



FROM THE HEADMASTER



IT'S ALL ABOUT ME!

It really saddens me when I see advertising that promotes the idea that the most important person in the world is “me”. We often see it as companies advertise their products, selling us a message that we will only be happy if we invest in this or that.

Sadly, we are influenced by that sort of messaging. It sometimes plays out in our responses to difficult situations.

I am a believer in the new commandment given by Jesus to his Disciples: “A new commandment I give to you, that you love one another as I have loved you” (John 13:34).

The message of Jesus is contrary to what our media outlets would have us believe. It isn't all about me and what I can get out of life, but rather, what I can give.

The third phrase in our School's purpose statement says “... with a heart for servant leadership”. That phrase refers to the attitude that we would love to instil in our young people, an attitude of empathy, compassion, and generosity.

The truth is, life is so much more fulfilling when we are seeking to make a positive difference in other people's lives. I know this as truth, as do countless others who quietly go about what they do so well because at the very core they know that they are making a difference.

I am greatly encouraged when I hear stories of the young people in our community giving of their time to make a difference to others. The students who come to watch their peers play sport or make music. The student leaders who seek to make St Paul's an even better place as they organise activities for others to enjoy. The students who have joined the V9 team to travel to Vanuatu in the June/July holidays to work in the remote communities there. I know that those students will return having had a life changing experience – an experience that has taught them that material wealth doesn't bring happiness and that what we should value the most is our relationships with each other.

I am also greatly encouraged when I hear stories of individuals making a positive difference outside of School, like Samuel Davern (Year 9), who completed a Tough Mudder event last Sunday to promote awareness around mental wellbeing and raise funds for Beyond Blue. He didn't have to do that, but his commitment to being a “servant leader” means that he is genuinely loving others by his actions.

FROM THE HEADMASTER

We can easily get caught up with the myth that this life is all we have and therefore we need to take what we can, but the truth is, genuine fulfilment, purpose and happiness is found when we seek to put others' needs before our own.

**DR PAUL BROWNING
HEADMASTER**



FROM THE EXECUTIVE DIRECTOR OF FAITH & COMMUNITY



COMMUNITY INITIATIVES

The Values of the School commit us to community-building, as we grow together in faith and learning. We understand the St Paul's community to include not only current students, staff and families, but also past students and members of the wider community.

As a School we acknowledge the central role of parents and families in raising children. However, we also note that families are under increased pressure in the 21st century, and many have less in the way of extended family or societal support networks (such as churches) to assist in the raising of their children, than was the case in of previous generations. While it has always been true that "It takes a village to raise a child", many of us no

longer live in villages, either literally or metaphorically.

Another feature of our modern society is that, despite having access to better communication technology than any previous generation, many people still experience isolation and loneliness. For all of the above reasons, I am delighted to advise you of a couple of proposed community-building opportunities (with more still in the early-planning stages).

"Paul's Patch" – a community garden, for members of –

- a. St Paul's School community
- b. YMCA Before and After-school care
- c. Bald Hills Presbyterian Church community (our next-door neighbours)
- d. Other Bald Hills residents

We believe that Community Gardens offer a host of benefits to the community, including -

1. Providing a **social benefit** by bringing together people of different ages, backgrounds and abilities in the context of producing shared (fresh and preserved) vegetables, fruit, herbs and other food such as eggs. Community members also receive **physical and mental health benefits** as we promote physical activity and stimulating conversation.
2. Providing an **environmental benefit** by re-using and recycling materials and by growing food locally. We aim to improve the quality of the soil, water and air in our community.

FROM THE EXECUTIVE DIRECTOR OF FAITH & COMMUNITY

3. Providing an **economic benefit** by producing food and plants for members of the community at a lower cost. Our community is a not-for-profit organisation, but we seek to cover all running costs and still be in a position to give to the needy.
4. Providing an **educational benefit** for learners of all ages, as we teach new skills in food production, composting, garden design & landscaping, plant propagation, etc.

Having established a small Garden Club within the School, we now want to take it to the next level by recruiting keen gardeners from the parent body, past students and members of the wider community. Like community gardens around the world, we imagine that "Paul's Patch" will offer individual allotments, as well as educational and shared garden beds.

If you have an interest in gardening and a desire to grow community as well as plants, I'd love to hear from you – n.grant@stpauls.qld.edu.au

St Paul's School Parkrun

Parkrun organise weekly, 5km timed runs around the world (including 355 courses around Australia). They are open to everyone, free, and are safe and easy to take part in.

We are proposing to create a special 5 km course as part of our cross-country precinct, to encourage people of all abilities to take part; from walkers or those taking their first steps in running to Olympians; from juniors to those with more experience; we welcome you all. You can bring your kids, or even bring your dog! As is the case with most Parkruns in Australia, we anticipate that our run will start each Saturday morning at 7.00 am, thus minimising the impact on TAS sporting fixtures.

Having been part of the Parkrun community in Warwick for several years, I can vouch for the concept. No matter your age or level of fitness, Parkrun can help you to achieve your physical fitness goals while at the same time making new friends and having fun.

Like most community-based organisations, Parkrun depends primarily on volunteers (event organisers, course marshals, time-keepers, photographers, etc.). Initially, we are looking to form an organising committee of people who will be prepared to get our Parkrun off the ground. If you would like to Join this committee (or ask for more information), please contact n.grant@stpauls.qld.edu.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.

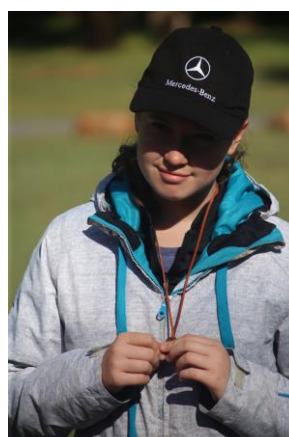
Activity	Date
Health & Wellbeing Week	27 – 31 May
Year 8 GCC	Thurs 6 June
Term 2 Formative Testing	7 – 14 June
Year 11 Leadership Day	13 – 17 June
Year 11 RYDA Road Safety Program	Tues 18 June, 9.30am – 2.00pm
Vanuatu Outreach	16 – 30 June
Last Day of Term 2	Fri 21 June

EXPERIENTIAL LEARNING UPDATE | YEAR 8 CAMP

Our Year 8 students experienced their outdoor education adventure last week and despite the, at times, inclement weather, the four day journey proved a tremendous team building experience for all participants. The camp is organized along gender lines with the boys hiking and camping out across the Conondale National park and the girls predominantly canoeing throughout the Cooloola National Park.

Each journey tests both the individual and team strengths of the student groups. Each team works independently across the week, transferring from campsite to campsite under their own steam and carrying all their necessary provisions and camping equipment with them. Each team must work together and each individual must support their team through the contribution they make in the various roles they are assigned. Challenges are demanding, especially when the weather is not kind, as the students complete hikes carrying full packs and paddle significant distances transporting all their team's gear aboard their canoes.

Read more [HERE](#).



SECONDARY SCHOOL

SECONDARY ASSESSMENT PLANNERS AND SUBJECT LEARNING OUTLINES

Parents and Caregivers, do you know you can access your student's Assessment Planner and Subject Learning Outlines via Parent Lounge? This information is readily available to assist you to support your student's learning.

[HERE](#) is a step by step guide to access the information. If you have further questions, please do not hesitate to contact your student's House Leader.

HELPING TEENAGERS MANAGE FRIENDSHIP ISSUES

Having a supportive group of friends plays an important role in the life of young people. They can help your young person navigate the journey from childhood, where they are reliant on parents, to adulthood, where they need to stand on their own two feet.

The importance of peers

To a parent a teenager's friendships may seem all-consuming, taking precedence over family, school and even healthy leisure time. While peers may now begin to take a more prominent place in your young person's life, family is still an important source of belonging and safety for them. It helps if you get to know their friends and discuss any concerns you have about their choice of friends.

Read more [HERE](#).



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.

JUNIOR SCHOOL

IMPORTANT DATES

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

Activity	Date
Health & Wellbeing Week	27 – 31 May
QYMA Red Shirt Choir	Fri 31 May
Year 7 Buddy Day (Current Year 6)	Mon 3 June
Pre-Prep to Prep Transition Morning	4 – 6 June
JSSG Meeting	Thurs 6 June
ELC Open Morning	Sat 15 June
Year 2 Strings Concert	Mon 17 June
'Sneak Peek'	Wed 19 June
Car Park Raffle	Wed 19 June
Under 8's Spectacular	Fri 21 June
Last Day of Term 2	Fri 21 June

UNDER 8'S SPECTACULAR

Families with children under the age of 8 years are invited to come along to our Under 8's Day Spectacular!

There will be a BBQ, coffee van, and lots of hands-on activities for the children!

Students in Years Pre-Prep to Year 2 will attend.

Details:

Friday 21 June, 9-10.30am



ST PAUL'S SCHOOL
IS EXCITED TO HOST

**UNDER 8'S
SPECTACULAR**

Come dressed
in a circus-
themed
costume!

Friday, 21 June 2019
9-10:30am
St Paul's School
34 Strathpine Road Bald Hills QLD 4036

Enjoy hands-on activities, sausage sizzle, coffee
van, games and the coolest performances!

Visit www.stpauls.qld.edu.au to register

JUNIOR SCHOOL

NATIONAL SIMULTANEOUS STORYTIME

Yesterday we celebrated National Simultaneous Storytime in the Junior School Library, along with 1,085,587 other children nationally.

We read the story, *Alpacas with Maracas* by Matt Cosgrove, at morning tea time and at lunchtime students came to the library to participate in a fun craft activity and to watch the story again.

You can find photos on our Facebook page!

MUSIC

IMPORTANT WEBSITE ANNOUNCEMENT

For various technical reasons, our Music website no longer exists. We are looking at rebuilding the website gradually over the next few months. In the meantime, please visit the School website and look under 'School Life', then 'Music' to find an up-to-date calendar with performance details.

MUSIC IN THE DARK – SATURDAY 25 MAY, 3.30-8.30PM

Our annual Music in The Dark event is tomorrow night! Our musicians have worked hard for this performance; for some, it will be their very first performance ever! Bring a picnic blanket and snuggle up under the stars for a night of lovely music. The Music Supporters' Group will also be selling delicious food and beverages (including the best-selling cheese plate and wine!).

All St Paul's Music ensembles are involved in this event. The performance schedule and arrival times for each ensemble have been sent to all parents and students.



SOLO COMPETITION 2019

Round 1 auditions for this year's Solo Competition are underway and, as always, the level of talent is exceptional. This year we are announcing the successful musicians in a different way; rather than waiting until all auditions are complete, we will be notifying Round 2 musicians at the end of each day. This is to ensure that our accompanists have ample opportunity to rehearse with musicians for the next round. However, once the auditions are complete and numbers are finalised there will be a small number of positions available for students to go through to Round 2 on Wild Card entries. We will make this announcement next Wednesday at the conclusion of the auditions.

MUSIC

At the time of writing, the students who have made it through to Round 2 are...

Years 7-9 Strings

Bridget GRACE
Logan STANSFIELD
Gordon TANG
Aliana MILIOS

Years 7-9 Woodwind

Nia Doherty
Layla Heard
Mattie Kugelman
Mollie Endicott
Daniel Melloy
Jacinta Alpaslan
Jasmine Wong
Mitchell Weis
Sophie Pitstock
Madelyn Bishop
Tara Keith
Jessica Gentle

Years 7-9 Piano

Georgia PETTERSON
Jacinta ALPASLAN
Anneka PLATTS
Chloe McConaghy

Years 10-12 Strings

Ben HERING
Alexandra HARPER
Jacob SMITH
Michael ALLETSEE
Lachlan LOVE
James MILIOS
Belle SMIBERT

Years 10-12 Woodwind

Amy Holdship
Jacob Smith
Jessica Baldwin

Years 10-12 Piano

Naomi PHILLIPS
Zackary KELEHER
Alicia ELSOM WANG
Simeon GOVER
Hannah Howell

Musicians will be contacted by accompanists soon to organise rehearsal times and need to keep an eye on their emails. Congratulations to these musicians and good luck to those still left to audition!



St Paul's Music presents

Solo Competition

2019

Round One heats start Week 5

Round Two Brass and Strings: June 3, 3.30-6pm

Round Two Woodwind, Guitar, Percussion,
Vocal and Piano: June 4, 3.30-6pm

Final: Friday June 21, 6.30-9pm
Sandgate Town Hall

WWW.STPAULSMUSIC.COM.AU

MUSIC

QUEENSLAND YOUTH MUSIC AWARDS

We're almost at the end of the QYMA season for this year. We've had some great results and there have been some wonderful performances by our musicians. On Wednesday night our Wind Ensemble performed in the prestigious Secondary Concert Band section and was awarded a Gold Award, while on Thursday night our Concert Band also received a Gold Award. These are both difficult and hotly contested sections so we're very proud of these musicians. Congratulations also to their director, Mr Weal.

The last performers from St Paul's will be Red Shirt Choir who are performing on Friday May 31. We wish them the best of luck.

If you haven't already, click 'like' on 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).

Mrs Kellee Green
Head of Music

SPORT

TERM 2 GOLF



Students in Years 3 – 7 parents and adult family members are invited to participate in the Term 2 Community Golf Program. The program will run weekly on Wednesday afternoons for five consecutive weeks, commencing soon.

The cost to participate in the Term 2 Golf Program is \$35.00 per student or \$50 for 1 student + 1 parent/adult. We have a maximum capacity of 18 places.

More information regarding sign-on will be provided shortly.

Mr Neil White
Golf Coordinator

GENERAL SCHOOL NEWS

PARENT WEBINAR – NO COST!

Our school has a membership with Parenting Ideas, one of Australia's most trusted sources of parenting education and support. Great news - through this membership, you can attend all of their webinars for parents in 2019 at no cost! Here is the information about the next upcoming webinar:

Teach girls to build each other up

Join Collett Smart in this webinar that explores;

- how to help girls create positive peer relationships
- provide practical advice and ideas to navigate tricky situations including toxic friendships
- Emotional Intelligence and girls
- How we might equip girls to recognise their own worth, as well as the worth of others
- What girls need from parents and carers when things go wrong in friendships and relationships
- When parents need to hold back and when to step in
- Strategies for developing both assertiveness and kindness in our girls

WHEN: Wednesday 29 May 2019 at 8:00 PM AEST.

If you are unable to make the scheduled time you can simply register and access the recording later.

HOW TO REGISTER:

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-teach-girls-to-build-each-other-up>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the voucher code FRIENDSHIPS and click 'Apply Coupon'. Your discount of \$37 will be applied to the order. This voucher is valid until 29 June 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'

This voucher code is valid until 29 June 2019, so we encourage you to redeem it right away to secure your free webinar.

GENERAL SCHOOL NEWS

PREMIER'S READING CHALLENGE

This year, St Paul's students from Prep to Year 9 will have the opportunity to participate in the Premier's Reading Challenge.

The Premier's Reading Challenge is not a competition but a way to encourage students to develop a love of reading for life. Through the challenge children and students are given an opportunity to develop their appreciation of the English language, and additional languages, and are encouraged to explore and enjoy a wide range of literary texts. Children and students who complete the challenge have their efforts recognised through the receipt of a Certificate of Achievement signed by the Premier of Queensland.

For a student to successfully complete the Premier's Reading Challenge they are required to read or experience the number of books indicated below:

- Prep to Year 2 – read or experience 20 books.
- Years 3 to 4 – read 20 books.
- Years 5 to 9 – read 15 books.

Experiencing a book includes classroom or at home activities such as individual reading, shared reading, listening and reading along with a book, or being read to.

Students are encouraged to select a **range of fiction and non-fiction books** suited to their reading ability. While there is no compulsory reading list for the challenge, [booklists](#) are available to help students, teachers, parents and guardians select appropriate reading material.

Junior School students will be encouraged to enter the Challenge, and have forms distributed, in their Library lessons with Mrs Gardener, or by contacting Mrs Power (JS Library Technician). Students in Years 7 – 9 will have forms distributed by their English teacher or through Mrs Bolton in the Secondary Library.

Judy Bolton
Head of Information Services

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](#).

WELLBEING CENTRE

BALANCING EXTRA-CURRICULAR ACTIVITIES FOR FLOURISHING KIDS



By Dr Jodi Richardson
(Contributed article)

Busyness seems to have become a way of life for modern families. It's unlikely you'll ever hear a parent talk of having plenty of free time on their hands. Unfortunately, that's a statement unlikely to be heard from a lot of modern-day kids either.

The afternoons on family calendars are increasingly filling up with organised after-school activities, and in families with multiple children the logistics of keeping up with all this can be complicated. The strain of ferrying children back and forth, often in different directions, saps families of energy, resources and time.

We have great intentions

Recent research from the United Kingdom found that the desire for children to succeed is a strong driver for many parents, sometimes causing them to load their children up with extra-curricular activities. While the intentions are good, the method of keeping kids busy is probably questionable.

Other reasons for encouraging extra-curricular activities include: giving kids the best start in life, making friends, keeping fit and healthy, developing interests and preventing boredom. Anecdotal evidence suggests the findings are similar in Australia.

The cost of busyness

We live at a time where rates of mental illness, particularly anxiety, are climbing. One in seven Australian children have a diagnosed mental illness. That's three in an average classroom. Many more go undiagnosed.

Rushing to activities, late nights and stressed parents aren't the conditions for family members to enjoy flourishing mental health. Too many organised activities detract from time to hang out with friends, to comfortably complete homework tasks, to spend time with family, to get bored and, importantly, to simply play.

Free play is serious business

Author and research professor of psychology Dr Peter Gray attributes the rise in anxiety, depression, suicide and narcissism among children to the decline of play. Unstructured play is vital for the healthy development of children and teenagers. Through play kids learn to interact with others, develop physical skills necessary for school success and gain confidence they need to interact with peers.

How much is too much?

WELLBEING CENTRE

Some children can cope with busy schedules, while others flounder. As a rule of thumb, if your child or young person is struggling in any of these three areas: i) mental health, ii) schoolwork and studies, iii) their participation in family-life then it may be time to reduce their extra-curricular load.

Choosing the activities to omit from a schedule can be tricky, as your child or young person may have a different motivation for each. In short, each activity can be 'the one they love.' Here's a good question to ask your child or young person that can make decision-making easier:

'If all of your after-school activities were cancelled, which one(s) would you plead with me to re-enrol you in?'

Their answers will reveal a great deal about their commitment to each activity. Ideally, kids should be choosing extra-curricular activities that nourish them rather than cause anxiety and stress. Aim for two activity-free nights each week so that your child or young person can meet their study and family commitments.

The same principle for balance holds true for weekends. Make sure your kids enjoy some time free from structured activity, so they can refresh and recharge, ready for the week of school that lays ahead

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

WELLBEING CENTRE

CAREERS

Our Year 10, 11 and 12 students attended the bi-annual SPS Career's Expo this week. It was a wonderful opportunity for students to engage with Universities & Colleges, TAFE, Defence Force, training organisations and industry professionals to begin thinking about their journey following Year 12.

The Senior years of schooling can bring about angst for students and parents. At such a young age of 16 or 17, we are asking students to think about what they would like to do before they have even had much life experience. Here are my top tips for talking to your child about their options finishing school:

- Make a decision about what you would like to do for RIGHT NOW...not when you are 60 or 70. It is predicted that this generation will have 17 jobs across 5 different careers! It is highly likely that they will change jobs and careers throughout their life. This will all contribute to lifelong learning and experience to help them get that next job!
- Consider GAP years (paid and non-paid), work experience and deferring study. The defence Force offers a paid 12-month contract for students between the ages of 17-24 to experience roles in the Navy, Army or Airforce with no obligation to continue past the 12 months.
- Encourage your child to have a good school/life balance. Involvement in a sport, volunteer organisation or part-time job is important for mental health as well as building life skills and can help employers get a sense of a person's character.
- Attend the University open days. These days present a great opportunity to explore the University and talk to people in different faculty areas. Check out the University websites for dates!
- Attend Career Expos such as the Tertiary Studies Expo (TSXPO) & QLD Work and Skills Expo on 20 and 21st July 2019 at the Brisbane Showgrounds.
- Book a Year 12 QTAC appointment in Term 3 with a School Counsellor to help your child apply for UNI / TAFE. More information about this will come out soon.

A common question from Year 11 and Year 12 students is "What if I don't get the OP/ATAR that I need to get into my course?"

There are so many options available to school leavers and your School Counsellor can help! Consider the following:

- Re-think **WHERE** you have chosen to study. Perhaps the same course is offered at another University and / or same university but at a different campus and it has a lower OP/ATAR to get into the course
- QTAC interviews with a School counsellor in Term 3 can help you to maximise your chances of getting into something at Uni or TAFE.
- Upgrading pathways allow you to study a course at Uni for 1 year and upgrade into your desired course.
- Consider a TAFE Diploma which often have pathways into a Bachelor's degree
- Consider improving your Year 12 results by completing a bridging course