



West Moreton
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Ipswich Queensland

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Edition 2, Term 4

From the Principal

World Teachers' Day 2017

World Teachers' Day is an opportunity to acknowledge our teachers and say thanks for the significant contributions they make to our students and in our communities.

Celebrated in more than 100 countries, World Teachers' Day was established by the United Nations Educational, Scientific and Cultural Organisation (UNESCO) in 1994 to recognise the role of teachers in society.

World Teachers' Day is held internationally on 5 October. As the day usually falls during school holidays, Queensland celebrates on the last Friday of October each year, today Friday 27 October.

On behalf of the WestMAC community, I commend the work of our teachers. One of the outstanding features of this community is the appreciation that our students and families express to me about the important work that our teachers do. So today, I offer our collective gratitude and thanks to all our teachers for their contribution to the development of our young learners.

Does practice make perfect?

In my address at last weekend's Music Awards Showcase, I highlighted both the importance and functional benefits of practice to developing the necessary skills, attitudes and performance standards. The underlying principle of practice is transferable to a range of other contexts - academic learning, dance and drama, sporting performance and more. Hence, I share an excerpt from my address here, and I hope that some of the points in this excerpt resonate and affirm the contributions made by many in the WestMAC community.

The concept of practice can sometimes raise tensions between parents and children. It can be frustrating to invest time and money into music lessons only to feel we are nagging our children to practice. Shouldn't they WANT to do it? And when they resist, or roll their eyes, are we 'pushing' them rather than letting them decide whether THEY want to engage with music or not? It's a conundrum because we know that to enjoy making music and to reap the many social, emotional, and academic benefits that flow from playing music, a level of competence is necessary. And no matter how much 'natural' talent a child might have, this competence will only come with practice.

It might help both parents and students to know that even great musicians have struggled with and found it challenging to be disciplined about practice. Amy Nathan is the author of *Beating Those Practice Time Blues*, and she describes how world-renowned violinist Joshua Bell had plenty of fights with his parents because he didn't want to practice. And believe it or not, Wynton Marsalis wanted to play basketball, not the trumpet.

Dr Phillip Rutherford is a composer, conductor and performer who teaches at Central Coast Conservatorium of Music Training and Education. He writes, "When children start learning a musical instrument, for most it is an activity and discipline unlike any other that they have tried. The results of learning a musical instrument are fantastic, although the work needed to achieve this is sometimes more than some children feel able to do. This is where the help of parents and the development of a regular practice routine can make the difference".

Helping children establish and stick to a routine, finding out what motivates our children, being constructively critical listeners, and helping them set goals are all ways we can help young musicians develop good habits. These are all great strategies. But there will be times when our parental role involves setting and enforcing expectations around practice. While some children seem to have a natural capacity to self-regulate, many others don't - or at least, not all the time. At these times, external regulation is needed. It's not always easy or enjoyable but over time, wise and well-judged moments of external regulation help children develop self-regulation or

self-discipline. Being self-disciplined is critical for young people to experience success and fulfilment in all domains of life, both at school and beyond.

In a 2005 study, Angela Duckworth and Martin Seligman found that “highly self-disciplined adolescents outperformed their more impulsive peers on every academic-performance variable, including report-card grades, standardized achievement-test scores, admission to a competitive high school, and attendance”. They also found that, “self-discipline predicted academic performance more robustly than ... IQ” and that self-discipline “has a bigger effect on academic performance than ... intellectual talent”.

This research suggests that "... society's emphasis on instant gratification may mean that young students are unable to delay gratification long enough to achieve ... competence" (McClure, 1986, p. 20). To experience the joy and benefits of making music in the longer term, learners will sometimes need to sacrifice short-term pleasures, choosing to stick to a practice routine rather than watching television, for example. One of the many benefits of WestMAC's music program is that it supports the development of our students' self-discipline and self-regulation, which has positive knock-on effects academically, socially, and emotionally.

References

Duckworth, A., & Seligman, M. (2005). Self-Discipline Outdoes IQ in Predicting Academic Performance of Adolescents. *Psychological Science*, 16(12), 939-944. Retrieved from <http://www.jstor.org/stable/40064361>

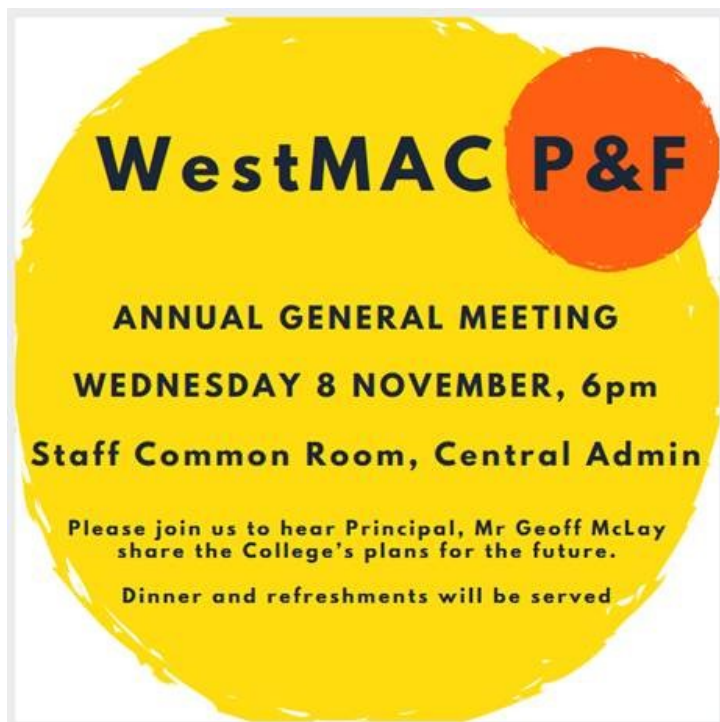
McClure, R.F. (1986). Self control and achievement motivation in young and old subjects. *Psychology: A Journal of Human Behavior*, 23(1), 20-2

Rutherford, P. (n.d.) The importance of establishing a regular practice routine. Retrieved from [www.http://centralcoastconservatorium.com.au/resources#Practice](http://centralcoastconservatorium.com.au/resources#Practice) at Home, 19 October, 2017.

Geoff McLay - Principal
Phone: 3813 4555

Whole School

WestMAC P&F



Whole School

Presentation Nights

Presentation Nights

Planning is underway for this year's Presentation Nights which will be held in the Lostroh Centre. Having these events at our own venue means that our seating capacity is enhanced. Please note it is an expectation that all students attend.

Please mark onto your calendars the following dates and starting times:

Senior School Tuesday 14 November (7.00pm start)
Middle School Tuesday 21 November (7.00pm start)
Junior School Thursday 23 November (6.30pm start)

Tickets are now available from the Middle and Junior School Receptions. Senior School families have been allocated two seats for accompanying parents/guardians. Please contact the sub-school Reception if you require additional tickets or need special assistance. If your child is unable to attend, you are required to forward apologies to the relevant Head of School.

We are inviting members of the College community to support our students through sponsorship of Presentation Night Book Prizes (each prize is valued at \$50). For more information or to make a donation towards the cost of subject prizes recognising academic success, please click here: <https://www.wmac.com.au/community/giving/book-prize-donation>

Janelle Lecinski - Deputy Principal
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Email: jlecinski@wmac.com.au

Junior School

Respectful relationships

This term the theme running through RAVE lessons, Assemblies and Chapel services looks at how we can foster respectful relationships with one another. This means the way that we speak to one another, act towards one another and the way that we talk about others.

Respect is an important part of healthy relationships, and everyone has the right to be respected. When we feel respected we feel safe and confident that the other person cares for us and our feelings.

When we respect each other everyone feels:

- comfortable making their own choices and sharing their ideas
- like others care about our feelings
- safe
- accepted
- like they can say what they think or feel without being put down or hurt in anyway
- that saying 'No' is accepted for an answer, and
- that they can make mistakes and still be accepted and respected.

We have been talking about what this looks like in the playground and what it is like to have great mates. These are the friends who let everyone have a go at choosing the game to play, include others, say sorry when things go wrong, help you out when you get hurt. Everyone likes to play with great mates because everyone feels safe and can have fun.

Sometimes we come across mean mates in the playground. These are children who tease, use put downs, blame others when things go wrong, boss you around and they might even hurt you. Students have been reminded that if someone is being a mean mate it is important for them to let the other person know that what they are doing or saying is not okay. Students can:

- remember to use the High Five
- find another game to play with other friends
- get some help from an adult.

If students come across a situation where the College's expectations are not being met, they are encouraged to respond in a way that helps to make our community a safe place and supports the College values including:

- stand by the person being bullied
- ask them to join your game
- tell the person who is being a mean mate to stop
- get help from an adult.

Junior School Reception

Parents are reminded that the opening hours for Junior School reception are 8am to 4pm. Parents phoning to notify the College of a student's absence are should telephone 3813 4549 and leave a brief message.

Class requests

College staff are already well into planning for next year and, as always, are receptive of parent and guardian input. If you have a special class request for your Junior School child/ren, please contact Ms Kirsten Mullan via email by Friday 10 November.

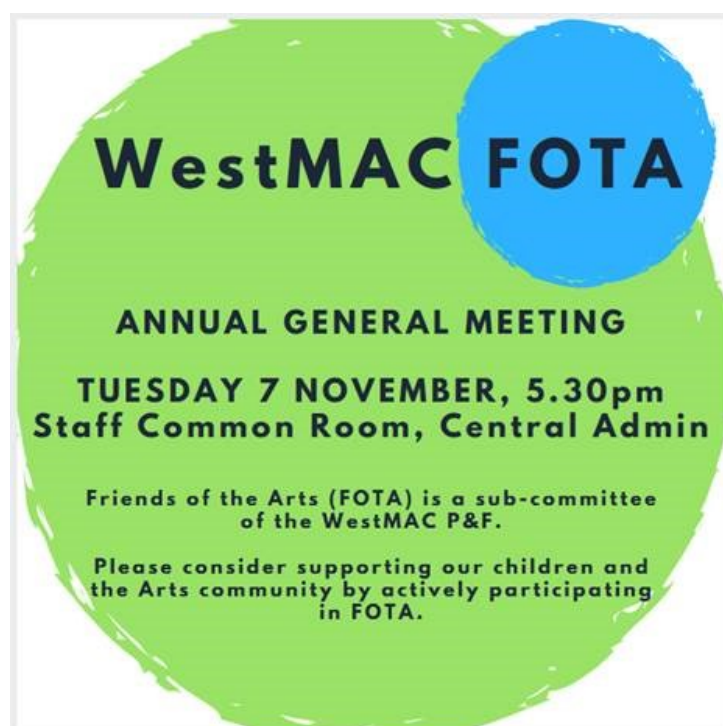
Kirsten Mullan - Head of Junior School

Phone: 3813 4549

Email: kmullan@wmac.com.au

Junior School

WestMAC FOTA



Whole School

Transport Assistance Scheme applications closing soon

The Non-State Schools Transport Assistance Scheme (NSSTAS) Semester 2 applications for student travel rebates is now open on-line with applications closing on Tuesday 31 October.

The Bus Fare Assistance Program (BFAP) is accessible by families with children attending schools outside the Brisbane

City Council (BCC) boundary only. The weekly family threshold for Semester 2 2017 is \$25 (\$20 for concession card holders).

To check your eligibility and apply visit www.SchoolTransport.com.au

Whole School

Uniform Shop

Uniform Shop Opening Times – School Days only

Day	Term 4
Monday	8am to 3.30pm
Wednesday	8am to 3.30pm
Friday	8am to 3.30pm

The Uniform Shop will be open on Saturday 25 November 2017 from 9am to 2pm and will cease trading for the year on Wednesday 29 November 2017 at 3.30pm. To avoid the January back-to-school period and stock shortages it is strongly recommended that you consider organising your 2018 uniform requirements this year.

For information about 2018 back-to-school including opening times please refer to the 'Uniform Shop Back-to-School 2018' document in the Uniform Shop section on the College website.

Secondhand cut-off date

Please note that proceeds for secondhand items left at the Uniform Shop after Wednesday 22 November 2017 will not appear on Parent Fees' Account until Term 2 next year. Secondhand items will not be processed between Wednesday 22 November 2017 and Monday 5 February 2018. Please do not leave items during this period.

Blazer Pockets

The blazer pocket embroidery schedule for the remainder of the year:

Pocket required for:	Request at Uniform Shop by:	Pocket Available from:
Senior Presentation Night Tuesday 14 November	Monday 6 November	Monday 13 November
Middle Presentation Night Tuesday 21 November	Monday 13 November	Monday 20 November
Start of 2018 & 2018 Leaders Induction	Wednesday 29 November	Monday 18 January 2018

2018 Book and Stationery Packs

- The Uniform Shop does not organise the book and stationery packs. The shop only sells the items on the lists that are indicated as being available at the College Uniform Shop.
- The 'Student Wall Planner' and/or 'Red Tick Study Planner' that are on the Years 7 and 11 lists are not required.
- Years 7, 8 and 9 students can have a small or large satchel. The small satchels are \$16.00, not \$14.00 as listed.
- The 'WMAC HPE Navy Polo Shirt' required for Dance student is the old sport polo. This polo can only be worn until the end of next year. Students can purchase a new 'HPE House Polo'.

Uniform Shop January 2018 Opening Times

8	Monday	8.30am to 12noon	to Normal trading
10	Wednesday	8.30am to 12noon	to Normal trading
12	Friday	8.30am to 12noon	to Normal trading
13	Saturday	8.30am to 12noon	to Normal trading
15	Monday	7.30am to 3.30pm	to Normal trading
17	Wednesday	7.30am to 3.30pm	to Normal trading
18	Thursday	7.30am to 3.30pm	to Normal trading
19	Friday	Closed for normal trading – appointments only	
20	Saturday	7.30am to 12noon	Normal Trading
22	Monday	7.30am to 3.30pm	to Normal Trading - Year 7 & 12 Orientation
23	Tuesday	7.30am to 3.30pm	to Normal trading - School commences
24	Wednesday	7.30am to 3.30pm	to Normal trading
25	Thursday	Closed	
26	Friday	Closed	Public Holiday – Australia Day
29	Monday	7.30am to 3.30pm	to Normal trading
31	Wednesday	7.30am to 3.30pm	to Normal trading

Glenda Boike - Uniform Shop Convenor
Phone: 3813 4533
Email: uniforms@wmac.com.au

Whole School

Sports Presentation Night

The 2017 Sports Presentation Evening will be held on Friday 3 November at the Lostroh Centre from 5.50pm. Students who are receiving an award for Junior TAS Sport or Representative Sport in 2017, and their families, are invited to join the WestMAC Sports Department for the Sports Presentation Evening. Parents of these Junior School students should have received an email with the relevant information. Please RSVP to Mrs Karen Gough via email kgough@wmac.com.au by Friday 27 October.

TAS Sport 2018

Information regarding Pre-season for Trimester 1 has been sent to families and students. Please be aware that we are trying a different format of training sessions. All sports will have a set pre-season and in-season. The amount of training has not increased, except for extra sessions for Girls Touch Football and Boys Rugby Union. Our new format will maintain the current (approximately) 20 training sessions per season; eight sessions for pre-season (approximately one a week), a 2 hour Saturday training clinic and 10 sessions (approximately one a week) within the TAS season.

These changes have been put in place to manage student physical workload, prepare for the upcoming sport season and hit the ground running from the first match, and to allow the major three carnivals of Swimming, Cross Country and Athletics more opportunity to have student involvement at training. Any Strength and Conditioning training completed in the strength training centre in a student's own time and not part of an official TAS training session, is completely voluntary and for their own physical and athletic development.

The TAS training timetable for Term 4:

Activity	Year Levels	Training Day	Times	Location
TAS Girls Basketball	Years 6 to 9	Monday	3.15 to 4.30pm	Keswick Road Courts
	Years 10 to 11	Thursday	6.30 to 8am	
TAS Boys Cricket	Years 6 to 11	Monday	3.15 to 4.30pm	Main Oval
TAS Girls Tennis	Years 6 to 8	Monday	7 to 8am	Senior Courts
	Years 9 to 11	Thursday		

TAS Boys Volleyball	Years 6 to 8	Monday	6.45 to 8am	Keswick Road Courts
	Years 9 to 11	Monday	3.15 to 4.30pm	
TAS Swimming	Years 6 to 11	Monday	7 to 8am	College Pool
		Tuesday		
		Wednesday		
Strength & Conditioning	Years 7 to 12	Monday	6.30 to 8am, 3.15 to 4.30pm	College Strength Training Centre (old Manual Art Shed behind Senior School, please use Senior school drop off/pickup)

Congratulations to...

Maddisen Clausen (Year 7) is currently competing in the Challenge of the Nations Netball tournament, as part of the Island Nations Netball – Indigenous Australian Team 2017. Other teams representing at this tournament include Fiji, Tonga, Paupa New Guinea, Cook Islands, Nieu, Samoa Tokelau, New Zealand Maori. Out of all of Indigenous Australia, Maddisen has made the top 20 Under 13 girls. Maddisen has also made the Queensland Murri team in which she will compete against other states and territories in January 2018. Well done on this achievement Maddisen!



Mathew Ellis - Head of Sport
 Phone: 3813 4546
 Email: mellis@wmac.com.au

Junior TAS

Junior TAS pre-season Training – Hockey, Cricket and Swimming

Junior TAS pre-season training is currently underway. Students in Years 3 to 5 are able to participate in the following training sessions:

Activity	Location	Year Levels	Day	Time
Junior TAS Hockey	Upper Junior Oval	Years 3 to 6	Tuesday	6.45 to 8am
Junior TAS Cricket	Main Oval	Years 3 to 6	Tuesday	6.45 to 8am
Junior TAS Swim Squad	College Pool	Years 3 to 6	Monday, Tuesday & Wednesday	7 to 8am

Please ensure you have given your child/ren permission to participate via the Parent Portal.

Robert Hillier - Head of Junior Sport
 Phone: 3813 4534
 Email: rhillier@wmac.com.au

Junior TAS

Football Excellence Program 2018

The Football Excellence Program is being revamped with an updated program planned for 2018. An exciting affiliation with Western Pride has been confirmed. There is an information session for current, new and prospective families on Monday 6 November in the Lostroh Centre at 6.30pm. Further information to follow regarding trials for classes in 2018.

Donna Doolan - Head of Department - HPE
 Phone: 3813 4514
 Email: ddoolan@wmac.com.au

Whole School

Creative Arts and Extra-curricular Programs



Term 4 Extra-curricular events

Fri 27 Oct	Prestige Music Festival (Big Band) - Calamvale
Sat 28 Oct	Dance Concert (including Big Band) - Ipswich Civic Centre
Tues 31 Oct	Studio & Small Ensemble Recital No 4 - MD13 - 6.30pm CANCELLED
Wed 1 Nov	Year 9 & 10 Solo Recital – MD12/13 - 6.30pm
Tues 7 Nov	FOTA AGM - Staff Common Room - 5.30pm
Thurs 9 Nov	Years 5 and 6 IP Concert set up and rehearsal - Lostroh Centre - period 4
Thurs 9 Nov	Years 5 and 6 IP Concert - Lostroh Centre - period 5

What an amazing fortnight we are having in the Creative Arts. Our musicians have been competing in the Silkstone Vocal Eisteddfod and Prestige Music Fest, with more to come, and performing at the annual Music Awards Showcase. Meanwhile, our dancers are in the final stages of preparation for the annual Dance Concert at the Ipswich Civic Centre. As ever, our young performers are covering themselves with glory every time they step on stage.

Prestige Music Fest

Symphonic Band performed at Prestige last Thursday evening in the A Grade Concert Band section and achieved a Gold Award for their outstanding performances of the musically and technically challenging *With Every Sunrise* and *Gael Force*. On Friday evening, Performance Band competed at Prestige in the Middle School Concert Band section and brought home a Platinum Award, the highest possible, for their masterful performances of *Where the Sun Breaks Through the Mist*, *The Legend of the Mountains* and *The Legend of Tizona*. The adjudicator also made special presentations to two Performance Band players; Carl Flottmann and Tinashe Mapfumo, for their brilliant individual performances and musical leadership. Well done to our musicians for a fantastic achievement. We wish Big Band well as they head to Prestige tonight.

Silkstone Vocal Eisteddfod

Our Years 5 to 6 choir, Bella Voce, competed at the Silkstone Vocal Eisteddfod in the Junior Choir and Junior Sacred Choir sections, securing Gold Awards in both. Well done to Bella, accompanist Mr Bruce Ramm and Mrs Michelle French on a stellar achievement.

Music Awards Showcase

On Sunday afternoon, an enthusiastic Lostron Centre audience were treated to a program of wonderful performances by all College music ensembles at the annual Music Awards Showcase. With many of the groups fresh from their recent competition successes, the quality of the performances was first class. There was also the opportunity to recognise the achievements of students in our individual tuition studio program and the contributions of our ensemble conductors, visiting tutors and student leaders. WestMAC Friends of the Arts supported our performers and raised \$753 with the raffle to further support Creative Arts programs at the College.

Dance Concert

This Saturday our dancers will grace the stage of the Ipswich Civic Centre for what promises to be a thrilling end-of-year concert. With a string of outstanding successes at regional eisteddfods and competitions behind them, WestMAC Dancers are primed for a brilliant finish to the year. Musicians from the College Big Band will also be there to entertain the crowds in the foyer prior to the evening performance. All the best to Miss Erin Judd and her team for what will undoubtedly be a great night in the theatre.

Our musicians and dancers will then be preparing for performances at the three sub-school Presentation Nights in November, bringing to a close an incredibly vibrant and artistically rewarding year for all.

Equestrian

Our national representative riders will be recognised for their achievements this year at the annual Sport Presentation Night next Friday 3 November. Planning is already underway for what is shaping up as an equally successful 2018 Equestrian season.

Neil Flottmann - Director of Creative Arts and Extra-curricular Programs
Phone: 3813 4592
Email: nflottmann@wmac.com.au

Whole School

Careers

News from QUT (Queensland University of Technology)

Advice for students when they know their OP

Students can talk to QUT staff and students about their study options after they know their OP or selection rank at the [Real Decisions event](#) on Tuesday 19 December, Gardens Point campus. Experts will be on hand to give advice about gaining entry to QUT, upgrading pathways, accommodation, career planning, financial support and more.

See the work of creative industries graduates

Teachers, students and families are invited to [Kaleidoscope](#)—a series of graduate showcase exhibitions, performances and informative events, covering creative practice, communication and design courses until Thursday 30 November.

Reminders for students

Applications for the [QUT Vice-Chancellor's Scholarships](#), both academic and elite athlete, close Friday 17 November. Year 11 students wanting to participate in [START QUT](#) in Year 12 must apply by Tuesday 31 October. Students planning to study at university in 2018 will need to apply for a [tax file number](#) if they don't already have one. Apply early as they can take 28 days to process.

Education suitability statement deadline

Students applying for [education courses](#) must complete the written statement before the QTAC documentation due dates. To be considered in the Thursday 21 December or Tuesday 16 January (major) offer rounds, students must submit their statement by Friday 8 December. Further details including the selection guidelines and a video explaining the requirement are available on the [QTAC website](#).

Changes to creative industries courses

Students now have even more options with [reviewed and updated creative industries courses](#) offered in 2018.

Scholarships and other opportunities in business and technology

Scholarships often provide advantages in addition to financial support, such as work experience and access to professional networks. Find out more about the opportunities with [QUT business scholarships](#) and the [Westpac Young Technologists Scholarships](#).

Educational Access Scheme and disability support

Students who have experienced difficult circumstances are encouraged to apply for the [Educational Access Scheme](#) via their QTAC application, and may receive an OP/rank adjustment and possible financial support. [Students with a disability, injury or health condition](#) who are planning to study at QUT can contact our disability advisers to discuss support options or find out more on the website.

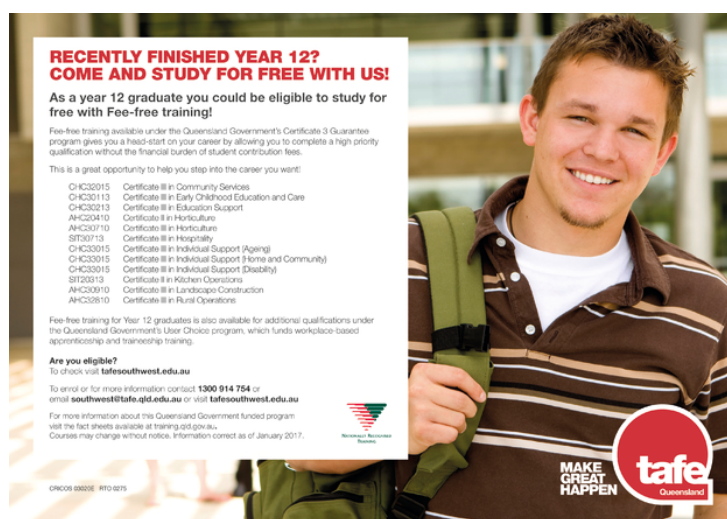
Hot tips for students

Students can check out QUT's [After QTAC website](#) to find out more about how students are chosen, when offers are made and what to do to get ready for uni. They also have advice about [coming to QUT after you've deferred](#), and students moving to Brisbane for uni can check out our [accommodation service and advice](#).

QUT real-world experiences and holiday activities

AdSpace, the competition that gives high-school students the chance to pitch an advertising campaign to a real-world client, is returning next year on Friday 20 July 2018. The Faculty of Law has developed an [activity with the Queensland Sentencing Advisory Council](#) for visiting high school students, allowing them to apply legal knowledge in an interactive way. In January the QUT Art Museum and the Cube will offer a [holiday program with free activities](#) to suit everyone from the tech-inclined to fans of good old fashioned art making.

Tafe Queensland



**RECENTLY FINISHED YEAR 12?
COME AND STUDY FOR FREE WITH US!**

As a year 12 graduate you could be eligible to study for free with Fee-free training!

Fee-free training available under the Queensland Government's Certificate 3 Guarantee program gives you a head-start on your career by allowing you to complete a high priority qualification without the financial burden of student contribution fees.

This is a great opportunity to help you step into the career you want!

CHC2015	Certificate III in Community Services
CHC2013	Certificate III in Early Childhood Education and Care
CHC2013	Certificate III in Education Support
AHC2040	Certificate III in Horticulture
AHC2070	Certificate III in Horticulture
SHS0719	Certificate III in Hospitality
CHC3015	Certificate III in Individual Support (Ageing)
CHC3015	Certificate III in Individual Support (Home and Community)
CHC2015	Certificate III in Individual Support (Disability)
SHS2013	Certificate III in Kitchen Operations
AHC20910	Certificate III in Landscape Construction
AHC20910	Certificate III in Rural Operations

Fee-free training for Year 12 graduates is also available for additional qualifications under the Queensland Government's User Choice program, which funds workplace-based apprenticeship and traineeship training.

Are you eligible?
To check visit tafesouthwest.edu.au

To enrol or for more information contact **1300 914 754** or email southwest@tafe.qld.edu.au or visit tafesouthwest.edu.au

For more information about the Queensland Government funded program visit the fact sheets available at training.qld.gov.au.

Courses may change without notice. Information correct as of January 2017.

CHC09 02016 #10 0215

MAKE GREAT HAPPEN

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Queensland

Kym Hayes - Career's Advisor
Phone: 3813 4631
Email: khayes@wmac.com.au

Senior School

First Aid course

A First Aid course for all interested parents has been booked for Sunday 5 November from 8am to 4pm.

- Provide First Aid - \$115.00 per person. Provide First Aid participants are required to complete our easy workbook prior to the training date.
- Provide First Aid refresher - \$95.00 per person. To be eligible for Provide First Aid refresher the participant must have a current provide First Aid certificate or one that has only expired within two months of the training date.
- Provide Cardiopulmonary Resuscitation (CPR only) - \$50.00 per person

Please contact Carolyn Symonds if you would like to attend one of these courses.

Carolyn Symonds - Director/Teacher
Phone: 3813 4540
Email: csymonds@wmac.com.au

Whole School