



FROM THE HEADMASTER



SUPPORTER GROUP THANKS

The end of the year is upon us. Last week another exceptional group of Year 12 students graduated from St Paul's School. They will no doubt be celebrating the end of their schooling days, and then will be eagerly awaiting the release of their results.

Between 80 and 90% of students at St Paul's School follow an academic pathway to university and, unlike a number of other schools, we believe in allowing any student who wishes to sit for an OP to do so. It is then wonderful to hear that each year some 88% of students receive either their first or second choice of course to study at university. We wish our new alumni every success.

I would also like to take this opportunity to thank the parents involved with the St Paul's School Supporters' Association (SPSSA) and the various Supporter Groups under that parent body. The work of the Association is many and varied. These parents willingly give up their time to help make the St Paul's community a better one. I am very thankful for all they do.

It should also be noted that, in addition to the other generous support provided during the year, in 2018 the SPSSA also assisted with Year 12 Leadership development, Year 11 Safe Driving, Junior School Guest Speaker, Celebration of Achievement Awards and an End of Year Function for Volunteers.

You may have recently completed a survey canvassing your views for a levy to support the continued work of the SPSSA. The results of that survey were mixed and are currently being considered by the SPSSA. However, there were a number of questions asked about the SPSSA and its previous management of the School's retail outlets.

For those who were not aware, the SPSSA used to manage the School's Tuckshop, Retail Shop and Coffee Shop. In addition to donations back to the School, the profit from those three outlets was used as "seed" money to kick start the annual activities and events each Supporter Group holds. Four years ago, the School took over the operation of the three outlets: the legislative requirements and time commitment to manage them was becoming far too onerous for a shrinking number of volunteers. Profits go back into the School to fund myriad benefits for the students.

FROM THE HEADMASTER

The Association has been looking for other ways of raising money to enable each of the Supporter Groups to get their year's activities underway. A levy was one idea that they have been considering. The SPSSA plan to close the loop regarding the possible levy before the end of this year.

Many of the extra-curricular activities only run due to the generous support of a band of parent and staff volunteers. Their contribution helps enhance our community. In most instances, they make possible the additional opportunities we offer to the students.

Thank you to all those parents and staff who give so much to make St Paul's School a wonderful community.

DR PAUL BROWNING
HEADMASTER



FROM THE EXECUTIVE DIRECTOR OF FAITH & COMMUNITY



YEAR 12 ADDRESS

I'd like to share with you this week the content of my final address to the Class of 2018, which I delivered on their final Assembly last Friday. As I said to the rest of the School on that occasion, I believe that the message is relevant for all...

"St Paul's School has three core values – Faith, Learning and Community. Year 12s (and the rest of you) – I really hope that, as a result of your education at this School, each of those three values has now found a place as a part of your values-set.

I hope that you value Learning.... and I trust that you will continue learning for the rest of your lives. And by that, I don't just mean stuffing your heads full of information (although there is a place for that). Rather, we hope you are learning, and will continue to learn, to be creative and innovative thinkers, great question-askers, equipped with the skills and understanding to be global citizens and, perhaps, to become entrepreneurs. At St Paul's, as you know, we value learning that is holistic, learning by which students learn to reach their creative, physical, social, moral and emotional potential, as well as their intellectual potential. We take this approach because we believe that to thrive in the future, each of you needs to have flexibility, resilience and a sound moral compass. To flourish in a changing and uncertain world, you need to be men and women of character.

I hope that you value (or, perhaps, will come to value) **Faith**. And by that I don't just mean faith in yourself and your own abilities (although there is a place for that too). If you haven't done so already, you are one day going to reach the end of your own resources. You will find yourself in a place where you aren't strong enough, or good enough or clever enough to deal with the situation in which you find yourself. At that time – and, by the way, you don't have to wait until then – I hope you will remember the faith-foundation that St Paul's School tried to build for you. I hope you will remember that you are a unique (and therefore precious), much-loved creation of the God who made and sustains the universe. I hope you will remember that, even if feeling far-removed from God, you can always return and be reconciled to your Heavenly Father, by means of the way made for us by Jesus Christ in His life and death.

FROM THE EXECUTIVE DIRECTOR OF FAITH & COMMUNITY

Finally, **I really hope that you value Community**. Let me stress that, just because you are finishing school today, it doesn't mean that you are leaving the St Paul's community. In fact, as soon as you walk out of that door, you simply become the newest members of the St Paul's Past Students Association.

I want to say a few more things about community, because I have been reading about it recently in this book ("Everybody's normal 'til you get to know them").

Jane Howard has said – *"Call it a clan, call it a tribe, call it a network, call it a family. Whatever you call it, whoever you are, you need one."*

Psychiatrist, Dr Edward Hallowell describes connection as "the other vitamin C" and he has also said – *"We need face-to-face interactions; we need to be seen and known and served and do these same things for others. We need to bind ourselves to each other with promises of love and loyalty made and kept"*.

The author of my book, John Ortberg, says – *"Human beings who give themselves to relational greatness – who have friends they laugh with, cry with, learn with, fight with, dance with, live and love and grow old and die with – these are the human beings who lead magnificent lives!"*

Year 12s – we are sending you out into the world in the hope that you will lead magnificent lives. We are sending you out to make new connections and to become part of new communities. But please, don't lose touch with the St Paul's community. There will be plenty of opportunities for you to remain connected.... Opportunities as coaches, mentors or volunteers. Opportunities to come along and cheer for the various Puma sports teams, or to attend our music performances. Opportunities to join the PSA and to attend reunions. And, who knows, opportunities to enrol your children at St Paul's, when the time comes.

Remember – you should always be proud to be a Puma! Best wishes to you all."

MR NIGEL GRANT
EXECUTIVE DIRECTOR OF FAITH & COMMUNITY



More photos from the Year 12 Final Assembly can be found on the School's Facebook page.

SECONDARY SCHOOL

IMPORTANT DATES

Please find a complete list of dates in the School calendar, accessible via Parent Lounge.

Activity	Date
Term 4 Block testing (Year 11)	Wed 21 – Tues 27 November
Final day of Term 4	Friday 30 November

INTER-SCHOOLS GO KART CHAMPIONSHIP

Our Puma Racing teams recently had a great day at the Inter-Schools Go Kart Championships. As a school we were runners up and our best kart came third.

All in all, our students made us very proud on the day with a very high attrition rate across the board with less than half of the field still running at the end of the day.

Thank you to our sponsors, **Wurth Australia Tool Suppliers** and **Mosaic Chartered Accountants**

Mr Kev McVay
Coordinator



SECONDARY SCHOOL

KOKODA CHALLENGE 2019



A wonderful opportunity is being offered to our Year 11 and 12 students in 2019 through the Experiential Learning program. Expressions of interest are being called for from students in these year levels next year to join **the School's first expedition trekking the Kokoda Track**.

The ten day experience will take place in Term 4 next year, with four participants travelling to New Guinea in the final week of the September holidays and then hiking the track throughout the first School week of the term. There will be 16 places held for current students and four places will also be offered to past students; so an opportunity exists for our graduating seniors to be involved.

An information evening will be held on **Wednesday 28 November**. More details can be found [HERE](#).

Mr Cameron Howes
Head of Experiential Learning Development

BLAZER EMBELLISHMENTS

•Blazers for embellishment need to be handed into the Retail Shop by **Monday 26 November, 4pm**. They will be returned for pick up and payment on the Friday 19 January 2019.

Mrs Helen Brand
Retail Shop Convenor

STUDENTS PITCH IDEAS TO LIFELINE



This week our Year 10 Business students pitched their ideas to three corporate executives. [Lifeline Shops Queensland](#) recently engaged St Paul's, specifically these students and the CIE, to examine their current retail operations and present an innovative strategy to achieve sustainable growth.

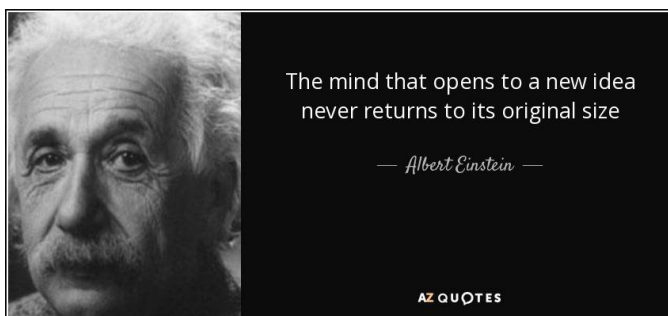
Tracy Dare, Group Executive Commercial Services, commented, "I appreciate you [students] delving into the depths of analysis in the form of graphs and charts. It really is useful for us, and these ideas are things we can definitely take back to the team!"

Congratulations to the students our Business teachers!

Read more about students' pitches [HERE](#).

SECONDARY SCHOOL

ENTREPRENEURS CLUB – WHAT IS IT ALL ABOUT?



In those famous words of Albert Einstein, 60 St Paul's students, teachers and parents have broadened their minds, nurtured their creative spirits, and learnt how to look at the world in possibilities, so much that their minds will be forever changed!

Over three years, the St Paul's Entrepreneurs Club has proudly presented 20 unique business ideas to solve small and big problems or address needs of a generation or customer group; here is just a few:

- A solution to that allows you to virtually try on shoes before you buy them on-line
- An interactive story book series to get boys engaged in literacy and reading
- A fun and engaging card game to support teachers and parents in the education of the Global Sustainability goals
- A bin design that engages people, in particular students to enjoy and learn best practice waste disposal
- Repurposing old school uniforms into new memories and usable items
- A solution to the age old problem of getting kids to wash themselves properly in the bath to solve hygiene and frustration issues
- A device that supports people in administering their own medication to address over and under-dosing of prescribed medication..... to name only a few!

A few comments from our 2018 judges:

"It was great to see the culture of entrepreneurship that you're building at St. Paul's and a pleasure to be involved in some small way."

"The event was great and a highlight of my last week"

"Hopefully we get to see some of St Paul's finalists at our Weekend of Startups next year, we would love to keep supporting them in any way we can."

The Club runs for 10 weeks in Semester 2 each year. It draws on the foundations of the St Paul's Realms of Thinking and IST to provide the students with a place to apply and grow those thinking skills in identifying and solving real world problems and needs. They learn about and complete value propositions, customer research, prototyping and validation of their solution, and the art of pitching an idea.

Our graduates from the Club then have the option to further their entrepreneurial thinking journey and business ideas through our CIE (Centre for Innovators and Entrepreneurs) and even apply for micro loans to support them.

If you would like to know more or be involved as a coach or mentor, please email r.jones@stpauls.qld.edu.au or see [St Paul's Entrepreneurs Club page](#).

Dr Renae Jones and Mrs Cathy Smith
Entrepreneurs Club Facilitators

JUNIOR SCHOOL

IS YOUR CHILD “HANGRY”?



Afternoon tea can be a time where you might find your little one is “HANGRY!”. They’ve had a huge day at school or day care where they’ve burned a lot of energy and perhaps were too excited or too engrossed in what they were doing to eat all of their morning tea and lunch.

As adults, we see if we miss a meal or deprive ourselves at lunch time e.g. when you only eat a salad for lunch and by 2:30 you could eat a whole loaf of bread! Well, this is just like what children experience. Except, often, they expend or burn a lot more energy than we do.

Find some easy afternoon snack ideas, [HERE](#).

CODE CAMP – THESE SCHOOL HOLIDAYS!



Code Camp is coming to St Paul's School in the summer holidays!

Code Camp has already taught more than 45,000 students in Australia and is a great way to spend time over the holidays as kids have lots of fun with friends while learning important new skills such as logic, creativity, problem solving and app & web development in a fun and engaging way, ready to take on the digital world of the future.

More information can be found [HERE](#).

MUSIC

IMPORTANT NOTICES

* Please note that **lesson enrolment forms** for 2019 need to be returned to the Music Centre as soon as possible so that Music Tutors can be ready at the beginning of next year.

* Any students who have **hire instruments** from the Music Centre need to return these immediately (unless they are involved in the Junior School Celebration of Achievement or P-2 Christmas Concert next week).

* **The Music Centre will be closed** for the year from Thursday December 6 and will not reopen until Wednesday January 23. All personal instruments must be taken home on the last day of Term 4.



FAREWELL YEAR 12S.... AND CONGRATULATIONS!

It was sad to say goodbye last week to the wonderful bunch of Year 12s who have been part of the Music program for many years, and we hope that they had an exciting and safe Schoolies week. Thanks for all your hard work and dedication over many years... we'll miss you!

We're also proud to announce that Joshua Mellor has been offered an early placement at the Queensland Conservatorium Griffith University on Jazz Bass. Congratulations, Josh – it's very well deserved.

HAPPY HOLIDAYS!

Thank you so much to all the Music students and parents for a great year of music. It's been busy, but very rewarding, and you all deserve a relaxing break. It might be worth picking up your instrument to have a quick play in the last couple of weeks of term though.... Rehearsals and lessons start in Term 1, Week 2.

ON THE HORIZON

Please keep these dates in your calendar and check the St Paul's Music website for the most up-to-date information.

You can always like the St Paul's Music Facebook page and follow us on Instagram (@musicps) for updates and information.

Mrs Kellee Green
Head of Music

Activity/event	Date
Junior Wind Band, Red Shirt Choir, Junior School Choir, Middle Years Choir and Auditioned Choir perform at the Junior School Celebration of Achievement	Tuesday 27 November
Christmas Band, Red Shirt Choir and Junior School Choir perform at the P-2 Christmas Concert (during school time)	Wednesday 28 November

GENERAL SCHOOL NEWS

LIBRARY CLOSURE LAST WEEK OF TERM

Please note that the Junior and Senior School Libraries will be closed for large portions of time in the last week of school, in order for us to complete our annual stocktake (see below). As mentioned in a previous email, the swift return of any books you currently have out, would be very much appreciated.

Junior Library:

Closed before school, during class time, at lunchtime and after school.

Senior Library:

Open: Before School

Open: Gladius tutor time

Closed 9am – 3.30pm

Open: 3.30 – 4.30pm

With thanks,

Mrs Judy Bolton

(Head of Information Services)

STUDENT INFORMATION

The current student medication form has been updated and is accessible via Parent Lounge. The form is to be completed and returned to the School prior to administration of medication to a student by a staff member. The form does not apply to St Paul's School Early Learning Centre.

In addition to Parent Lounge, the form can be accessed [HERE](#).

REMINDER

Parents/guardians, prior to the last day could you please collect your students' medication.

Now is a great time to update your child's medical information and contact details for parents and caregivers. If any of this information changes over the holidays, please provide updated details to the School as soon as possible.

Renaye Ansell

Risk & Compliance Officer

GENERAL SCHOOL NEWS

CHRISTMAS ACTIVITIES FOR FAMILIES

The Christmas school holidays are nearly upon us. For most parents (and children) this is thrilling. However, there can often be many hours in a day to keep your children entertained and the thought of doing that for over six weeks can be a little daunting. To try and help families with filling the time in their Christmas holidays, we've investigated what's happening around Brisbane this Christmas and put together this list of special events. We hope you find it useful.



30 NOVEMBER LIGHTING OF THE CHRISTMAS TREE, BRISBANE CITY

The annual [Lighting of the Brisbane City Christmas Tree](#), in King George Square takes place on Friday 30 November. This year the 22m tall tree will be decorated with thousands of glittering fairy lights, and a huge colourful star, all powered by a solar-charged battery. The ceremony begins at 6:30pm.

Read more [HERE](#).

RETAIL SHOP

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

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

2018 & 2019 TERM DATES

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

2019 Term Dates can also be found via the link above.

WELLBEING CENTRE

COUNSELLING



If you want your child or young person to be resilient enough to cope with the hardships that come his or her way, and in doing so build strengths for the future, consider fostering your own resilience first. Parents are in the best position to influence their children's resilience. Children watch our reactions to adverse events and view first hand how we look after – or neglect – our own mental health and wellbeing.

Focusing on our own resilience is not as difficult as it may seem. If you adapt a resilience mindset you'll find that resilient behaviour follows. Want to get fitter physically? You could take up a new fitness regime or you could simply adopt a fitness mindset. Adopt the former and there's a reasonable chance that you'll start off gung ho and run out of steam after a month. Adopt the latter and you'll more likely take small, sustainable steps such as walking or riding to work, taking stairs instead of escalators and playing active games rather than sitting on the couch on weekends.

The mindset approach works well with resilience. Take the sustainable approach of looking after your mental health, becoming conscious of the messages you send yourself and developing coping skills that allow you to respond rather than react to adverse events. These simple ideas will help:

Watch your self-talk

The little voice inside your head can have a catastrophic impact when you allow it to. It can talk you into the blues, lower your confidence and build mountainous problems out of molehills. Once you're aware of its impact, you can switch it off or change its negative chatter to something more positive and realistic. It takes practice but it's worth it. When you have a resilience mindset you'll start to check that chatter in your head.

Park the bad stuff

Ever had an argument with a family member at breakfast only to find it messed up your whole day? A common trait with resilient people is that they can compartmentalise their lives so that difficult experiences in one domain won't interfere with their effectiveness elsewhere. When you have a resilience mindset you'll consciously park the negative stuff while you get on with the rest of the day, only revisiting it on your own terms.

Make sleep a priority

We are only beginning to make solid links between sleep and resilience. Mothers of newborns know how debilitating sleep deprivation can be. They can't function effectively and depression is close at hand. Many people spend much of their lives experiencing some form of sleep deprivation, compensating by taking regular caffeine hits, self-medicating with alcohol and using other ineffective remedies. When you develop a resilience mindset, you make sleep a high priority, taking the necessary lifestyle steps to make sleep easy to attain.

WELLBEING CENTRE

Create a pressure valve

In a society that views busyness as a status symbol, it's tempting to keep working until you drop, neglecting to enjoy some downtime that releases the pressures of work. When you have a resilience mindset you value downtime and relaxation and understand the positive impact these have on your mental health and the wellbeing of people around you.

When you have a resilience mindset you have a greater understanding of what resilience is about and you're in a better position to develop a lasting sense of resilience in your kids. Developing resilience in kids is like jumping off a pier with some friends on a cold winter's day. In both instances you need to go first.

By Michael Grose



Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including Thriving! and the best-selling Why First Borns Rule the World and Last Borns Want to Change It, and his latest release Spoonfed Generation: How to raise independent children.

Karen Semple and Ken McDonald
SCHOOL COUNSELLORS

Helpful contacts

- Beyond Blue 1300 22 4636
- Kids Helpline 1800 55 1800
- Lifeline 13 11 14
- Youth Beyond Blue www.youthbeyondblue.com/

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

USEFUL CAREER WEBSITES

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

WELLBEING CENTRE

CAREERS

I recently had the opportunity to listen to Dr Glen Campbell, Senior Lecturer (Surveying) from the School of Civil Engineering and Surveying. Dr Campbell spoke about Surveying as well as Geospatial Science – 2 careers that are predicted to have huge demand for in the future. Think Google maps with the traffic lights and speed limits and the recent craze of Pokemon Go that had a lot of people wandering the streets using their devices to track down virtual reality figures. These careers have a combination of working outdoors and indoors, combined with a competitive salary. The job prospects are excellent with many companies employing students who are currently studying and supporting them to complete their degree. Dr Campbell spoke about scholarships available and the different study pathways including TAFE and University.

To find out more about this exciting career, click on this link:

<https://www.geospatialscience.com.au/explore/surveying-and-geospatial-science/>



SUPPORTER GROUPS

FOOTBALL SUPPORTERS GROUP



Notice of the Annual Football Supporters Group Meeting, to be held Monday 26 November at 6:30pm in the Library.

To ensure the FSG caters for the Football needs across the entire school, all supporters are welcome to play a part in 2019. To achieve this we need voices from Junior, Middle & Senior schools so whether you have one or ten years remaining at the school, please get involved. So rally up a few football faces and come along to the meeting. The AGM will be followed by a General Meeting. Note the current Treasurer and President are required to step down after three years in their roles, so we need more parents to get involved.

Nominations should be made in writing on the form attached [HERE](#) and lodged with the secretary (via fsgpresident@spssa.org.au) by Monday 12th November **2018**.

Peter Deane
FSG President

RUGBY SUPPORTERS GROUP

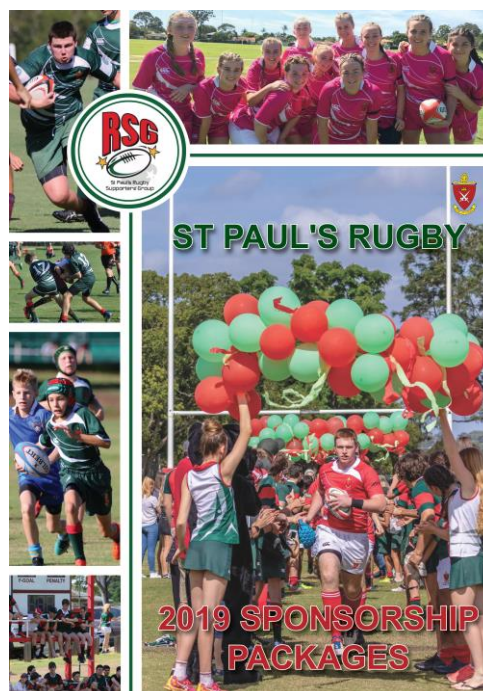
Sponsorship opportunities are now available for the 2019 Rugby season!

Why sponsor rugby?

St Paul's School offers a captive audience; an opportunity for promotion to both past and present school families, plus staff and extended family and friends beyond the school gates. As a sponsor of St Paul's Rugby, your business / brand will enjoy an opportunity for long term and diverse exposure over the course of the entire school year, not only during the rugby season.

Sponsorship applications must be received prior to 28 November 2018. Please click [here](#) to download the sponsorship packages.

Contact Carley Love with any queries (carley.love@bigpond.com).



SUPPORTER GROUPS

JUNIOR SCHOOL SUPPORTERS GROUP



The individuals below were elected as Committee Members at the JSSG AGM and General Meeting held on Thursday 15 November 2018.

Position	Individual	JSSG Email Address
President	Danielle P.	president@jssg.org.au
Vice President 1	Nicole S.	vp1@jssg.org.au
Treasurer	Viki J.	treasurer@jssg.org.au
Minutes Secretary	Shannon M.	minutessecretary@jssg.org.au
IT Support Officer	Kate F.	admin@jssg.org.au
Communications Officer	Ashley H.	connections@jssg.org.au
School Banking Co-ordinator	Melissa B.	cpl@jssg.org.au
School Banking Volunteers	Lyndall S.	
	Lisa P.	
	Karen G.	
Swimming Club Co-ordinator	Kate F.	admin@jssg.org.au
General Committee Members	Susanne B.	
	Alana W.	
	Mark B.	
	Amanda B.	

We look forward to a great year.

Kind regards,
JSSG Committee

SUPPORTER GROUPS

ST PAUL'S SCHOOL SUPPORTERS ASSOCIATION

The St Pauls School Supporters Association (SPSSA) would like to thank and congratulate our 2018 Volunteer of the Year winners:

Cricket: Allan and Julie Deacon

Volleyball: Nerida Wilson

Music: Gaye Grieve

Touch Football: Leisa Sheffield

Cadets: Tracy Dare

Swimming: Josie Brandt

Tennis: Silvana Nairn

Netball: Vanessa Andre

Hockey: Suellen Rush

Rugby: Phet McGowan

Junior School: Helen Thew

SPSSA and Football: Peter and Maree Deane



The SPSSA would also like to advise that at the AGM in March 2019, at least 3 positions will need to be filled and now is a great time to start thinking about making an impact on the lives of the SPS Community. President, Secretary and IT Guru will definitely need to be replaced and other roles may also be available. Please reach out to the current President (Gerard Yorston) at president @spssa.org.au for more information.

Gerard Yorston

SPSSA President

COMMUNITY NEWS & NOTICES

ANGLICARE VOLUNTEER



—❤—

**Make someone's day.
Become a *volunteer***

Whether it's a weekly, monthly or an every now and then thing, we have volunteer opportunities that will make a difference in the lives of older Queenslanders.

Anglicare
Southern Queensland
Volunteer Services

If you enjoy being part of a fun and caring team, apply now at anglicaresq.org.au/volunteers or call **(07) 3838 7645** (option 3)

04023898