



FROM THE HEADMASTER



****IMPORTANT INFORMATION****

CARPARK SAFETY

The School is blessed with generous parking. Thank you to those parents who do the right thing and follow the signs in the various carparks around the School.

The top carpark (adjacent to the Music Centre and the Chapel) is becoming quite dangerous for children. Can I please remind parents that **the top carpark is for staff use only**, and should only be used by parents wishing to drop off and collect their children with a large musical instrument (eg. a cello); or to

access the YMCA; or to access the carpark for those with a disability.

Parents are also reminded that the Farmhouse carpark is for staff use only.

The main drop off and collection point for the front of the School is the roundabout behind the Tooth Admin Building.

THE FOLLOWING WILL TAKE EFFECT FROM MONDAY 18 FEBRUARY 2019:

To help form new habits, the right turn to the top carpark will be closed between 7.15am and 8.30am. As you enter the School during that time you will only be able to turn left. Please use the roundabout to drop off your children.

If you do need to access the top carpark because your child has a large musical instrument or they are going to the YMCA, you can still access that area by driving around the roundabout and turning left at the base of the Tooth Admin Building.

Thank you for your support in keeping our children safe.

FROM THE HEADMASTER

AEIOU FOUNDATION

You may have seen an announcement in recent days from the AEIOU Foundation, or Federal Member for Dickson Peter Dutton, announcing the construction of a new AEIOU facility in close proximity to St Paul's School.

The AEIOU Foundation (<https://aeiou.org.au>) provides early intervention for pre-school children with autism and this new Centre will cater for around 35 to 55 children.

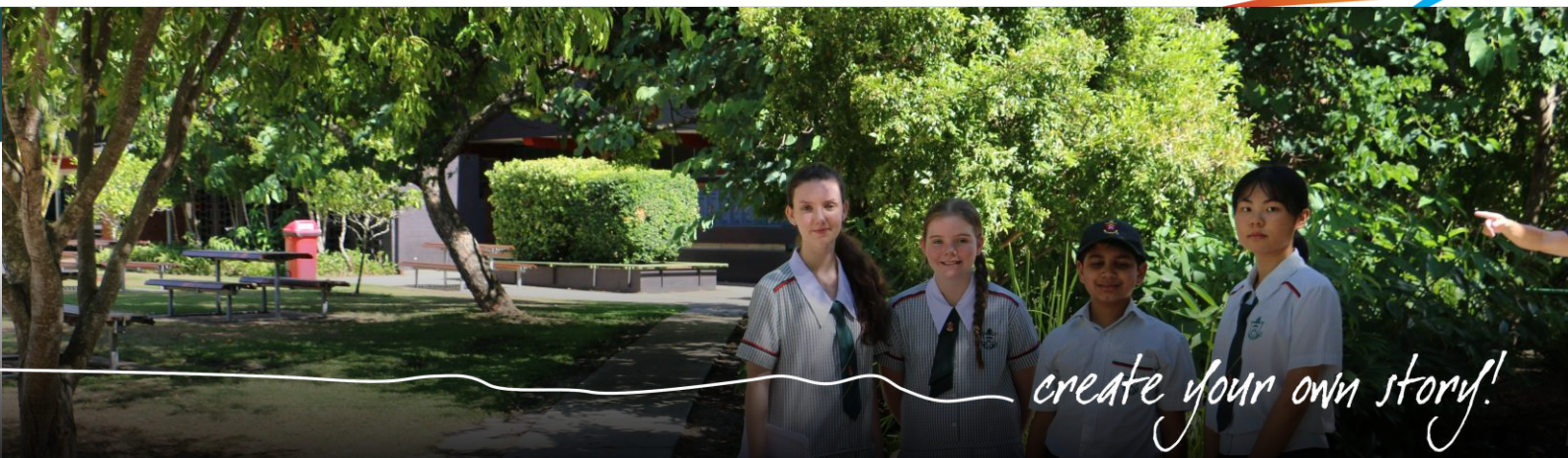
While this new Centre will be constructed on St Paul's land, it will be completely independent from St Paul's School. The Anglican Diocese of Brisbane is the owner of St Paul's School and granted a lease of land to the AEIOU Foundation to allow them to build a new facility to replace their ageing building in Bray Park.

This new facility will be built on the land to the left of the Attunga Street entrance to St Paul's School, where one of the caretaker cottages is currently located. The new facility will be completely self-contained with their own entrance off Attunga Street and dedicated car park so disruptions to existing St Paul's parents and traffic should be minimal.

When construction of the new facility commences (likely in late February or early March) the caretakers cottage will be relocated to the end of Attunga Street, just inside the entrance to the sports carpark.

If you have any further questions, we encourage you to reach out to AEIOU or Minister Dutton.

DR PAUL BROWNING
HEADMASTER



FROM THE EXECUTIVE DIRECTOR OF FAITH & COMMUNITY



CHOICES & CONSEQUENCES

I have a grandson, Luca. He's 6 now, and a couple of years ago I began to teach him how to play checkers. He initially played with all the bravado, naivety and recklessness of a 4-year-old. He didn't enjoy it when I took his pieces – he hadn't seen that coming! And so, I began to teach him to be more cautious, to consider the consequences before he made a final decision to move a piece. We even developed a little signal that I would use when he was in danger: I would say – “Are you sure you want to do that?”

Luca learned quickly and now plays at least as well as me. He even asked me recently – “Grandad, are you sure you want to do that?”

I have long believed that an understanding of Choices and Consequences is at the heart of the most successful behaviour management frameworks. I originally learned of this from the work of Dr William Glasser (1925-2013) – clinical psychologist & psychiatrist, who developed what became known as Choice Theory. Glasser suggested that all behaviour could be thought of as the effort individuals make to meet one or more of five basic needs: (see right)

Even as a young teacher, I could see how much sense this made in the context of my classroom, both in the lessons I planned, and the kind of teacher I strove to become. Students are much more likely to cooperate in a planned learning experience if the teacher has established a warm relationship with them (belonging), if they are given the opportunity to succeed (power), if they are given a say in what, how or with whom they learn (freedom) and if they have fun!

5 Basic Human Needs

Survival & Security

**Food, clothing, shelter, breathing,
personal safety and others**

Belonging

Connecting/Love/Esteem/Value

Power

**Influence/Significance
Competence/Efficacy**

Freedom

Autonomy/Choice/Liberty

Learning

Fun/Experiencing/Growing

FROM THE EXECUTIVE DIRECTOR OF FAITH & COMMUNITY

Glasser went on to propose that we should replace traditional extrinsic control psychology with more intrinsic rewards. He identified “7 Deadly Habits” that are associated with the worst forms of external control and suggested that we replace them with 7 Caring Habits:

Seven Deadly Habits	Seven Caring Habits
1. Criticizing	1. Supporting
2. Blaming	2. Encouraging
3. Complaining	3. Listening
4. Nagging	4. Accepting
5. Threatening	5. Trusting
6. Punishing	6. Respecting
7. Bribing, rewarding to control	7. Negotiating differences

I share these with you, not only because this is the approach that we tend to take at St Paul's, but also because I believe parents may find some of these ideas effective in working with your children at home. Whether it applies in marriages or not I couldn't possibly say!

Choices and Consequences is now the heading of a poster which hangs in every classroom at St Paul's. The poster doesn't just list a whole lot of rules, and it doesn't just include the “Don'ts”. Good choices as well as poor ones are listed, together with their consequences. We are giving the students the choice (freedom) and we are supporting, encouraging, trusting and respecting their capacity to make good choices. However, the poster also provides an opportunity for teachers and tutors to point out to students, as often as it seems necessary, the consequences of continuing with a particular type of (negative) behaviour. They say to the students, in effect, “Are you sure you want to do that?”

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
Swimming Carnival	4 March
Year 7 Camp	6-8 March

SERVICE LEARNING UPDATE



This year's message to all Anglican schools from the Archbishop, Dr Phillip Aspinall, was shared with our community by Reverend Mark Leam at our latest Chapel Service. The challenge contained in the Archbishop's message was for Anglican school communities to think about ways in which they can live out the notion of generous hospitality. By way of actioning this idea within our own School community, the Service Learning Committee organized a welcome lunch for all our new and returning international students.

Our international students make up a significant percentage of our overall School community and it is important to celebrate and acknowledge their decision to join our community and share their educational journey with us. International students face challenges that are quite daunting: learning in a second language, studying without the support of family and friends and navigating the often confusing pathways of a different culture. We as a supportive School community need to understand these challenges and do our best to support our international students through them.



The Welcome Lunch was a starting point in living out the Archbishop's message. Through the simple act of preparing and sharing a meal, engaging in conversation and offering a smile and word of encouragement the nervousness for our international students associated with beginning this difficult transition can be eased.



Service Learning will be continuing our program of welcoming visiting students throughout the course of the year as various overseas tour groups join us here at St Paul's. We are extremely fortunate that our students have the chance to get to know students from across the world, creating friendships and international connections that can continue beyond our students' school experience. In an increasingly globalized world this is a tremendous advantage our students need to actively engage with.

Creating opportunities such as our Welcome Lunch provide the opportunity for our students to demonstrate generous hospitality and in so doing build a more inclusive, informed and tolerant community.

SECONDARY SCHOOL

WOMEN'S WEEK – 'LEADERS' EVENT

**DATE CHANGE + SPONSORS ANNOUNCEMENT

*Calling current and past female students!
Calling our Mums!*

Tuesday 5 March is your chance for a unique experience where you can learn alongside each other! Share stories, reflect, learn strategies, and achieve great things.

Helping us to enhance your experience and make this happen, we are pleased to announce our fabulous sponsors!

[Auto and General](#) – with key values of innovation and community, we are so happy they have joined the party! Expect to hear from their Head of Customer Experience, Lucy Rayment on the day!

[University of Queensland](#) – Their valued sponsorship means a special take home gift for each participant that will continue to inspire you.

[Zen Sisters Events and Catering](#) - With gratitude, we thank Leonie at Zen Sisters for kindly keeping us nourished for the day.

Remember, other experiences for the day include:

Guest Speakers –

Yas Grigaliunas – Co-Founder and Social Impact Entrepreneur
Shannon Cooper – Founder, My Food Religion

Gut Health & Nutrition Workshop –

With samples of course!

When: Tuesday March 5th 2019

Time: 9am-4:15pm

Where: St Paul's School, Centre for Innovators and Entrepreneurs

We have had 50 views of the program...now time to register. Workshop numbers are limited.

To **secure your spot now**, please complete a [registration form](#).

To **find out more** about the event, please see our [brochure](#).



JUNIOR SCHOOL

IMPORTANT DATES

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

Activity	Date
Year 2 Excursion to Historical Village	Wed 20 Feb
Prep Excursion to White Ridge Farm	Thurs 28 Feb
National Young Leaders Day	Fri 1 Mar
Inter-House Swimming Carnival (Yr 3-12)	Mon 4 Mar

REDGUM BOOK CLUB

Any orders for the current Redgum Book Club are due by 25 February. The current offerings can be viewed here: <https://bit.ly/2Dcjhb7>

Online orders may be placed via this link: <https://redgumbookclub.com.au/browse/currentcatalog>

JUNIOR SCHOOL TENNIS – FREE TRIAL LESSON



**FREE Trial Lesson
BOOK NOW**

Enrol online at
[shawparktennis.com.au/
st-pauls-tennis](http://shawparktennis.com.au/st-pauls-tennis)
Call 3266 1660

StPaul'sTennis
shawparktennis.com.au

MUSIC

IMPORTANT NOTICES

- Parents should look out for two important documents that need signing over the next couple of weeks – the new *Instrumental Lesson Agreement* form, which was sent to parents on Thursday, and the *Extra-Curricular Ensembles Agreement* form which will be given out in rehearsals by ensemble directors in the coming weeks. Please read over these carefully and return to the Music Centre as soon as possible.

MUSIC CAMP

Two of our ensembles headed off to Music Camp in Week 2. This was a great opportunity for our musicians to have some intensive rehearsals and workshops, and for them to get to know the new members of the ensemble. For more photos, check out the St Paul's Music Facebook and Instagram pages!



If you haven't already, please check out our [Music website](#), check the Music section of each St Paul's newsletter, like our [St Paul's Music Facebook page](#) and follow us on Instagram (@musicpsps) for Music information (and some great photos of your kids in action).

Have a wonderful start to the term, and we look forward to seeing you at a concert soon.

Kellee Green (Head of Music) and Clint Allen (Associate Head of Music)

SPORT

GOLF



Students in Years 7-12, parents and adult family members are invited to participate in the Term 1 Community Golf Program. The program will run weekly on Wednesday afternoons for five consecutive weeks, commencing Wednesday 20 February 3.30pm - 5.00pm on the School Golf Range.

The cost to participate in the Term 1 Golf Program is \$35.00 per student or \$50 for 1 student + 1 parent/adult.

If you are interested in participating please [click HERE](#) to sign up and receive payment details.

Mr Neil White
Golf Coordinator

TENNIS COACHING & SATURDAY FIXTURES

Tennisgear is looking for players to represent St Paul's in the Saturday Head Chamionship League Saturday fixtures. Matches take place at the School and surrounding tennis centres.

Saturdays, 12:15pm to 2:00pm.

Contact Head Coach Chris Lee on 0411608429.



www.tennisgear.com.au

Hot Shots Tennis Coaching

St Paul's School Tennis Program

Hot Shots Tennis is designed specifically for children aged 4 to 12 years old, uses modified courts, balls and equipment to help learn skills quicker and gain more enjoyment. At TennisGear we're committed to providing Brisbane's budding stars of tomorrow with a fun, social and safe environment to learn and enjoy tennis.

"CONNECTING AND DEVELOPING PEOPLE"

It's never been easier to enrol in Tennis!

For class times and more information simply give our friendly pro shop staff a call on **3266 1660**
OR
Enrol online at www.shawparktennis.com.au

tennis gear ShawParkTennis
www.tennisgear.com.au

GENERAL SCHOOL NEWS

HOSTING AN 18TH BIRTHDAY PARTY



For senior students, the year is packed.

There are exams, study, extra-curricular activities and 18th birthday parties. Well, not everyone turns 18 in Year 12, but many students are likely to find themselves at a party at some stage of the year. Rumour has it that alcohol is served at some of these parties (or, at least, some young people are able to bring their own).

The consumption of alcohol, or not, is a key decision for young people moving into adulthood and it's one that brings plenty of questions from parents.

So, how can parents help their teens stay safe as they negotiate this particular rite of passage?

We've put together a helpful list of tips for parents, including advice from one of our School Counsellors and a current parent of teens. Read more [HERE](#).

2019 STUDENT RESIDENTIAL ADDRESS & OTHER INFORMATION COLLECTION NOTICE

This notice is from the Australian Government Department of Education and Training (the department), to advise you that that department has requested your child's school provide a statement of addresses, in accordance with the Australian Education Regulation 2013 (Cth) (Regulation).

See more details [HERE](#).

FAQs can be found [HERE](#).

2019 & 2020 (TENTATIVE) TERM DATES

2019 and 2020 (tentative) 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](#).

WELLBEING CENTRE

COUNSELLING

Now that we are a few weeks into the term, our children have become more familiar with the routines of getting themselves organised for school. Initially, there may have been forgotten locker keys, hats, belts, togs and even homework. While everyone is getting used to the new school year, we can be supportive by letting these things slide and helping our kids by ensuring they are fully ready for the day ahead. This could look like colour coding timetables, helping them pack their bag the night before school, assisting with lunchboxes etc. And sometimes, it can be easy to fall into the habit of doing the things for our children because it's easier, quicker and gets done better. And in the short term, this works however, it is not a helpful strategy for our children who will eventually need to be independent, resilient adults. When children can do more things for themselves, not only does it free up some of our time, but it actually boosts a child's self esteem and confidence. They have new successful experiences to draw upon when the next challenge presents itself, handling it with greater ease and less anxiety.

Julie Lythcott-Haims, a parenting expert in America has written a book called "How to Raise an Adult" and she talks about 4 steps to teaching your child a new skill. This new skill can be anything from using the stove, crossing the street to packing their school bag.

You do it **for** them

You do it **with** them

You **watch** them do it

They do it on their own

Julie explains that to continuously do things for our children, which she refers to as overparenting, doesn't allow our children to learn and grow. She explains that it is 'the sting' of forgetting their sports shoes/homework/hat that helps a child to rewire their brain so they remember next time. A grace period of a week or two for our children to get used to change is always helpful and supportive and then we can start to take steps back, allowing them to work it out for themselves.

Ultimately, our job as parents, as difficult and terrifying as this might sound, is to do ourselves out of a job!

If you would like to listen to more of Julie's words of wisdom, you can find a great TED Talk of her here:



Karen Semple and Ken McDonald
School Counsellors

WELLBEING CENTRE

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.

Career information is also available on the St Paul's School Careers website at <https://www.stpaulscareers.com.au/>. Click [here](#) to see the latest newsletter from the website host, Career Tools.

USEFUL CAREER WEBSITES

My Future www.myfuture.edu.au
Job Outlook www.jobsearch.gov.au/joboutlook

Helpful contacts

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

SUPPORTER GROUPS

CADETS SUPPORTERS GROUP

Our AGM will be held at 7pm-8pm on Monday 4 March in the Cadet Shed. All positions on the committee will be declared vacant and new members are welcome to take on roles within the Cadet Supporters Group. See official notice [HERE](#).

Cadets will commence parading for the year on Monday 4 Feb, 5pm-8pm.

New members are welcome (must be 12 years of age or older) and can trial before joining and paying any fees.

Contact david.gertner@armycadets.gov.au for any enquiries.

Regards,

Marion Smith
President Cadet Supporters Group