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Edition 5, Term 2 2018

Principal

As the year progresses, it can sometimes become challenging for young people (and adults!) to sustain enthusiasm for our various commitments. The music or drama lessons that were so enjoyable at the beginning lose their sheen and practice becomes a burden, or there are more and more frequent reasons to skip early morning training. This can be very frustrating for parents, who know from personal experience that perseverance - 'sticking at it' - is essential to success. How can parents navigate these tricky waters?

Don't think of your child's character as fixed. Most of our worries about our children are about the future. We see the 9-year-old who quits as the aimless 20-year-old. But remember, who they are now is not who they will always be.

Explain the difference between "I don't want to" and "I don't feel like it". Distinguishing long-term desires from immediate feelings can help children understand the difference between an immediate task and ultimate goal. This is a lesson that doesn't register right away, but it's worth planting the seed and emphasising over time.

Let them know you see the areas in which they do work hard or show motivation. Say "I know you're someone who can stick with things when they're important to you".

Get to the root of their concern. Why don't they want to go? Perhaps they feel they aren't as good as the others - what might make that better? Perhaps some extra practice with your help? Children need to learn that we often have to be not so good at things for a while as part of the process of improving at something. Failure is an integral part of success.

Children should have control over their own lives but that doesn't mean they can back out of a commitment, or waste the money parents have paid for lessons or gear. If they are adamant, then expect children to write a letter or speak

personally to the coach or organiser explaining why they are quitting. This makes them take ownership of their decision.

Keep exploring. It may take a while to find what really motivates and enthuses them. There's no rush!

We can't make them develop grit. We can expose them to things they may like, support them in sticking with things as they get harder, and express confidence that they can handle the challenges.

The world is so complex that we have no idea where the things that will turn our kids on come from. If we encourage children to keep seeking what they love, and to work hard at it when they find it, that will help them grow into confident and self-directed young adults.

Acknowledgment: William Stixrud is the co-author, with Ned Johnson, of "The Self-Driven Child: The Science and Sense of Giving Your Kids More Control over their Lives."

As Semester 1 draws to a close. I extend thanks to all members of the WestMAC community for the important contributions made to our collective success. May the winter break be an opportunity to rest and recharge. I look forward to working with all our students, staff and families again in Semester 2.

Geoff McLay - Principal Phone: 3813 4555

Whole School

25 Year Birthday Dinner Dance

You are warmly invited to the...

25 Year Birthday Dinner Dance

Please join us 'By the light of the Silvery Moon' for this special night to remember.

Saturday 28 July 2018, from 6.30pm.

\$99 per person. All inclusive dinner, drinks (beer, wine and bubbles), dancing and live music. Tables of 10 available. Tickets obtainable until midnight Monday 16 July, unless sold out sooner.

Please feel free to pass this onto past WestMAC families and members of the community that may be interested in attending this speacial event.

Click here to purchase your tickets!



Whole School

Be part of history ... Whole College Photo

Students and staff made history earlier this year when the whole College was photographed, celebrating 25 Years of WestMAC. Purchase a lasting memento today that will have increasing sentimental value and interest as the years pass.

Laminated (unmounted) prints are available for \$69.50 Mounted prints for \$129.50

Order online via our secure payment site https://www.wmac.com.au/news/whole-college-photo

Pre-ordered photos will be available shortly.

Whole School

Deputy Principal

2018 Founders' Day Service - Celebrating 25 Years

This year the College will celebrate our annual Founders' Day Service in Week 2, Term 3 on Thursday 26 July. All members of the extended College Community, including parents, friends and alumni, are warmly invited to attend this special Prep to Year 12 event which will commence at 11am in the Lostroh

Centre. It is anticipated that the service will conclude by 12.15pm.



If you would like to attend this special occasion, please contact Mrs Susan Baills on 3813 4548 or sbaills@wmac.com.au so that seating can be reserved.

Janelle Lecinski - Deputy Principal

Phone: 3813 4627

Email: jlecinski@wmac.com.au

Whole School

Chaplaincy

Lots of people think things were 'better' and people were 'nicer' in Jesus' time, but it does not take much reading of the Gospels and New Testament letters to realise that Jesus and the early leaders of the Jesus movement spent a lot of time and energy calling people out for their exclusivity, their pettiness and their general lack of love and compassion. Kindness is not a very strong-sounding word and yet so many people are desperate to be recipients of kindness. The world can be harsh and uncaring, even at the best of times, but if you are feeling lost or lonely, if your face 'does not fit' or you are a little bit different, some people can be downright cruel and may even seem to gain some perverse sort of enjoyment from making another person miserable.

In Galatians, Chapter 5, Verses 22-23 St Paul writes: "The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control." There is no law against such things, while Jesus told people, in John's Gospel, Chapter 15, "As the Father has loved me, so have I loved you. Now remain in my love. My command is this: Love each other as I have loved you."

One of the simplest ways to live out this love is in acts of kindness. They do not have to be 'random', as was the trend. You can plan to be kind too. And what's more, you can choose to be kind instead of being cruel. The Dalai Lama said, "Be kind whenever it is possible...and it's always possible." If we start looking for ways to build others up, rather than knock them down, to speak words of kindness and gentleness rather than words of spite, that we know will wound, imagine what a different feel our College would have. And were we to take that out into the world around us, imagine the difference it would make to the people we met. As an Anglican School, we do not just talk about the way Jesus lived, we actively seek to live like that too. Sure, we often get it wrong, but if we focus of goodness and love, we will have the power to change our world and our College, for the better.

We have received this information and I thought that some of our Middle School students and/or parents might be interested to know more:

The Ipswich Anglican Parishes invite young people aged 12 to 16 and their parents or guardians, to a forum to discuss the formation of an age specific youth ministry. Light supper will be provided.

All Saints Anglican Church 144 Brisbane Road, Booval Best entry is on Booval Street, between #7 and #9



Worship@WestMAC will take a break during the holidays, after a great picnic at Kholo Gardens last Sunday. We will recommence with our normal service at 9.30am at the Chapel on Sunday 22 July.

Congratulations to Archbishop Phillip, who celebrates 20 years as Archbishop of Brisbane on Friday 29 June. There will be a special service and lunch at the Cathedral to mark this incredible milestone.

Mother Julie Craig-Leaves - Chaplain

Phone: 3813 4630

Email: jcraigleaves@wmac.com.au

Whole School

Curriculum

Parent Teacher Interviews

Years 7 to 12

Monday 23 July 3.20 to 7.30pm Tuesday 24 July 3.20 to 7.30pm

We will be using The Alpha School System Parent Teacher Interviews (PTI) system, which is accessed by parents through the Parent Lounge.

Parents book appointment times directly into the appointment schedule via Parent Lounge. The bookings are made online in real-time, hence the parent is aware immediately of what bookings they are able to obtain. This is also a 'first in, first served' type method.

Should you wish to make an appointment but have no computer access, please contact Mrs Sue Rosentreter on 3813 4552.

Access to interview bookings is now open for Middle and Senior School.

If a staff member has no available appointments available you will need to contact the teacher directly to arrange a suitable time to meet.

If you have a question regarding the PTI booking process please contact Mrs Sue Rosentreter at srosentreter@wmac.com.au.

Sue Stewart - Director of Curriculum

Phone: 3813 4542

Email: sstewart@wmac.com.au

Whole School

Finance Department

Term 3 College Fees

Term 3 Fees Accounts were processed last week and have been emailed to Parents/Guardians. Your accounts will be due on Monday 16 July.

Please contact the Finance Department for any enquiries.

Finance Department - Accounts Receivable

Phone: 3813 4555

Whole School

2020 Enrolments

A reminder to parents that if you have any children who wish to commence at the College from 2020 onwards, it is important that you lodge their Enrolment Application as soon as possible.

Enrolments are being finalised 2 years out from the students commencement date. It is especially important if you have a child that requires an enrolment for Year 7 2020 that you complete these applications now.

Enrolment Applications are available on our website or can be picked up from Central Administration Reception.

Gayle Moore - Enrolments and Community Engagement Officer

Phone: 3813 4520

Email: gmoore@wmac.com.au

Whole School

Senior School

#WestFest Senior School Market Day

Well done to the Year 11 students who organised and ran a very successful market day in the Senior School: #WestFest. The students were raising much needed funds for headpace Ipswich, our chosen charity for 2018. Headspace is an organisation that supports young people who are experiencing mental health issues. Nearly \$1,000 was collected on the day. This also provided an opportunity for the students to demonstrate their leadership capacity.





Spirit Assembly

This week the Senior School student leaders hosted the first Spirit Assembly for 2018. All the students from Prep through to Year 12 congregated in the Lostroh Centre to bask in the WestMAC spirit. The students were entertained by our dancers, musicians and College and House mascot 'models'. What a wonderful way to end another successful semester at WestMAC.





On behalf of the Senior School Leadership Team, I wish you and your family a safe and restful holiday period. We look forward to seeing you in Term 3.

Paul Alcorn - Head of Senior School

Phone: 3813 4560

Email: palcorn@wmac.com.au

Senior School

Sport

Trimester 2 TAS Sport

Trimester 2 Sport Finals concluded last weekend with some excellent perfomances. Congratulations to all students who represented the College with pride, enthusiasm and great sportsmanship throughout the season.

Special mention must go to our Hockey girls, who are Champion Hockey School for 2018 with Premierships in Year 7, Year 9 and Seconds. Our Year 8's tied in their premiership match but lost on a count back result - a massive improvement

from their 3rd/4th place play-off last year. Firsts took out 3rd place with a resounding win over Canterbury.

The Sports Department would like to thank all coaches for all their hard work preparing our players to give their all each week. A special mention must go to Mrs Susan Baills, Mr Rohan Healy, Mrs Sam Thompson and Mr Ben O'Connell for the coordinating efforts for the term.

For full results and ladders of the season please go to http://www.theassociatedschools.com.au/ladders/





Term 2 Junior TAS Netball

Junior TAS netball concluded last week with all fixtures played at Ipswich Netball Association. The day ran extremely smoothly and parents and supporters from all schools were impressed with the facilities. Congratulations to all teams on a very successful season that saw 3 of the 6 teams only losing one game all season.

A special mention must go to the Year 5 Navy netball team, coached by Mrs Sonja Chardon, who were comprehensive winners in their final game and finished the season undefeated. All teams played extremely well and should be congratulated for their outstanding sportsmanship throughout the season.

A very big thank you must go to Miss Christel Payne for her outstanding efforts in coordinating netball again and all our coaches; Mrs Leanne Murphy, Mrs Deb Evans, Mrs Julie Sartor, Mrs Sonja Chardon and Miss Stephanie Lucas.





Trimester 3 TAS Sport Sign-On – Parent Portal

Preparations are currently underway for all Trimester 3 TAS sport. Thank you to the families who signed the TAS Sports permission paper copy at the beginning of the year. The Sports Department has identified that there is a need to streamline the TAS Sports permission process as some students have swapped sports or have now registered their interest to play. To reflect these changes all Years 7 to 12 students wishing to participate in Trimester 3 TAS Sport will need to be signed on through Parent Portal – Permissions and choose their nominated sport prior to the next training session. No sign on = no participation.

Trimester 3 TAS Sport Training Day – Saturday 14 July

Please be aware that there will be a Training Day for all TAS Sport on Saturday 14 July 2018 from 8 to 11am at WestMAC. This will take the place of the training day scheduled for Saturday 4 August 2018, which is now cancelled. Teams will be selected in the first training sessions in Week 1, Term 3.

Term 3 Junior TAS Sport – Basketball and Football

It has been pleasing to see big numbers attend pre-season training for basketball and soccer this term. For the first time in a long time, WestMAC will field seven basketball teams and this is a great sign that our basketball program is going from strength to strength. Football numbers again look strong and we look forward to kicking off the season in Week 2, Term 3.

Training for both sports will continue after the holiday break as per the current schedule and we hope to organise a trial game in the first week back of Term 3. Details regarding the trials will be sent out once confirmed.

TAS Athletics

The TAS Athletics Carnival will be held on Tuesday 18 September at QSAC. Training is underway and it is important that athletes attend as many sessions as possible. The College has sourced several high level coaches this year to try and bolster our athletics program. Des Davis, arguably one of the best throws coaches in the country returns and we welcome Ashlee and Carley Stieler to the program as well.

Ashlee was an Australian Junior Heptathlon Champion who now trains and competes for Illinois State University in America. She is back in Australia for the next few months on her 'Summer' holidays and has kindly agreed to coach for us. Equally as impressive is her younger sister Carley who has previously represented Australia, and in 2016 won gold in the U/18 high jump at the Melanisian Championships in Fiji.

We also bring Mr Nicholas Barling on board as the programs strength and conditioning coach. Mr Barling brings a wealth of strength and conditioning experience with him and will be taking our athletics squad through a tailored track and field program in the WestMAC high performance gym. Ms Hannah Risson, who will soon be heading off to the world sprint Triathlon championships will also join us taking our long distance athletes once a week. If you have any questions regarding TAS Athletics please contact our Athletics Coordinator Mr Doug Amiss damiss@wmac.com.au

Junior TAS Athletics

As we enter into the holiday period, it is important that athletes continue to do some training over the break. 10 to 12 Years South Zone trials will be held in the first week back while the Junior TAS Carnival will be held on Friday 14 September at QSAC. The Junior TAS Team will be finalised midway through

next term so it is imperative that students attend as many sessions as they can.

Prep to Year 3 Eaglets

The Prep to Year 3 Eaglets Sporting Program concluded this week. It was fantastic to see large numbers of students participate in these programs and we hope everyone enjoyed themselves and picked up a few skills along the way.

A big thank you must go to QLD Rugby Union staff for running the program as well as Mrs Deanne Kertesz (Multi-Skills) and Ms Melissa Beutel (Netball). Thank you to Mr Andrew Hazlewood, Mrs Kami Hazlewood, Mrs Sonya Ludkin and Mrs Michelle Madden who all helped manage these programs.

Prep to Year 1 students will be able to sign-on for another multi-skills program next term. Years 2 to 3 students will be able to choose between a basketball or football (soccer) program. Details regarding starting days, times and how to sign on will be made available early next term. This is a great opportunity for our young Eaglets to try their hand at sports that are offered at the College from Year 4 onwards. The Sports Department hope that all students enjoyed the programs and we look forward to seeing our young Eaglets learn to fly in their chosen sport.

Congratulations to...

Congratulations to the following students who were recently selected in representative teams:

- Ashton Marsh, Jake Malone and Alyssa Grant for their selection in the U12 Western Ranges Football Team.
- Thomas Kissane for his selection in the U12 Western Ranges Hockey Team.
- Charlotte McDowell, Geneveive Wallace and Jake Malone for their selection in the Western Ranges Cross Country Team.
- Ethan Ramsay for being selected in the U12 Met West Rugby Union Team. This was a wonderful achievement with Ethan only being 11. He will travel to Mackay for the State Championships later in the year and we wish him all the very best.
- Stephanie Wode, Lianna Doyle and Martin Batten who recently represented Met West at the U12 State Hockey Championships in Cairns. All played extremely well for their team and are to be congratulated on a wonderful achievement.



The Sports Department would like to wish all families a safe and happy holiday!

Mr Mathew Ellis and Mr Rob Hillier Sports Department

Mathew Ellis - Head of Sport

Phone: 3813 4546

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Whole School

Football Excellence

Term 2 has been a huge period in the world of Football Excellence.

The term was dedicated to the U14 ISSA Cup and U19 Uhlsport Cup competitions. Run over a three game group stage, each team was pitted against teams in our region ranging from Brisbane Christian College in the city all the way up the range at St Mary's Toowoomba. The bulk of our two boys and two girls team competing were made up from Football Excellence students, with a balance coming from ex-members of the program. The best part is that most of our teams are made up of students who are well below the age bracket. Of the 11 matches WestMAC were involved in we came away with 6 wins, 1 draw and 3 losses. In a fantastic result we have three teams progressing to the knockout stage next term; ISSA Cup Girls, ISSA Cup Boys and Uhlsport Cup Boys. We look forward to taking on the best teams within SEQ. Thank you to all supporters who came to cheer on our teams. A special mention must go our coaches Pat Boyle and Victoria Merrick from Western Pride and Riley Brotherton who took on referee duties for our ISSA Cup home matches.

With the partnership with the Western Pride FC in full swing we are starting to see real dividends with the skill and football IQ of all students within the program rapidly on the rise. The rise in standards is no more evident than the number of students dominating club football and earning representative honours. Below is a snapshot the achievements so far from Football Excellence members;

School Football

District

Bridget Hartfiel, Kira Bennet-Hartigan, Hayley Victor, Piper Adams-Jones, Georgia Martell, Jordan Spilsbury, Jeremy Colaso, Charlie Buck, Michael Matthews, Isiah Creed, Josh Boyle, Cardiff Pond, Baydn Pond and Matt Spilsbury.

MetWest

Georgia Martell, Piper Adams Jones, Isaiah Creed and Charlie Buck.

Queensland

Georgia Martell

Club Football

Zone

Nicholas Hatton, Liam Green and Brendon Goodlet.

Queensland

Fletcher Madden

Futsal

Queensland

Levi Briggs, Daniel Elger, Georgia Martell, Bridget Hartfiel, Emily Fisher, Isaiah Creed and Angus Kenned.

Australia

Daniel Elger and Madi Mark.



Nicholas Barling - Teacher in Charge of Football Excellence

Phone: 3813 4559

Email: nbarling@wmac.com.au

Whole School

Indigenous Liaison Officer

NAIDOC WEEK 8 to 15 July

NAIDOC Week 2018 will celebrate the invaluable contributions that Aboriginal and Torres Strait Islander women have made and continue to make to our communities, our families, our rich history and to our nation.

Under the theme, 'Because of her, we can!' NAIDOC Week 2018 will be held nationally from Sunday 8 July and continue through to Sunday 15 July.

As pillars of our society, Aboriginal and Torres Strait Islander women have played and continue to play active and significant roles at the community, local, state and national levels.

They are our mothers, our elders, our grandmothers, our aunties, our sisters and our daughters.

In honour of our Elders past and present, we designed a display to say thank you and recognise the values that just some of these Aboriginal and Torres Strait Islander women we can learn from.

Below is the National Poster to Celebrate NAIDOC Week 2018 and our own display at the Claridge Centre to say thank you. Big thank you to the Year 12 class who created the 'Thank You' Hands surrounding our honoured Aboriginal and Torres Strait.









National NAIDOC Competition

Entries have now closed for the National competition in honour of NAIDOC Week.

Students entered pieces in the following catergories:

- Kindy to Year 2: Colouring-In Competition
- Years 3 to 6: Poetry Competition
- Years 7 to 9: Creative Writing Competition
- Years 10 to 12: Essay Writing Competition

I would like to share two great poems written by Isaac Olsen and Maverick Snerling both from Grade 5.

My Spirit Dreaming; by Isaac Olsen - Year 5

My Spirit Dreaming calls me,

I live in the town but long for my country,

My Spirit sings out to me,

My ancestors are calling me back to my country,

I am connected to them,

I long for my history, my Spirit Dreaming.

My Spirit Dreaming; by Maverick Snerling - Year 5

My Spirits Dreaming,

I'm fast asleep,

My Spirits Dreaming,

It's calling me,

I'm coming for it,

My Spirit's Dreaming,

I'm caring for this,

I'm caring for this Country.

Good luck to everyone who entered.

Phyllis Marsh - Indigenous Liaison Officer

Phone: 3813 4553

Email: pmarsh@wmac.com.au

Whole School

Debating and Public Speaking

Apex Debating Finals

WestMAC teams are the Junior and Senior Apex Debating District Champions for 2018. The teams competed in very high standard debates on Monday evening. They will now go on to the State finals in September.

The Junior (Year 10) team of Lily Friis, Holly Nansen and Talia Wright completed the competition undefeated. The Senior (Years 10 and 11) team of Damian Bellew, Henry Bischoff, Makayla Smart and Erin Williams defeated a Year 12 team to win their final.

Congratulations to the students and their coaches, Mrs Fehringer and Mr Barke, on an outstanding season.

If you would like to know more about debating and public speaking opportunities, please contact Donna Googe.





Donna Googe - Debating/Public Speaking Coordinator

Phone: 3813 4619

Email: dgooge@wmac.com.au

Whole School

WestMAC 2018 Art Exhibition



INVITATION

You and your family are invited to the WestMAC 2018 Art Exhibition opening night.

The exhibition showcases student work from Years 7 to 12 from 2017 to 2018.

Saturday 4 August, 6 to 8pm

Ipswich Community Gallery d'Arcy Doyle Place Cnr Limestone and Nicholas Streets Ipswich Qld 4305

Entry by gold coin donation per person. Smart dress. Refreshments and entertainment will be available. Lucky Door Prize of \$50.

RSVP

Monday 23 July on 07 3813 4526 or via lmaclennan@wmac.com.au

Our exhibition will also be open to the public on Sunday 5 August, 10am to 4pm. Afternoon tea will be served at 2pm.

Leonie MacLennan - Head of Art

Phone: 3813 4526

Email: Imaclennan@wmac.com.au

Whole School

Career's Advisor



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USC Open Day

Going to uni is a life-changing experience. At USC's Open Days, you can explore your study options, check out the campus, and talk to real students and lecturers about the opportunities ahead.

USC Fraser Coast Saturday 23 June 9.30am to 1pm

USC Sunshine Coast Sunday 22 July 9.30am to 2pm

USC Caboolture Sunday 5 August 9.30am to 1pm

Check out the event schedule and register at usc.edu.au/openday

QUT Open Day

Students can register now to attend QUT Open Day being held on Sunday 29 July from 9am to 3pm at Gardens Point (city) campus. Registration ensures students receive updates about Open Day by email in the lead-up to the event and will go in the draw to win a MacBook. Open Day is the best chance for students to talk to staff from all study areas, talk to current students, go to course information seminars, and experience the campus with tours and live entertainment. The day also includes seminars about study costs, scholarships and financial support, and career decision making. The Kelvin Grove campus will also be open with tours of the campus, library, Creative Industries Precinct, Clinical Simulation Centre (nursing and paramedic science), QUT Health Clinics and education spaces. A free shuttle bus will operate between QUT's Gardens Point and Kelvin Grove campuses.

Kym Hayes - Career's Advisor

Phone: 3813 4631

Email: khayes@wmac.com.au

Senior School

Uniform Shop

Uniform Shop Opening Times - School Days only

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

The Uniform Shop will:

- only be open over the school holidays on Friday 13
 July between 7.30am to 3.30pm
- open for normal Term 3 trading from Monday 16 July 2018 (first day of Term 3) at 7.30am

Blazer pockets

All embroidery requests left at the Uniform shop by the end of this Term will be ready for collection at the start of Term 3.

If you would like your pocket sewn onto your blazer in Term 3, please bring your blazer to the Uniform Shop on a Monday or Friday at First Break. Your blazer will be ready for you to collect at Second Break on the same day. The cost to sew on a pocket is \$8.

Junior TAS and TAS Sport Borrowed Uniforms

Any outstanding Junior TAS and TAS sport uniforms borrowed for Term 1 must be returned as soon as possible otherwise students could be charged \$75 for each item not returned.

All uniforms borrowed for Term 2 Junior TAS and TAS sport should be returned before the end of this Term.

Orders

If you are unable to visit the Uniform Shop during trading hours, the shop does accept credit card payments over the phone, and orders by Flexischool, mail, phone and email. Paid orders can be:

- Collected from the Uniform Shop
- Collected from Junior, Middle or Senior School Receptions
- Delivered to students in Prep to Year 6

Plastic Bags

Please note that from 1 July 2018 the Uniform shop will no longer be able to provide customers with a single-use lightweight plastic shopping bag for their purchases.

Glenda Boike - Uniform Shop Convenor

Phone: 3813 4533

Email: uniforms@wmac.com.au

Whole School