", bliss and happiness. The man declares that he is a good person obeying God's laws, but all he is doing is showing that he is busy proving himself as better than others.

Jesus loves the man and wants him to be sustained and purposeful and caught up in a lasting hopeful happiness. So what did Jesus say to the man? Jesus says, "Give all your wealth to poor." That is another way of saying, be free of being preoccupied with self-focused happiness. Discover purposeful happiness by giving to poor. Help. Serve.

It was at this point that the man went away sad, because he did not understand the joy in what Jesus was telling him to do.

"When Jesus heard this, He said to him, 'There is still one thing lacking. Sell all that you own and distribute the money to the poor, and you will have treasure in Heaven; then come, follow Me.' But when he heard this, he became sad; for he was very rich." Luke 18

*Pastor Paul Smith*

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## From the Head of Senior School Students

### The Queensland Plan

Throughout Term 3, Joshua Williams (College Vice-Captain), has led the college student leadership meetings to engage us in discussion regarding "The Queensland Plan; A 30-year vision for Queensland".



Joshua has attended local meetings with various community representatives chaired by the Honourable Mr Jarrod Bleijie MP (Attorney-General and Minister for Justice, Queensland) over the past few months, in order to discuss responses and other topical issues linked to the plan.

On Wednesday, 9<sup>th</sup> October and Thursday, 10<sup>th</sup> October, Joshua also attended the Brisbane Summit as a youth representative to be involved in reviewing the focus areas which emerged from "The Queensland Plan" feedback. He worked with others as they worked towards identifying the steps to deliver this 30-year vision. A broad cross-section of Queenslanders attended, including community and youth representatives, peak bodies, business and industry, community organisations, mayors and state members of parliament.

It is very positive working with the student leadership team, but especially when they are engaged in such thoughtful and in-depth discussions regarding questions associated with future thinking and vision for Queensland (incorporating conversations in relation to local, national and global perspectives) in meetings.

Well done to Joshua in leading such discussions as a youth representative and also to Carl Jonsson, Sinead Anderson, Ellie Jordan and James Milligan for their reflective and thoughtful contributions.

## Year 12, 2013 Events

Over the holidays, Year 12 students and families would have received invitations to the graduation and formal events. Please read the enclosed letter, which provides details about the events (including timelines for RSVP cut-offs) within the invitations.

Please feel free to contact the Middle / Senior College Administration office if there are any enquiries about upcoming events. Thank you for your ongoing support of your children as we embark on the final school term of their educational journey.

## An Opportunity to Build Authentic Leadership; Leadership Beyond A Badge

On Wednesday, 9<sup>th</sup> October the Year 11 students went to Lake Kawana Community Centre and participated in a leadership day.

Juliette Warne (Lutheran Youth of Queensland, Leadership Trainer) and the facilitators from the Lutheran Youth of Queensland worked with the students throughout the day.

Students were given opportunities to work together as a team, reflect on personal and team leadership, learning about ways of overcoming adversity, giving things a go, effective communication, role modelling ('Leadership is caught; more than taught'), leadership qualities, emotional trust and validation. The day also enabled interconnections to continue to grow within their year level and build relationships as they continue their senior journey into their final school year.

Students appeared to have fun, as they engaged in and reflected on their own capacity to lead in their own unique way.

I look forward to working with the Year 12, 2014 senior students. I wish these students well as they begin the journey of finalising the 2014 badged leadership positions over the coming weeks.



Miss Kim Stone, Head of Senior School Students

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

Welcome to the new term. I hope all families spent a relaxing and enjoyable time together over the holidays. The term has started at a hectic pace with Year 4 and 5 students attending their Outdoor Education camps this week. There are a number of important events scheduled for this term.

### Grandparents Day

The sense of community which exists at the college is a fundamental and important feature of an education at Pacific. On Friday, 25<sup>th</sup> October we welcome to the college, grandparents and family friends of students. The morning offers students the opportunity to involve their extended families in their daily classroom experiences at school. Visitors to the college will spend time in classrooms with the students before attending morning tea and being entertained by a variety of musical performances.

### Parent Teacher Conferences Term 4

The opportunity exists for parents to meet with teachers next week on Tuesday or Wednesday. These parent / teacher conferences are not compulsory.

If parents wish to discuss any aspect of their children's education, teachers are only too happy to meet at any time of the year. Please contact your child's teacher via e-mail or leave a phone message on 5436 7300 if you would like to make an appointment to discuss your child's performance.

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

## Food for Thought

### 10 Traits of Emotionally Resilient people

Resilience is that ineffable quality that allows some people to be knocked down by life and come back stronger than ever. Rather than letting failure overcome them and drain their resolve, they find a way to rise from the ashes. Psychologists have identified some of the factors that make someone resilient, among them a positive attitude, optimism, the ability to regulate emotions and the ability to see failure as a form of helpful feedback. Even after a misfortune, blessed with such

an outlook, resilient people are able to change course and soldier on.

<http://www.psychologytoday.com/blog/design-your-path/201305/10-traits-emotionally-resilient-people>

*Mrs Annie Williams, School Counsellor*

## Bus Fare Assistance Scheme

Semester 2, 2013 online applications for both the Bus Fare Assistance Program and Students with Disabilities Program are open from now until Thursday, 31<sup>st</sup> October 2013.

Applications received after 31<sup>st</sup> October 2013 will not be processed.

To lodge an online application for either program, please go to [www.schooltransport.com.au](http://www.schooltransport.com.au).

## Japanese News



We welcome Cynthia Dodd and Saki Kiyama to Pacific and to the Japanese Department this term.

Having native Japanese in our classes is invaluable! Our JTAs homestay with families from the college and attend classes from Prep to Year 12. Feel free to invite our assistants to family events or getaways, as they are here to experience all that Australia has to offer. Call administration or write an invite and give directly to the JTA or Japanese staff member.

Miss Kiyama's Profile:

Name: Saki Kiyama

Birthday: 18<sup>th</sup> March, 1988

Arrive / Leave Australia: 12<sup>th</sup> October 2013 - 10<sup>th</sup> April 2014

Hobbies: Walking in nature, traveling and singing

Goals to Achieve While in Australia: Improve my English skill, visiting natural heritages as much as I can, and making 100 friends.

*Mrs Joanne Bailey, Head of Japanese Prep to Year 12*

## Friends of Pacific

### Dates Claimers

Last meetings for the year:

Tuesday, 15<sup>th</sup> October at 7.00pm in the Library

AGM - Tuesday, 19<sup>th</sup> November

*Mrs Tracey Hindmarsh, Chairperson Friends of Pacific*

## Careers Department News

### 1. UNIVERSITY of the SUNSHINE COAST HEADSTART PROGRAM

Applications for study in the USC Headstart Program for 2014 Semester 1 close on Friday, 25<sup>th</sup> October 2013.

The program is available to students in Year 11 or 12 in 2014. Information booklets are available from the careers office.

### 2. 2014 TERTIARY SCHOLARSHIPS

Supporting Women Scholarship applications close on Friday, 11<sup>th</sup> October.

<https://supportingwomen.qld.gov.au/>

UQ Indigenous Science Scholarship applications close on Friday, 18<sup>th</sup> October.

<http://www.science.uq.edu.au/indigenous-science-scholarship>

USQ Chancellor's Scholarship applications close on Friday, 25<sup>th</sup> October - <http://usq.edu.au/scholarships>

UQ Academic Scholarship application close on Thursday, 31<sup>st</sup> October.

<http://www.uq.edu.au/study/scholarships>

UQ Agribusiness, Agricultural Science and Science Merit scholarships applications close on Thursday, 31<sup>st</sup> October.

<http://www.uq.edu.au/study/scholarships/index.html?page=143054>

USC Chancellor's Scholarships applications close Thursday, 31<sup>st</sup> October.

<http://www.usc.edu.au/study/scholarships/merit-scholarships/usc-chancellors-scholarships>

### 3. QUT FINE ARTS DEGREES - ADDITIONAL ENTRY REQUIREMENTS

Year 12 students who have applied for the QUT Fine Arts degrees in Acting, Fashion, Technical Production and Visual Arts majors are reminded that registration for auditions, interviews or submission of portfolios are due on Friday, 11<sup>th</sup> October.

### 4. ACU EARLY ACHIEVERS' PROGRAM

Applications for the ACU Early Achievers' Program close on Monday, 21<sup>st</sup> October 2013.

<http://www.acu.edu.au/studyatacu/alternateentry/earlyentry>

### 5. DISABILITY and LIFE STYLE EXPO

A Disability and Life Style Expo for disabled people, parents and school personnel will be held at the Mooloolaba campus of the Sunshine Coast Institute of TAFE on Thursday, 17<sup>th</sup> October from 10.00am to 2.00pm. For further details, please contact Lyn Ward on 5457 1315 or [lyn.ward@tafe.qld.edu.au](mailto:lyn.ward@tafe.qld.edu.au).

### 6. GAP YEAR PROGRAM

Any current Year 11 or 12 students interested in participating in a Gap Year Program in the UK commencing in January 2015 are asked to come to the Careers Office for more information. Applications for the 2015 program are now open.

### 7. UNIVERSITY of MELBOURNE COURSE INFORMATION DAY

Current Year 12 students who have applied to study at Melbourne University in 2014 are advised that a Course Information Day will be held during the VTAC change of preference on Wednesday, 18<sup>th</sup> December 2013, 10.00am to 2.30pm. See: [cop.unimelb.edu.au/2013](http://cop.unimelb.edu.au/2013)

### 8. UNIVERSITY of QUEENSLAND NEWS

New for all 2014 Bachelor of Nursing and Midwifery applicants: students will be able to nominate the Mater Clinical School using a separate QTAC code. For further information, please contact the UQ School of Nursing and Midwifery on 3381 1165 or website <http://www.nursing-midwifery.uq.edu.au/clinical-schools> or email [midwifery@uq.edu.au](mailto:midwifery@uq.edu.au)

Applications for the Enhanced Studies Program in 2014 close on Thursday, 31<sup>st</sup> October 2013. This program is for Year 11 students who are high achieving, ready for a challenge and would like to receive a Bonus Rank towards their university entrance rank. Students have the choice of over 35 courses in diverse study areas, internal or external options available.

For more details, please contact the ESP Coordinator on 3346 7762, email [enhancedstudies@uq.edu.au](mailto:enhancedstudies@uq.edu.au) or website [uq.edu.au/esp](http://uq.edu.au/esp).

The UQ-Link Access program provides 5 bonus Ranks to help financially disadvantaged student study at UQ.

Other benefits include:

- \$500 Start-up Bursary upon enrolment at UQ.
- Access to a range of support services, including transition programs such as Jump Start.
- Consideration for one of a limited number of UQ-Link Access Scholarships valued at \$3,000 per year for four years.

For further information contact 3365 7113, email [uqlink@uq.edu.au](mailto:uqlink@uq.edu.au) or website [uq.edu.au/study/uqlink-entry](http://uq.edu.au/study/uqlink-entry).

UQ's Gatton Vocational Education Centre (UQ-GVEC) is introducing a two-year Queensland Diploma in Agricultural technologies in 2014 to address an industry skills shortage in the agricultural sector.

The Diploma will offer four specialisations in production horticulture, broad acre cropping, animal production and pest management. For more information please contact Erin Pearl on 5460 1353, email [enquiries\\_gvec@uq.edu.au](mailto:enquiries_gvec@uq.edu.au), or website <http://www.uq.edu.au/Gatton/gvec>

## 9. UQ COLLEGE BRIDGING COURSES

UQ College is delivering courses in Mathematics and Biology in intensive mode over a three-week period in November / December 2013 at St Lucia. Successful completion of these courses will satisfy pre-requisite requirements in Maths B and Biology at the University of Queensland. Results will be available to be used in applications for the January 2014 QTAC offer round. The courses start on Tuesday, 19<sup>th</sup> November to Saturday, 14<sup>th</sup> December. Students attend from 8.30am to 5.00pm Monday to Friday, with four Saturday tutorials of which three are optional.

The UQ Tertiary Preparation Program (TPP) at UQ College offers a supportive education model that builds confidence and helps students gain the necessary skills to improve their QTAC ranking for future undergraduate studies. The TPP is delivered over 28 weeks in two trimester periods. The program is offered full-time at UQ Ipswich campus in January and May and at UQ St Lucia campus in September. In the full course, students do five subjects each for five hours, making a total of 25

hours per week. They receive a score out of seven in each subject. The average score from each of the five subjects are used to give them a rank to use to enter university courses. There are currently no tuition fees for the TPP.

For more information about these Bridging Programs, please email Robyn Tyler at [robyn.tyler@uqcollege.edu.au](mailto:robyn.tyler@uqcollege.edu.au) or visit the website [www.uqcollege.edu.au](http://www.uqcollege.edu.au)

*Mrs Ainslie Reid, Careers Counsellor*

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## Sports News

### JUNIOR SPORT

The year is coming to a close and there are only two SCISSA rounds remaining this year. Next Monday afternoon during SCISSA training, all team photos for this semester's sports will take place. If your son/daughter plays in a sport specific playing uniform (AFL jersey or basketball singlet etc) can they please remember to pack this for their team photo?

*Mr Darren Hooper, Head of Junior Sport*

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## Uniform Shop

The Uniform Shop is open every:

Wednesday	8.00am	to	9.30am
Thursday	8.00am	to	9.30am
Friday	8.00am	to	9.30am

### Year 9 Students

Blazers have arrived and will be required for the "Rite Journey Ceremony" on Thursday, 21<sup>st</sup> November. They are also part of the formal uniform for Year 10. Boys will also need trousers and a belt.

To avoid the last minute rush, please pop into the shop over the next couple of weeks.

On line ordering is now available. Go to the college website and click on the link or go to [www.flexischools.com.au](http://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*

## Did You Know?

There are eight peas per pod on average

## Upcoming Dates

### OCTOBER

- 12 Year 11 and 12 Safety Drivers Course
- 15,16 P-5 Conferences
- 15 Friends of Pacific Meeting (7.00pm)
- 17 Year 4-6 SCISSA v Nambour Christian College
- 18 Student Art Exhibition (6.00pm)
- 18-21 Melbourne Arts' Trip
- 21 Student Free Day (Verification Day)
- 24 Year 4-6 SCISSA v St Andrews Anglican College
- 24-27 Qld Secondary Athletics
- 25 Grandparents Day
- 31 Year 3 Camp at Luther Heights

*All newsletters can be accessed in a printable format via our website*

*[www.pacificlutheran.qld.edu.au](http://www.pacificlutheran.qld.edu.au), click on the "News and Events" tab, then "Publications".*

### PACIFIC LUTHERAN COLLEGE

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

Principal: Dr Bronwyn Dolling

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

[www.pacificlutheran.qld.edu.au](http://www.pacificlutheran.qld.edu.au)  
Email: [admin@pacluth.qld.edu.au](mailto:admin@pacluth.qld.edu.au)



Woodlands Boulevard,  
MERIDAN PLAINS QLD 4551

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

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



### ST MARK'S 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.

