



West Moreton
Anglican College
Ipswich Queensland

1993 - 2018



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Edition 4, Term 3 2018

Principal

Teaching Children about Their Inner Critic

As parents or teachers, I'm sure we have all heard our children say something along the lines of "I'm not good at this," or "I can't do it," or even "I shouldn't have even tried." Some children (or indeed adults) may not say these things out loud, but instead don't attempt particular activities or speak up in certain situations because they've already convinced themselves that they are not going to be successful. Over time these thoughts can evolve into behaviours that are also known as 'the inner critic'.

Clinical psychologist Dr Hazel Harrison refers to the inner critic as the 'Critical Critter' to encourage children to take a more playful approach to noticing and challenging unhelpful thought habits:

"The character of the inner critic as 'Critter' helps children understand when they are being too hard on themselves and also the crucial lesson that thoughts are not facts. Just because we think we're rubbish at something doesn't make it true."

To start a conversation with children about how to manage and speak back to self-defeating, self-critical thoughts, the first step is to notice the 'Critical Critter' in action. Think of some examples to share with your child (but make sure the examples aren't too stressful). For example:

At age seven, our Critical Critter laughs nastily when we trip during a race.

At age 16, the Critical Critter hides under the desk and repeatedly whispers "You're gonna fail!" during an exam.

When it's time to leave school and think about a career, the Critter starts a chorus of "You'll never do it; you're not going to make it; you'll never amount to anything."

The Critical Critter makes us feel bad about ourselves – ill-equipped to handle adversity or try new things. Learning how to quiet the Critter can help children build resilience and self-compassion. Dr Harrison suggests five strategies for quieting the Critter:

1. **Ask your child to name their critter:** This may sound a bit silly, but it gives your child the space to separate the words and actions of the critter from their own and notice when the inner critic is at work. This gives them a better chance of taming harsh words and catastrophizing thoughts. It doesn't matter what they call the Critter, just as long as it makes sense to them.
2. **Take the BFF test:** You might notice the Critter creeping around your child on tough days. They start being really hard on themselves – "It's all my fault we lost the game." When you spot this ask them: "Would you speak like this to your best friend?" If the answer is "no," it's time to squash that negative self-talk, encourage them to be their own BFF (Best Friends Forever). Ask them to think about what they would say to a friend in a similar position, and also HOW they would say it. Regularly practicing this exercise will help them to take responsibility for their actions whilst also building self-compassion.
3. **Answer back:** You may spend a lot of time encouraging your child not to answer back, but when it comes to the Critter, they need to stand up for themselves! When your child identifies the Critter's negative words, encourage them to answer back. For example:

"That's enough out of you, Critter – I'm doing my best."

"I can't hear you Critter, I'm too busy being amazing over here."

"Maybe it didn't work this time, Critter, but I'm giving it another go."

4. **Call for Backup:** If your child is trying to master something new, maybe a difficult math concept or a

new skateboard trick, these are often the times when the Critter will pop up. Critters tend to say things like “You’re terrible at this,” or “You may as well stop right now.” Encourage them to prove the Critter wrong by seeking the advice and support of people who have done it before. If they surround themselves with people who say “You can do it,” then it’ll be harder for the Critter to keep yelling at them to give up. And soon, it will stop shouting “You can’t,” and sit quietly in a corner.

5. **Create a positive moments practice:** Constant negativity from the Critter is tough and sometimes relentless. It can make children question themselves and their abilities. To cope with this relentless criticism, it’s important that kids find things about themselves that they like. Each day, help your child find time to notice the things — no matter how small they are — that went well because of them. This is a great way to build resilience, self-compassion, and silence the inner critic – both for young people and adults.

Source:
Harrison, H. (2018) *How to Teach Your Kids about Their Inner Critic*. Mindful. Accessed 4 September 2018 at <https://www.mindful.org/how-to-teach-your-kids-about-their-inner-critic/>

Geoff McLay - Principal
Phone: 3813 4555

Whole School

Excellence Award for Principal Geoff McLay

Congratulations to Principal Mr Geoff McLay who has been awarded an 'Excellence in Educational Leadership Award' by the Australian Council for Educational Leaders Queensland (ACEL). This award is presented each year to an educator or group of educators who have demonstrated excellent leadership in implementing an educational initiative, conducting research and/or influencing educational policy leading to improved educational outcomes for students in any educational setting. The award is aimed at all levels of leadership be it classroom, faculty, school, tertiary, system or consultancy. Mr Geoff McLay joins an illustrious group of educators who have received this award and once again, we congratulate him on this wonderful achievement.



Whole School

Deputy Principal

Presentation Night 2018

Planning is underway for the 2018 Presentation Nights which will once again be held in the Lostroh Centre. Having these events at our own venue enhances our seating capacity. Please note that it is a College expectation that all students attend with any unavoidable absences directed in writing to the respective Head of School.

Please mark your calendars with the following dates and start times:

- Senior School - Tuesday 13 November (7.00pm start)
- Middle School - Tuesday 20 November (7.00pm start)
- Junior School - Thursday 22 November (6.30pm start)

Tickets for these events will be available from the commencement of Term 4; initially each family will be able to collect up to two tickets for accompanying parents/guardians. Those who require additional tickets, wheelchair access or assistance with prams are invited to contact their respective sub-schools. Child care is available for school aged children at both the Senior and Middle School events. Bookings for this service can be made at Middle or Senior School Receptions.

Further information in relation to Presentation Nights will be circulated early in Term 4, but for now please note the dates of these important College events.

Janelle Lecinski - Deputy Principal
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Whole School

Middle School

It is hard to believe that we are already at the stage in the year when we are preparing for next year. Part of these preparations is the commencement of the 2019 Leadership Process. This has seen our current Year 8s either nominating towards formal leadership responsibilities or beginning to consider and develop their leadership responsibilities as Year 9s of the Middle School. I congratulate those students who are taking an active interest in leadership and have nominated for formal positions. These Year 8s are well into the process having attended a Leadership Day at Studio 188 where they engaged in the following areas:

- Inspiring students to make a positive contribution to their school
- Motivating students to be great leaders in their area of influence
- Empowering students with practical skills of communication, running meetings and time management
- Promoting the value of inspirational and positive role models

After this day, the Leader nominees have prepared their leadership submissions including recording their promotional videos and Talents Challenges. This week, the Middle School students and teachers have cast their votes – which is extremely difficult based on the high level of nominees. The leaders will be announced at Presentation Night in Term 4.

Another transitioning event is the upcoming Skateaway Social Evening being held on Wednesday 19 September, which sees the Middle School invite the current Year 6 WestMAC students. This is sure to be a great evening combining both disco and skating!

Finally, I'd like to congratulate Felix Meier, receiving an award for his project 'Facemark' which he entered in the Young ICT Explorers Competition recently. Felix has developed an application that can be used by teachers to automatically mark the roll as students enter the classroom. The application uses facial recognition technology to identify each student, mark them off the roll and give them any notices pertaining to them as they walk into the classroom. This involves working with coding at a very high level. Felix received 3rd place out of many entries that were entered in the competition State wide. I congratulate Felix on this significant achievement.



John O'Sullivan Williams - Head of Middle School
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Middle School

Chaplaincy

Last Sunday, members from Worship@WestMAC attended the service at St Paul's Ipswich for their New Guinea Martyrs service. As part of that, some of our students, resplendent in their School Uniforms, took part in a candle lighting ceremony and procession for each of the 12 Anglican Martyrs and then, after processing out of the Church, laid a wreath at the Memorial Cross on the church grounds.

This Sunday 16 September, we will again be attending the 8.30am service at St Paul's to support one of our regular members who is being confirmed. This is an important step in anyone's faith journey and we wanted to be there to uphold and encourage him as he makes his commitment to Christ. Also, it is a chance to hear Bishop Cam preach and that is always worthwhile.

On Sunday 23 September, we will be back at the Good Shepherd Chapel at 9.30am for Messy Church. This is always a fantastic time for young and old. Even if you don't usually come on a Sunday morning, why not give Messy Church a

go? It involves crafts, activities, songs, games, stories and food. What's not to love?



I would also like to bring your attention back to our 'Buy a Bale' push. Tins are still at each of the Sub School reception areas, Main Administration and in the Staff Common Room. If each student, staff member and family gave just a little we, as a College, could make a really significant gift to those in dire need. In Middle School, as part of Service Learning, we are also looking at working with an Anglican Parish in the Western Region next term. It would be great to build a relationship with people and find ways to really support them and make a difference in their lives.



In Week 7, Middle and Senior School had their Communion Services. It was special to see the students engaging in the process on various levels, according to their needs and stages of faith development. I found the whole experience a moving and uplifting one. I believe that many of the students found something helpful and meaningful too.

By the time you read this the Prep L Chaplains will have helped me lead worship on the theme: Telling others about Jesus. I have spent time seeing how their preparation is going and they certainly gave a rousing rendition of 'Jesus is my Superhero' and their 'We love Jesus' chant. I really do think I have one of the best jobs going.

Blessings, Mother Julie

Mother Julie Craig-Leaves - Chaplain
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Whole School

Creative Arts and Extra-curricular

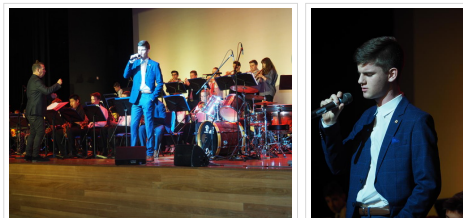
Term 3 Extra-Curricular Events

Tuesday 11 September	FOTA Meeting, Staff Common Room, 5.30pm
Tuesday 18 September	Cushion Concert (Performance Band and Prep to Year 3) Outside Learning Area, Period 2
Tuesday 18 September	Year 12 Music Extension Semester Two Recital, MD17 (combined event) 6pm
Tuesday 18 September	Studio and Small Ensemble Recital No 3, MD17 (combined event) 6pm

Music

Symphonic Band and Performance Band members have now been invited to the 2018 Band Camp. Parents are requested to please RSVP in Parent Lounge. Payment is due Friday 14 September.

Jazzin' Up the Hall was held Friday 31 August for an enthusiastic crowd. WestMAC's Big Band, Jazz Vocal and Brass Ensemble all performed splendidly, with some outstanding solo performances with the Big Band by Damien Bellew and Finn Delpaul. Special guest artists Ipswich City Big Band dazzled the audience with their quality playing, featuring solos by WestMAC alumni Jordan Waldock and Josh Smith. In all, it was a great night of music and good company.



Date claimer: If you enjoyed Proms at St Pauls earlier this year, then don't miss the Christmas Concert at St Paul's on Friday 7 December, featuring the Excelsior Band Brisbane, members of the WestMAC Chorale, St Paul's Festival Choir and other guest artists.

Debating

Last Monday, 27 August, members of the College debating teams gathered for their annual end-of-season celebration. Staff and student coaches were honoured for their contribution and the annual awards were presented. Members of the Junior and Senior Apex teams were acknowledged for their outstanding achievements in winning the District Championships. Congratulations to all our debaters on a fine season and thanks to all Coaches and to Mrs Googe for her tireless coordination.

Neil Flottmann - Director of Creative Arts and Extra-curricular Programs

Extra-curricular Activity

Debating and Public Speaking

Annual Debating Survey

Parents are invited to provide feedback about WestMAC Debating through an annual survey. The survey can be found at the link below. It will be open until the end of term. Your feedback is always appreciated and helps us to continue improving this activity for our students. <https://goo.gl/forms/rLC5kfB8TPmFBiiJ3>

Debating Celebration Evening

Last Monday evening many debaters and their families gathered to celebrate a year of fun and growth. A highlight of the evening was the presentation of our Spirit of Debating and Service to Debating Awards. These awards were presented to:

- Service to Debating Award presented to Danielle Scalia, 2018 Debating Captain
- Spirit of Debating Award - Junior School - presented to Jordyn Stancombe
- Spirit of Debating Award - Middle School - presented to Margaret Hayes
- Spirit of Debating Award - Senior School - presented to Alicia Jorgensen

As part of the evening, Captain Danielle Scalia asked a few of our debaters what they liked about debating. Students told her that they love the challenge of preparing an argument, the support and friendship they receive from team mates, and most of all, having fun.

Thank you to all the debaters, coaches and parents who have made this another great year.



Donna Googe - Debating/Public Speaking Coordinator
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Extra-curricular Activity

Career's

Griffith University

A number of new degrees are available in 2019!

Bachelor of Creative Industries

» Find out more at griffith.edu.au/bachelor-creative-industries

Bachelor of Intelligent Digital Technologies

» Find out more at griffith.edu.au/it

Bachelor of Clinical Exercise Physiology

» Find out more at griffith.edu.au/exercise-science-sport

Bachelor of Communication and Journalism

» Find out more at griffith.edu.au/study/humanities-languages/journalism-communication-public-relations

Bachelor of Construction Management

» Find out more at griffith.edu.au/construction

Mechanical Engineering Major

» Find out more at griffith.edu.au/mechanical-engineering

Australian Catholic University (ACU)

An admission pathway into teaching

The [Bachelor of Educational Studies](#) has been designed for students who are passionate about becoming teachers, but do not achieve the entry requirements.

Students who successfully complete their first year of study (subject to meeting certain progression and non-academic requirements) will be guaranteed entry into the second year of the [Bachelor of Education \(Primary\)](#) or the [Bachelor of Education \(Early Childhood and Primary\)](#).

For more information about pathways into ACU early childhood, primary or secondary teaching courses, see ACU's [website](#).

Kym Hayes - Career's Advisor
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Whole School

Library

Book Week 2018

Book Week this year was another huge undertaking at WestMAC. Both libraries were resplendent with displays about books, and this year we involved students and staff in a variety of competitions to help everyone get excited about reading, which included:

- Junior School Lego building and book cover design based on the Children's Book Council of Australia's book of the year shortlists;
- Blackout poetry and short story writing competition based on the 2018 Book Week theme of 'Find your treasure' for Middle and Senior School students;
- A staffroom/classroom decorated doors competition, which staff enthusiastically participated in – we then created a map of the locations which several Junior School classes enthusiastically followed to find all the treasures on the doors.

We also had a marvellous time at the Book Week parade in the Lostroh Centre with all the families. This year, we awarded a prize to our favourite teacher costume, which was a very difficult decision as the Junior School staff make a huge effort every year to dress up! Congratulations to Red Riding Hood and her team for their amazing themed costume. We have it on good authority that costume planning has already begun for some people for 2019.

You can take a look at the decorated doors and Junior School competition entries thanks to a video Mrs Govier made to share - <https://youtu.be/Bbe0gojJNzk> - and enjoy the photos from the Book Week parade [here](#) and on the [College website](#).



Write A Book In A Day 2018

On Friday 24 August, 20 students from Years 7 to 10 participated in the annual national 'Write a Book in a Day' competition which is run by The Kids' Cancer Project. At WestMAC, the competition organisation is overseen by Mrs Googe, with support from the library team.

This year, the College entered two teams in the competition, which ran from 8am to 8pm on the day. Students were given a brief that included required elements of the story, and within

12 hours students had to collaboratively write, illustrate, bind and submit a storybook of up to 5000 words. Once judging is complete, each book will be donated to children undergoing treatment in hospitals around Australia.

The Kids' Cancer Project is an independent national charity supporting childhood cancer research. Since 1993, thanks to strong community support the charity has contributed tens of millions of dollars to scientific studies to help children with many types of cancer.

WestMAC students have participated in this event for the past six years, and teams have been awarded prizes several times. As part of the annual process, students must apply to participate, take part in training in team work, collaborative planning and creating. This year, that included a visit from Brisbane author/illustrator Kathleen Jennings who gave students a short workshop about working on collaborative projects and creating art for stories. Three sessions were held with Mrs Baker and Mr Maharaj from the Wellbeing Centre regarding teamwork and conflict resolution.

This event inspires collaboration, community spirit, and participants not only develop leadership skills, engage in teamwork and creative problem solving, they cover key English curriculum requirements as well.

It was a very successful day with the two groups working hard to create two amazing books, exhibiting excellent teamwork and creativity to meet the deadlines with time to spare. We look forward to hearing the results of the judging later this year.



Tehani Croft - Knowledge and Learning Resources Manager
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Whole School

Defence

The Year 7 students have been having a 'Military Time' for their SpiritED class. They have learnt about the different jobs the Defence Force can offer, as well as the responsibilities and professionalism that our men and women show everyday

whether on deployment, courses or in the public eye. The students thoroughly enjoyed cooking and eating the Ration Pack food.



Defence partners dinner!

Defence Community Organisation Amberley is hosting a cook's night off.

ADF partners are invited to join us at Char'd Restaurant, The Prince Alfred Hotel. Take this opportunity to have a relaxing evening out, meet other Defence partners, make new connections and share experiences.

This is a self-funded event for Defence partners only. Please encourage your Defence friends to also attend!

WHERE Char'd Restaurant, The PA Hotel, 170 Brisbane Rd, Booval

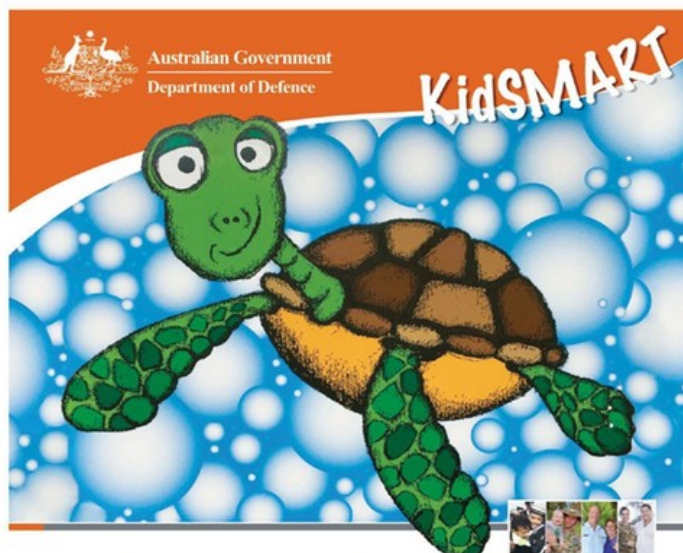
WHEN Wednesday 26 September 2018, from 6.00pm

RSVP by Monday 24 September 2018 to dco.amberley@defence.gov.au or 07 5361 1678

MORE INFO www.defence.gov.au/dco

Follow Defence Community Organisation to receive updates.

Defending Australia and its National Interests
www.defence.gov.au



Dealing with military life

A DCO program to help kids aged 6 to 11 manage issues arising from posting, relocation and deployment.

KidSMART mascots Tyler Turtle and Sam Super will help kids learn how to manage change, stay connected with friends, meet new people, cope when feeling stressed or anxious (particularly during times of parental absence and deployment), handle emotions and relaxation. This workshop is in the September holidays and kids receive a copy of the storybook to keep. Please bring own lunch.

WHERE DCO Amberley, Building 726, Hudson Road, RAAF Base Amberley

WHEN Thursday 27 September 2018, 10.30am–2.30pm

RSVP by Monday 24 September 2018 to dco.amberley@defence.gov.au or 07 5361 1678

MORE INFO www.defence.gov.au/dco

Follow Defence Community Organisation to receive updates.

Defending Australia and its National Interests
www.defence.gov.au

Jenny Sheehan - Defence Transition Officer

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Whole School

Uniform Shop

Uniform Shop Opening Times – School Days only

Day	Term 3
Monday	7.30am to 3.30pm
Wednesday	7.30am to 11am
Friday	7.30am to 3.30pm

The Uniform Shop will:

- close for Term 3 trading on Friday 21 September 2018 at 3.30pm
- only be open over the school holidays on Friday 5 October between 7.30am to 3.30pm
- open for normal Term 4 trading from Monday 8 October 2018 (first day of Term 4) 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 4.

Uniform Issue

Girls' skirts should be below the knee and of an acceptable length. Skirts should not be taken up, or rolled up so that the bottom of the skirt is above the knee.

All girls must wear folded down plain white ankle socks with their formal uniform. Boys in Prep to Year 3 who are wearing rust ruggers must also wear folded down plain white ankle socks.

Skirt below knee and folded down socks:



Swimming Uniform Policy

All Prep to Year 12 students must wear the appropriate WestMAC swimming uniform for HPE and REC lessons. Students will not be permitted to swim if they are not in the correct swimming uniform.

The swimming uniform for Prep to Year 12 for HPE (including REC) lessons consists of:

- WestMAC one piece butterfly togs for girls
- WestMAC Speedos or Jammers for boys
- WestMAC sun shirt
- House coloured swimming cap or 'WestMAC' swimming cap (only if a TAS Swimming team member) are compulsory

- WestMAC swim shorts (optional)

Non-WestMAC boy's Speedos and non-WestMAC girl's one piece togs may be worn providing that they cannot be seen under a WestMAC sun shirt (WestMAC swim shorts may also be required to hide the non-WestMAC togs)

Bobby pins and the navy HPE shorts are not allowed to be worn in the pool. Students are strongly advised to wear sunscreen.

The Swimming Uniform Policy does not apply to private swimming lessons conducted at the College Pool.

Glenda Boike - Uniform Shop Convenor

Phone: 3813 4533

Email: uniforms@wmac.com.au

Whole School