From the Principal

Even though this is a very busy time of year it is also a very rewarding one, seeing what our students have accomplished, learned and achieved during their time at the College.

First there were our amazing Prep to Year 2 classes who entertained us so enthusiastically at their Presentation Night on Monday 24 November. The students were outstanding and I want to congratulate them and the teachers for such an enjoyable night. You will be able to read more about this and see some of the photos in the Primary section of the newsletter.

I would also like to take this opportunity to thank the parents and families for their understanding and patience with the ticket system we had to put in place due to the large number of people attending. The whole night went smoothly thanks to your help.

On the following Thursday we had the privilege of seeing the achievements of our older students at the Senior Students Awards' Night. Mrs Sue Fraser provides more details on the night in her article but I want to congratulate our students on their hard work, dedication and strength of character that was evident in the medals and awards won.

I would also like to take this opportunity to thank our special guests who made time to attend on the night and took part in the ceremonies by handing out the awards. Thanks to Mrs Judy McArdle, Mrs Inga Slipper, Dr Shah Miah, Mr John Kemp, Mr Trevor Newell, and Rev Chris Johnson for their part in making the night such a success.

The Upper Primary Concert was held on the Tuesday just gone and there will be an article (with lots of photos) in the next newsletter.

Day for Daniel

A big thank you to all our Primary students and staff who raised an incredible $670 for the Daniel Morecombe Foundation. This is the sixth year the Day for Daniel has been held in the community and it continues to raise awareness for child safety.
LOST AND FOUND

Lost
- jacket size 14 with the name “Jakkson” on it.

Found
- blue stainless steel water bottle
- two pink Smash lunch boxes - wet-suit material
- Railway Credit Union Black lunchbox
- silver bangles found in church after Prep to Year 2 concert
- black watch
- several unnamed lunchboxes

Please make sure everything is named as the lost property cupboard is nearly full.

Bandana Day

While our Primary students were donning red for Daniel, our Secondary students (and many Primary as well) purchased bandanas to raise money for CanTeen. CanTeen supports young people aged 12-24 who are living with cancer by providing programs, camps and resources. GCCC has been raising funds through Bandana Day for several years now and this year raised almost $600. Well done!

School Fees for 2012

As a school we rely on a mix of federal and state government funding (63%) and fee income (37%) to support our staff wages, equipment purchases, buildings, cleaning, furniture and the incidental costs that allow a school to run. We have always been committed to the mission of providing affordable Christian education to any family who wants it and for this reason we seek to keep school fees as low as possible. We manage the College frugally while keeping the standard of the facilities and education high. Our school fees are among the lowest of any private school on the Sunshine Coast.

The government releases a figure every year called the AGSRC, which stands for the Aggregate Government Student Recurrent Cost. This is the average annual cost of what it takes to educate a child in a government school excluding consumables (such as timber for workshop, paint for Art, food for Hospitality etc.) and capital costs. The government then funds us a percentage of this figure per student according to our SES (Socio-Economic Status). This rating is calculated by the government from census data. These figures have just been recently released for 2011. They are $9697/student for Primary and $11,945 for Secondary student. Our College is entitled to 63% of that cost from the government meaning that the other 37% will come from fees. This means that the shortfall is $3587 for Primary and $4419 for Secondary.

Now our fees are much lower than this because we run our school as efficiently as possible with regards to staffing (our greatest cost) and other expenses. This efficiency allows us to keep student costs below the average costs that the AGSRC reflect.

However, like any business, we are not immune to inflationary pressures and these tend to be higher in education than the regular Consumer Price Index (inflation rate) for a number of reasons. In 2011 the AGSRC rose 6.9% for Primary and 4.8% for Secondary from 2010.

For this reason the College Board has raised tuition fees next year by approximately 5%. A new Fee Schedule can be found on the website under the Enrolments tab.

We also introduced last year an activity levy of $100 per Secondary child (excluding Year 7) and $50 per Primary child payable annually. This was to assist in offsetting the cost of camps, running buses and excursions This levy will be abolished in 2012 but will be compensated for by a similar rise in tuition fees which will streamline our billing process.

While cost of living increases are inevitable, we understand that there are some families who are struggling under the weight of greater financial burden than others. If you find yourself in this position please do not hesitate to come and talk to Graham Fraser, our Business Manager, so that we can help.

There will be formal notification coming home about these changes in a letter soon.

Mike Curtis
GCCC Prep to Year 2 play to a full house.

The Prep to Year 2 Presentation Night on Monday night played to a full house. Approximately 400 people turned up to watch the students perform on stage and the audience was in for a treat.

More than 190 students streamed onto the stage throughout the night and the first thing each student did was to peer into the audience looking for their mum and dad.

Mrs Bryers welcomed the mums and dads to the concert and then said, “When I looked at the children’s faces on the stage it reminded me of one of those work safe ads on TV. The children’s faces lit up like Christmas trees when they found their mum and dad watching them so I would like to thank you for making the special effort to come tonight.”

The students performed ‘The Greatest Story Ever Told’, singing and dancing to different parts of the Bible. The whole story was beautifully narrated by Tate Doneathy from Year 2 and each class performed well above their tender years.

The concert began with the Primary choir singing the B.I.B.L.E. song followed by Prep White’s rendition of ‘If I were a butterfly’ before Year 1G came on stage dressed as raindrops, animals and a rainbow to retell Noah’s Ark. Year 2G asked, ‘How did Moses cross the Red Sea’ and some very fearsome Prep Green soldiers stomped through the Joshua Rap blowing the walls down with their vuvuzelas (which were not quite historically accurate for 1250BC but very effective all the same).

Year 2M sang and danced gracefully in white and then little lambs from Year 1M captured everyone’s heart with their very cute performance of not being afraid of the boogie man. Prep Maroon students sang ‘Peace like a River’ and then all the students streamed back on stage to sing ‘How much does God love you’ to the audience.

The children went home with huge smiles on their faces, talking excitedly and proudly about the concert and the fun they had that night.

P-2 Presentation Night by Tate Doneathy

“How did Moses cross the Red Sea?” and ‘God is bigger than the Boogieman.’ 1M was funny. They had a disco song.

“The songs were, ‘How did Moses cross the Red Sea?’ and ‘God is bigger than the Boogieman.’ 1M was funny. They had a disco song.

“I sat on a chair. The performances were for the parents. The last song was, ‘How much does God love you?’ The audience said, ‘encore’ and we sang, ‘Jesus loves me’.

“Last night was supercool.”

P-2 Presentation Night by Sam Ritson

On Monday night it was presentation Night. In the church the audience was watching Prep to Year 2 each do a dance. The narrator was Tate in 2G. Our dance was, ‘How did Moses cross the Red Sea?’ and ‘How much does God love you?’ We had Israelite costumes and Jacob was Moses with a stick. I was proud.”
TERM 4
UNIFORM
SALES
A 5% discount applies to all new uniforms which are purchased before the end of Term 4.

Uniforms need to be paid in full or put on layby and must be collected before the end of November. Payments can be made over the phone to the Uniform Shop between 9am and 9.30am on Mondays, Wednesdays and Fridays.

For fittings, please book a time by contacting College Administration on 5439 0033.
Price lists and order forms are available from the College website at www.gccc.qld.edu.au

Orders can be:
- emailed to Kylie Woodhead at kylie.woodhead@gccc.qld.edu.au
- dropped into Admin
- brought in with you to your fitting

Please ensure your uniforms are kept ‘as new’ (unwashed, tags on etc) if they need to be exchanged for larger or smaller sizes in the new year if your child grows over the holidays.  

Kylie Woodhead

Tuckshop

Please check the Tuckshop menu on the new website BEFORE ordering food. Visit www.gccc.edu.qld.au then click on College Life then Tuckshop.

Operation Christmas Child

Thank you to everyone who contributed to Operation Christmas Child. Thanks to your efforts, there are over 90 children who will be blessed by kind folk from GCCC this Christmas!

A very big “Well Done!” must go to the children and their teachers from Year 3 classes who have taken responsibility for this wonderful cause. The advertising and promotion of Operation Christmas Child was outstanding!

Here are comments from some of the children who donated boxes:

“I made a shoebox because we have so much, but they don't even have what they need.”
“I wanted to give a box because I care about the children who don't get any presents.”
“The reason I made a shoebox is because I want to help put a smile on kids’ faces.”
“People make shoeboxes for others because it shows that they are special.”

Vocal Tuition - Ian Rix

Lessons cover topics such as: breathing techniques, ear training and pitch correction, how to read music, music theory, individual voice development, performance techniques and how to prepare for auditions and more. There are a few lesson times available for next term. If you are interested, please contact Ian Rix on 5492 7740, 0438 136 833 or email ian.rix@bigpond.com
Senior Awards Night

On Thursday 27 October, our Senior Awards Night was held. Capably led by our 2011 College Captains, Joshua and Morgan, the night was a success. It was lovely to hear our Chapel Band perform some praise and worship songs. Many of our senior students were acknowledged for their wonderful academic, cultural and service commitment to GCCC. I would like to congratulate all students who received awards on the night and encourage students to continue to strive for excellence in all that they do. We truly appreciate the contribution our students make to GCCC and the manner in which the majority of our students conduct themselves. They are maturing into fine young adults.

I would love to list all award recipients but space will not allow this. However, I need to highlight the following top awards:

**Gold Academic Awards**

(Students who receive A’s for three or more of their subjects)

- Year 10 - Juanita Greasley, Dylan Holt, Jacqueline Newell
- Year 11 - Sarah Davis, Morgan Stevenson, Tom Wright
- Year 12 - Joshua Davis, Julian Utting, Robyn White, Morgan Winlaw

**Gold Cultural and Service Awards**

(Students who have contributed many hours to the culture and service of our College – awarded on a points system)

- Year 10 - Nathan Jarvis, Jayden Newell
- Year 11 - Rhiannon Lindsay, Ellen Paddick, Laura Simpson
- Year 12 – Morgan Winlaw

**College Spirit Award**

This is the most prestigious award in the Year level given to those students who best embody the GREAT values of the College in the Year level.

- Year 10 - Jonathan Lythall & Christopher White
- Year 11 - Ashley Byrne
- Year 12 - Alex White

VET Student of the Year – Amy Siggs
Rotary All Rounder Award – Rhiannon Lindsay
Long Tan Award – Brendan Cook
Business Scholarship at USC - Jesikah Ings
Emily Lord Award – Morgan Winlaw
College Dux 2011 – Julian Utting

And last but not least, we are excited to announce that our College Captain for 2012 is Sarah Davis and the College Vice Captain is Ashley Byrne. The caliber of the senior leadership team for 2012 is amazing and we are so looking forward to what this inspiring group of young people is going to achieve.

God bless!
Important events coming up:

With only four weeks left of the 2011 College year we are certainly keeping very busy. Please be aware of the upcoming events:

- Friday 4 November: Senior Hospitality students to Good Food Expo
- Sunday 6 November: Cheerleading competition
- Monday 7 November: Yrs 8-12 Drama evening excursion to Theatre
- Thursday 10 November: Senior exam block commences
- Tuesday 15 November: Year 10 Mock Interviews for Work Education
- Thursday 17 November: Year 12 Formal with 4.15pm arrivals
- Friday 18 November: Year 12 Graduation commencing at 9.00am
- Thursday 24 November: Middle School Awards commencing at 6.30pm
- Friday 25 November: Year 10 Dinner Dance commencing at 6.30pm
- Monday 28 November: Orientation Morning for Prep-Year 7 in 2012 (9am)
- Monday 28 November: Year 9 ‘Rites of Passage’ program commences
- Thursday 1 December: Last day of term

NB: Semester 2 Reports should be received via post by 9 December for Year 7-11 students.

Sue Fraser

The Year In Review

The media is already gearing up for the year in review when they put together a collage of significant events of the past year - the triumphs and failures of prominent people, natural disasters, economic challenges and the deaths of celebrities and leaders. The most surprising events usually receive top billing.

Although it seems way too early to look at our year in review, what significant events would appear on your list? Has an unexpected event caused you to question God or to more deeply experience His goodness?

Psalm 77 was written by a person in distress who felt as if God no longer cared. “Has His mercy ceased forever? Has His promise failed forevermore?” Yet, event in anguish, the psalmist said, “I will remember the works of the Lord; surely I will remember Your wonders of old.” The result was a renewal of trust and hope: “You are the God who does wonders You have declared Your strength among the peoples.”

When you do think back over this past year, why not write down the significant events in your life. Don’t be afraid to include your difficulties and disappointments, but remember to consider all the ways God has been with you.

During every difficulty, we can always find the faithfulness of God.

Adapted from Our Daily Bread by David McCasland.
**Library Opening Hours**

Prep – Year 9 Students:
8:15am – 3:15pm

Year 10-12 Students:
8:15am – 4.00pm

**Homework Club:**
Every Thursday for Years 7-12 from 3.00pm to 4.30pm

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**Second Hand Uniform News**

**Selling Uniforms:** The P and F Second Hand Uniform Shop is seeking uniforms of saleable quality either from donations, or to sell on commission. Please download a copy of the “Second Hand Uniform selling/donating form” located on the College site www.gccc.qld.edu.au under the College Life/Uniform Shop tabs. The completed double-sided form and clean uniforms may be left at GCCC Reception for processing.

During the holiday break, second hand uniforms can be left at Reception between 9am-3pm until 15/12/2011 and in the New Year from 09/01/2012 to 17/01/2012. Items left after this date may not be processed and ready for sale until the first day of Term 1 (23/01/2012).

**Buying uniforms:** Second hand uniforms can be purchased from the Uniform Shop for the remainder of Term 4, 2011. Alternatively, if you would like to purchase second hand uniforms for your child ready for the start of Term 1 in 2012, the P&F Second Hand Uniform Shop will be open from 9am-3pm on both Wednesday 18th and Thursday 19th January 2012.

**Volunteers needed**
The P&F are looking for volunteers to help in the Second Hand Uniform Shop on the 18th and 19th January 2012 to assist families with uniform fittings and sales. If you are able to help for a couple of hours on either of these days please email pandf@gccc.qld.edu.au with your contact details and the day and time that you can help. Thank you.

*P and F Second Hand Uniform Coordinator*

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**Premier’s Reading Challenge**

Students who completed the Premier’s Reading Challenge from Prep to Year 7 recently received their Certificates of Achievement signed by the Premier of Queensland, Anna Bligh. Thank you for encouraging students to participate in the program. We had 104 students complete the challenge – a tremendous effort for our first year. Across Queensland more than 71,000 students took part. It was wonderful to see students involved in a statewide program that develops literacy skills and a love of reading.

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**Scholastic Book Club**

Book Club brochures are now being sent home to the youngest in the family for students from Prep-Year 7. Extra copies of brochures are available in the library if required.

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**Flat Stanley Treasure Hunt and Stamp competition**

The Year 3 classes have been busy reading about the adventures of Flat Stanley by Jeff Brown this term and have been collecting stamps for our Year 3 stamp competition. Go to http://auspost.com.au/education/primary-family-friend-letters.html for more details. All stamps collected will be passed on to help raise funds for missions. Recently students took part in a Flat Stanley treasure hunt in the library to locate miniature Flat Stanleys the children created during Library Craft Club. One of the prizes was having your photo in the newsletter. Congratulations winners.

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**End of year book returns**

We are coming very close to the end of the year and all students will soon be returning books before the holidays. Please keep the following dates in mind over the coming weeks:

**Prep to Year 6:** All library books and readers to be returned by Friday 18 November (Week 7).

**Years 7 to 11:** All books to be returned by Thursday 24 November (Week 8).

**Year 12:** All books to be returned by Tuesday 8 November, unless they are required for examinations (Week 6).

Thank you in advance for your help with this. See you in the library.

*Vanessa McKellar*
Employment Opportunities for school leavers and school students in 2012

It’s that time of year again. Everyone is thinking about opportunities for next year! Here are some wonderful opportunities worth considering.

For School Leavers:

There are 30 Council traineeships for 2012 now open for application until 14 November. These are full time traineeships for 12 months in the areas of administration, library, horticulture, conservation land management and technology. These are open to adults up to age 24. Council is keen to support anyone starting out in employment including those young adults who have tried other pathways and really want to work for the Council. You can find all details on the Sunshine Coast Council website and Mrs Ferris has all the tips to help you write a great application and also how the selection process works.

QBuild has a heap of traineeships and apprenticeships in Brisbane and a painting apprenticeship in Caboolture. Look on the QBuild website for more information. (Close 14 November)

School Based Apprenticeships and Traineeships (SAT)
- QBuild carpentry SAT in Caboolture
- Sheet Metal SATs in Kunda Park
- Butcher SATs on the Coast including Caloundra

Year 9 Work Experience Parent Meetings.

Thanks to all the students and parents who came along last week to hear about work experience for Year 10s in 2012. We really appreciated the wonderful turn out for these sessions and the opportunity to explain about career development in Year 10, the Certificate I in Work Education and our week of work experience 26-30 March. Any parents who were not able to attend have been sent home notes of the meeting so they know what is happening. We look forward to all our current Year 9 students returning to school in 2012 ready to nominate a workplace where they would like to do their work experience. If anyone has questions or concerns about work experience please see Mrs Ferris or call/email her at the College.

For School Leavers University Bound

For students planning to study at QUT some handy websites:
- Investigate and apply for scholarships – www.qut.edu.au/study/undergraduate-study/undergraduate-scholarships
- Apply for entry programs for low-income, Indigenous or elite athletes – www.qut.edu.au/study/applying/
- Develop a backup plan in case they don’t get the OP they are hoping for – www.qut.edu.au/upgrading

Get last minute advice on uni entry at University of Sunshine Coast

USC Options Evening is the perfect opportunity for you to get your questions answered about 2012 entry into USC.

Talk one-on-one with staff about your study options, new programs, admission to uni, financial matters, student support and studying overseas as part of your degree.

USC Options Evening
Monday 19 December
Anytime between 4pm and 6:30pm
Building C, University of the Sunshine Coast, Sippy Downs

To register your attendance, visit www.usc.edu.au/info or phone 5456 5000.

Fantastic TAFE short courses for students young and old

First Aid for $49! TAFE Caboolture. Two day programs towards the end of November.

Word Up! Your ticket to basic computer skills. Learn how to use computers for the first time or refresh skills after a break. One day course Caboolture on 10 November or Brackenridge on 17 November. Only $74.95.

Contact Mrs Ferris for more details.

Good luck to all our Senior Students taking final exams in the next few weeks!

Joan Ferris joan.ferris@gccc.qld.edu.au
Cheryl Costin cheryl.costin@gccc.qld.edu.au
College Sports Awards

On Thursday the 20 October, the annual GCCC Sports’ Awards took place. A very sizeable crowd gathered for this event, many of who came half an hour early to watch a spectacular aerobic display from the College Cheerleading squad.

The formal part of the evening got underway at 6.30pm with a brief welcome from Mr. Couper which was followed by a PowerPoint presentation that endeavored to encapsulate the highlights of a very busy year in Sport at GCCC. Mrs. Stott then summarised a very successful and exciting year in sport for the Primary School which included winning the District Primary Cross Country and Athletics Carnivals. Mr. Couper revisited the Secondary highlights, and also summarised some very promising changes for the Secondary Sport program which will come into effect in 2012.

Mrs Scott reviewed an outstanding year for the College Cheerleaders who performed another highly skilled routine, which left the crowd and the guest speaker, Mr. Christian Sprenger, in awe of their talents.

One of the highlights of the evening was Olympic and Commonwealth medalist Christian Sprenger’s address. Mr Sprenger, who is also the current 200m Breast Stroke world record holder, shared with the students his journey to representing Australia in the swimming pool, highlighting the hours of dedication and personal discipline needed to achieve at the elite level. All students present listened intently and many sought out Mr. Sprenger for a photo after the event.

Throughout the evening over one hundred awards were given out to excited but very deserving recipients. As the College has grown, the various sporting awards have continued to grow in significance as achieving them has become more difficult due to increased competition within the College student body.

Thanks to all who contributed to the evening including; Mrs Sandy Johnson, Mr Matt Gibson, Mr Christian Sprenger, Mrs Kris Freeman and the brilliant College Cheerleading team. Thanks also to Mike Curtis, Sue Fraser and Cheryl Bryers who presented various awards. Thanks finally to the College PE/Sport Department who thoroughly enjoyed putting the night together.

A summary of the main sports awards recipients can be seen below and reviews of the 2011 Sporting highlights can be read in the upcoming College Yearbook.
## GCCC Gold, Silver, Bronze Sports Awards - Primary

<table>
<thead>
<tr>
<th>Bronze</th>
<th>Silver</th>
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<tbody>
<tr>
<td>Jaylah Daunt</td>
<td>Jasmine Bond</td>
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<tr>
<td>Nicholas Dwan</td>
<td>Harrison Still</td>
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<tr>
<td>Jasmine Small</td>
<td>Natasha Hoeksema</td>
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<tr>
<td>Stephanie Ferris</td>
<td>Sarah-Jane Smith</td>
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<td>Sean Dem-Williams</td>
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<td>Timothy White</td>
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<td>Jack Boroughs</td>
<td>Cameron Shervey</td>
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<tr>
<td>Annabelle Freeman</td>
<td>Ryan Sauer</td>
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<tr>
<td>Jacqueline Roach</td>
<td>Ryan Einspomr</td>
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## GCCC Gold, Silver, Bronze Sports Awards - Secondary

<table>
<thead>
<tr>
<th>Bronze</th>
<th>Silver</th>
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</thead>
<tbody>
<tr>
<td>Rebekah Groer</td>
<td>Lachlan Thompson</td>
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<tr>
<td>Emma Hagan</td>
<td>Jonah Bryant</td>
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<tr>
<td>Amalee McClellan</td>
<td>Mitchell Fraser</td>
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<td>Lucas Tidy</td>
<td>Giacomo Mellino</td>
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<td>Jaiden Andrews</td>
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<td>James Beutel</td>
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<tr>
<td>Chloe Colvin</td>
<td>Jesse Snelling</td>
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<tr>
<td>Laura Davis</td>
<td>Nichola Bates</td>
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<tr>
<td>Josiah Plummer-Beattie</td>
<td>Zachary Cathcart</td>
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<tr>
<td>Jayde Talbot</td>
<td>Thomas Dwan</td>
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<tr>
<td>Abbey Bates</td>
<td>Andrea Little</td>
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<tr>
<td>Isaac Cornel</td>
<td>Nathan Siggs</td>
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<tr>
<td>Jayme-Lee Groer</td>
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<tr>
<td>Glen Morris</td>
<td>Emily Scott</td>
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<tr>
<td>Spencer Cittolin</td>
<td>Rebekah White</td>
</tr>
</tbody>
</table>

## Sports Person of the Year

### Primary
- Primary girl - Natasha Hoeksema
- Primary boy - Ryan Sauer

### Secondary
- Secondary girl - Rebekah White
- Secondary boy - Nathan Siggs
Bek White: State Champion Once Again!

Rebekah White ran two fantastic races to become the 16 Year Girls’ Queensland Secondary Schools State Athletics Champion over 100m Hurdles. Rebekah got off to a flying start in her heat where she qualified for the final half a second faster than her nearest rival. In the final her closest opponent fell at a hurdle so Bek cruised to victory by almost 1 second, which over only 100m is huge!

She was especially pleased with her races as she slashed .25 of a second off her personal best time proving that she is capable of much faster times yet. Bek also ran in the 100m heats and finished in the middle of the field. Rebekah is looking forward to competing in the hurdles at the 2011 All Schools Athletic Championships in Brisbane in December.

Rugby Union gaining momentum

During Term 4 the GCCC Under 14/15 Rugby League squad has turned its attention to learning some of the intricacies of Rugby Union. With the Rugby World Cup being in full swing throughout the term the boys have been motivated to learn the art of various skills, which previously have been foreign concepts. This squad has been drilled in rucking, mauling, scrummaging and lineout techniques and then has attempted to put them together in modified match formats. After several paradigm shifts, the main ones involving contested possession at the tackle and continuity, the boys have made very good progress.

The term was rounded off by a visit from one of the Queensland Rugby Union’s Education Officers, Mr. Lachlan Parkinson, who came out to view the boys’ progress and provide Mr. Couper with an assessment of where he thought the squad was at in terms of technical progression. Pleasingly, Mr. Parkinson communicated that he thought the team’s development was very good and that the students trained with discipline and attention to detail. He was very impressed at the range of skills that the various players brought from other sports and specifically the way they adapted them to Rugby Union.
Huge Weekend of Netball

GCC Gold and GCCC Maroon joined 79 other netball teams from all around Queensland last weekend to compete in a fantastic weekend of Netball at the Mission Primary Schools Cup held in MacGregor, Brisbane. Our 18 enthusiastic girls from Year 5 to Year 7 fought courageously, playing six games on Saturday and three games on Sunday to both finish in 9th place in their respective pools. Our girls were often dwarfed by much taller Year 7 students but they did not let this affect their game. They used their mobility and determination to still score goals against even the toughest teams. The Maroon team had two of the top eight finishing teams in their pool with Matthew Flinders emerging as Championship winners.

The girls have been training since July for this competition and have improved greatly since last year. The shooters did a great job, scoring from most attempts and some fantastic balls were won in the midfield. As many of the team are young players the experience will be invaluable for next year when we will have at least eleven players in Year 7. Holly Dodwell and Hannah Johnson were awarded coach’s choice awards and Makenna Ritchie and Tenaia Owens were selected as the most improved players of their respective teams.

Huge thanks goes to Mrs Deb Gisler, Mrs Lisa Grigor and Mrs Natalie Woolston for their commitment to training and organising these teams over the past four months. Without these awesome ladies these opportunities would not be available for the girls.

Mitchell Fraser (Year 11) has had a busy two weeks of cricket trials for the Sunshine Coast under 16s Junior Cricket team. Mitchell was excited to be named in the side after the game over the weekend. There were only 12 boys selected from the Region between Burpengary and Noosa. Mitchell had great games. He was high in the top order for batting and had great results during his bowling sessions.

He was selected in the Sunshine Coast team which will compete at the State Championship in Brisbane in December. The State competition consists of four 50/50 over matches and two 20/20 matches, and includes twelve teams from all over the State.

Mitchell was chosen as a “batting allrounder” and we look forward to hearing about his success.
It is always such a pleasure to have the gorgeous Prep children in the sunshine as they have their adventures in the garden each week during Kitchen Garden classes. Everything is new and amazing to them and it really is an inspiration to witness their wonder of God’s good creation during their visits to the garden. This week they gladly helped prepare delicious homemade potato and beetroot chips using fresh, organic potatoes and beetroot they dug up themselves from the vegetable garden beds. It’s good to know that these kids certainly know where our food comes from – not just the supermarket!

We have been harvesting in abundance - zucchinis, squash and beans. Juicy strawberries were picked and immediately eaten before the plants were watered and fertilised with ‘worm wee’ from our very own worm farm. Cover crops were planted in two of the vegetable beds as we start to reduce plantings in preparation for the extended holiday break over Christmas.

Kitchen Garden lessons for the Year 1 classes were all about bush tucker this fortnight to tie in with their term theme. They made lemon myrtle tea, tried bush honey, examined and tasted grevillea nectar and enjoyed a tasty lemon myrtle biscuit. The children got a shock as they tasted Davidson’s plums, which look like your average plum, but are actually a native variety and have a very sour taste. There were certainly some very funny faces pulled as they experienced the unexpected flavour!

This was not enough to deter our young adventurers from trying something else new as they were asked to line up if they would like to taste the quintessential bush tucker delicacy… a witchetty grub! To our surprise, over half the class was willing to give them a go, only to discover we were actually offering witchetty grub lollies. Even though this was a joke for our own amusement, it’s a testament to the Kitchen Garden Program that so many of the children were willing to try something new. We have experimented with many weird and wonderful vegetables over the years the program has been running and we continue to see the children willing to stretch themselves, experiencing and tasting many new things for the first time.

The Year 2 classes made and devoured delicious zucchini muffins and planted sunflower seeds, which we look forward to examining the growth of in the coming weeks.

To finish up, we have some very exciting news… our cookbook has gone to print! Thank you for those who have already pre-ordered your copies. You may still place your orders for this beautiful book with the order forms supplied, or email me at mandy.ward@gccc.qld.edu.au. Special thanks must be made to Allianz Insurance for their very generous sponsorship to make this book a reality.

Mandy Ward
mandy.ward@gccc.qld.edu.au

Don’t forget to check out the FABULOUS Kitchen Garden Program on this website.
The P and F would like to thank all parents and friends who held a stall at last weekend’s Car Boot Sale. Some people mentioned that they sold a lot so I hope that you all did well. The jumping castle also went down a treat. I would also like to thank Mr and Mrs Knapp, Mr and Mrs Holt (plus their lovely children) and Mr and Mrs Woods for all the help planning and cooking on the day. We would also like to thank the Glasshouse Country Baptist Church for allowing us to use their grounds and facilities.

These days truly do not happen without many hands and helpers so thank you.

Have you got your Photo Shoot Fundraiser registration form organised yet? Please give me a call to schedule your time slot for these great photos. Kathy Hill from Whisper Images is a parent of our wonderful College and takes beautiful photos. Many people would know her from Grandparents' Day and other College events. My contact number is 0407 670 776.

We will be having a meeting in the Library next Monday at 7pm. We would like to mention that our meetings are open to all parents of our College and we encourage you to come along and see what happens behind the scenes. We are fundraising currently to help the College purchase our new tuckshop, something that’s a necessity in our growing school. Any ideas or comments would be appreciated on our future fundraising efforts.

Bonnie Harding
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Volunteers’ Afternoon Tea

Calling all GCCC volunteers! Have you RSVP’d that you are attending the Volunteers’ Afternoon Tea on Friday 11 November at 2pm in the Board Room?

We are looking forward to seeing you there so we can thank you for your wonderful contribution to GCCC and its students. If you haven’t already replied to your invitation, please do so URGENTLY so we can finalise numbers.

$1.50 per balloon
$2.50 per balloon with lolly bag
$1.30 BYO balloon to fill
Call Natalie Pettingill on 0409 670 552 or 5494 7529
All profits go to Karen refugees who now live in Thailand www.connect3e.org
For those with no personal experience of anxiety it can be hard to understand how debilitating it can be. “Come on, get on with it,” seems so obvious. Of course, this response is nowhere near adequate.

Most kids experience some anxious moments or have fearful thoughts and feelings from time to time about certain events. These thoughts and feelings prompt them to proceed with caution.

But anxiety and fear can be paralyzing. Some kids simply can’t stop their ‘bad thoughts and feelings’. They can’t silence the voice of fear that whispers to them continually.

**Staying calm**

Anxiety is a normal part of life and can be managed, but it takes time.

It’s also contagious so it’s the job of parents to stay calm, think clearly and role model confidence when kids get anxious.

**Calm** is created through your words, voice and facial expression. When children become anxious, help them recognise what’s happening. Some kids get angry, some become upset and others withdraw. Work out the pattern for your child and help them recognise when they are anxious.

**Accept** your child’s anxious feelings. Your child needs to trust that you are with them, and then they will be more willing to let you help them cope. It’s hard sometimes to differentiate between what may be a bad case of negative thinking and true anxiety.

Is a child being negative when she doesn’t want to join a new club because she thinks no one will like her, or is there something more going on? Try to confirm whether there is any validity in their fears. If not, point out diplomatically, that they may be catastrophising. If you feel there is reason for concern, help them to overcome their anxiety.

**Challenge** the validity of your child’s fears and anxiety, using logic and rational thinking. Don’t allow kids to wallow in self-pity. Move their thoughts towards the future rather than allow them to mope around.

**Making a plan**

**Encourage** your child to overcome their anxiety through action. Vanessa came up with a creative solution to help Ruth, her seven-year-old daughter, overcome her reluctance to attend birthday parties without her. Initially Vanessa attended parties with her daughter so she wouldn’t miss out, but Ruth was becoming too reliant on her, so it was time to make a change.

The next time Ruth was invited to a party, Vanessa put a plan into action. First, she set up a little birthday party scenario at home using dolls and teddies as friends, so her daughter would know what to expect. Vanessa explained that she would leave her at the party for a short-time. Vanessa let her daughter know that she had no doubt that she’d cope.

The little plan worked a treat. Vanessa arrived at the party an hour after the start to find Ruth involved in a game. She acknowledged her mum, but she didn’t leave the game. Later, at home Vanessa made a fuss over her daughter for being brave. Ruth agreed that next time she was invited to a party she would go for the whole time without her mum.

**Anxiety is normal**, and part of everyday life. However, it can be debilitating unless it’s managed. Anxiety management takes time for kids to learn, but it’s one of those valuable life skills that parents can teach their kids.

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