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Principal's Message



Each year at this time, we mark Founders' Day with a ceremony because it creates the space to reflect. Reflection is vital to our health – as individuals and as a community. If we don't take the time to reflect, it is impossible to keep developing and moving forward in productive and meaningful ways. Note that I didn't say 'growing' – it's a term that implies that bigger is better; an end it itself. The kind of growth I am talking about is perhaps better described as 'becoming', which is an ongoing process that never stops. The day we stop 'becoming' is the day we stagnate and start to die.

Modern life is busy; College life is busy, as in all organisations. The day-to-day demands can keep us very much occupied with the here and now; in short term acts that keep our heads above water. In that state of mind, sometimes it feels like an imposition to stop and reflect: I have so much to do! I don't have time for a ceremony! But sometimes, what we need to do is stop doing – just for a while.

Breakthroughs rarely come from 'busyness', but from creating time for reflection – ruminating on and bringing together various thoughts about what is working well, what isn't, and how we can improve. It doesn't mean finding the 'right' answer that we then stick to unthinkingly forever. Rather, reflection involves an understanding that as we keep growing and changing, our 'answers' will keep evolving with us.

Founders' Day is an annual opportunity to stop, take stock, and think about where to next by asking questions like:

- 1. What have we been doing well?
- 2. Which things can we do better?
- 3. How can we challenge ourselves into the future?

As a community, we are doing a lot of things very well. In terms of improvement and challenging ourselves, drawing on human age as a metaphor is helpful. As a 24-year-old, WestMAC has well and truly traversed its adolescent years – that awkward, in-between phase of life we all go through when, while no longer children, we also don't feel like we quite fit in with the grown-ups either.

As we approach our Silver anniversary in 2018, it is important for us to continue to develop our programs to embed ourselves as a leader and mature contributor to education in this region. The challenge is to take our place without stagnating. With age and experience, we rightly become more confident, and more self-assured. We have found ways of doing things that work, and an identity that gives us a sense of belonging and pride. The risk of this phase of life is the temptation to dust off our hands and think we've arrived. As soon as we do that, as soon as we start resting on our history and reproducing things the way we've always done them, we stop being a healthy living thing engaged in an ongoing process of becoming. We ossify from living, malleable tissue into dry bones. We stop becoming and start dying because what got us here won't get us there.

As we mark our annual Founders' Day, I offer my thanks to all members of our community – students, staff, families, alumni and supporters – for your collective contributions to WestMAC's continued 'becoming'.

Sources: https://hbr.org/2010/11/reflection-items-not-action-it

Geoff McLay - Principal Phone: 07 3813 4536

Senior School Junior School Middle School

Deputy Principal's Message

Despite the much cooler July weather we are now experiencing, I'd like to bid you all a very warm welcome to Semester 2. I hope all families, staff, students and parents have had a relaxed school holiday period and are ready for the busyness that characterises our second semester.

As WestMAC continues to mature as an employer, it is inevitable that staff change will become a feature of our professional landscape. With change comes new opportunities and with this in mind I'd like to provide you with a staffing update. Firstly, I extend our sincere congratulations to Mrs Donna Doolan who as a result of our recent recruitment campaign and successful internal succession planning has been appointed as HOD Health and Physical Education. This opportunity was created by the retirement of Daven Liddell who has served the educational community including WestMAC so admirably and professionally for over 30 years. We also acknowledge the resignations of Lara Esson, Kingsley Williams, Cail Turp, Denise O'Hare and Anja-Lee Caldwell and thank them sincerely for their expertise and valuable contribution to our College.

Now at 24 years of age and with some 160 employees, managing long service leave entitlements has become a feature of our annual human resource strategy. Recruiting quality replacement teachers on short term contracts is challenging but also affords the opportunity of securing talented well qualified staff to meet the changing educational needs of our students. Staff taking leave throughout this semester to rejuvenate and refresh include Sonya Ludkin and Helen Turner in Term 3; Katrina Aiken for Semester 2: and, Jenny Morris, Rob Noble and Donna Googe in Term 4.

I'd like to extend a huge welcome to the following staff who have commenced with us this term and invite all in our community to welcome them to WestMAC and assist wherever possible as they settle into working life with us:

- Mrs Deborah Evans (Year 4 teacher contract teacher replacing Anja-Lee Caldwell who has resigned)
- Mrs Katherine Hamson (Year 4 contract teacher replacing Helen Turner who is on Long Service Leave Term 3)
- Wendy Jorgenson (contract for Prep replacing Sonya Ludkin Term 3)
- Mr Douglas Amiss (WestMAC alumnus appointed permanently teaching HPE, Health Education and Maths)
- Mr Nicholas Barling (permanent appointment teaching Soccer Excellence & HPE)
- Mrs Deanne Kertesz .8 FTE contract teacher of HPE & SOSE (replacing Katrina Aiken who is on special leave for Semester 2)
- Ms Nathalie Gray (contract English & SOSE teacher replacing Lara Esson who resigned due to an emergent health issue)

- Mr Hamish Pike (contract teacher of Maths and HPE who takes over the teaching load of Kingsley Williams)
- Mr Andrew Leung (SOSE & Legal Studies)

The College's 24th Birthday was celebrated with a whole of College Founders' Day Service at the Lostroh Centre on Thursday July 20. This years' service was celebrated by the Right Reverend Alison Taylor, Chair of the Anglican Schools Commission and Bishop for the Southern Region, Anglican Church Southern Queensland. As Bishop Alison is retiring at the end of the year and returning to Melbourne, the Service provided a wonderful opportunity for us to thank her sincerely for her generous support of our WestMAC community as well as that extended to the wider Anglican community. Undoubtedly we will miss her theological insight and selfless pastoral ministry. Our birthday celebrations included the formal commissioning of Mr Michael Flanderka to our College Council where he passionately contributes to the strategic direction of the College through his expertise in finance, audit and risk management. We were delighted to share this special occasion with his wife Shannon and brand new baby Malakai, daughter Hannah, son Reece and his parents Margot and Davenal.

As has been our tradition since our 20th birthday, we honoured the dedicated service of staff through the awarding of the *Joy Hutchison 20 Year Service Medal* to Mrs Bev Birt (Junior School Teacher) and Mrs Gayle Moore (Enrolments and Community Engagement Officer).

Ten Year Service Badges were bestowed upon:

- Mr Paul Alcorn (Head of Senior School)
- Ms Kay Bence (Head of Languages)
- Mrs Rebecca Betteridge (Junior School & Differentiated Learning Teacher)
- Mrs Glenda Boike (Uniform Shop Convenor)
- Mrs Pam Burt (Secondary Teacher Maths & Science)
- Mr Tim Spina (Head of Design & Technology and ICT)
- Mrs Liz Warren (ELICOS & Japanese Teacher & Middle School Head of Year)
- Mr Scott Wiggins (Secondary Teacher Maths)
- Mrs Narelle Wilkins (Differentiated Learning Teacher)

After the cutting of the official cake and a rousing whole-of-College rendition of Happy Birthday, the entire school community enoyed cake and poppers.



Janelle Lecinski - Deputy Principal Phone: 07 3813 4627

Whole School

Accounts

Term 3 Fee Accounts were due for payment on Monday 10 July. If your Account has not been paid, you have been charged a \$40.00 late fee.

Tricia Steele - Accounts Receivable Officer Phone: 07 3813 4523 Phone preferred contact method

Senior School Junior School Middle School

Traffic changes at the D-Loop

The D-Loop around Central Administration is now a **No Entry** zone. Signs (shown below) have been installed on the entry to the D-Loop advising of the change.

We suggest that students be dropped in the Senior School Pick-up/Drop-off Zone or Central Administration Car Park for access to the Senior School, Senior Library or Dance and Drama buildings.

Only Facilities vehicles, ambulances, parents accessing the Health Centre to pick-up their child/ren & deliveries to the Tuckshop are permitted to enter the D-Loop.





Cathy Twidale - Manager of Facilities, Maintenance & Security Email: ctwidale@wmac.com.au

Senior School Junior School Middle School

Junior School

Courage

This term in RAVE and Chapel we are exploring the theme of courage. The following is the message shared with students at Assembly last week. Everyone will have their own definition of the word and no doubt stories and images as well about what courage means to you. I think that a good broad definition of courage is that it involves facing fear and dealing with it. There will always be things that will make us feel scared. We might feel scared because:

- we could get hurt
- we might fail
- be rejected, or
- we might be embarrassed.

Being brave and having courage does not mean that you have no fear. Instead, courage is about not letting fear beat us and stop us from doing the things that we want to do.

Everyone feels nervous sometimes.

Each day there are things that can make us feel a bit nervous, worried or unsure. 'Everyday courage' is when we overcome the little doubts and get something done. It might be:

- tackling a tricky Maths problem
- making a new friend
- speaking in front of the class
- trying a new activity

Feeling nervous can sometimes be about a feeling that something dangerous or bad might happen. Sometimes we make ourselves feel nervous by exaggerating what could happen in our minds. Each time we overcome one of these things we get braver and stronger.

Sometimes 'tough self-talk' is needed to be brave.

Sometimes we find ourselves in a tricky situation and we just act with courage without thinking much about it. Maybe all our friends are lined up for a turn on a flying fox and we just line up and have a go. At other times we need to really talk to ourselves to overcome our fears. Having a tough talk to ourselves can help us to act courageously. We could say things like:

- Just do it.
- This is important.
- I know I can do this if I just try.

It takes belief in ourselves to overcome our fears and show courage.

Being foolish is not being brave.

Doing risky or silly things is not showing courage. Sometimes we might think that others will be impressed by these actions but courage is not about proving ourselves to anyone. It is always important to evaluate the risk and to make sure that we are keeping ourselves and other safe.

Fears can keep us safe.

Fears are not all bad. In some situations that funny feeling in our tummy is actually there to keep us safe. There are some things that need special training and skill to do and it would not be safe to do them without these skills or without the right equipment. It wouldn't be safe to go rock climbing without the right equipment and without people who knew what to do. It is just risky and silly to ride a bike without wearing a helmet.

So courage isn't just something for heroes. Every time we beat those nervous feelings and give something new a go or stick at something that is tricky, we are showing courage and being brave. I think it is important to remember that courage isn't about winning but it about challenging ourselves to be the best that we can be. We all have different strengths and talents and we all have different things that makes us nervous or scared. As we explore the theme of courage this term, I have challenged students to face their fears, to have the courage to be the very best person that they can be and to stand up for what is right.

Kirsten Mullan - Head of Junior School Phone: 07 3813 4549 Email: kmullan@wmac.com.au

Junior School

Middle School

Welcome back to Term 3. It is my hope that your children have had a restful break and are ready to get back into their learning.

Spirit Ed

Our Spirit Ed program for Term 3 will have the students participating in a range of activities that will challenge and educate them on the benefits of being healthy in body, mind and spirit. There will be five workshops that the students will attend in their House groups. The range of workshops include Smoothies - exploring the connection between health and nutrition; Mindfulness - to help learn the vital skills of switching off and handling school pressure; Passive and Active Games - disconnecting from social media through passive and active games; Bootcamp - highlights physical exertion is required for physical health; Music and Art - activities that enhance wellbeing through exploring the artistic side of our brain.

Cybersafety

It can be hard for adults to keep abreast of all the changes in technology, especially social media. The following YouTube channel *Safe Smart Social* contains many short videos to keep up to date in this area:

If you need any advice or more information, please contact our Student Protection Officers, myself or Mrs Elizabeth Warren.

Doug Braiden - Head of Middle School Phone: 07 3813 4594

Middle School

Uniform Shop

In Term 3 the Uniform Shop will trade:

Monday	8am to 3.30pm
Wednesday	8 to 11am
Friday	8am to 3.30pm

The Uniform Shop will be open on Wednesday 16 August from 8 to 11am, which is the Student Free Day for the Brisbane Show.

Junior TAS & TAS Sport uniforms

All Junior TAS and TAS sport uniforms borrowed for Term 2 must be returned (clean) to the Uniform Shop by the end of July.

Blazer pockets

The cut-off dates for embroidery are:

- Monday 24 July back on Wednesday 2 August
- Monday 7 August back on Wednesday 16 August
- Monday 4 September back Wednesday 13 September
- Friday 15 September (last day of Term 3) back at start of Term 4

Uniform reminders

- The Middle/Senior track jackets (navy with red and yellow sections) can only be worn by students in Years 7 to 12 when they are wearing a sport uniform. They cannot be worn by Junior School students, with a formal school uniform or under a blazer.
- 2. Girls' skirts should come to below the knee.
- Girls are required to wear plain white fold down socks with their formal uniform. Anklets and WestMAC sport socks are not acceptable.

Lost property

Over the holidays any uniform items found around the College (except those in the Middle School lost property box) were taken to the Uniform Shop. All clearly named items were returned to students. Any other students who are missing items from Term 2 should contact the Uniform Shop to check if their item is there, or check the Middle School lost property box. Please note that the Uniform Shop only receives lost property at the end term. If a student loses an item during term they should contact the sub-school receptions.

Many non-WestMAC items were also bought to the Uniform Shop, including school shoes, joggers, jumpers, lunch boxes and drink bottles. These items will be placed on the table outside the Uniform Shop on Monday, Wednesday and Friday until Friday 28 July 2017. Any items not collected will be donated to charity.

Orders

If you are unable to visit the Uniform Shop during trading hours, we accept orders by Flexischool, mail, phone and email. Paid orders can be:

- collected from the Uniform Shop
- collected from sub-school receptions
- delivered to students in Prep to Year 6

Glenda Boike - Uniform Shop Convenor

Phone: 07 3813 4533

Email: uniforms@wmac.com.au Email preferred contact method

Senior School Junior School Middle School

Sport

Trimester 3 TAS Sport

Congratulations for all team efforts at the beginning of Trimester 3 TAS Sport. Our holiday training clinic once again allowed WestMAC students to start the season positively and with a strong competitive round against Cannon Hill Anglican College. Further match results can be found on The Associated Schools (TAS) website (http://www.theassociatedschools.com.au/ ladders).

Stand out performances from the weekend include:

- 1st Basketball, Year 10 and Year 8 Basketball for their opening wins. These three teams caught CHAC by surprise who were no doubt expecting a clean sweep in Boys Basketball. Our 1st Basketball team did things the hard way, being down at every stoppage, hitting the lead with 30 seconds remaining to take the win!
- Year 9 Girls Touch are leading the way in their chosen sport. A focus on individual skills, a team focus on rucking and option plays took advantage of overlaps near the tryline. We beat the opposition convincingly 10 tries to1.

Student Collection after Saturday Sport

Please be aware of departure and collection times for the bus to and from TAS Sport on a Saturday. The bus will not wait for late arrivals. It is also not fair for staff to be left waiting for a significant amount of time for students to be picked up at the end of the day. Our arrivals are always approximations and we always get students to call parents letting them know if the arrival time back will be different to the advertised time.

The Associated Schools (TAS) Code of Conduct

At the start of a new Trimester of TAS Sport, students, parents and spectators are reminded of the TAS Association's Code of Conduct. Last term, there were a number of isolated instances of indiscretions within the Association, and member schools have been asked to ensure that their communities are aware of the expectations for all involved in the sporting competitions.

General Behaviour

Healthy, vigorous exercise, scrupulous regard for the spirit of the Rules of the game, a willingness to submit to disciplined training, and the cultivation of a generous sportsmanship should be the goals of TAS sports. The Host School has the right to expect that both visitors and members of its own community will adhere to its own particular customs and practices. The competition table should not be regarded as the sole reason for competing. Schools should ensure that players compete in their correct age group and that they adhere to the General Competition Rules and By Laws for the various sports. Racial abuse or any other form of harassment will under no circumstances be tolerated by TAS. Players should be given no more than one warning before being sent off and reported to the school. Spectators likewise should be reported and asked to leave the sideline if guilty of racial abuse.

Conduct of Players

A high standard of conduct is expected at all times, both on and off the field. Each and every player should be an example of what a sportsperson should be, including an appreciation of good play and an acceptance of the mistakes made by fellow players. The game should be played hard but never unfairly. III temper or spite should never be shown; assistance for opponents when it appears desirable should be given. The meeting of the opposing coach and captain by opposite numbers is to be commended. Congratulations, thanks or cheers appropriate to the game, by the captain and/or players is to be encouraged. The orders or instructions of the umpire, referee or designated official should be obeyed quickly, and any decisions, however unfavourable, should be accepted without question. The use of drugs, including pain-killers, to improve or maintain the performance of any individual player or group of players is strictly forbidden.

Conduct of Spectators

Good play by either side should be acknowledged by spectators in the appropriate manner. This can encourage players and help them to lift their game as the match or contest progresses. Unwise or fanatical barracking can make a player perform foolish actions in their play, or incite them to foul play, which is not to be condoned. The Principal, or their representative, has the legal right to remove any person or persons who do not conform to the acceptable standards of behaviour as laid down by his school. Consumption of alcohol by spectators during the conduct of a match or contest is not permitted. Referees or umpires are not to be approached by spectators at any time before, during or after a match. While cheering and supporting one's own team is recognised as part of the conduct of the game, and provided this barracking is within the requirements of the By Laws (with respect to Athletics and Swimming), it is to be encouraged; 'anti barracking' is to be discouraged. While the Host School should make every endeavour to provide for the disposal of rubbish, all spectators should make every effort not to litter any parts of the playing fields and/or grounds.

Secondary Interhouse Athletics

The Secondary Interhouse Athletics carnivals were completed this week and unfortunately presentations could not be completed on the day. Overall presentations of the Winning Houses and Age Champions will be made at upcoming sub-school Assemblies.

District Representative and TAS Athletics

The TAS Athletics squad for 2017 will be named this week and an information letter will be sent to both selected students and their parents. All students selected in the squad are asked to complete the on-line link to indicate whether or not they wish to participate in the carnival to enable final team selections to occur by the end of Week 5.

The IID Athletics Carnival will be held on Monday 31 July at the University of Queensland, St Lucia. Students who were successful in being selected for these trials will be notified once the results are processed.

Representative Sport (District, Regional)

WestMAC is a member of the Ipswich Primary District and the Ipswich Independent Secondary District. Students are responsible for nominating themselves for representative sporting trials and from these nominations, selected students are given the opportunity to compete at district level to earn a place in a District team at the Metropolitan West (MetWest) Regional Carnivals and trials.

District and Regional nominations for various sports are currently being called for. Students and parents are encouraged to go to the College website (https://www.wmac.com.au/news-events/ sport-notices).

Students are not able to nominate directly to District or MetWest and students are responsible for letting Sports Reception know about their selection in any representative teams.

Congratulations to...

• Dane Spann for making the Metropolitan West Softball 10-12 Years to contest the State Championships.

- Mitchell Clarkson has been called into the Metropolitan West Basketball Team as they prepare for the State Championships.
- Bailey Jackson for making the Queensland Schoolboy Baseball team. This is a fantastic achievement and we wish Bailey all the best for the upcoming National Championships.
- Thomas Chapple for being selected to represent Queensland in the East Coast Challenge Tenpin Cup. This is a tenpin bowling tournament contested by the three eastern States of Australia. Well done Thomas.

Matt Ellis - Head of Sport Phone: 07 3813 4546 Email: MEllis@wmac.com.au

Senior School Middle School TAS

Junior TAS Sport

Soccer and Basketball

All Junior TAS Soccer and Basketball fixtures will begin this Saturday 22 July and conclude on Saturday 2 September. Draws and training times have been sent home via email and will be available on the College App and website.

Communication between coaches/teachers with parents and students is vital throughout the season. Term 3 is busy for many families juggling extra-curricular commitments. It is important that lines of communication are open if students are unavailable for certain games. A simple note or message to the coach/ teacher in charge is all that is needed to track everyone's availability for the weekend. Good luck to all players this season.

Prep to Year 3 Eaglet Sport

Students in Prep to Year 3 can sign-on for the Eaglet Sport Program in Term 3. The purpose of the program is to provide students with additional opportunities to enhance their physical capabilities and general skills. Once details are finalised, parents and students will be notified.

Prep and Year 1 students will be able to sign on to a multi-skills sports program that will include running, skipping, throwing, catching and other FUNdamental movements. The program will begin in Week 5 and be held on a Thursday afternoon from 3.15 to 4.30pm. This program will run for six weeks.

Years 2 and 3 students will be able to sign on for either Soccer or Basketball in Term 3. Parents and students will be notified when program details are finalised.

Athletics Training Squad

The Junior TAS Athletics Training squad and schedule will be announced shortly. Over the coming weeks we are looking to develop our athletes through focussed training sessions revolving around technique development and specific event performance.

There is an expectation for students to participate in at least two sessions a week and to attend 80% of this requirement to receive recognition for Junior TAS athletics training. There will be multiple athletics training sessions throughout the week so students can choose the sessions that best suit their schedules.

Students participating in training will have the opportunity to record times and distances for consideration in final team selections.

Ipswich District Athletics Carnival – WestMAC Track Champions!

The Ipswich District Athletics Carnival was held last week at Limestone Park. Congratulations to all athletes on a successful day which saw WestMAC crowned *Track Champions* and finish in overall second place. A special congratulations must go to *Ashton Windolf* who was joint *12 Years Boys Age Champion*. Well done to the following students who all made the District Team:

- Cardiff Pond (100m, 200m)
- Mitchell Chardon (High Jump)
- Samuel Fothergill (800m)
- Ashton Windolf (200m, 800m, Long Jump, Multi)
- Ashton Marsh (200m, 800m, High Jump, Long Jump)



Congratulations to...

Congratulations to Rhys Stenzel for making the Queensland 10 to 12 Years Boys Hockey Team over the holidays. Rhys was one of three WestMAC representatives at the State Championships with Koby Delpaul and Martin Batten also having a great carnival. MetWest finished 5th overall. Rhys will now head to Adelaide in November for the Nationals as part of the Pacific School Games. Congratulations on an exceptional achievement, Rhys!



Left to Right - Koby Delpaul, Martin Batten and Rhys Stenzel together at the recent 10-12 Years Hockey State Championships

Robert Hillier - Head of Junior Sport Email: rhillier@wmac.com.au Email preferred contact method

Junior School Junior TAS

Mathematics

Just a reminder that students are welcome to attend tutorial sessions offered by the Mathematics Department in Term 3.

Click here to view the Term 3 Mathematics Tutorial Timetable (PDF 28k)

Phil Trezise - Head of Mathematics Email: ptrezise@wmac.com.au

Senior School Middle School

English

This term Year 8 students are undertaking an integrated Social Science and English unit on managing our coastal landscapes. An important aspect of their course is understanding the connection Indigenous Australians have to country. On Tuesday 18 July, Mr Des Crump presented an interesting and informative session to students. He spoke about how Indigenous Australians are connected spiritually and culturally to their land. In particular, he spoke about the many significant cultural sites across the Ipswich and Gold Coast areas. We would like to thank Mr Crump for his valuable presentation.



Donna Googe - Secondary Teacher Phone: 07 3813 4619 Email: dgooge@wmac.com.au

Middle School

2017 Early School Leavers survey

The Queensland Government is conducting its annual statewide survey of students who left school in Years 10, 11 and prior to completing Year 12 during 2016. The Early School Leavers survey is a short, confidential survey that collects information about what young people are doing the year after leaving school.

Between July and August, students who left school in Years 10, 11 and prior to completing Year 12 last year can expect to receive an invitation to complete a web-based survey or a telephone call from the Queensland Government Statistician's Office to complete the survey. If this applies to one of your children, please encourage them to take part. For more information, visit www.education.qld.gov.au/nextstep/ or telephone 1800 068 587.

Sue Stewart - Director of Curriculum Phone: 3813 4542 Email: sstewart@wmac.com.au

Senior School Junior School Middle School

Community Kindergarten



Choose from ten (10) delicious flavours - Order Now!

By popular demand, the Community Kindergarten is organizing a Billy G's Cookie Dough Fundraiser. Choose from 10 gourmet cookie dough flavours. Orders can be done online or with flyer available at Kindy. There's sure to be one flavour to satisfy any cookie lover! Carolyn Symonds - Director/Teacher, West Moreton Community Kindergarten Phone: 07 3813 4540 Email: csymonds@wmac.com.au

Senior School Junior School Middle School

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