



**West Moreton
Anglican College**
Ipswich Queensland



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Edition 2, Term 4 2018

Principal

THE PROBLEM OF POPULARITY

We all worry about friendships, play dates, birthday parties, who's in and who's out. Sometimes we worry more than our children do. We want them to be happy and enjoy having lots of friends. We are sad when they fall out with friends and anxious when they make a friend we are doubtful about. Popularity is a minefield, for parents as well as children. So how can we help our children develop the right skills?



Move the focus away from status.

Stop liking, liking, liking, and counting your likes. Ask questions that encourage children to target real, quality friends rather than fly-by-nights. Offline, don't convey to children and adolescents that they need to be in a particular club or clique. When we focus on popularity, our children won't learn how to identify healthy, reciprocal relationships.

Address their desire for popularity.

When our children are unhappy with their place in the pecking order, we can offer extra love, acknowledge their feelings and share our values. We may not be able to persuade them to not

care, but we can try to understand why this matters to them. Remind them what they'd lose if they sacrificed their existing friendships to pursue popularity.

It's difficult when a child wants to be popular, and there are no easy answers. Adults can point out that the most popular kids may also be lonely and lack trusting, reliable friendships. We can never know what is really happening in others' lives.

Focus on what they can control, such as being kind.

In every community, there are things that make you popular – and not everyone will have these things. However, by encouraging children to focus on what they can control, including being kind, you'll increase the odds that they land the right friends.

Turn outward to find new friends and activities.

There's a primal social impulse to be part of the pack, but children thrive when they think less about themselves and more about others. If your son or daughter comes home and says, 'No one likes me' or 'Everyone is walking to lunch without me', turn the tables. Encourage them to invite that new student to lunch or to tutor a younger student. When kids transcend the self, they feel empowered and confident. Engaging in something bigger than themselves also helps them stop ruminating about unreturned texts or their social position.

Cultivate good matches.

The unspoken rule of adolescence is that you're supposed to interact with the people closest to you in the social hierarchy. The culture may value physical attractiveness or athletic ability, but your child may thrive in a setting that values academic achievement or community service. Look for activities that align with your child's interests.

Your child's teachers and other College staff may be able to suggest good friend matches, pair them on projects and reinforce social skills.

Teach them skills they need to have more positive interactions.

Help struggling kids practise basic skills such as asking questions. Help them focus on connecting instead of impressing. Encourage children to identify common ground. If you're talking about something that only pertains to you, it's irrelevant to the friendship. Are they wearing a shirt from a music group you like? Did they watch the same football game last night?

Some children may not know how to join a conversation. Show them how to slide into action without interrupting, and match the emotional tone of the group. When we look at videos of children who end up being the most liked, they listen to others and try to build on and shape what they're doing instead of saying 'No, that's stupid, let's do it this way'.

Learn from children who change often.

Children from some families may have moved schools several times during their school years. Other students can learn from the openness that these students typically display. They may be more likely to approach a stranger in a crowded common room or to appreciate positivity over status. These children have figured out what works for them. They're not trying to find a forever friend or a best friend. There's a freedom to take risks on new friendships when you live in the moment. When the goal is to befriend people who are like-minded or share interests, the burden of popularity is lifted.

The best antidote to craving the wrong friends is finding the right ones and as parents, we can help. For example, helping children develop interaction skills, or creating opportunities to socialise by offering transport and making our home welcoming.

Acknowledgement: Seven steps parents can take to ensure kids work for the right kind of popularity by Phyllis Fagel, 1 March 20

Geoff McLay - Principal
Phone: 3813 4555

Whole School

Deputy Principal

Presentation Night 2018

This year's Presentation Nights are almost upon us and will be held in the Lostroh Centre on;

- Senior School Tuesday 13 November (seated by 6.40pm for a 7.00pm start)
- Middle School Tuesday 20 November (seated by 6.40pm for a 7.00pm start)

- Junior School Thursday 22 November (seated by 6.10pm for a 6.30pm start)

Middle and Senior School Presentation Nights are non-ticketed events with Middle and Senior School families' allocated two seats for accompanying parents/guardians. Tickets are now available for Junior School Presentation Night via <https://www.trybooking.com/XYQC> maximum of two tickets per Junior School family, tickets to be presented at the door. Families who require additional seats for any of the three evenings, need wheel chair access, assistance with prams or wishing to make a booking for the Crèche (Middle or Senior School evenings only) are asked to contact their respective sub-schools to request further seats or assistance. Please note as student attendance is compulsory, any apologies are to be forwarded in writing to the relevant Head of School.

When arriving at the College for Presentation Night please follow the directions of parking attendants who will direct you to one of the following car parks: Central Administration, Junior School, Senior School or the Grassed Paddock on Keswick Road. For full details of the traffic management plan, please click the following link.

<https://westmoretonac.schoolzineplus.com/presentation-night-parking-2018>

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>



WestMAC Presentation Night

Book Prize Sponsorship Opportunity

"Whenever you read a good book, somewhere in the world a door opens to allow in more light" - Vera Nazarian



Janelle Lecinski - Deputy Principal
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Whole School

Middle School

Term 4 is certainly flying by and I'm sure before we know it – we'll be heading into the Christmas holidays. We are heading into a very busy time of term so I thought it best at this time to provide you with the upcoming Middle School events and important dates.

Thursday November 2018	15 Year 9 Exams: SOSE – P1 and 2; Maths – P3 and 4
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Monday 19 November 2018	Year 9 Exams: Science – P1 and 2; English – P3 and 4
Tuesday 20 November 2018	Middle School Presentation Night – all to attend
Wednesday 28 November 2018	Middle School Swimming Carnival – Years 6 to 8
Thursday 29 November 2018	Year 9 Graduation Service – Period 1 and 2 MS Final Assembly – Period 5 Final school day of 2018

I wish our students all the best as they begin to prepare for their final assessment for the year. I also look forward to attending these special events and celebrating their achievement and contributions to our Middle School community.

Please note, student's attendance at the Middle School Presentation Night is compulsory for all Middle School students.

Furthermore, I am also attaching a link to the article I recently wrote for the QT regarding the use of digital technology. If you haven't read it please do, as not only does it outline the complexities regarding adolescent digital use but I hope also provides positive strategies.

<http://qt.pressreader.com/qt-magazine/20180922>

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

Junior School

2019 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 or children in the areas of friendship groups or teaching styles, please put it in writing to Ms Kirsten Mullan, Head of Junior School, kmullan@wmac.com.au to be received by Friday 2 November.

Junior School staff place students in classes after a very careful analysis of each child's personality, learning ability, friendship groups and the personality and special talents of the prospective teacher, as well as considering the possible dynamics of the new class and how well the class as a whole will function.

While parents and carers wishes will certainly be considered, it is not always possible to meet every parent's request; however, please be assured that if a request has not been met, there was a very valid reason for that decision.

Junior School Presentation Night

Parents are reminded that our Junior School Presentation Night will be held on Thursday 22 November commencing at 6.30pm. All students in Prep to Year 6 are expected to attend and be part of this end of year celebration.

Below you will find a summary of the awards presented on this evening.

Archbishop's Award	Presented to the two most academically improved students in Junior School.	Certificate and lapel pin
Chairman of Council's Award for Dux of Junior School	Top academic results for a Year 6 student	Book prize
Excellence in Performing Arts	Two Junior School students who have been the most actively involved in cultural activities including dance, music and debating/public speaking.	Medallion
Academic Encouragement Award	For the students who have demonstrated a willingness to succeed and persist and who have made the most academic improvement throughout the year. P-3 – Two students 4-6 – Two students	Book prize
Richardson Family Award	Awarded to the verified student who has demonstrated the greatest willingness to persevere with class tasks and a positive approach to learning.	Book prize
Merit Award	Awarded to students in Years 4-6 who have achieved an overall result of an A achievement level and Commendable effort in the same four or more subjects in Semester 1 and Term 3.	Certificate
Junior School Captain Award	Junior School Captains	Book prize
Religious Education Award	Awarded to the Junior School Chapel Captains	Book prize
Award for Citizenship	Recipients chosen from group of students nominated for Citizenship certificates.	Book prize
Citizenship Certificate	Presented to students who have been nominated by staff for their: <ul style="list-style-type: none">Sustained concern and compassion towards others	Certificate with individualised comment

	<ul style="list-style-type: none"> • Initiative in volunteering for tasks and seeking ways to help others • High level of reliability • Polite and cooperative attitude 	
Environment Awards	Presented to students who have been nominated by staff for: <ul style="list-style-type: none"> • Involvement in Environment Committee • Initiating environmental endeavours • Displaying a particular passion for the environment 	Certificate with individualised comment
Junior School House Shield	Awarded to the Junior School House who won the most points across all Junior School Interhouse Competitions for the year.	Perpetual Shield
Interhouse Shield	Awarded to the House who won the most points across all Interhouse Competitions for the year across all three sub-schools.	Perpetual Shield
Commendation Certificates	Presented to every students in Junior School to acknowledge the positive qualities they have demonstrated during the school year.	Certificate presented in envelopes during Presentation Night
Principal's Awards	Awarded to students achieving Gold Level in the Respect and Responsibility program by the end of Term 3.	Certificate presented in envelopes during Presentation Night
Silver Respect and Responsibility Awards	Awarded to students achieving Silver Level in the Respect and Responsibility program by the end of Term 3.	Certificate
Extra-curricular Participation Awards – Gold, Silver and Bronze	Presented to students based on their level of participation in extra-curricular activities across the year.	Certificate presented in envelopes during Presentation Night

Chaplaincy

This week in chapel we've been acknowledging All Saints and All Souls Days. Middle School had a communion service as part of their celebrations. Senior School had a shorter service and Reverend Brenda went all out to assist Junior School Staff and Students to produce a moving and creative way to remember lost loved ones, with hearts bearing names as an act of remembrance and thanksgiving. I felt it was important to reassure our students that it's good and healthy to mourn and celebrate those who have gone before us. Tears don't need to be frightening and can be a healing and blessed tribute. Christians believe that death is NOT the end; that love is stronger than death and that, in a very special way, our loved ones are still very much of our lives, especially when we remember them lovingly.

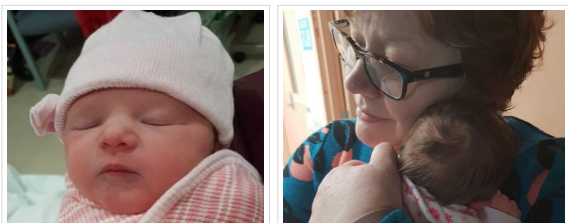
One doesn't "get over" grief or loss. The passing of a loved one changes us for ever, but it is possible, in time, to live a hope-filled and useful life. Our remembrances of our beloved, whether they were with us for minutes, days, months or years, are a special gift. Tears are sacred, as is our love. If you're struggling with a particularly keen sense of grief at the moment, know that, whether or not you can feel it, you are held in the hollow of God's hand. I find that often people are afraid to mention someone's name because they think it will upset you. The problem is, sometimes it begins to feel as if they never existed to anyone but you. Tell those around you that it fills you with joy to be able to talk about them, even it is also makes you cry. When their name sits on your tongue, it is a blessing. When someone else remembers them with love, you are both blessed and their memory shines bright. It can be scary to reach out to someone living with loss but please do. Grief can be so isolating. You won't 'catch it', you'll simply bring some strength and comfort to someone who is desperately in need of it.

If it's you who is grieving, it can be hard to reach out to others. Obviously it's better if they take the initiative, but sometimes we're feeling strong enough to break the shell of sadness to make contact with another. It's almost always a life-affirming thing to do. God created us to live in community. That is how we thrive best. That's way our College is such an amazing place. The whole ethos is shot through with the bonds of a loving and compassionate community. People here really do care for one another. Make use of that when you need it. Play a part in that whenever you can.

In the Book of Common Prayer 1662 in the burial service it says, "In the midst of life, we are in death" but I also believe that in the midst of death we can be in life too. On Sunday 28th October, just a day before what would have been mine and Nigel's 30th wedding anniversary, Frankie Evelyn-Nigella Leaves finally made her entrance into the world. Like her father before her, she is the spitting image of her Daddy. Sebastian looked so like Nigel it was unreal. I hope you'll bear with me if I have a little brag and share some photos of the little lady who has reminded me that life, most definitely goes on.

Kirsten Mullan - Head of Junior School
Phone: 3813 4532
Email: kmullan@wmac.com.au

Whole School Junior School



Mother Julie Craig-Leaves - Chaplain
 Phone: 3813 4630
 Email: jcraigleaves@wmac.com.au

Whole School

Creative Arts and Extra-curricular

Term 4 Extra-curricular Events

Friday November	2	Sound checks for Music Showcase awards, 12noon to 5pm
Saturday November	3	Prestige Music Fest (Big Band) Calamvale Community Centre, after 3pm
Sunday November	4	Music Awards Showcase, All ensembles, MPH, 2pm
Thursday November	8	Yr 5 and 6 IP Concert, MPH, 2pm
Tuesday November	13	Senior School Presentation Night (Symphonic Band, Chorale)
Thursday November	15	Valedictory Dinner (Big Band)
Tuesday November	20	Middle School Presentation Night (Mezzo Voce, Performance Band)
Wednesday November	21	FOTA AGM, Staff Common Room, 5.30pm
Thursday November	22	Junior School Presentation Night (Bella/ Piccolo, Concert Band)
Sunday November	25	Christmas Concert rehearsal (Chorale), MD17, 2pm to 5pm
Sunday December	2	Christmas Concert rehearsal (Chorale), MD17, 2pm to 5pm
Tuesday December	4	Christmas Concert rehearsal (Chorale), St Paul's, 7.30pm to 9.30pm
Friday December	7	Christmas Concert (Chorale), St Paul's, 7.30pm

Last week was huge for the performing arts at WestMAC. In Music, at Prestige MusicFest Symphonic Band and Performance Band both achieved Platinum Awards, and at the Silkstone Eisteddfod, Bella Voce was awarded two Gold, Chorale a Gold and Jazz Vocal two Gold Trophies. Congratulations to all student performers and their ensemble directors for a job well done. Big Band are competing at Prestige MusicFest this Saturday afternoon, so good luck to Mr Hannan and band members. Our musicians will all be on show this Sunday from 2.00pm in the Lostroh Centre at the

annual Music Awards Showcase. Last Saturday the College community was treated to another spectacular Dance Concert at the Ipswich Civic Theatre. The quality of the choreography and performances was matched by the slick, professional presentation as our dancers celebrated the outstanding successes they have enjoyed this year. Congratulations to the students and to Miss Judd and her team on a superb concert. Special thanks must also go to Miss Costa for her work in Miss Judd's absence during Term 3, and to Ms Cahill and Ms Stroben for the heroic job they have done coordinating the extra-curricular dance program while Miss Judd was on leave.

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, the St Paul's Festival Choir and other guest artists.

Friends of the Arts (FOTA) Annual General Meeting

FOTA will hold its AGM on Wednesday 21 November at 5.30pm in the Staff Common Room (Main Administration Building). All parents of students involved in music, dance, drama and visual art at the College are warmly invited to attend. The most important agenda item will be the election of office bearers for 2019. I would like to encourage all parents to consider serving on the executive as a way of deepening their involvement in their children's education and furthering the long-term interests of all arts programs at WestMAC.

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

Whole School Extra-curricular Activity

Football Excellence

Throughout the later stages of Term 3 and beginning of Term 4 there have been some significant achievements from our current and former Football Excellence students;

Club Football

Following on from his successful selection in the Queensland team to compete in the FFA Youth Football Championships, Cardiff Pond (Year 8) has been selected into the Football Federation Australia and Australian Institute of Sport National Goalkeeping training program. This is a result of his great performances at the carnival in Coffs Harbour.

Congratulations Cardiff.



Hayley Victor (Year 7)



Bridget Hartfiel (Year 9)

Schools Futsal

During the Term 3 holidays, several students were selected to represent Queensland teams at the Australian Futsal Association National Schools Futsal Carnival. Age based teams from Queensland played against teams from New South Wales, Victoria, Tasmania and Western Australia over the course of a week at the Brisbane Entertainment Centre, Boondall.

Well done to the following students:

- Levi Briggs (Year 8)
- Breanne Clarke (Year 11)
- Jeremy Colaso (Year 10)
- Isaiah Creed (Year 9)
- Daniel Elger (Year 8)
- Angus Kennedy (Year 8)
- Michael Matthews (Year 9)
- Georgia Martell (Year 10)
- Bridget Hartfiel (Year 9)
- Hayley Victor (Year 7)
- Andrew Sinclair (Year 12)

Nicholas Barling - Teacher in Charge of Football Excellence
 Phone: 3813 4559
 Email: nbarling@wmac.com.au

Whole School

Library



Some special acknowledgements must be made to two outstanding performances during the championships. Both Bridget Hartfiel (Year 9) and Hayley Victor (Year 7) have been selected to represent the Australian Futsal Association to tour Italy and the United Kingdom respectively at the beginning of 2019.

For Hayley, this is the second such accolade in the past two months, with selection in the Australian team to tour Barcelona based on club Futsal performances through the year.

Amazing effort girls!



During weeks 5 and 6, we will be hosting the Scholastic Book Fair again in the Junior School Library. Junior School students will receive an invitation through their classroom teachers, and the dates we will have full access to the Book Fair are as follows:

Thursday 8 November
Friday 9 November
Monday 12 November
Tuesday 13 November

The Book Fair will be open from 8am to 3.30pm each day – we encourage students to visit during lunch time, and family members before and after school.

End of Year textbook and Library returns

As we come toward the end of the year, students will be receiving reminders through email about the resources they currently have on loan. We encourage students to immediately return any books they no longer require, and to ensure they know where all their books are physically located in preparation to return every item before the end of term. This includes all year-long textbook loans, class novels and plays, and any library resources.

Year 11 and 12 students must also return the school-issued iPads, including charger and USB cord. Year 11 students are required to return their iPads this term, due to upgrades that need to be completed over the Christmas break on these devices. It is the student's responsibility to ensure they have backed up their iPad, as it will be reset as part of the upgrade process. Please note that students must NOT reset their iPad except under instruction from the IT staff.

We appreciate the support of families to get a strong return rate on textbooks – please be aware the items not returned by close of business on the last day of term will be charged to families, as we need to replace any lost or damaged items before the start of the 2019 school year.

Tehani Croft - Knowledge and Learning Resources Manager
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Whole School

Debating and Public Speaking

Rotary Youth Speak Congratulations

Sophia Barns Year 9 recently competed in the Ipswich North Rotary Youth Speak competition. The standard of this competition is always very high. Sophia placing in only her second public speaking competition, a great effort!

Sophia wrote about her experience:

I recently represented West Moreton Anglican College in a local Rotary public speaking competition. I was competing against many other schools and placed third overall, which was a great way to end the evening. The competition's topic was 'Be the Inspiration' and I spoke on how everybody, has and can inspire thousands of people simply by striving for greatness in their own life; our actions will inspire others. I have been so blessed to have my dad and Mrs. Googe to guide, critique and help me in all of my public speaking experiences. Public speaking and

debating has helped me build self-confidence, social skills, and form.



Upcoming Events: nominations are open or opening soon for the following events.

UN Youth Queensland State Conference 2019

We want your voice to be heard. Join hundreds of students in February next year for a weekend of leadership, diplomacy, and advocacy at the Sunshine Coast. Connect with issues that baffle the leaders of today and shape our national discourse. Form friendships with a diverse array of students from all around Queensland and Northern New South Wales, and become inspired to deliver change in your local communities, and eventually the world. State Conference is one of the best events of the year and we would love to see you there. Register now, and get an 'Early Bird' Discount.

If you have any questions, please contact Juliette Cross at juliette.cross@unyouth.org.au

Rostrum Public Speaking 2019

Rostrum invites students to take part in Rostrum Voice of Youth 2019. The aim of the competition is to encourage secondary school students to develop their oral communication skills, increase their self-esteem and self-confidence and to provide them with an avenue to speak out on topics that are important to them.

The dates for 2019 are:

- Entries Open 29 January 2019. Entries Close 5 April 2019
- Heats for Brisbane/Ipswich/Logan 27/28 April 2019.

The topics for the 2019 heats, finals and regional finals are available on the Rostrum website.

Donna Googe - Debating/Public Speaking Coordinator
Phone: 3813 4619
Email: dgooge@wmac.com.au

Whole School

Defence

As we are nearing the end of another jam packed full of fun and learning year, could you please let me know if you are posting or leaving us, so I can work with your child, in putting together a farewell package for them. If you have a Defence Passport, could you please send that along as well, so I can complete the sections that need to be filled out since your child has been here at WestMAC.

If you have any questions or queries, please do not hesitate to contact me.

Jenny Sheehan - Defence Transition Officer
Phone: 3813 4508
Email: JSheehan@wmac.com.au

Whole School

Uniform Shop

Uniform Shop opening times – School days only

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

The Uniform Shop will:

- be open on Saturday 24 November 2018 from 7.30am to 3.30pm
- close for the year at 3.30pm on Wednesday 28 November 2018
- re-open on Monday 14 January 2019 (please refer to website for trading times)

Blazer pockets

Below is the blazer pocket embroidery schedule for remainder of this year:

Pocket required for:	Request at Uniform Shop by:	Pocket Available from:
Middle Presentation Night Tuesday 20 November 2018	Wednesday 7 November 2018	Monday 19 November 2018
Start of 2019 and 2019 Leaders Induction	Wednesday 28 November 2018	Monday 21 January 2019

Junior TAS and TAS Sport borrowed uniforms

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

Lay-by

Uniforms can be placed on lay-by at the Uniform Shop. A minimum 10% deposit is required and lay-bys commenced this year must be picked up by 1 February 2019.

Second hand cut-off date

Please note that proceeds for secondhand items left at the Uniform Shop after Monday 19 November 2018 will not appear on Parent Fees' Account until Term 2 next year. Due to the back-to-school busy period, second hand items will not be processed between Monday 19 November 2018 and Monday 4 February 2019. Please do not leave items during this period as there is only a limited storage space available.

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

Whole School

Kindy

Enrolments 2019

We currently have limited vacancies for our 2019 Kindy Program for age appropriate children. (Children need to be 4 by 30th June 2018.)

Fees are \$675 per Term. Children attend a 2 day program either Monday and Tuesday OR Thursday and Friday from 8.00am to 3.30pm.

Waitlists are currently open for 2020, 2021, 2022, 2023.

Waiting List forms can be downloaded from www.candk.asn.au/westmoreton

Carolyn Symonds - Director/Teacher - Kindy
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Whole School