



West Moreton
Anglican College
Ipswich Queensland

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Edition 3, Term 1 2018

Principal

Amy Morin is a psychotherapist at Northeastern University, Boston. In her book, *13 Things Mentally Strong Parents Don't Do* (2013), Morin aims to support parents to raise strong, confident children who will mature into capable adults by alerting us to some parenting practices we should try to avoid:

1. Condoning a victim mentality: Rejection, failure and unfairness are part of life. Don't feed self-pity, but teach children that no matter how difficult or unjust the situation is, they can always take positive action.
2. Parenting out of guilt: Giving in to guilt teaches children that we can't cope with it. Children (and adults!) need to be able to say no when appropriate so they can make wise decisions ("If you loved me, you'd do this"; "If you were my friend, you'd let me copy your homework") and take care of themselves.
3. Making children the centre of the universe: If our lives revolve around our children's, they grow up thinking it's normal. Self-absorbed, entitled adults make poor partners, employees and members of the community.
4. Allowing fear to dictate choices: We all want to protect our children, but if we don't let them take age-appropriate and responsible risks, they learn that fear must always be avoided. Instead, teach them courage by helping them to face fear and step outside their comfort zones.
5. Giving children power over them: If children dictate what is for dinner or how leisure time is spent, they are being given more power than they are developmentally capable of handling. Treating children like equals robs them of mental strength. Instead, allow them age-appropriate choices that still maintain parental authority. We need to teach children to follow instructions, eat things they don't like, hear things they don't want to hear and do things they don't want to do.
6. Expecting perfection: High expectations are healthy, but expecting perfection is not. It's ok to fail and completely normal not to be the best at everything. Help children strive to become the best version of themselves, not the best at everything. This instils self-worth that is not dependent on how they measure up to others, real or imagined.
7. Allowing children to avoid responsibility: Sometimes it's easier to do things ourselves than to ensure children do their chores (e.g., unpacking a lunchbox, making a bed, putting their toys away). And sometimes we give into the temptation of letting our children be carefree. But doing age-appropriate tasks at home doesn't burden children; rather, it gives them the mental strength to be good citizens, partners and parents.
8. Shielding children from pain: Hurt feelings, sadness, and anxiety are part of life, and experiencing painful feelings gives us the chance to learn how to tolerate discomfort. Children need guidance and support to deal with pain so they can handle life's inevitable hardships.
9. Feeling responsible for children's emotions: When we pander to sadness and tantrums, we unwittingly take responsibility for regulating our children's emotions. However, children need to develop emotional competence; that is, learn to manage their own feelings. Proactively teaching children healthy ways to cope with emotions so they are not dependent on others to do it for them.
10. Preventing children from making mistakes: Natural consequences are some of life's greatest teachers! Let children mess up sometimes (e.g., forgetting their homework or PE gear) so they can learn from their mistakes and become stronger and wiser.
11. Confusing discipline with punishment: Punishment is about inflicting suffering; discipline is about teaching

children to do better in future and make good choices. Imposed discipline leads to self-discipline, and consequences should help children develop the self-discipline to make better choices.

12. Taking shortcuts to avoid discomfort: Giving in to whining or a tantrum might make our lives easier in the short term, but it is not good for our children in the long term. We need to model delayed gratification and show children we can resist tempting shortcuts. This helps our children become strong enough to persevere when it's tempting to give up.
13. Losing sight of their values: The demands of day-to-day life sometimes cause us to lose sight of the big picture. We need to make the effort to ensure our priorities reflect the things we really value in life, like family time, intellectual and spiritual curiosity, and a desire to be the best version of ourselves.

Morin's advice reminds us that a confident, strong-minded child is not one who never experiences sadness, disappointment and hurt. Rather, instilling mental and psychological strength makes children resilient to and helps them cope with setbacks, anxiety and fear so they can reach their potential. Morin's advice is also salient for teachers and other care-givers.

Source:

Morin, A. (2017). Mentally strong kids have parents who refuse to do these 13 things. Parent Co. <https://www.parent.com/mentally-strong-kids-have-parents-who-refuse-to-do-these-13-things/>
Accessed 1 March, 2018.

Whole School

Senior School

Go the Blues

Congratulations is extended to Lawson House, who this week took out the trifecta. They were successful in winning the Intercourse Cross Country carnival, the Ball Games competition and the House Spirit cup.

Despite the soggy conditions the Cross Country Carnival was a successful event, with the students showing great house spirit. Well done to all those students who attended and participated on the day.



Service Learning

A couple of times each year I mention Service Learning at WestMAC. This is because we recognise the importance of serving others as part of the education of our young people. In fact, the Senior School Philosophical Statement makes explicit reference to the notion of fostering servant-leadership in our students.

Some of the recognised benefits of service are:

- Assists in building confidence, resilience and respect
- Teaches compassion, empathy and tolerance
- Can lead to increased academic outcomes due to the sense of connectedness with the community
- Significant contributor to happiness

Further, Anglican dioceses throughout Australia believe Anglican schools should participate in God's call to serve the world.

Consequently, the students in Year 10 and Year 11 are required to complete a minimum of seven hours of service per semester. There is a document within the Student Portal that needs to be filled out once the students have completed their required hours, and submitted to their House Coordinator.

Importantly, any student in Year 11 who wishes to apply for a leadership position in 2019 must have completed both their Year 10 hours (14 in total), plus this semester's hours. If you have any queries or concerns with regards the College expectations please make contact with your son or daughter's House Coordinator.

Paul Alcorn - Head of Senior School

Phone: 3813 4560

Email: palcorn@wmac.com.au

Senior School

Middle School

As we reach the middle of term, you may be observing some changes in your overall daughter or son's behaviour and wellbeing. In casual terms we've reached the 'hump' of a long term that sees pressure from various contexts building for our students. I'm sure many of you may have seen signs of this at home, so please know that this is normal and you are not alone. Each of our students respond to these increasing demands in different ways. Some may be well prepared and focused, whereas others are feeling somewhat behind and needing to complete some much needed detailed revision. Regardless, it is important that at the end of term, students feel like they have made the most of their opportunities to excel and feel proud in the results both in and out of the classroom.

Whether it be in academics or as our Year 9s prepare to set off on their camp, it is important that students remain resilient. Challenges lie ahead, but it is my hope that in partnership we continue to encourage and provide the opportunity for each girl and boy to be the best they can be. Many students may feel somewhat anxious but it is important that they engage in the learning opportunities provided to build a sense of accomplishment and success.

Finally, as we reach the end of February I need to ask how each student's New Year's Resolutions are going as statistics show that by the end of this month 80% will have given up. Midway through the term, it may be a worthwhile time to discuss how your daughter or son is managing their academic and co-curricular areas and offering them support in achieving their goals.

Lost Property

Here in the Middle School we have an eruption of hats on a weekly basis. It's important if a hat goes missing that they see Mrs Watt in reception. Please make sure that hats are clearly named for identification. If they aren't claimed after a week, they're put in the general lost property area. Thank you.



John O'Sullivan Williams - Head of Middle School
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Email: josullivanwilliams@wmac.com.au

Middle School

Junior School

Cybersafety

This week at Assembly Mr Caldwell spoke to Years 4 to 6 students around the topic of cybersafety. The key messages for students were as follows:

- WestMAC's position is that students in the Junior School should not have social media accounts. This is in line with the official age requirements for various social media platforms, most of which require users to be at least 13 years of age
- We would prefer that students did not bring their smart phones or internet-enabled devices to school at all
- In accordance with our Junior School policy, students who do have a phone at school (for use when travelling on the bus), must ensure that it is turned off and in their bag or given to their teacher during the school day
- Keep online interactions positive – there are so many great things you can do on the internet, so don't spoil it!
- Be open and honest with parents about what they are doing online – parents are there to protect children, not to stop them from having fun
- Students are encouraged to let a parent or a teacher know if they have experienced anything online that concerns them
- Students are encouraged to think about their digital footprint – what is posted online is there forever and may have an impact on life in the future

Given the importance of assisting our children to safely navigate the cyber-world, the Anglican Schools Commission has engaged Brett Lee from Internet Education and Safety Services (INESS) to develop a series of online course for parents. Brett has 22 years of experience as a police officer, including 16 years as a detective and 5 years as an undercover investigator in the online world.

I strongly encourage all families to take this opportunity and to engage with these user-friendly and practical resources that will equip you with information and skills to assist your children to safely navigate the online world.

These courses can be accessed using the link and using the password below:

<http://cybersafe.ascqld.org.au/>

Login password: westmac

Kirsten Mullan - Head of Junior School
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Junior School

Director of Curriculum

ICAS Competitions

ICAS International Competitions, also known as the University of NSW Australian Schools Competitions, will occur again in 2018. I draw your attention to information on the Parent Portal which explains what tests are available, the year levels for which they are applicable and the cost. Please note that all entry fees are to be paid online at the time of selection prior to 3pm Thursday 29 March.

Sue Stewart - Director of Curriculum
Phone: 3813 4542
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Whole School

Chaplaincy

By the time you read this, there will only be 3 weeks until 'World's Greatest Shave.'

This is The Leukaemia Foundations' 20th Anniversary of running this incredible fundraiser for those living with, or supporting those with blood cancers. I really want us, as a College, to be at the forefront of that fundraising. Some of us will shave our heads, some of us will colour or cut our hair. You may, or may not choose to be part of that but you can all choose to sponsor the team. Our team is down as WestMAC and we're hoping, with your support, to raise a huge amount of money. We also have a signed Reds Jersey to raffle. Wouldn't you love to have a chance to have that amongst your memorabilia, all for the price of a few \$5 raffle tickets?

I can't stress enough how important I feel it is to have our students become responsible global citizens, who see themselves as part of the solution and actively and compassionately work towards making a difference while they're at school and after they graduate. For some, this desire to make the world a better place for everyone may spring from their faith and the values engendered by those beliefs. For others, it may just be from a strong sense of social justice and the belief that each human life is of worth.

Obviously, for many people of faith, those ideals are also integral to their belief in God. In a way the "why" isn't as important as the "how." How do I make a difference? How do I live out my life so that I'm valuing all people as worthy of love, compassion and justice? How can I actively seek to channel those beliefs outward? I'm sure you'd like me to tell you how.

Or perhaps you'd find it extremely annoying if I tried to, but the fact is, it's something we have to work out for ourselves.

The way in which I practice those values, (call them Christian values if you like, although they're certainly not exclusive to Christianity) will be something only you can decide but I do think that each of us needs to give this matter some serious thought and then, undertake some sort of action too.

If you're looking for a short-term, one-off, easy to act on method, please feel free to sponsor a member of the WestMAC WGS team and/or buy some rugby jersey raffle tickets.

Blessings
Julie

Rev'd Julie Craig-Leaves - Chaplain
Phone: 3813 4630
Email: jcraingleaves@wmac.com.au

Whole School

Sport

TAS Sport

We have had yet another rained out sporting round across the association over the past week. This weekend's forecast is much more promising with warmer conditions expected. This Saturday is our final home game for the Trimester 1 season. WestMAC is hosting St Columban's College. All supporters are welcome.

Results and Ladders can be found on <http://www.theassociatedschools.com.au/ladders/>

Junior TAS Sport

Our Junior hockey and cricket players are keen and eager to take the field this week after a washout last round. In the previous round there were some outstanding results on the field, particularly with hockey:

Junior TAS Cricket Results

WestMAC White Year 4 WestMAC White 7/80 Redeemer 6/92
WestMAC Red Year 5 WestMAC Red 10/63 Canterbury 2/46
WestMAC Navy Year 5 WestMAC Navy 11/72 Canterbury 3/67
WestMAC Gold WestMAC Junior Open Gold 88 ? Canterbury 5/89

Junior TAS Hockey Results

Year 4 Red WestMAC Red 18 defeated Rivermount 0
Year 4 Navy WestMAC Navy 9 defeated Canterbury 4
Year 5 WestMAC 6 defeated Canterbury 0
Year 6 Red WestMAC Red 5 defeated Canterbury 2
Year 6 Navy WestMAC Navy 8 defeated Canterbury 3

Good luck to all teams for the remainder of the season. Information regarding the draw, times and playing venues are available on the College App and Facebook.

Interhouse Cross Country Carnivals

The 2018 Interhouse Cross Country Carnivals for both Secondary and Junior School were held this week. Despite the soggy conditions, our runners toughed it out and demonstrated strong House spirit, competitiveness and sportsmanship in the process. A summary of the final results for these carnivals is included below.

SECONDARY SCHOOL CROSS COUNTRY

Middle School Overall Shield

1. Paterson 1470 points
2. Wright 1401 points
3. Lawson 1329 points
4. Gilmore 1090 points
5. Mackellar 1059 points

Middle School All Ages Relay – Mackellar

Senior School Overall Shield

1. Lawson 1252 points
2. Paterson 1220 points
3. Wright 1180 points
4. Gilmore 1124 points
5. Mackellar 1066 points

Senior School All Ages Relay – Gilmore

Fastest Time Female : Ella Lane, 10min 35 sec.

Fastest Time Male : Alexander Gough, 8min 47 sec.

AGE CHAMPION PLACINGS

12 Years Girls

1. Holly Gorroick
2. Bella Johnstone
3. Emma Connelly

12 Years Boys

1. Samuel Fothergill
2. Liam Donovan
3. Ashton Windolf

13 Years Girls

1. Amy Matthews
2. Jasmine Wallace
3. Aliesha Sartor

13 Years Boys

1. Cardiff Pond
2. Jai Cuthbertson
3. Elijah Zambra

14 Years Girls

1. Ella Lane
2. Piper Adams-Jones
3. Lily Smith

14 Years Boys

1. Angus Kennedy
2. Jonte Delpaul
3. Zachary Presneill

15 Years Girls

1. Camryn Novinetz
2. Zahley Kennedy
3. Keeley McNamara

15 Years Boys

1. Zac McCoombes
2. Jake Patrick
3. Baydn Pond

16 Years Girls

1. Lauren Bray
2. Talicia Canty
3. Emily Peters

16 Years Boys

1. Lachlan Pomerence
2. Jordan Lane
3. Wilkin Kebbell

Open Years Girls

1. Tameeka Catterall

2. Annie McGuire
3. Clare Bergmans

Open Years Boys

1. Alexander Gough
2. Harry Wilson
3. Frank Kabalu

JUNIOR SCHOOL CROSS COUNTRY

Junior School Overall Shield

1. Lawson 1452 points
2. Wright 1318 points
3. Mackellar 1270 points
4. Paterson 1232 points
5. Gilmore 1144 points

Junior School All Ages Relay – Wright

Junior School House Spirit – Wright

Fastest Time Female: Charlotte McDowell, 6min 37 sec.

Fastest Time Male: Ashton Marsh, 6min 26 sec.

AGE CHAMPION PLACINGS

Prep Girls

1. Ivy Walsh
2. Sophie Sinclair
3. Annika Clements & Grace Turner

Prep Boys

1. Fletcher Lever
2. Kyan Mantell
3. Harrison Jones

Year 1 Girls

1. Zami Rockley
2. Annabelle Halyday
3. Laura Kahler

Year 1 Boys

1. Nate Howie
2. Owen Mitchell
3. Harrison Killen

Year 2 Girls

1. Mikaela Learoyd
2. Lottie Jefferd
3. Aurora Bayley

Year 2 Boys

1. Liam Clark
2. Flynn Sutherland-McManus
3. Finn Deane

8 Years Girls

1. Molly Lane
2. Hayden Elvy
3. Isabelle Lever

8 Years Boys

1. Matthew McGuinness
2. Jacob Cox
3. William Johnson

9 Years Girls

1. Charlotte Sullivan
2. Emmerline Maron
3. Natalie Taylor

9 Years Boys

1. Taylor Malone
2. Zayden Gallagher
3. Caleb McLellan

10 Years Girls

1. Emily Cox
2. Monique Doyle
3. Audrey Mitchell

10 Years Boys

1. Jared Sherlock
2. Harrison Purvey
3. Hugo Kellen

11 Years Girls

1. Genevieve Wallace

2. Kayla Moore
3. Stephanie Taylor

11 Years Boys

1. Ashton Marsh
2. Jake Malone
3. Noah Rider

12 Years Girls

1. Charlotte McDowell
2. Laura Brown
3. Mia Gibb

12 Years Boys

1. Blake Thomas
2. Samuel Smit
3. Zachary Prior

Junior TAS and TAS Swimming Team

The Junior TAS and TAS Swimming Team will shortly be named. Students who have made the Team are encouraged to attend as many training sessions as they can. Training is on Monday, Wednesday and Friday morning from 7am to 8am at the College Pool, with Friday's session compulsory for all swimmers. Students are reminded to see Mrs Fiona Stephen, Mrs Terry McGuire and/or Mr Paul Alcorn to have their name marked on the roll.

TAS and Junior TAS Sport Sign On and Training

Our sign on for sports this year has changed. We ask that parents/guardians discuss with their student what sport they are wanting to participate in and then parents/guardians are to complete the permission form emailed at the beginning of the year to both families and students or students can pick up a hard copy from Sports Reception. These permission forms will then need to be returned to Sports Reception as soon as possible. These will provide the Sports Department with lists of students that are interested in playing each of the sports on offer during the year.

Communication of Sporting Information

All sporting draws, representative calendars and training timetables are available on the College App in the Sport section. These documents will be updated throughout the year. Any significant changes will be noted and communicated. Apart from this section in the newsletter, sporting information is also passed on or can be accessed in a number of other ways:

- College App
- Facebook Page - West Moreton Anglican College Official
- Daily Notices which are read to students each morning
- Sports noticeboard at the Lostroh Centre as well as other noticeboards around the College, particularly in each sub school.
- Sports Reception - (07) 3813 4534, or in person in the Lostroh Centre.
- Via email to mellis@wmac.com.au (Head of Sport), rhillier@wmc.com.au (Head of Junior Sport) Wherever possible, emails to parents will be utilised where appropriate for the updating of information.

Please note that the Sports Department will be utilising the WestMAC College App for the passing on of messages and notifications into the future. If you have not recently updated or downloaded this App, we encourage all College community members to do so.

Congratulations to...

The following Swimmers who recently competed at the Metropolitan West Regional Swimming Championships. They have been selected to take part in the upcoming Queensland School Sport State Swimming Championships.

- 10-12 years: Emily Cox, Bryce Joiner, Charlotte McDowell, Harry McDowell, Ethan Ramsay, Cooper Windolf.
- 13-19 years: Gracie Albion, Lilli Albion, Mitchell Chardon, Jake Isarasena, Jordan Lane, Amy Matthews, Zachary Presneill, Elliott Roll, Tabetha Silcock, Reece Venzke, Hannah Wheelhouse, Olivia Williams.

We wish our College swimmers the best of luck in their preparations for these Championships.

The following Athletes competed at the Queensland Junior Athletics Championships and achieved the following results:

- Annie McGuire won Gold medals in the Under 20 and Under 18 womens Long Jump, Silver in the Under 18 womens 200m sprint and Bronze in the Under 18 womens 100m sprint.
 - Camryn Novinetz won a Silver medal in the Under 18 womens 3000m Race Walk.
 - Madison Wells won a Gold medal in the Under 17 womens Long Jump.
 - Alexander Gough won a Gold medal in Under 18 mens 2000m Steeplechase.
 - Ryan Stewart won a Silver medal in the Under 17 mens 5000m Race Walk.
- Well done to all our State medallists!

Congratulations must also go to the following Year 7 students:

- Rhys Stenzel and Reece McMahon for gaining selection in the Metropolitan West 10-12 Years Boys Baseball team.

The Sports Department endeavours to acknowledge school and representative sport achievements throughout the year. Parents are encouraged to send any special achievements to mellis@wmac.com.au or rhillier@wmac.com.au so students can receive special recognition.

For all upcoming College sporting events please refer to the College Calendar on the Parent Lounge.

Mr Mathew Ellis
Head of Sport
mellis@wmac.com.au
Tel: 3813 4546

Mr Robert Hillier
Head of Junior Sport
rhillier@wmac.com.au
Tel: 3813 4651

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

Whole School Junior TAS TAS

Thurs 29 Mar	Studio & Small Ensemble Recital #1, MD17/18 6.00pm
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Meet the Tutors Concert

Last week, our Music Staff presented a wonderful concert for parents and students. How lucky we are to have such talented musicians in our midst - for those of you who were unable to make it, make sure you come along next year!



Katherine Rixon

Creative Arts and Extra Curricular



Term 1 Extra-Curricular Events

Tues 6 Mar	FOTA Meeting, 5.30pm
Thurs 8 Mar	Year 10 Elective Music Recital 6.00pm MD17/18
Wed 14 Mar	Year 9 Elective Music Recital 6.00pm MD17/18





Allan Hall with accompanist Bruce Ramm

FOTA

The WestMAC Friends of the Arts (FOTA) will hold their next meeting on Tuesday 6 March at 5.30pm in the Staff Common Room. Parents are encouraged to become involved in FOTA as a way of providing valuable support to all students and staff involved in our diverse and excellent arts programs. Many thanks to those FOTA members who provided supper after the concert on Thursday as well as the Bake Sale on Friday.

Neil Flottmann - Director of Creative Arts and Extra Curricular Programs

Phone: 3813 4592

Email: nflottmann@wmac.com.au

Extra-curricular Activity

Career's Advisor

Bond University Update

Students can discover their passion for their future by attending our array of Experience Days. Upcoming Experience Days include:

- Communication and Digital Media – Wednesday 18 April
- Architecture Thursday 19 April
- Criminology Friday 20 April
- Bond Business School Year 12 Extension Program 26 to 27 April (first offering)

Learn more about our Experience Days [here](#)

Bond Business School update

Under a new structure for undergraduate degrees students will now be able to take any of the majors (6 subjects) available in the Bond Business School. Students can combine their Bachelor of International Hotel and Tourism Management with a major in Marketing, International Business or Entrepreneurship. Similarly students can now access a Tourism Management major in a general business program. Learn more about Bachelor of Business or the Bachelor of International Hotel and Tourism Management. Learn more about [Bachelor of Business](#) or [Bachelor of International Hotel and Tourism Management](#).

Future Experiences in Agriculture, Science and Technology (FEAST) - register now

Registrations for Queensland's longest-running Science camp are now open!

Students in Years 10-12 are invited to apply for the FEAST residential camp, being held at the UQ Gatton campus from Sunday 1 July - Thursday 5 July 2018.

Students will experience hands-on workshops, exciting seminars and have the opportunity to immerse themselves in Agricultural, Scientific and Technological career options.

For student registration or future information, please visit our [website](#).

Experience Science - register now

Keep your students engaged in Science these winter holidays!

Experience Science is a free event, providing students in Years 10-12 the opportunity to discover what studying Science is like at UQ.

With programs occurring across Thursday 12 July - Tuesday 17 July, this event is facilitated by experts from UQ and industry, and provides hands-on, interactive Science workshops.

Discover more [here](#).

Kym Hayes - Career's Advisor

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Senior School

Middle School

Debating and Public Speaking

2018 Lions Youth of the Year Quest Congratulations

Danielle Scalia and Catriona Clarkson represented the College at the Rosewood Lions Youth of the Year Quest public speaking on Wednesday 21 February. The students had

already been interviewed by the judging panel on their leadership, community involvement and citizenship.

Danielle Scalia with Rosewood YotY organiser Clyde Nicoll and Club Vice President Carol Moore



Catriona Clarkson and Danielle Scalia competed at Rosewood Lions Youth of the Year

Catriona spoke passionately about women's access to education to Pakistan, and Danielle opened the audience's eyes to the plight of children working in sweatshops.

Danielle was named the Overall Winner of the night. She will now represent Rosewood Lions and the College at the District Round on Boonah on 10 March. We wish her all the best for this competition.



Apex Debating

Eight teams of excited and slightly nervous students competed in the first round of Apex Debating on Monday evening. Teams were generally well prepared and presented their speeches confidently. I would like to thank our wonderful coaching team for the assistance they have given the students. Six of the eight teams won their debates on the night, with the other results being very close.

Students now have a better idea of how much effort it takes to prepare and rehearse a debate, and the importance of teamwork. Hopefully this will make their preparation for the next debate less stressful.

The next debate is on Monday 12 March. Teams will need to check with their coaches for the draw and competition times.

Rostrum Voice of Youth

Nominations are now open for students from Years 7 to 12 to enter the Rostrum Voice of Youth competition. More information on the topics and structure of the competition can be found at

<https://www.rostrum.com.au/qld-club-list/gold-coast-central-club-27/103-qld-zone/qld-voice-of-youth/351-qld-rostrum-voice-of-youth-2017>

If you would like to know more about debating and public speaking opportunities, please contact Donna Googe at dgooge@wmac.com.au or on 3813 4619.

Donna Googe - Debating/Public Speaking Coordinator

Phone: 3813 4619

Email: dgooge@wmac.com.au

Senior School Middle School

International Department

Chinese New Year

On Thursday 15 February, staff and international students gathered for lunch in the College to celebrate the beginning of the Chinese Year of the Dog. The Lunar New Year commenced on Friday 16 February. In Confucian societies this is a time for families to gather and spend time together and is equivalent to the Western Christmas celebrations. Millions of people in China travel great distances to be with their families for New Year celebrations.

Traditional lion dancing occurs during Chinese New Year, and much noise is made with drums and clashing cymbals to frighten away the evil spirits for the year.

Anne Shaw
Director of International Student Programs
Phone: 3813 4547 Email: ashaw@wmac.com.au

Host an International Student in the WestMAC Homestay Program

Do you enjoy:

- learning about new cultures?
- sharing the Australian way of life?
- serving the community?
- being with young people?
- being a part of the school community?

If you said yes to one, some or all of these questions then hosting an international student in our homestay program is for you.

Be rewarded in so many ways – new friendships, new cultures and new languages. Support youth from around the world and experience the excitement of seeing children achieve their dreams.

You will be reimbursed for your good will with a monthly payment of \$40 per night per student.

Be part of a team that is exciting, “feel good” and a lot of fun.

Contact Pauline in the Homestay Office for more information.

Pauline Bussian
Homestay Officer
International Student Programs
Phone: 3813 4620 email: pbussian@wmac.com.au

Anne Shaw - Director of International Student Programs
Phone: 3813 4547
Email: ashaw@wmac.com.au

Whole School

Uniform Shop

Uniform Shop Opening Times – School Days only

Day	Terms 1 and 4	Terms 2 and 3
Monday	7.30am to 3.30pm	7.30am to 3.30pm
Wednesday	7.30am to 3.30pm	7.30am to 11am
Friday	7.30am to 3.30pm	7.30am to 3.30pm

Please note that the Uniform Shop now opens at 7.30am.

The Uniform Shop will cease trading for Term 1 at 3.30pm on Wednesday 28 March and re-open on Monday 16 April 2018. Year 7 to 12 students must ensure that they have a blazer (and tie for boys) to wear to the College on the first student day of

Term 2 (Tuesday 17 April 2018). All sizes of blazers and ties are now in stock.

Blazer pockets

The cutoff dates for embroidery this Term are:

- Monday 12 March - back on Monday 19 March
- Wednesday 28 March (last trading day of Term 1) – back at start of Term 2

Second-hand Cut-Off Date

The proceeds for second-hand items left at the Uniform Shop after Friday 9 March will not appear on Parents Fees' Accounts until Term 3 2018. Please ensure that any secondhand uniforms left for re-sale at the Uniform Shop are:

- The current style
- Clean and in good condition
- Have no ink and/or paint marks, perspiration stains, holes, fading or broken zips

Unless a request for notification of rejected items is indicated on the “Second Hand Items” form any unsatisfactory items received will be disposed of.

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: 3513 4533
Email: uniforms@wmac.com.au

Whole School

Independent School Digital Collaboration Network (ISDCN)

Parent Webinar 13

It's time we talked AGAIN: Pornography, young people and sexuality today

Our presenter Maree Crabbe explains....

Over the past decade or so, pornography has become mainstream. For young people growing up in this era of ever-new and accessible technology it is almost impossible to

avoid exposure to pornography. Consumption, particularly for young men, has become normalised.

But porn is no longer the centrefold it used to be. Porn's move from a brown paper bag onto smart phones and personal laptop computers has been accompanied by a shift towards more aggressive content.

While many young people express some awareness that porn is fantasy, they also commonly convey the ways their sexual understandings and experiences are being influenced by what they, or their partners or peers observe in porn. Porn's influence has serious implications for young people's capacity to develop a sexuality that is respectful, safe, freely consenting and mutually pleasurable.

Pornography has become a parenting issue we can't afford to ignore.

This session will explore:

- What do parents need to understand about porn and its influence on young people's sexual understandings and expectations
- How can parents support their children's healthy social and sexual development in an age of pornography?

PARENTS PLEASE NOTE - YOU DO NOT NEED TO REGISTER - JUST TURN UP AT THE ADVERTISED TIME AT THE FOLLOWING LINK: <https://zoom.us/j/223649168>

Details and Registration

When: Thursday 1 March 2018 8:15pm to 9:15pm Time (ACT, NSW, Victoria)

Presenter: Maree Crabbe <http://www.itstimewetalked.com.au/>

Provider: Queensland Independent Schools Parents Network Ltd

Target Audience: All parents and staff

Channel: Special Event

Whole School