



## FROM THE HEADMASTER



### GRATITUDE

I hope that the students had a wonderful break over the winter holidays, and that those who were lucky enough to travel with their family, or go on one of the four School tours, had a wonderful time.

My son was married on the first weekend of the holidays. It was an incredible occasion. My first child to be married; a reminder of how quickly life passes by. It does not seem that long ago that he graduated from St Paul's School. It was an outdoor wedding. Thankfully, the weather was superb. All the planning came together and everyone had a terrific time celebrating.

The occasion was a great reminder of how grateful we should be for life, and for everything that we have.

In our fast-paced western culture, we are constantly reminded by marketing that there is just a little more we need in order to be happy. Social media platforms are saturated messages that encourage us to compare ourselves with everyone else, leaving us with the sense that we somehow always fall short. We are so time poor as we try to keep up with everyone around us that we marginalise what is truly important. It is little wonder that anxiety is on the rise. We forget to be grateful for what we do have.

One of the School tours during the break was the annual outreach trip to Vanuatu. The students who go on that trip spend time in a culture that is a world apart from our own and yet is only three hours from our shores. The villages they spend time in are a collection of simple lean-tos made from scrap corrugated iron. The people get around in their only set of clothes. They grow or hunt their own food. There is no running water and no electricity. There is essentially no employment. Yet, the students will tell you that they have never come across such happy, grateful people.

*“We are so time poor as we try to keep up with everyone around us that we marginalise what is truly important. It is little wonder that anxiety is on the rise. We forget to be grateful for what we do have.”*

# FROM THE HEADMASTER

We are truly lucky to live in Australia. As we start the new term, I encourage us all to practice gratitude. Set aside a time each day, maybe at the family mealtime, to think of five things for which you are grateful. They can be the most basic of things like the food we eat, the job we have, the relationships we enjoy.

The practice has several benefits. It is a reminder of how lucky we actually are, but not only that; mindfulness research has shown that this practice can reduce our risk of anxiety and depression by changing our outlook. Start a gratitude habit.

**DR PAUL BROWNING**  
**HEADMASTER**

## APPLICATIONS FOR RAY GEISE BURSARY – CURRENT STUDENTS ONLY

### Bursary Details:

The **Ray Geise Bursary for Service** will be offered to **one** current St Paul's School student, who will be in **Year 7, 8, 9, 10 or 11 in 2019**.

This Bursary is to the total value of \$1,000, as a reduction in School fees for 2019 only.

### Criteria:

Students should submit a covering letter detailing their performance in pursuing the Aims and Goals of the School and must show evidence of consistently caring for others and helping them to live worthwhile and meaningful lives; students must have pride in their School and demonstrate this in their dealings with their peers and indeed the whole School community.

In addition to the covering letter, students should submit a 1000 word essay on "Building a Christian Caring Community in the 21st Century."

In awarding the Ray Geise Bursary, particular attention will be paid to the performance of the applicants in pursuing the Aims and Goals of the School, and to any financial need which exists in the family.

### Applications:

**All Bursary applications and offers are to be treated as private and confidential and are not for public discussion or announcement. Applicants should submit:**

1. a Bursary application form
2. a covering letter
3. an essay

A separate application should be submitted for each child within a family.

**Bursary application forms are available from the Headmaster's Executive Assistant, Ms Sam Beeney, via email request: [s.beeney@stpauls.qld.edu.au](mailto:s.beeney@stpauls.qld.edu.au)**

Bursary applications (including completed form, covering letter and essay) should be submitted **in a sealed confidential envelope by Friday 19 October 2018 (the end of the second week of Term 4) to: Dr Paul Browning, Headmaster, St Paul's School, 34 Strathpine Road, BALD HILLS QLD 4036**





## FROM THE EXECUTIVE DIRECTOR OF FAITH AND COMMUNITY



### IN PRAISE OF SLEEP...

There's nothing quite like a good night's sleep, is there? That wonderfully refreshed sensation, with all of the stresses and strains (physical and mental) of yesterday seemingly miraculously erased. Conversely, the lack of sleep, or a restless night, can leave us feeling edgy and drained before the new day even begins. Among the wisdom found in the book of Proverbs (in chapter 3), we read:

- <sup>21</sup> My son, **do not let wisdom and understanding out of your sight,  
preserve sound judgment and discretion;**
- <sup>22</sup> they will be life for you,  
an ornament to grace your neck.
- <sup>23</sup> Then you will go on your way in safety,  
and your foot will not stumble.
- <sup>24</sup> When you lie down, you will not be afraid;  
**when you lie down, your sleep will be sweet**

Several of us on the Student Wellbeing team here at St Paul's attended the Generation Next seminar at UQ late last term. I was especially struck by a hypothesis proposed by Dr Chris Seton (Paediatric & Adolescent Sleep Physician), which went like this –

The last decade has seen an increase in the availability of smartphones and uptake in adolescent use of social media – often late at night, resulting in chronic sleep deprivation. The last decade has also resulted in worrying declines in standardised test results (PISA, TIMMS, etc). What if these two phenomena are not merely correlated, but there is also a causation effect? That is, **what if kids aren't getting enough sleep because of over-use of mobile devices (social media and/or gaming) and, as a consequence, aren't able to think clearly or learn effectively the next day?**

On his website, <http://www.sleepshack.com.au/>, Dr Seton includes the following summary of the effects of lack of sleep:

## FROM THE EXECUTIVE DIRECTOR OF FAITH AND COMMUNITY

### **COGNITIVE – Learning & memory**

- Lack of sleep impairs learning and memory. Medical studies have shown teenagers who regularly score C, D or F in school tests average 30 minutes less sleep per night than teens who regularly get A and B grades.
- In a study conducted by a sleep researcher at Tel Aviv University, when deprived of just 1 hour of sleep each night, sleep deprived 6th graders academically performed like 4th graders in the classroom.
- When a teenager is sleep deprived, their body is only able to focus on being tired, resulting in a reduced willingness and motivation to learn.

### **PSYCHOLOGICAL – Emotional & mental health**

- A 2010 study found that teenagers who go to bed after midnight suffer more negative mood swings, are 24% more likely to suffer from depression & anxiety, and are 20% more likely to consider harming themselves.
- Long term studies have demonstrated poor sleep in adolescence is a strong predictor of elevated risk of depression, anxiety and suicide in adulthood.
- Sleep deprived teenagers are more prone to developing a negative body image, subsequent low self-esteem, and a loss of their sense of humour.

### **PSYCHOSOCIAL – Behaviour & lifestyle**

- Sleep deprivation is the number 1 cause of motor vehicle accidents with 20% of road deaths caused by micro-sleeps. Around half of these types of deaths are of 16-25 year-olds.
- According to a 2010 study of 8,349 teens over an 8-year period, sleep deprived subjects were more likely to use drugs, tobacco and alcohol thereby increasing their vulnerability to long term dependence.
- Sleep deprivation switches off the prefrontal cortex of the brain, thus increasing risk-taking behaviour.
- Poor sleep affects sporting ability. A recent study on NBA basketballers showed significant improvements when their sleep was optimised including: reacting quicker, remembering plays better, greater shooting accuracy and sprinting faster.
- In a study of 13,000 teens in the US, 18% of subjects who reported sleeping 7 hours or less on school nights were more likely to eat fast food 2 or more times a week and less likely to eat healthy food.
- Sleep deprived teens have a more difficult relationship with their parents, a higher incidence of being late for school, increased school absenteeism & detention.

### **PHYSIOLOGICAL – Body systems**

- Sleep deprivation in teens has been linked to lower levels of Human Growth Hormone, which is integral to a teenager's physical growth, brain development and maturation of their immune system.
- Not getting enough sleep causes the number of T cells in a teenager's body to fall by 30 to 40% thereby reducing the ability of their immune system to fight everyday infections.
- Sleep deprived teens get more headaches than those that don't.
- A 2011 study published in the International Journal of Obesity showed teenagers who slept less than 8 hours had higher values of BMI, body fat, waist/hip circumferences and fat mass index

Isn't that astonishing? It would appear that a lack of sleep could result in your child(ren) achieving lower grades, performing less well in their sports, suffering a range of mental health problems, being more grumpy, less physically fit and more prone to getting sick. As we commence a new semester, can I encourage you to have a conversation about the importance of getting enough sleep with your children? And, while you are at it, you might like to consider (if you haven't already done so) implementing a "no phones or laptops in the bedroom" policy in your house.

# SECONDARY SCHOOL

## IMPORTANT DATES

Please see important dates for Term 3 to the right.

More details can be found in the School Calendar, which is accessible via Parent Lounge.

Activity	Date
<b>TERM 3</b>	
Year 10 Information evening (Subject Market)	Wednesday 25 July
Inter-House Athletics Carnival	Thursday 26 July
Year 12 QTAC evening	Monday 30 July
Year 10 SET Plan Interview s	Tues 31 July & Wed 1 August
Year 10 GCC Meetings	Thursday 9 August
Year 9 GCC Meetings	Tuesday 14 August
Year 9 Camp	Tues 7 – Fri 10 August
Year 10 Camp	Tues 21 – Fri 24 August

## QUT RESEARCH SURVEY – YEARS 10 & 11



For the last three years, St Paul's has participated in a QUT Research Survey about alcohol and other substance use in adolescents. QUT researchers have tracked cohorts through their "middle school years" in a range of schools, and wish to extend the study for another three years. This would involve our current Year 10 and 11 students.

Parents can read more information and discover the "opt-out" process in an email sent home this week. For more information, please contact Mr Paul Sullivan (Director of Operations) [p.sullivan@stpauls.qld.edu.au](mailto:p.sullivan@stpauls.qld.edu.au)



# SECONDARY SCHOOL

## EXPERIENTIAL LEARNING UPDATE

### ALTITUDE DAY

Altitude Day is an experience open to Year 9 student leaders from across south-east Queensland facilitated by the Ylead group. This year the venue was the Brisbane City Council Chambers and the concert hall was packed with over 800 students from across the city. St Paul's were represented on the day by 33 of our best and brightest Year 9 student leaders. They joined by students from over 40 other schools at the event, providing our young leaders a tremendous opportunity to network and establish connections with motivated, talented students from across the city.

St Paul's has had an excellent partnership with the Ylead organization through our ongoing commitment to Altitude Day, but also through leadership training days conducted across the Secondary school by Ylead facilitators. St Paul's has been sending students to this event for the past eight years and many of the students who have attended Altitude Day have gone on to become high achieving School leaders in their Senior Year.

The day is comprised of a series of inspirational presentations from a diverse range of motivational speakers. The students are given a simple framework by the Ylead presenters which they can use to structure their own goals and future planning. This framework is then brought to life through guest speakers from a diverse range of backgrounds who share their own personal journeys. Their stories provide the students with concrete examples of young people who have overcome setbacks to follow a passion, and that passion is often in the area of social justice and social entrepreneurialism. These are people who have made, and continue to make, significant contributions to their communities.

This type of experience can have a lasting and profound effect upon these optimistic and imaginative young minds and start to embed a strong sense of social justice and desire to work toward a more equitable and sustainable future. Hopefully, this will be the case for the 33 future leaders who attended from our community. They were fine ambassadors for our school at the event and came away positive and motivated ready to become agents of change.



**Mr Cameron Howes**  
Head of Experiential Learning Development



# JUNIOR SCHOOL

## CODE CAMP – THESE SCHOOL HOLIDAYS!

Code Camp is returning to St Paul's these school holidays!

Register your child today for three days of coding fun. Students from outside of St Paul's are welcome to attend.

See here for more details and to register: [www.codecamp.com.au/stpaul](http://www.codecamp.com.au/stpaul)



## UNDER 8S DAY

On the last day of term 3 we held our annual Under 8s Day Spectacular with the theme – Australia: Our Land.

It was a wonderful morning of fun, activities and entertainment. What made the morning especially exciting was a visit by the local emergency services, a jumping castle, and interactive activities including a whip-cracking show and an interactive reptile display

Photos from the day can be viewed [HERE](#).



## TOTAL FOOTBALL

Total Football Academy will be running an after School soccer program during Term 3 at St Paul's School. The program is for Prep to Year 3 Pupils.

During the 6 week program games will be played inside an inflatable soccer field, which captures the imagination of students, giving them a great soccer experience. Training will take place inside a skills square focusing on different skills each week, such as dribbling, turning and shooting. As part of the program players can also purchase a soccer kit (Top and Shorts).

The program starts on Tuesday 31st of July for Prep to Year 4 pupils. 3.25pm - 4.25pm. To sign up online visit [www.totalfootballacademy.com.au](http://www.totalfootballacademy.com.au) call Danny Morton on 0473 344 778 or e-mail [bookings@totalfootballacademy.com.au](mailto:bookings@totalfootballacademy.com.au). Find us on Facebook for wet weather information and special offers.

**Link to register:**

[St Paul's After School Program - Term 3](#)

**Program Time and Dates**

Tuesday 31st July - 7, 14, 21, 28 August - 4 September.

# INTERNATIONAL SCHOOL

## SPS HOMESTAY MOCKTAIL EVENING WITH HOSPITALITY STUDENTS

St Paul's School Homestay providers were treated to an evening Mocktail event arranged by the Hospitality Studies Learning Area and hosted by students in Year 11 and Year 12. Tuesday 8 May 2018 was wild, wet and windy and worries about this semi-outdoor event increased steadily during the day. However, the evening began with a welcome burst of sunshine. This provided the Year 12 students with perfect conditions to show off their front of house skills, serving delicious, hot finger foods and making glamorous mocktails to order. The back of house duties, including cooking, were completed by the Year 11 students.

Hospitality Studies is a popular subject. Here are some of our Year 12 International Students in action on the night:



LI Yongcong (Malik)      HAU Yin Chuk (Hailey)      CHOW Hoi Ching (Nerissa)      GE Shuhan (Alina)

The majority of the International Students at SPS are here without their families and the School's Homestay providers fill this gap by offering more than just board and lodging. Homestay is a home-away-from-home! Not only do Homestay providers open their homes to our overseas students but also welcome them into their families, providing a warm and friendly environment to help the students settle into all aspects of their new life in Australia.



Three of our many wonderful Homestay providers enjoying a chat together over some colourful, exotic mocktails.



Homestay Coordinator, Bec Daly (left), enjoying the evening with a valued Homestay provider.

**Terese Reese**  
Head of Studies International School



# INTERNATIONAL SCHOOL

## SPIS AND THE ROYAL FLYING DOCTOR SERVICE



Earlier this year HSP Class Red helped to make a quilt that was donated to the RFDS. Ms Styles and the students created doodles on pieces of fabric and then these were sewn together into a quilt by Ms Judy Cribb in Toowoomba. The quilt was then donated to the RFDS. One of the Flight Nurses based at the Charleville RFDS base is Di Dowrick. She enjoys giving the donated quilts to child patients when they fly with the RFDS.

RFDS employs pilots, doctors and registered nurses to fly sick or injured people from all sorts of places to hospitals or transfer patients from small or isolated towns to bigger tertiary hospitals in places like Toowoomba, Rockhampton and Brisbane.

HSP Class Red enjoyed making the quilt and thank everyone who helped them complete it.

**Sofie Arnold**  
**ESL Teacher**

# SPORT

## SPORTS SNIPPETS

### TERM 2 SPORT WRAP-UP

As the Term 2 sporting season comes to its conclusion this weekend, we can reflect upon what has been an extremely busy and successful season. The finals this week sees St Paul's competing for 8 premierships across this term's sports. Firsts and Seconds Netball, Year 8B and Year 7A Netball, Year 9 Rugby, Seconds Tennis and Year 8 and Year 9 Tennis, are all playing for the honour of premierships this weekend. The SPS Green Netball team have already been awarded a premiership and both the Firsts and Year 10 Rugby were very unlucky to miss out on a premiership game berth with only bonus points making the difference. The improvement in Hockey is not to go unnoticed with a significant improvement throughout the season, resulting in many of teams moving up the ladder as the season progressed.

Term 2 also saw a very hectic Cross Country season with St Paul's hosting both the Met-North and TAS Championships. The Met-North event had some fine individual results with both Hayley Dean and Chloe McLennan featuring in 2nd place, gaining selection into the team who will compete at the State Championships. Kyle Willis also represented St Paul's with distinction, winning his category and also gaining entry into the State Championships.

There were some outstanding individual and team performances at the TAS Carnival with our 14yrs Girls team coming away with 1st place in their division. Chloe McLennan continued her dominance in TAS competition winning the 16yrs Girls race with other strong performances from Yubo Hahn, Rohan Platts and Hayley Dean who all finished in 2nd place in their respective races. Although St Paul's didn't place any higher than last year, the commitment from the students has lifted and continued improvement will undoubtedly see St Paul's feature near the top in upcoming years.

# SECONDARY SCHOOL ATHLETICS CARNIVAL

## ST. PAUL'S SECONDARY SCHOOL ATHLETICS CARNIVAL 2018

The Secondary School Athletics Carnival will be held on Wednesday and Thursday July 25 and 26. The main carnival held on Thursday July 26 will commence at 9:00am and conclude by 3:00pm, program is included.

### *EVENTS WEDNESDAY JULY 25*

(Students to come to School in normal day uniform and get changed at School. Students not competing do not have to get changed into PE uniform.)

#### PERIOD 3 & 4

Year 7-10 High Jump, Javelin, Triple Jump, 800m

Year 7 will not compete in Triple Jump or Javelin

#### LUNCHTIME

Year 7-12 1500m

#### PERIOD 5 & 6

Year 11 and 12 High Jump, Triple Jump and Javelin, 800m

### *ALL OTHER EVENTS WILL BE RUN ON THURSDAY JULY 26*

Student nominations will be done through the House system.

Students may wear their school Sports Uniform (Green PE Shorts, House T Shirt, White Socks, Sneakers, School Track Suit) to and from school (THURSDAY ONLY) They may also wear normal Day or Formal School Uniform and change into Sports Uniform once at school. If normal School Uniform is worn to school, it must also be worn home at the end of the day. Day or Formal wear clothing and Sports clothing are not to be mixed. Seniors may wear their Seniors Jersey.

When competing, however, students must wear their House shirt and PE shorts (Senior shorts for Year 12). Students wearing multipurpose shirts, other school team uniforms, costumes, or Senior Jerseys and the like will not be allowed to compete. Students are permitted to compete in the St Paul's athletics shorts or bike pants. This uniform code for competition also applies for pre carnival events.

Students will not have access to the tuckshop on the day and students will not be allowed to leave the Oval areas. There will be only a limited amount of food available for purchase on the day.

All students are advised to bring plenty of water on the day as well as sunscreen.

A Sports-Medicine officer will be in attendance all day and will be available from the Northern end of main oval.

Students should keep an eye on House Notices for further instructions and pay close attention in Tutor Group.

Parents are most welcome to support on the day, but please observe normal parking areas.

Mr Timothy Hughes

Head of Sport



# JUNIOR SCHOOL ATHLETICS CARNIVAL

## Inter House Athletics Carnival Prep to Year 2

The Inter House Athletics Carnival will be held on Wednesday 25<sup>th</sup> July, from 9.00am – 10.45am for students in Prep to Year 1 and conclude at 11.40am for Year 2. All classes in Junior School have been learning and practicing Athletic events in their normal Physical Education classes prior to the Carnival. Our Carnival is a celebration of the students' learning and, therefore, we are looking forward to seeing our parents spectate. All students are to wear their House shirt on the day. All students should bring a packed lunch, water bottle and afternoon tea. Morning tea will be provided. This year the Prep classes have been enthusiastically working on a new activity for our Carnival and they are very excited to bring you the results of their hard work. Should you have any further questions regarding the Inter House Athletics Carnival please direct your enquiry to your child's classroom teacher.

## Inter House Athletics Years 3 to 6

The Inter House Athletics Carnival will be held during Week Two of Term Three with events being conducted over two days. The Pre-Carnival events of 800m and High Jump will be Wednesday 25<sup>th</sup> July, from 1.00pm to 3.10pm. All remaining track and field events will be on Thursday 26<sup>th</sup> July 8.35am to 3.10pm. All classes in Junior School have been learning and practicing all Athletic events in their normal Physical Education classes prior to the Carnival. Our Carnival is a celebration of the students' learning and, therefore, all students will participate in every event across the two days.

- |                                     |                                 |                 |
|-------------------------------------|---------------------------------|-----------------|
| • Pre-Carnival (800m and High Jump) | Wednesday 25 <sup>th</sup> July | 1.00pm – 3.10pm |
| • Inter House Athletics Carnival    | Thursday 26 <sup>th</sup> July  | 8.35am – 3.10pm |

## **Parents - More Volunteers required**

Athletics requires many people to ensure the safety of the students and so that the Carnival can run in a timely fashion. Duties may include time keeping, equipment retrieval of shot puts or discus, raking of the long jump pit, and management of high jump equipment. It is also the best way to get close to all the action! To volunteer please email Mrs Tara Norton [t.norton@stpauls.qld.edu.au](mailto:t.norton@stpauls.qld.edu.au) or use the reply slip provided in the letter that was emailed home to indicate your availability.

The Athletics Carnival is a highlight of the School Calendar and we are looking forward to the events to come. Should you have any further questions regarding the Inter House Athletics Carnival please direct your enquiry to your child's classroom teacher.

# MUSIC

## 2018 SOLO COMPETITION

Congratulations to all of our Round 2 performers. It was a hotly contested two evenings of performances, but in the end our adjudicator, Dr Robert Davidson, had to make a call and award places to the following musicians;

Instrument group	Middle Years	Senior School
STRINGS	1st Belle Smibert 2nd Ella Newton 3rd Ben Hering	1st Achintya Sajeendran 2nd Gowri Manesh 3rd Alex Harper
PERCUSSION/GUITAR	1st Josh Crawford 2nd Tim Buchanan 3rd Hayden Younger	1st Tim Wright 2nd Harry Lee 3rd Joshua Mellor
PIANO	1st Sasha Thomas 2nd Gabrielle Munt 3rd Zara Narayan	1st Ebony Riley 2nd Zackary Keleher 3rd Simeon Gover
VOICE	1st Katelyn Uebel 2nd Grace Spinks 3rd Cheyenna Davidson-Collins	1st Claire Bignell 2nd Naomi Phillips 3rd Gracie Manderson
WOODWIND	1st Mitchell Weis 2nd Liana Sadumiano 3rd Sophie Pitstock	1st Adrian Ricablanca 2nd Ethan Marston 3rd Elliot Nutter
BRASS	1st Callum Heard 2nd Michael Alletsee 3rd Liam McGregor	1st Jackie Bulluss 2nd Teague Norbert 3rd Misha Kokoschko

Out of around 80 performers in Round 2, the musicians who have been successful in going through to the Solo Competition Final at Sandgate Town Hall on Friday June 22 are below;

Middle Years	Senior Years
Sophie Pitstock Belle Smibert Ella Newton Ben Hering Josh Crawford Tim Buchanan Sasha Thomas Katelyn Uebel Grace Spinks Callum Heard Michael Alletsee Liam McGregor Mitchell Weis Liana Sadumiano	Tim Wright Harry Lee Josh Mellor Ebony Riley Zackary Keleher Claire Bignell Naomi Phillips Jackie Bulluss Teague Norbert Mischa Kokoschko Adrian Ricablanca Ethan Marston Elliot Nutter Achintya Sajeendran Gowri Manesh Alexandra Harper



The final is judged in the Middle Years and Senior School sections only, not in instrument groups like Round 2. The last two years of competition have been incredible, and we can't wait to hear our musicians perform at the end of the term. Good luck with your practising!

# MUSIC

## YEAR 10 – SONIC HIGHWAYS: BRISBANE LAUNCH PARTY!

This semester in Year 10 Music, students have been on an epic adventure through Brisbane music history (in the style of Dave Grohl's (Nirvana drummer and Foo Fighters frontman) Sonic Highways series of documentaries on American music by location). They've visited such iconic venues as The Zoo, The Triffid and the Brisbane Jazz Club, had a tour of local radio station 4zzz, and met well known musicians such as John Collins from Powderfinger, Michael Butler from Sheppard and Michael Richards (Mikey) from Violent Soho. They've had a workshop about what it's like to be an up-and-coming musician in the Brisbane music scene from Erin Fitzsimon (Inigo) and learned to play a heap of great Brisbane music.

Part of their assessment was to create a short documentary on any aspect of the Brisbane music industry that interested them and, in doing so, interview an important member of the music community. Students created documentaries on such topics as the Queensland Music Festival, Women in Voice, local band Cub Sport, jazz education in Brisbane, and the life of a musical pit musician.

Last night we had a brilliant Launch Party to celebrate all the work that students have done this semester. After we viewed the documentaries, Year 10 students gave a rockin' performance of original music by Brisbane artists. Congratulations to all students for a wonderful night, and for being so rad all semester.





# MUSIC

## ON THE HORIZON

There are still a number of events to go for the rest of this term, and next term is already shaping up to be a busy one! Please keep these dates in your diary and check the St Paul's Music website for the most up-to-date information.

As always, please like our St Paul's Music Facebook page, follow us on Instagram (@musicps) and keep up to date with Music happenings by visiting the Music website – [www.stpaulsmusic.com.au](http://www.stpaulsmusic.com.au)

**Mrs Kellee Green**  
Head of Music

Activity/event	Date
Year 2 Strings End of Semester Concert – Music Department	Monday 18 June
Solo Competition final – Sandgate Town Hall	Friday 22 June
Brisbane City Bands Festival (numerous ensembles – check the website) – Queen Street Mall	Sunday 29 July
Choral High Tea – Sandgate Town Hall	Saturday 11 August
Essentially Ellington Big Band Festival – Marist College Ashgrove	Thursday 23 August
Seussical Jr! – Junior School Production	Fri 24 Aug / Sat 25 Aug
Junior Ensembles Concert	Sun 9 September



**ST PAUL'S MUSIC**  
**SOLO COMPETITION**  
**2018**

**ROUND ONE**

- WEDNESDAY 23 MAY > STRINGS
- THURSDAY 24 MAY > BRASS
- FRIDAY 25 MAY > WOODWIND
- MONDAY 28 MAY > PIANO
- TUESDAY 29 MAY > VOICE
- WEDNESDAY 30 MAY > GUITAR & PERCUSSION

**ROUND TWO**

- MONDAY 4 JUNE > PIANO, PERCUSSION, GUITAR AND VOCALISTS
- TUESDAY 5 JUNE > STRINGS, BRASS AND WOODWIND

**FINAL**

- FRIDAY 22 JUNE > SANDGATE TOWN HALL

# GENERAL NEWS & NOTICES

## BLAZER EMBELLISHMENTS

Blazers for embellishment need to be dropped to the Retail Shop by **Monday 18 June, 4pm.**

**Helen Brand**  
Retail Shop Convenor

## 2018 & 2019 TERM DATES

2018 Term Dates can be found on our website [HERE](#).

Term Dates for 2019 (Tentative) are also available via the link above. These are subject to final confirmation.

## RETAIL SHOP

**Opening hours:** Monday to Friday, 8:00am – 4:00pm

For a list of 2018 uniform requirements, see [HERE](#).

# WELLBEING CENTRE

## COUNSELLING

*"Why does my child behave well for others, but not for me?"*

This is a common question many parents ask. It's frustrating!

I remember my primary school-aged children having very poor table manners at home, yet after sleep-overs and visits with friends we were always complimented for having children with beautiful manners.

*"They showed my kids a thing or two about manners,"* was the type of comment we received.

When one daughter was thirteen, she barely had a civil word for anyone who lived under the same roof as her. Yet following a weekend staying at a friend's house, the supervising parents remarked how communicative she was with them.

"What do you do to get such a lovely teenager?" our friend asked. "Send her to you!" was my reply!

So why do kids behave well for others and save their worst behaviour for their parents? It's simple really.....*because you love them.*

The above article is written by Michael Grose. Read more [HERE](#).

**Ken McDonald, Karen Semple & Rexina Harding**  
**Counselling Team**

Helpful contacts:

<i>Beyond Blue</i>	1300 22 4636	<i>Lifeline</i>	13 11 14
<i>Kids Helpline</i>	1800 55 1800	<i>Youth Beyond Blue</i>	<a href="http://www.youthbeyondblue.com/">http://www.youthbeyondblue.com/</a>

## USEFUL CAREERS WEBSITES

My Future	<a href="http://www.myfuture.edu.au">www.myfuture.edu.au</a>
Job Outlook	<a href="http://www.jobsearch.gov.au/joboutlook">www.jobsearch.gov.au/joboutlook</a>
Job Guide	<a href="http://www.jobguide.deewr.gov.au/">http://www.jobguide.deewr.gov.au/</a>

## CAREER NEWS

This service provides students, parents and staff members with up to date career information. The information is updated fortnightly and we highly recommend that you scan it regularly for items of interest, especially for students in the Senior School. Please [click HERE to](#) access the latest Career News.