



FROM THE HEADMASTER



MOBILE PHONE ADDICTION

I have an addiction. I need to carry my mobile phone with me everywhere. I am compelled to check it when I'm walking, when I'm sitting, while I'm talking to others.

While I am struggling with this addiction, I justify it by telling myself that I am not as bad as others. I love walking along the waterfront at Sandgate. Last Sunday, I watched several people enjoying a Sunday afternoon walk with their eyes glued to their screens.

As I look around me, I can see hundreds of people with the same addiction. Last year, when I had the privilege to visit Spain, I took a photo of a family of four at the Real Alcázar. We were sitting in one of the finest examples of a Moorish garden when I saw a family sitting in a row, on a park bench, all glued to their own devices.

You only need to travel on public transport to see how widespread this addiction has become. What did we ever do pre-smart phone?

Don't get me wrong. The mobile phone is a powerful tool that has brought immense opportunity and built incredible networks. However, the dark side of this technology is that it can start ruling our every waking moment.

Many schools are moving to ban mobile phones. I don't believe that is the right thing to do. Banning phones won't stop cyber bullying. Mobile phones are here to stay. They are a ubiquitous part of modern life. They can be incredibly useful tools for learning. Our job as adults is to teach our young people how to use that technology responsibly. And it begins by modelling these behaviours: young people don't do as you say, they do as you do.

If you are a parent of a Junior School student, does your child really need a phone? The standard response, "but everyone has one" isn't true. Resist the urge to buy your child a mobile phone as long as possible. Somehow, we all managed to survive without and had a terrific childhood.

FROM THE HEADMASTER

Do you monitor your child's mobile phone use if they do have one? At School, students are not allowed to use their phones in class unless they are being used for learning (teacher directed).

Talk about setting boundaries with your child. They don't need their phones at their side while doing their homework. It can be a terrible distraction. A good family rule is to hand in devices at a set time. Phones should never go to bed with a person. And they should never join the family at dinner.

If your child has a social media profile (and they shouldn't before the age of 13), do you monitor what they post and what they say? I have no doubt you would be shocked by the language that is used on line and what young people post. If your child isn't comfortable with you checking their posts, then it is quite likely they are ashamed of what they, or their friends, are saying. That behaviour isn't okay.

The social media space is another great tool, but has its terrible dangers. We naively let our children loose in this space without teaching them how to behave; and that what they say and do forms part of their permanent digital footprint that future employers may check.

Unfortunately, I have formed an addiction, but I am trying to fight it. I am trying to leave my phone behind on occasions. I am trying not to check it while I am walking, lest I miss the world and all its beauty. I am trying to leave it on the kitchen bench and not check it after 8.00pm. And I am trying hard not to check my Facebook feed every day.

Let's all aim to use our phones a little less and model the behaviour we would want to see in our children.

DR PAUL BROWNING
HEADMASTER



FROM THE EXECUTIVE DIRECTOR OF FAITH & COMMUNITY



IS YOUR CHILD GETTING ENOUGH SLEEP?

I spoke on Monday to the Year 10 cohort, as part of our fortnightly Flex program. My topic this time was "Sleep Matters" and my focus was on helping the students to understand the vital role that adequate sleep plays in good health. I alerted the Year 10s to some alarming statistics:

- 70% of Australian teens are chronically sleepy
- Australian teens are the third-most sleep deprived in the world

Of course, that begs the question: What does it mean to be "sleep deprived? How much sleep is enough? Medical science suggests the following:

| How Much Sleep Do You Really Need? | |
|------------------------------------|----------------|
| Age | Sleep Needs |
| Newborns (0-2 months) | 12-18 hours |
| Infants (3 to 11 months) | 14 to 15 hours |
| Toddlers (1-3 years) | 12 to 14 hours |
| Preschoolers (3-5 years) | 11 to 13 hours |
| School-age children (5-10 years) | 10 to 11 hours |
| Teens (10-17) | 8.5-9.25 hours |
| Adults | 7-9 hours |

Source: National Sleep Foundation

Interested to know about our school, I asked the students to complete a brief survey for me, and here are the results:

| Year 10 Sleep survey (hours/night) n=128 | | | | | | | | | | |
|--|-----------|-----|---|-----|----|-----|----|-----|---|-------------|
| Average sleep hours | 5 or less | 5 ½ | 6 | 6 ½ | 7 | 7 ½ | 8 | 8 ½ | 9 | 9 ½ or more |
| % of students | 5 | 2 | 2 | 5 | 13 | 15 | 27 | 13 | 8 | 10 |

FROM THE EXECUTIVE DIRECTOR OF FAITH & COMMUNITY

If we compare these two tables, and accept that 8 ½ hours or more is needed during the teenage years, then the conclusion to be drawn from this data is that more than two-thirds of our students in Year 10 self-report that they aren't getting enough sleep.

Should we be concerned about this data? I believe so. As I shared with the students, the benefits of adequate sleep include better concentration and improved decision-making, better memory and recall, increased creativity and a stronger immune system. Conversely, sleep deprivation results in impaired classroom learning, reduced sport performance, emotional fragility, poor food choices and a reduced capacity to deal with stress. Especially worrying is the research that shows that the combination of acute stress and poor sleep in a teenager who is genetically vulnerable to a mood disorder (including anxiety and depression) will bring out or trigger the mood disorder.

It won't surprise you to hear that one of the contributors to sleep deprivation in adolescents is time spent on screens in the evening. Quite apart from the time this might take away from sleep time, gaming and messaging result in the release of dopamine and adrenaline, which make your child feel more alert (rather than sleepy). Compounding this is the blue light emitted by screens, which inhibits production of the sleep hormone, melatonin. Interested to learn about the screen habits of our students, I asked in the survey whether they had an internet-connected device in their bedroom at night. 84 % reported that they do.

Australia's leading Adolescent Sleep Physician is Dr Chris Seton, from the Westmead Children's Hospital. Dr Seton talks about two "red flag" questions to ask, to determine whether a child is sleep deprived. So, of course, I asked them:

1. Do you tend to have a big sleep-in on either Saturday, Sunday or both (in a vain attempt to catch up on your sleep-deficit)
Yes – 63% No – 37%
2. Do you find it very difficult to get up in the morning (on school days)?
Yes – 57% No 43%

Again, the conclusion I draw from these results is that perhaps two-thirds of the 128 students who responded to my survey may be suffering from sleep deprivation.

My objective in speaking with the students (and of sharing this summary with you) was to highlight the benefits of adequate sleep and the problems associated with not getting enough sleep. Of all the factors which may contribute to academic and sporting success, as well as mental health and wellbeing, sleep is probably the factor over which students and their parents have most control. I would really encourage you to have a conversation with your child(ren). If they are not currently getting enough sleep (and remember, 9 hours is recommended), then together you need to develop strategies to change this.

If you have serious concerns, our counsellors may be able to help. Alternatively, you may like to follow up on the program developed by Dr Seton - <http://www.sleepshack.com.au/>

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 |
| Year 12 GCC Meetings | 14 March |
| Year 7 Immunisations #1 | 20 March |
| Year 7 GCC Meetings | 21 March |
| Year 12 Exam Block | 28 March – 4 April |
| Year 11 Formative Testing | 1 – 4 April |
| Formal | Thurs 4 April, 6.30-10.30pm |

CLEAN UP AUSTRALIA DAY – 1 & 3 MARCH

Our Service Learning Committee pulled on their gloves and got stuck in to cleaning today! The team collected any litter that had blown into gardens or across the campus as part of Clean Up Australia Day.

If you'd like to join their efforts, a team of St Paul's staff and students will be heading to the Pine Rivers Park to collect rubbish on Sunday morning. The group will meet at School at 8:30am to register and then move down to the park.



SECONDARY SCHOOL

LIMITED SPACES LEFT!

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.

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

The program is very close to being fully booked...now is the time to register!

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 |
|---|-----------|
| Inter-House Swimming Carnival (Yr 3-12) | Mon 4 Mar |

PARENT DESIGN NIGHT

How would you like to know 'HOW' and 'WHAT' your kids learn in Design Technology? How would you like to know 'WHAT' the Possibility Hub is and 'HOW' your kids use it? Well now's your chance.

On Tuesday the 19th March, 6-8pm our Junior School Captains will be running a Design Experience for Parents. This is NOT a lecture or Chalk and talk. This is a Learning Experience where Parents will use the Design method of thinking to design and prototype a solution to a problem, facilitated by students.

If you're interested in this guaranteed FUN night, please RSVP to Mr Hill by Friday 15th March. We are limited to 20 places so get in fast.

Justin Hill
j.hill@stpauls.qld.edu.au



MUSIC

IMPORTANT NOTICES

- There are a number of parents/guardians who have yet to reply to the email (sent on January 31) acknowledging the terms and conditions set out in the new Instrumental Lesson Agreement Extra-Curricular Ensembles Agreement form. Please do so as soon as possible if you have not done so already.
- We are still awaiting the return of the Extra-Curricular Ensembles Agreement from some ensemble members. These have been given out to students over the past few weeks in rehearsals. Please read over these carefully and return, signed by both student and guardian, to the Music Centre as soon as possible.

JAZZ AT LINCOLN CENTRE ORCHESTRA WITH WYNTON MARSALIS WORKSHOP PROGRAM

Our St Paul's Big Band members have been busily rehearsing for their upcoming workshop run by the '*Jazz at Lincoln Centre Orchestra*' with Wynton Marsalis, presented by QPAC and Griffith University, with funding from the US Government. It is an enormous privilege for our young musicians to work with some of the world's finest jazz players.

The LCJO (Lincoln Centre Jazz Orchestra) is an American big band and jazz orchestra led by Wynton Marsalis. The Orchestra, touring in March, is part of Jazz at Lincoln Centre, a performing arts organization based in New York City. Their artistic director, **Wynton Marsalis** is an American icon – a trumpeter, composer, teacher, and the artistic director of 'Jazz at Lincoln Center'. He has promoted classical and jazz music all around the world, often to young audiences. Marsalis has been awarded nine Grammy Awards and his 'Blood on the Fields' was the first jazz composition to win the Pulitzer Prize for Music. At the age of 22, he became the only musician to win Grammy Awards in jazz and classical music during the same year. At the award ceremonies the next year, he won again in both categories. Approximately seven million copies of his recordings have been sold worldwide.

The workshop will take place in the **Cremone Theatre (QPAC – Queensland Performing Arts Complex)** on **Wednesday 6 March** from **10.30-12.30am**.



MUSIC

MUSIC CAMP

(written by Zackary Keleher and Jessica Baldwin, Executive Music Captains)

Music Camp this year was again another success. All of the Concert Band and Allegretto Strings members improved their playing tremendously, and the feeling at the end of camp of just being wowed by their learning and improvement was amazing. Hearing them playing fast runs, hard rhythms, locking into grooves or working on the little things like accents and their individual use of dynamics to craft music was outstanding.

I don't think enough can be said of how proud we all are of their improvement, and that we as a music department are very excited to see all the musicians grow and evolve. Each student's involvement and hard work during rehearsals was fantastic, and their work truly paid off in a fantastic final performance at the end of the camp.

This year we also had Abbey McGregor, one of our Year 12 trumpet players, come along to help mentor and enjoy her final year of music camp. She was an absolute pleasure (even if we all decided that it would be funny to tease her about not really being a music captain).

Besides all of the music playing there was many other fun events.

- There was beach volley ball which was amazingly fun to play. Getting to just jump and run around after being in rehearsals for so long was extremely rewarding.
- Mr Allen and Mr Cotgreave also had their annual tennis match and it ended in a tie. It was so intense that even Mr Allen broke some of the strings on his tennis racquet!
- The music captains put on their annual game night, which seemed to go over very well with everyone involved. Games ranged from finish the lyric (a lyric from a song would be played and the groups would have to guess the second half of it), unjumble the lyrics (famous lyrics were jumbled to create funny new lines, and they groups had to unjumble them), starter packs for each captain and teacher, and finally musical A-Z where each group could put down anything they wanted as long as it related to music. Personally, I felt that each music captains' game and work that night was just so amazing and I am very proud of all us and I hope we left the students with a game night they'll remember.

Music Camp was also an amazing opportunity to foster great relationships between the captains and other musicians and left us feeling honoured and excited to be working alongside such great people. We won't forget any of the great chats, volleyball games, blackjack with lollies as bets and the night where Max played his guitar and we all sang a little.

Well done to all our musicians on a great few days of music.



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 (@musicspss) 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)

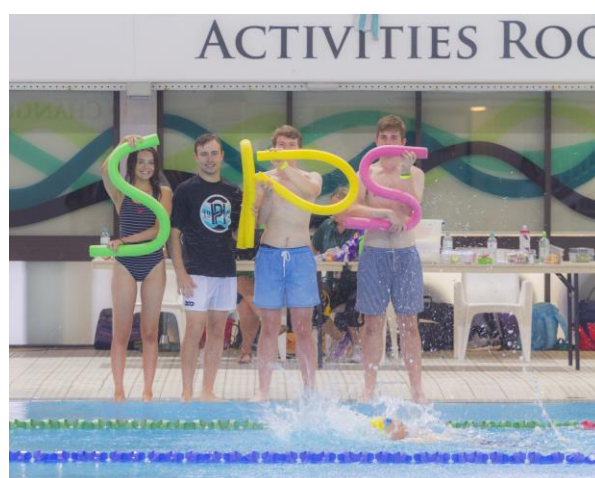
SPORT

INTER-HOUSE SWIMMING CARNIVAL

Don't forget to bring your swimwear and a towel this **Monday, 4 March!**

All event details have been emailed home to parents and students.

Good luck students and Houses!



GENERAL SCHOOL NEWS

PARENTING IDEAS WEBINAR

SWITCHING ON YOUR CHILD'S STRENGTHS

The extraordinary results of focusing on our children's strengths rather than always trying to correct their weaknesses is explained in this one-hour webinar.

As a strength-based scientist for more than 20 years, Professor Waters has seen how this approach enhances self-esteem and energy in children and teenagers, and how parents find it exciting and rewarding. With many specific techniques for parents, she will demonstrate how to discover your children's strengths and talents, use positive emotions as a resource, build strong brains, deal with problem behaviour and talk about difficult situations and emotions.

WHEN: Wednesday 6 March, 8.00PM to 9.00PM

COST: Free of charge to St Paul's families (normally \$37) – please follow the steps below.

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-switching-on-your-childs-strengths>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the voucher code **STRENGTHS** and click 'Apply'. Your discount of \$37 will be applied to the order. This voucher is valid until 6 April 2019.
5. Click 'Proceed to checkout'
6. Fill in your account details. These are the details you will use to login to your account and access your parenting material
7. Click 'Place Order'

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](#).

GENERAL SCHOOL NEWS

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

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.

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 |

SUPPORTER GROUPS

ST PAUL'S SCHOOL SUPPORTERS ASSOCIATION (SPSSA)

Notice is hereby given that the St Paul's School Supporters Association will hold its Annual General Meeting on Tuesday 26 March at 6:30pm in the Tooth Centre Lounge. All parents, carers and supporters are invited to attend this meeting and are eligible to both nominate for Committee positions and vote on the election of Officers.

More details and a nomination form can be found [HERE](#).

FOOTBALL SUPPORTERS GROUP



Notice of the Football Supporters Group Annual General Meeting (AGM) is on at 7pm Monday 25th March in the school library. [Attached is a 'Notice' with all the details.](#)

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 3 years in their roles so we need more parents to get involved.

In the interim, please don't hesitate to make contact if you have any questions.

Peter Deane
Football Supporters Group
Fsgpresident@spssa.org.au

RUGBY SUPPORTERS GROUP



Welcome to St Paul's Rugby for 2019! To kick off the season, all players and supporters are invited to attend our annual "Welcome to Rugby" season launch on Saturday 16 March. Further information can be found in the flyer (download

[HERE](#)), and tickets are available for purchase via Flexischools.

Did you know that we have a Facebook page? Stay up to date with all things rugby by following us at "SPS Rugby".

Still haven't signed on for Rugby? In order for all students to receive a 2019 training shirt we need you to register. Please click on the link [HERE](#) to provide your details.



Benvenuto nel Rugby!

All junior & senior male & female players, parents, coaches and sponsors are invited to kick off the 2019 season at the

RUGBY RISTORANTE

SATURDAY 16TH MARCH
5.00PM - 8.00PM
Walker Centre Courtyard

| | |
|-----------------|---------------------------|
| Adults: | \$20.00 |
| Students: | (Yrs 7-12) \$15.00 |
| Juniors: | (Yrs Prep-6) Free* |
| Raffle tickets: | 3 for \$5.00 |

Tickets must be purchased via Flexischools (no tickets available on the day)

SUPPORTER GROUPS

HOCKEY SUPPORTERS GROUP



We would like to invite all parents to our March meeting this Monday the 4th at 6pm in the library. If your child is considering doing hockey this year this is a great opportunity to learn more about the 2019 season and meet other parents.

New faces are always welcome! Hope to see you all there!

With Week 4 fast approaching we are half way through the season, here's a reminder of the upcoming games and times at Rasey Park. Go Pumas!

President - Sandra Stanley (Children who play in Grade 12 & 4)

Treasurer - Moira Dunn (Child who plays in Grade 12)

Secretary - Annelise Price (Children who play in Grade 10 & 8)



Photos kindly supplied by the Year 5 & Year 4 Parent Liaisons, Ms Amanda van Rosmalen & Ms Danielle Young.

SUPPORTER GROUPS

CRICKET SUPPORTERS GROUP



President's Welcome

Welcome back to cricket at St Paul's in 2019. What a ripping start to the season we have had.

We may have to rename the Intermediate 1st's the "Fire" if they keep playing cricket like this. A special mention to Dylan – not satisfied with a Michelle against West MAC he came out against Canterbury and took a 7 for – I wonder what that is called? The Year 4's also had a blazing start to the season with Patrick taking 6 wickets!

Good luck to all teams this Saturday and may the fine weather and good cricket continue for the rest of the season.

Meeting

Our second CSG meeting for 2019 is on Wednesday 6 March 2019 at 7pm in the Library. All are welcome.

Annual Cricket Dinner

Kedron Wavell RSL is again the venue for our Annual Cricket Dinner on Saturday 30 March 2019. All players receive a trophy on the night and our new band "The Element" are sounding good. Please save this date in your diary and we will advise when Flexi-schools is open for business.

Read cricket report and see match photos [HERE](#).

COMMUNITY NEWS & NOTICES

AUSTRALIAN AIR LEAGUE

St Paul's students interested in aviation are invited to attend the Australian Air League's 'Open Door' event. See details below.



A youth organisation for **8–18 year olds**, the **Australian Air League** provides cadets with leadership and life skills, while encouraging participation in aviation as a career or hobby.

A wide range of activities to engage your budding aviator:

STEM

- ✦ Theory of flight
- ✦ Aviation engineering
- ✦ Navigation
- ✦ Meteorology
- ✦ Space flight



Personal Development

- ✦ Leadership training
- ✦ First aid
- ✦ Fitness
- ✦ Gliding & powered flight
- ✦ Ceremonial drill

Community Service

- ✦ ANZAC Day Parade
- ✦ Clean up Australia Day
- ✦ Aviation Careers Expo
- ✦ Pine Rivers Show



Strathpine Squadron Open Door

Meeting at St Paul's School

Wednesday 13 March 2019 1800-2000

Book your attendance at: oc.strathpine@airleague.com.au