



## FROM THE HEADMASTER



### WISHING YOU A BLESSED CHRISTMAS

I love to read. I have just completed a book titled, “21 Lessons for the 21<sup>st</sup> Century”, written by a Yuval Noah Harari, a professor working at the Hebrew University of Jerusalem. His book provides some very sobering insights into what is happening in our world at the moment in spheres such as: Artificial Intelligence (AI), terrorism, war, and religion, to name just four. Yuval has much to say about God, or rather, he shares his view that we don’t need Him.

Contrasted with this work, I have been watching Dr John Dickson’s latest documentary series “For the Love of God: How the church is better + worse than you ever imagined” which traces the impact the Christian church has had over the centuries (you can get this on Vimeo). As history has shown, some horrible things have happened in the “name” of the Church, but also some incredible things.

I have also just started reading Greg Sheridan’s “God is Good for You: A defence of Christianity”. He begins his work with the latest data about people’s belief, moreover, the stark decline in a belief in God. Australia, he says, is on the cusp of becoming, if it is not already, a majority atheist nation and, “that will bring profound change”.

Many reading this might well agree and may even support the notion that this would be a good thing – that people are finally beginning to realise that the “fairy tale” we call Christianity is no longer relevant, and is in fact more harmful than good. However, as Sheridan goes on to show in his work, “Human beings are formed in a culture, and a culture without God will form different human beings. The loss of Christianity and religion will change us in ways we cannot imagine.” That prospect is one Sheridan finds deeply disturbing. We have a lot to lose.

I, for one, am greatly saddened to see people, in greater numbers, shun any thought that there could be a God without having critically examining the claims, the historical evidence, and the signs that point to a reality of a God who is alive and well, and genuinely interested in you and me.

Christmas is the traditional time when we are reminded of the birth of the Son of God. There is significant evidence that Jesus was born, lived, was crucified and rose from the dead.

# FROM THE HEADMASTER

While Christmas is a time to spend with family and to enjoy a holiday, can I encourage you to stop for at least a few moments and consider the claim recorded in the Gospel of John: "In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through Him all things were made; without Him nothing was made that has been made. In Him was life, and that life was the light of people."

And if this claim doesn't make a lot of sense to you, why not attend a Christmas service with your family and hear that claim explained? Or you could check out another great read, "The Case for Christ" by award winning investigative journalist Lee Strobel who set out to try and disprove the claims of Jesus. Alternatively you watch the movie of the same name that was released last year.

Thank you for being part of the St Paul's community this year. Thank you for your support. I look forward to welcoming you back in 2019. In the meantime, I pray that you each have a blessed Christmas and know that the living God loves you intimately.

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





*create your own story!*

## FROM THE EXECUTIVE DIRECTOR OF FAITH & COMMUNITY



### BUILDING COMMUNITY

In my newsletter article last week, I touched on the importance of community and I'd like to develop those thoughts a bit further this week. As John Ortberg has said, in praise of community –

*“Our need for community with people and with the God who made us is to the human spirit what food and air and water are to the human body”.*

As many of you will be aware, the St Paul's Strategic Plan has been built around the investigation of four possible scenarios for the future. In essence, we were trying to address the question: What kind of school will we need to be, to be still providing an 'Education Worth Having', in the year 2028? Our answer to that

question suggests that community is going to be an increasingly important part of who we are and what we do, as we move together into an uncertain future –

*“The school's community, and education for that matter, isn't just for the students. The school campus is the heart of what is a vibrant, broad and interconnected community built upon positive relationships and cooperative partnerships all designed to support the holistic growth of the young....*

*Past students form an extensive network and resource for mentoring programs, including through the Centre for Innovators and Entrepreneurs.... Past students are heavily involved in the extensive extra-curricular programs which all students participate in. A culture of philanthropy is clearly evident.... The school campus is alive at night with courses run for the community in a whole range of areas. Each of these courses are taught by students and adults working together” (St Paul's School Futures Planning Project 2015-2028 - Strategic Plan (Phase 3) 2018-2020, p2)*

Does that excite you? It certainly excites me. While technology has, on the one hand, promised to make us even more connected, I am observing that increasing numbers of people are feeling socially isolated. What we need, as we have always needed, is to find a place (and a tribe) where we feel that we know and are known.

Within my portfolio of Faith and Community, I have even allowed myself to dream a little. With apologies to Martin Luther King Jnr., I have a dream...

## FROM THE EXECUTIVE DIRECTOR OF FAITH & COMMUNITY

- Of a community in which we learn together, play together, grow food and eat together, make music together, have fun together, serve and worship together
- Of a community in which nobody needs to feel lonely, and where all can find love, acceptance and (if necessary) forgiveness; where sorrows as well as successes are shared
- Of an inclusive community, in which we can all practice becoming global citizens and servant leaders.
- Of St Paul's School resources (physical and human) being used by the community, to build community. That is, we will be wise stewards of our God-given gifts and resources, with a focus on acts of mercy and social justice.

Specifically, I have a dream in which activities and services are delivered beyond the bounds of the "normal" school day (and beyond the scope of existing extra-curricular activities), including –

- Community Clubs & Activities, for example -
  - Community Garden
  - Adventure Club
  - Running Club
  - Community Choir
  - Community Orchestra
- Community use of School Facilities, for example -
  - Golf Driving Range
  - Cross Country and Obstacle courses
  - Outdoor Education and Environmental Studies Centre
- Education Services to the wider community, for example -
  - Adult evening classes
  - Parenting courses
- Church @ St Paul's, for example -
  - Alpha course
  - Quarterly combined Christian Fellowship
  - Easter and Christmas celebrations

Some of these community-building initiatives are already underway; others are in the planning stage. I am very pleased to advise that we will be holding our first St Paul's ***Carols by Candlelight***, on Sunday December 23, from 5.30 pm. I hope that many of you, if you aren't going to be away, will take this opportunity to join with other members of the community in celebrating the birth of Christ and the holiday season.



**MR NIGEL GRANT**  
**EXECUTIVE DIRECTOR OF FAITH & COMMUNITY**

# SECONDARY SCHOOL

## IMPORTANT DATES

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

Activity	Date
Final day of Term 4	Friday 30 November
Student Leaders camp	26 & 27 January
"Take Your Marks" Day	25 January (8am – 4pm)
"Get Set Day" (Year 7 & 12 first day at school)	29 January
Student Leaders Induction Ceremony	30 January (9am)
Honours Assembly	4 February
Year 11 Information Evening	5 February (6.30pm)
Music Camp	6-8 February
Year 12 Information Evening	11 February (6.30pm)
Swimming Carnival	4 March
Year 7 Camp	6-8 March

# JUNIOR SCHOOL

## 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](#).

## PREP – YEAR 2 CHRISTMAS CONCERT

Our Prep to Year 2 Christmas Concert was full of cuteness! Students had been rehearsing their performances for weeks, and did a stellar job on stage.

Thank you to our Year 2s for beautifully telling the Christmas story. There were some great opportunities for collaboration too, such as the Red Shirt and Junior School Choirs' combined performance of Louis Armstrong's, 'Zat You, Santa Claus?'. Students from Junior Wind Band, Concert Band and Wind Ensemble also helped Year 4 Band perform some Christmas carols.



# 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.



## 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. These can be scanned and email to Music Reception or returned in person.
- \* Any students who have **hire instruments** from the Music Centre need to return these immediately.
- \* **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.
- \* **Audition results** for 2019 ensembles are now on the St Paul's Music website (on the front page). Rehearsals will begin in Week 2 of Term 1, unless otherwise specified by your ensemble director via email.

## HOLIDAYS, CAMPS AND WORKSHOPS....

There are a number of great opportunities coming up for music students over the holidays, such as the Summer Jazz Clinics run by the *Jazz Music Institute*, the *YoungBlue* programs for string students, the *I Heart Songwriting* online intensive program and the *Girls Rock! Brisbane* workshop week. You can find out more information about these workshops by checking out the [St Paul's Music Facebook page](#) and following SPS Music on Instagram (@musiccps) for updates and information.

# MUSIC

## MUSIC CAMP 2019

We'll be off and running right from the beginning of 2019 with our Music Camp to Brookfield taking place in Week 2, from Wednesday February 6 to Friday February 8. This year we will be taking Allegretto Strings and Concert Band members, as well as the Music Captains and a handful of older mentors. Music Camp forms need to be returned to Music Reception, and payment via the School webpage (as per the instructions on the Music Camp letter) by **no later than Monday January 28**.

## 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.

# SPORT

## 2019 SPORT DEVELOPMENT DAYS

All players involved in Trimester 1 sport in 2019 are strongly encouraged to attend the sport development sessions held in January.

Various professional coaching experts, together with our current coaching staff, will be conducting these development sessions.

Timings and details can be found [HERE](#).

**Mr Tim Hughes**  
**Head of Sport Development**

## TENNIS NEWS

It is with some sadness that I would like to inform the School community on the impending retirement of Mr Wayne Hampson. Wayne started working with our Tennis Programme in 2011 and has created a tennis community that has grown from strength to strength. Not only has he coached and mentored numerous students over this time, he was also instrumental in establishing a Tennis Supporters Group. During his time at St Paul's, Wayne has led out Tennis teams to no less than 26 premierships, with 6 times being Girls Champions Tennis school and 3 times Boys Champion Tennis school. This is an unrivalled achievement across TAS schools. It is not only success that Wayne has brought to our Tennis programme, but he has been instrumental in mentoring and development students to be young men and women of strong character. From the whole St Paul's community THANK YOU, Mr Wayne Hampson for everything you have done for tennis at St Paul's. We wish you and your family all the best as you head into retirement, you deserve a break for the amazing contribution that you have made to not only Tennis at St Paul's but Tennis in the wider Brisbane community.

With the retirement of Wayne, it gives me great pleasure to announce out new tennis coach for 2019.

***"TennisGear are excited to be working with St Pauls School in 2019. With a vision of "connecting and developing people" TennisGear will be hoping to create a thriving community hub for tennis by providing students and families a complete pathway so everyone has the opportunity to enjoy our sport. We are looking forward to supporting the school with TAS Tennis and have appointed one of our most senior coaches, Chris Lee, to lead the tennis program in 2019.***



*"From all at TennisGear, have a wonderful holiday period and we looking forward to meeting you all in Term 1 2019."*

Read more about TennisGear and our new tennis coach [HERE](#).

# SPORT

## 2019 TAS SWIMMING

St Paul's will be participating once again in the annual TAS Swimming Carnival next year and Swimming Training starts on **Monday, January 14 at 8am** (Monday – Thursday only). Once School classes commence, swimming training will begin – times are TBA. Friday night time trials will also go ahead across Term 1 and the dates for these nights will be confirmed at the start of 2019.

Students swimming with outside coaches are strongly encouraged to remain there – they might like, however, to come to school training occasionally throughout the season, which ends with the TAS Swimming Carnival (at Chandler) on Wednesday 20<sup>th</sup> March (Week 8). A brief note from **parents** stating that their child is training outside the School is required.

To be eligible for Team selection, Age Championships, Colours Points and possible Embellishments, swimmers should attend **all of the Friday evening Time trials/Championships**. These trials are similar to Rugby or Netball games and full team attendance is required. In the event of extenuating and possibly unforeseen circumstances, written permission to be excused should be requested well before the day. Age Championships will be based on times recorded at Lawnton 50m pool.

Squad members should wear the School PE shorts and the white PE sports shirt to the venues and **black swimwear** when competing. Black swimwear will be available for purchase from the retail shop in 2019. Caps are recommended for both training and competing.

Any questions? Please direct them to Miss Kolb or Mr Wong.

# GENERAL SCHOOL NEWS

## 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**

## 2019 TERM DATES

2019 Term Dates can be found on our website [HERE](#).

## RETAIL SHOP

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

For a list of 2019 uniform requirements, see [HERE](#).

\*Please note, the Retail Shop will be closed over the Christmas holidays and will re-open prior to School resuming on Monday 21 January. From this date, the Shop will be open Monday-Friday, 8am-4pm including student free days. Week 0 is a very busy time, and lengthy wait times can ensue. To avoid this, we recommend ordering online via Flexischools if you know exactly what you are after and your order will be packed and waiting for you the next business day.

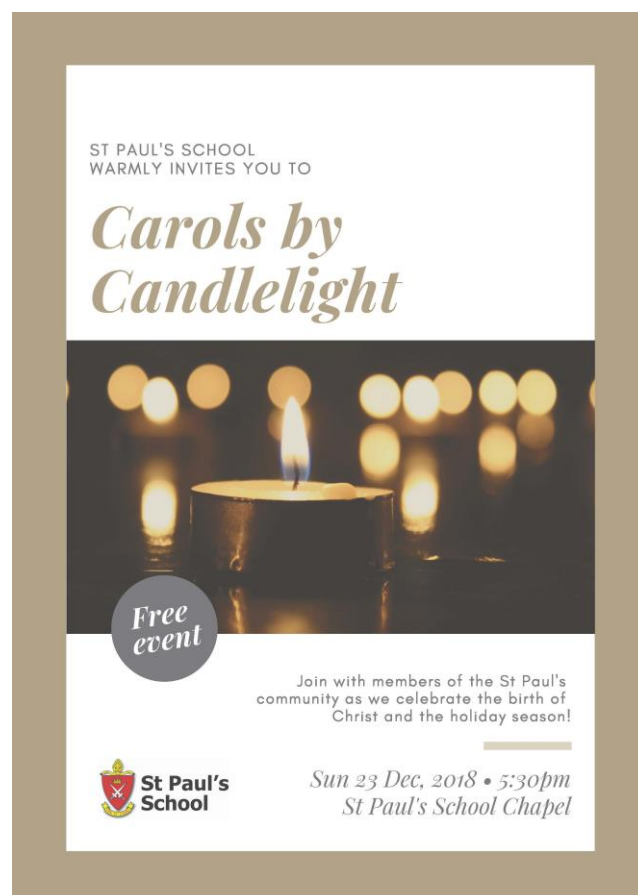
# GENERAL SCHOOL NEWS

## CAROLS BY CANDLELIGHT – SUN 23 DEC

Join with members of the St Paul's community as we celebrate the birth of Jesus and the holiday season!

Sunday 23 December, 5.30pm in the Chapel.

The event is free and candles will be provided.



## 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](#).

# 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/](http://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](http://www.myfuture.edu.au)
- Job Outlook [www.jobsearch.gov.au/joboutlook](http://www.jobsearch.gov.au/joboutlook)
- Job Guide <http://www.jobguide.deewr.gov.au/>

# SUPPORTER GROUPS

## RUGBY SUPPORTERS GROUP



The Rugby Supporters' Group would like to wish all staff, parents and students a relaxing break, a wonderful Christmas and a New Year full of possibilities. Thank you for all of your support this year. There are so many people who work tirelessly behind the scenes and we appreciate every one of you.

A big thankyou also to our sponsors for the 2018 season, most especially to our 2018 major sponsor Pipemakers Australia who are a leading manufacturer and supplier of PVC piping to the construction and building industry. Further information regarding their product range can be found on the Pipemakers website: [www.pipemakers.com.au](http://www.pipemakers.com.au)

We look forward to seeing you all again in 2019, and to an even bigger and better season of Rugby!



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## PAST STUDENTS ASSOCIATION – NEW!

### ATTENTION PAST STUDENTS

We're excited to announce that the St Paul's Past Students Association will be revised and re-formed (under the umbrella of the St Paul's School Supporters Association) as the Past Students Supporters Group (PSSG). The goals of the new PSSG will include –

- Professional links and networking (as well as promoting mentoring, work experience and internship opportunities)
- Providing social links including reunions and forming clubs (such as a Garden Club, Community Choir, Community Orchestra)
- Opportunities to give back to the School; philanthropy, service (coaching, volunteering), marketing

All past students are invited to attend the inaugural **Annual General Meeting** of the PSSG. Details are below and we would love to see you there.

**Date:** Tuesday 12 February, 2019

**Time:** from 6.30 pm

**Venue:** Tooth Lounge, St Paul's School (refreshments to be provided by SPS)

Please spread the word of this meeting through any informal networks of SPS alumni that you are a part of. I hope to speak with many of you again soon.

# 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](http://anglicaresq.org.au/volunteers) or call **(07) 3838 7645** (option 3)

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