The Passing of Amanda Lecky

It is with great sadness that I begin this address to you as we mourn the passing of Amanda Lecky. For those of you that don’t know, Amanda (mother of Thomas, Jack and Misha and partner of Daniel), was involved in a very serious car accident on Steve Irwin Way a fortnight ago. She was airlifted to the Royal Brisbane Hospital and has been on life support until this Wednesday when she passed away.

On behalf of the whole College community I would like to extend my deepest condolences to all of Amanda’s family and friends and pray God’s comfort during this time. Thank you to everyone who contributed to our appeal to help with the cost of hospital parking; I know this money was gratefully received.

This is such a terrible tragedy that will send shockwaves through our College and parent body. Amanda was a beloved friend to many and a cheerful presence at pick up and drop off time. Grief is a perfectly natural response to this terrible situation at this time. However, for those who might be seeking further support in their grief I would invite you to make an appointment with one of our College Chaplains. This offer is extended to adults as well as children.

We will continue to lend whatever support we can to Amanda’s family and will continue to be in contact.

Farewell Mr Hampshire

Mr JP Hampshire (Year 4 teacher) came to the College at the beginning of 2011. Unfortunately, due to family health reasons, Mr Hampshire has had to resign to provide long term care for his family. In Mr Hampshire’s own words he has enjoyed working at the College very much and would like to extend a warm farewell to 4M. In the short time that he has been at the College we have enjoyed and appreciated JP’s contribution. We pray for him and the family God’s richest blessings. We will continue to see him around the College as his son Josiah continues to attend GCCC.

Mr Hampshire will be replaced by Miss Kylie Parker (no relation to Mr Tony Parker or Mrs Melanie Parker). Kylie is an experienced teacher who has taught in New Zealand and Queensland schools. Miss Parker’s profile will appear in future newsletters.
LOST PROPERTY
We have lots of towels, goggles and other lost property left over from the swimming carnival. Please see Admin if you are missing items.

We already have lots of lunchboxes turning up in Lost Property with no names. Please remember that unnamed, unclaimed items will be donated at the end of this term.

Please remember to name EVERYTHING that your student brings to College or you may end up having to replace items on a regular basis.

Head Lice Alert
Please be vigilant in checking your child’s hair and scalp for head lice as there has been a recent outbreak. Head lice must be treated before students are allowed to return to school.

Roberts Road Crossing
You will have noticed that our Roberts Road school crossing is now operational and is manned by our supervisor Mr Tony Vobr. This will be the method by which everyone should be crossing Roberts Road as a pedestrian. Parents, this includes you as we attempt to model the right behavior to our children.

The crossing will be supervised from 7.45-8.45am and 2.45 to 3.15pm.

Kiss and Go Update
The new Kiss and Go lane on Roberts Road is mostly working well carrying about 20 students per afternoon. We are having some problems with parents parking in this area, particularly of an afternoon. To clarify, the school side shoulder of Roberts Road between the College entrance and the new crossing is designated Kiss and Go. There must be no cars parked in this area between 8.20 and 8.40 am and 2.50pm onwards in the afternoon. We are waiting on the council for signage here and on the proposed shelter. Cars that are parked here during these times will be identified and the driver will be requested to move their car in the form of an announcement across the College. Please do the right thing and be aware of these rules.

Please note that, at this point, the Kiss and Go facility can be used without the user registering. Depending on how popular the lane becomes, this may change.

Bus Only Lane
The “Buses Only” section of the school side of the internal road can be used as a pick up and set down area also as long as these rules are observed;
• 8.20-8.40am and 2.50-3.10pm is for buses only. There are to be no cars in this section at this time.
• Outside of these times cars may drop off and pick up children but they are not to park any longer than two minutes and motorists must not leave their cars.

Church Car Park
It is imperative that, to preserve the good relationship between church and College, everyone follows the rules of the car park. Thankfully, they are not difficult;
• Only park in disabled car park spaces if your car clearly displays a disability permit.
• Don’t park where the marked lines clearly say “No Parking”

After School Care
We are revisiting the feasibility of an after school care facility at GCCC for P-9 students. If this appeals to you please register your interest by either phoning College Admin or emailing admin@gccc.qld.edu.au.

Tuckshop
Tuckshop is up and running on Tuesdays and Thursdays. Please refer to the GCCC website, www.gccc.qld.edu.au under College Life, Tuckshop for more information and a menu.
**Introducing…..**

**Natalie Ukkola - Secondary Teacher Aide**

My husband (Tom) and I have four grown children. We have lived in this area for almost 20 years and have been members of Church on the Rise for all of that time. Tom and I taught in Libya for three years, but we had to return in Feb 2011 due to the war. I am looking forward to working at GCCC because of the supportive, friendly Christ-centred environment. I am excited about helping students at this school to achieve their personal best academically and spiritually.

I am only here from Wednesday to Friday as I job share with Pam Gosbell-Smith.

**Erika Devitt - Secondary Teacher Aide**

Erika comes to us with a wealth of experience and skills. As a fully qualified chef, Erika is also a trained TAFE teacher. GCCC is blessed to have Erika four days a week this year after enjoying her lovely nature and skills on a casual basis last year.

Erika loves to travel and favourite destinations include Venice and sailing and cheffing her way around the Pacific Islands. She remembers working in a patisserie in Vanuatu when the power used to go out all the time and all the chefs worked barefoot.

Erika is especially enjoying getting to know the students and seeing their personalities and values coming through. Another major joy for her is being a proud mum who can work alongside her daughter and see her bring out amazing talents in the students.

**Ainslee Robinson**

My name is Ainslee Robinson and I am extremely excited to be joining the team as Year 2G teacher at GCCC. I am wife to Dale and mother to Bodhi (5), Zayd (4) and Ziggi (2) and look forward to their learning journey here also.

I have previously worked in schools in London, Brisbane, Caloundra and Hervey Bay. I have been fortunate to have been given the opportunity to travel and work overseas and draw from these experiences when teaching. I am passionate about literacy and love to inspire children to escape into the world of their imagination through reading and writing!

I look forward to getting to know the students and families at Glasshouse Country Christian College and am already benefitting from the support and inspiration offered to me by the staff here at the College.
Primary Leaders’ Induction

On Friday 24 February at 8.30 we will be having a special induction service at the church. This is to induct into service the Primary Captains, the Sports Captains in Years 3 and 6 and the Student Council Representatives in Years 3 to 6.

There will be light refreshments for parents and guardians after the service on the church verandah.

THE RESPONSIBLE THINKING PROCESS (RTP)

Edward E Ford
How This Process Works

“The most important point to remember when dealing with children is that they are, like all of us, human beings. They have their own wants and goals, they have created their own unique ways of perceiving the world, they plan and structure their ways of living so that their lives are the ways they want them to be, and they have their own specific priorities. Thus, dealing with children demands respect for their worlds, and, more importantly, understanding how best to help them work through the various difficulties and problems that they have. Since their problems are internal to them, the best way you can help them deal with their conflicts is by getting them to look within themselves and decide for themselves how they want things to be. You do this by asking them questions. Lecturing them or telling them what you think will only frustrate their desire to work things out within themselves, which is how they are designed to operate.

“If used properly, the RTP questioning process gives parents and teachers a powerful teaching tool for children who are willing. By asking the right questions, you can teach children, in a highly effective way, how to reflect within themselves and to think in ways that will help them satisfy their own internal goals, while at the same time you are teaching them to do this in the most effective way possible. Lecturing children, telling them what they should be doing, making judgments about what you think is wrong with them – all these strategies have been tried for years and have never worked. They just make things worse! Any time you try to force children into a specific way of thinking or push on them in any way, you cannot guarantee how they will deal with you. And if they perceive what you do as criticism or abuse, you’re in for a lot of pushing back.”

INFORMATION EVENING FOR PRIMARY

 Responsible Thinking Process

WHERE: Theatrette H3 (GCCC)
WHEN: Monday 5 March at 5.30pm
WHY: This year the RTP has been implemented into all teaching and learning situations throughout primary classes, including specialist lessons. It is important for you as parents and guardians to understand the process and how it works – questions asked, referrals to the RTC (Responsible Thinking Classroom), Plans, Student Support Team Meetings (where parents are involved), etc.

I have had some excellent feedback from other students in classes who believe the process is very fair and are enjoying the uninterrupted learning experiences.

Please make every effort to attend this information evening so we are on the same page when working together with your children.

Cherly Bryers

Student Exchange
Memories and Skills for a Lifetime!

Give your child the opportunity to gain international experiences and language skills to kick-start a future career. Along with distinct language benefits, exchange students mature, gain confidence and develop a much more worldly approach upon their return to Australia.

World Education Program Australia (WEP), a not-for-profit student exchange organisation registered with the education departments, is now accepting applications for students to live overseas in 2012/13 as exchange students for a summer, semester or year.

WEP is offering $3000 scholarships towards year-long programs to Italy and French-speaking Belgium commencing in January 2013.

Find out more!
• Visit www.wep.org.au
• Attend one of WEP’s information evenings
• Call 1300 884 733

Upcoming Information Session: Brisbane: 22 February, 14
The Magic of Science Show

The first Prep class enjoyed the first of my "Magic of Science Shows" on Wednesday 8 February.

The students observed and participated in various science experiments including: Making Clouds; Hydrogen gas explosion; Balloon kebab and making a Model Fire Extinguisher.

All the experiments had the students wondering what would happen next and little eyes were open wide in wonder. Students learnt that we need oxygen gas to keep us alive. They also learnt that a fire needs oxygen to keep it burning. A number of the experiments used matches so I reminded all the students not to touch or use matches around the home. I told them if they were to find a box of matches they should give them to mum or dad.

Fenton Doolan (HOD Science)

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Dear Parents,

If you are interested in knowing the basics of how Letterland works and the strategies it uses which assist your child’s literacy development, be sure to attend our special “Parent Letterland Workshop”. An informative, interactive and fun session is a promise and numerous Letterland home resources will be available to peruse and purchase.

DATE: Monday 20th February 2012

TIME: 6.30pm - 7.30pm

WHERE: Glasshouse Country Christian College

BRING: Lots of enthusiasm

If you are able to attend, please complete the below slip and return to your class teacher by Wednesday 15th February.

I ______________ will / will not be available to attend the “Letterland Parent Workshop” on Monday 20th February 2012.

Proudly presented by
THE 1 MILLION WOMEN - 10,000 TEENS

The program is to inspire 10,000 girls to act on climate change.

The keynote speaker is Jessica Watson AOM (Youngest person to sail solo, non-stop, unassisted around the world) Jessica will share her passion for the environment and how we all need to act. Please join us and get inspired.

THIS EVENT IS FREE

Date: Wednesday, March 14, 2012
Time: 4.30 pm to 6.00 pm doors open at 4:00 pm
Venue: St Columban’s School Chapel
100 McKean Street, Caboolture QLD 4510
RSVP: March 12, 2012
via email to rsvp@1millionwomen.com.au

Please RSVP to confirm your attendance and let us know how many people you are bringing.

Legacy Cup Event - SECONDARY

Legacy Cup is a very impressive trophy awarded to the House with the highest points at the end of each school year. Legacy Cup events are non-sport focused (eg. service, cultural, academic).

On Friday March 2, our secondary students are gearing up for their first Legacy Cup House Competition. They are doing “Clean Up Our School”.

When: Friday 2 March
Time: 8.30am-9.30am

What to wear: House Shirts (Ararat, Sinai or Zion) with sport shorts/skirt, black sports shoes and sports hat.

Why: Each House will be allocated a school area where students in teams pick up litter, sweep, scrub and scrape. Judges will award points on three criteria – Effort, Overall Cleanliness and House Spirit (attitude and teamwork).

House Coloured buckets, brooms, dustpan and brushes etc will be used and the staff and House Captains are already busy encouraging their teams with a competitive spirit. Let’s see who will win!

Coming up next term for Legacy Cup will be a Middle School Spelling Bee and a Senior School Public Speaking competition.

College Photos

A letter was distributed to your student this week explaining the process. Please make note of this information. Just to highlight - students must wear their formal uniform for their College photos. These photos are also used for their Student ID cards. If you have sport on these days, please bring your sports uniform to change into.

- Year 7: Monday 5 March
- Years 8-12: Friday 9 March
- Sibling Photos: Friday 9 March

NB: If you are absent on these days, a photo catch up day has been scheduled for Monday 12 March.

Student Leadership Induction

We are having a special induction ceremony for our student leaders next week and we invite parents of student leaders (or a significant other) to pin a badge onto their student and then join us for some light refreshments. A letter of invitation has been given to all student leaders this week. The ceremony commences in the church at 8.30am.

Middle School 21 February
Senior School 23 February
Senior Student Leadership Retreat

Our wonderful senior leaders are heading off for a full day of vision planning for the 2012 year on Wednesday 22 February. Please pray for these young people as they embark on planning how to make a difference in our College, wider community and beyond.
Pause and Ponder

We live in a fallen world where bad things seem to happen to good people.

The only strange thing about this fact of life is that we are often surprised when we witness these events or, worse still, they happen to us.

Perhaps that is why the apostle Peter, writing to first century followers of Christ going through tough times, said, “Beloved, do not think it strange concerning the fiery trial which is to try you, as though some strange thing happened to you.” 1 Peter 4:12.

These trials are not abnormal - and once we get past our surprise, we can turn to the Father who ministers deeply to our hearts and in our lives.

He has a love that never fails. And in our world filled with trials, that kind of love is desperately needed.

Adapted from Our Daily Bread by Bill Crowder.

Fiji Mission Trip 2012

Planning is underway for this annual event. It was encouraging to see many of our senior students keen to serve in this special ministry at our school. Interested students have been given information about the trip to talk over with their parents. Please remember that the $200 deposit and permission forms are due in by next week. Due to limited numbers, priority will be given to Year 12 students. For more information, contact Mrs Fraser.

2012 Lions Youth of the Year Quest

Please see Mrs Fraser if you are interested in being a part of this quest and over 15 years of age.

Student Exchange Programs

Each year several companies offer students the opportunity to study overseas. If you are at all interested in being a part of these experiences, please see Mrs Fraser for information.

Secondary Activities – Semester 1, 2012

Monday Lunchtime:
- Maths Tutorials for Years 7-12 in H6
- Cheerleading in S2
- Middle School Chapel singers rehearsal in Church

Monday Afternoon (3.15pm-4.15pm):
- Middle School Chapel Band in Church

Tuesday Lunchtime:
- Choir in H2
- Trinity London lessons in H3

Tuesday Afternoon (3.15pm-4.15pm):
- Senior School Chapel Band in Church
- GCCC Band rehearsals in H2

Wednesday Lunchtime:
- Book Buzz in Library
- Maths Tutorials in H6

Thursday Lunchtime:
- Cheerleading in S2
- Photography Club in G3

Thursday Afternoon (3.15pm-4.15pm):
- Homework Club in Library

Friday Lunchtime:
- Maths Tutorials in H6
- Science Homework sessions in G4
- Student Leadership meetings

Sue Fraser

Conveyancing Allowance Deadline

Just a quick reminder to those parents who can claim their school travel conveyance allowance - forms need to be received by the Department of Transport in Mooloolaba before 16 March 2012.
LaunchPad

Year 7s, 8s and 9s launched into College this year with a short program focusing on building community.

A variety of hands-on activities which required getting to know other students, positively interacting and contemplating on what really matters or how to best respond in different situations were all part and parcel of this event.

Year 8s and 9s finished off with a fast paced ‘Minute-to-Win-it’ competition and year 7s with a clip from the movie: Bruce Almighty – where Bruce recognises that God has given him a set of talents and gifts that are customized for the life he has been called to live.

We pray all our students will begin to discover this truth and find out for themselves their uniqueness and gifting at GCCC and beyond.

Jacqualina Vreeling

Last newsletter we saw photos of the Year 9 Launchpad. Here are some photos of the Year 7 and 8.

Note from GCCC P and F Treasurer

Hello everyone, my name is Kerri Knapp and I am the current Treasurer for the GCCC P and F. The P and F is holding their AGM in March where I will not be taking up the position again and am looking for someone who might be interested in the position of Treasurer. I have very good systems in place and will be there to support the new Treasurer in their role.

I have been the Treasurer for the past two years. I joined the P and F when we were new to the school in the hope to meet parents and staff of GCCC and have a positive influence in the P and F. I have found it to be very rewarding and have met some very wonderful people and gained more respect for the school and their hardworking staff.

I would recommend to any new family to GCCC to be active in the P and F as you get to be an active member of the College and it is very rewarding.

If you are interested in a position on the P and F, or have any questions, please do not hesitate to contact me on 0410 039 673.

Thank you
Kerri Knapp

Chocolates are here!

You should have received your box of chocolates this week. This is the major P and F fundraiser for the College and everyone’s efforts are really appreciated. If you need more chocolates, please see Admin.
Defence Technical Scholarships

Defence Technical Scholarships (DTS) are now open for Year 11 and 12 students but time is short as they close at midnight on 9 March 2012.

Anyone interested in applying can pick up an application pack from Mrs Costin in the VET Office. A letter with further information went home to all Year 11 and 12 students last week explaining pre-requisites and conditions. Time is limited and the application process is quite lengthy and involved so please be quick if you are considering this wonderful opportunity. The application must be completed by the student with parental help and then brought into the school for endorsement. More information can be found on the DTS website at http://www.defencejobs.gov.au/education/technicalscholarship/

Work Experience for Year 10

Work experience placements are being organized right now. All but 8 Student Placements forms have been returned to the College. If we are still waiting on yours please bring it in next week. About half of the students now have a confirmed place with an employer. A number of others are in the pipeline while we are hard at work trying to settle the remainder. Thanks to all the parents and students who have worked with us to make this possible and to the many local and not so local workplaces who will be hosting our students. We really appreciate it. At the end of the month when all placements are completed, parents will receive details of the workplace the student is going to along with an insurance form to sign and return. This form must then be signed by the employer before the commencement of work experience on 26 March.

Spencer Cittolin – Aged Care Traineeship

Last Wednesday Spencer Cittolin commenced an Aged Care Traineeship at Embracia in Peachester Road. Spencer did some work experience over the holidays including a day of learning manual handling techniques. The staff members were very impressed with Spencer’s approach to the work and as a result she has now started a traineeship, including a Certificate III in Aged Care. In this photo Spencer is being congratulated by Ms Suzanne Hoey from Embracia and Mr Don Bensted from Apprenticeship Centre Busy at Work. Best of luck, Spencer, in your new job.

Traineeship at Landsborough State School

Landsborough State School has a vacancy for a school based administration trainee. They are looking for a well presented, confident student to join their team. Interested students should see Mrs Ferris as soon as possible to organize an application.

Studying outside GCCC – University and Distance Education

Many of our older students undertake studies outside of the College as part of their senior studies. We have three students who have been awarded scholarships to the University of the Sunshine Coast to study Indonesian this year as well as one student studying Business at QUT. There are seven students studying a range of subjects from the Brisbane School of Distance Education, including French, Indonesian, Graphics and Accounting. The students who have dropped a school subject here at the College to undertake Distance Education have a quiet room to study in and are supervised for their study lessons. Mrs Fraser met with the university and Distance Education students this week to provide assistance and support.

My Future

Would you like to help your child with career decisions?

MyFuture is a government funded, up to date, safe website for people of all ages interested in investigating career options, courses, scholarships and lots of other related information. If you would like some good advice as to how you can help your children work out future directions, you might like to listen to special broadcasts on the site.

Go to this link http://www.myfuture.edu.au/en/Assist%20Others.aspx and click on audio casts. While there, have a look around at some of the other supports for parents and career advisers.

Cheryl Costin, Vet Co-ordinator cheryl.costin@gccc.qld.edu.au
Joan Ferris, Future Pathways Co-ordinator joan.ferris@gccc.qld.edu.au
Homework Club

A Homework Club for students in Year 7-12 is on every Thursday afternoon in the library from 3:15pm – 4:15pm. This is a valuable time for students to seek help with homework from teachers. If your child requires assistance with homework or assessment tasks, please make use of this free facility. If demand is great we will consider an additional afternoon later in the term.

Congratulations Preps

The Preps were awarded with their Prep Passport to Borrowing this week and will commence borrowing in Week 5. The Preps have worked hard over the last few weeks learning about the library, taking part in a library Book Hunt/Tour and learning how to take care of books. Parents are reminded that the students will need a GCCC maroon velcro bag for borrowing. Please pass them on to your child’s teacher. The bags are available for purchase from the office.

2012 National of Year Reading

February 14 marked the launch of the National Year of Reading in Australia. Libraries around Australia will be promoting reading this year with many exciting events, exhibitions and competitions planned.

To celebrate the launch of NOYR at GCCC the Year 3 classes read Alison Lester’s book Are We There Yet?

Alison Lester is a well known Australian author and illustrator and is an ambassador for the National Year of Reading. Are We There Yet? tells the story of her family’s trip around Australia in a campervan.

The children were enthralled with Alison’s magnificent water colour illustrations and the adventures her family shared that captured life in the cities and countryside of Australia.

For more information about Alison, her work and love of reading go to http://www.love2read.org.au/featured-ambassador.cfm

See you in the library, VANESSA MCKELLAR
Swimming Carnival Full of Action!

Beerwah Pool bustled with excited students ready to do battle for their house at the GCCC annual Swimming Carnival. With about 400 students participating dressed in house colours, the house rivalry was at an all time high. House war cries resounded regularly throughout the day with Sinai showing the most enthusiasm all day to win the Spirit award. Sinai house captain Kyle Burrows set a fantastic example for his house encouraging his team mates all day and urging his team to support each and every Sinai swimmer.

Competition was extremely close in several age groups with some age champions being decided by a difference of only a few points. However, Amity Roser, Beau Howard, Stephanie Ferris and Chloe Colvin all showed their ability and experience in the pool to win every race and qualify for the District Carnivals in all four strokes.

Students swam in divisions according to their achievements in the trial event. Many students were excited to receive ribbons as they swam against other students of similar ability. Ararat gained an early lead on the points tally and were challenged late in the day by Zion but Ararat emerged as well deserving house champions.

The standard of swimming continues to improve as 36 new records were set in some outstanding swims. Congratulations also go to the 31 primary students and 23 secondary students who qualified to swim at the respective District Carnivals.

A big thanks goes to Mackinley Brisbane who spent the day snapping action shots of competitors as they raced and supported each other throughout the carnival. Thanks also goes to parents and teachers who helped make the day a success.
Sports News

Please note that the Primary District Cross Country date has been changed from 14 May to Friday 18 May due to circumstances beyond our control.

**Caloundra Seahawks Hockey Club**

**SIGN ON DAY**

Meridan Multisports Complex
Sunday 19th February

**Time:** 10am to 1pm
**Where:** Meridan Multisports Meridan Way (Off Parklands Blvd next to Meridan State College)
**Who:** We have teams for every age group

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**Swimming Age Champions 2012**

<table>
<thead>
<tr>
<th>Age</th>
<th>First</th>
<th>Second</th>
<th>Third</th>
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<tbody>
<tr>
<td>9 Yr Girls</td>
<td>Amity Roser</td>
<td>Zara Boxsell</td>
<td>Laura Vobr</td>
</tr>
<tr>
<td>9 Yr Boys</td>
<td>Nicholas Hind</td>
<td>Noah Mechielsen</td>
<td>Ethan Sauer</td>
</tr>
<tr>
<td>10 Yr Girls</td>
<td>Tess Hagan</td>
<td>Jaylah Daunt</td>
<td>Holly Lubke</td>
</tr>
<tr>
<td>10 Yr Boys</td>
<td>Beau Howard</td>
<td>Tomas Lunt</td>
<td>Patrick MacKenzie</td>
</tr>
<tr>
<td>11 Yr Girls</td>
<td>Stephanie Ferris</td>
<td>Jasmine Bond</td>
<td>Emily Logar</td>
</tr>
<tr>
<td>11 Yr Boys</td>
<td>Matthew Koschel</td>
<td>Aaron Lerch</td>
<td>Harrison Still</td>
</tr>
<tr>
<td>12 Yr Girls</td>
<td>Shannon Howard</td>
<td>Elise Ellwood</td>
<td>Sarah-Jane Smith</td>
</tr>
<tr>
<td>12 Yr Boys</td>
<td>Ryan Sauer</td>
<td>Roarke Carter</td>
<td>Mitchell Baker-Spence</td>
</tr>
<tr>
<td>13 Yr Girls</td>
<td>Emma Hagan</td>
<td>Holly Colvin</td>
<td>Nichola Bates</td>
</tr>
<tr>
<td>13 Yr Boys</td>
<td>Connor Chapman</td>
<td>Thomas Chapman</td>
<td>Zachary Cathcart</td>
</tr>
<tr>
<td>14 Yr Girls</td>
<td>Chloe Colvin</td>
<td>Andrea Little</td>
<td>Anastasia Bryant</td>
</tr>
<tr>
<td>14 Yr Boys</td>
<td>Jesse Snelling</td>
<td>Jake Hoeksema</td>
<td>James Beutel</td>
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<tr>
<td>15 Yr Girls</td>
<td>Abby Bates</td>
<td>Emily Scott</td>
<td>Crystal McLeary</td>
</tr>
<tr>
<td>15 Yr Boys</td>
<td>Brodie Oosen</td>
<td>Isaac Cornel</td>
<td>Benjamin Giles</td>
</tr>
<tr>
<td>16 Yr Girls</td>
<td>Jayme-Lee Groer</td>
<td>Jordyn Bennett</td>
<td>Emily Ellwood</td>
</tr>
<tr>
<td>16 Yr Boys</td>
<td>Emerson Tasker</td>
<td>Mitchell Ferris</td>
<td>Jonah Bryant</td>
</tr>
<tr>
<td>Open Girls</td>
<td>Jasmine Warshawsky</td>
<td>Caitlyn McBeth</td>
<td>Rebekah White</td>
</tr>
<tr>
<td>Open Boys</td>
<td>Mitchell Fraser</td>
<td>Jared Moore</td>
<td>Andrew Cork</td>
</tr>
</tbody>
</table>
The Year 1s weren’t afraid to get dirty this fortnight in classes; digging in the dirt looking for bugs and other interesting creepy, crawly critters. They used magnifying glasses to inspect their catches and learned that dirt is full of life and that this life is important to the good health of the soil.

Our precious little Year 1s also planted out eggplant and tomato seedlings in the vegetable beds and planted some corn and bean seeds. The rain and heat we have been experiencing should ensure that we won’t have to wait too long to see our seeds start to sprout!

The Prep classes have weeded and cleared their Adopt-A-Garden beds, and started to think about what flowers and design they would like in their respective class gardens. Each class in Prep to Grade 3 has their own Adopt-A-Garden. Be sure to ask your children to show you theirs if they haven’t already. This is a great program that fosters responsibility as each class has to prepare, plan, plant-out and maintain their own flower garden beds. It also encourages pride in their College as students have the satisfaction of knowing that they have contributed to the beauty of their College grounds.

The Year 2 students were busy during garden classes planting a few different varieties of potatoes into pockets of potting mix. These students also worked very hard to finish mulching all the vegetable beds to ensure we have big, strong, happy vegies… and less weeds.

The Year 3 classes accomplished a lot in their time in the garden this fortnight. They weeded and planted out their Adopt-A-Garden around the flagpole with some dahlias and zinnias which we all look forward to seeing bursting with colour in a few months time! They also mulched the pineapples and strawberries and were brave with the smelly stuff, completing preparation of the vegetable garden beds with some lovely manure and Blood ’n’ Bone.

Classes made a delicious watermelon salad (page 70 of the KGP Cookbook) which was very refreshing on a hot day and thoroughly enjoyed.

It has been great to see lots of new faces in the garden volunteering this past fortnight. Many thanks to all who enjoyed spending time with their kids in garden classes, especially in the hot weather we have had. Please feel free to come and join in the fun of Kitchen Garden with your children, whether it is on a fortnightly or monthly basis, or even once a term. It’s always lovely to see a child’s face light up when they see their parent visit them in the garden.

We still have copies available of our first KGP Cookbook. There are lots of great lunchbox ideas, easy dinner and dessert recipes inside. Grab a copy for yourself from the administration office and a couple extra while you’re there as they make great gifts at $20 per copy. Why not put a couple extra copies away and be organised for Mother’s Day? Thank you to Allianz, who sponsored the cookbook and has enabled us to keep the purchase cost down.

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Don’t forget to check out the FABULOUS Kitchen Garden Program on this website.
School-aged children are increasingly using caffeinated drinks on a regular basis. A recent Australian study found that 27% of boys aged 8-12 years had consumed these energy drinks in a two week period prior to being surveyed. Teachers in the United Kingdom are reporting a similar trend, so it’s a significant issue in both parts of the world.

Walk by any supermarket after school and you’ll see kids in school uniforms clutching cans of energy drink. Downing an energy drink is fast becoming the cool thing to do.

There’s nothing new in making fizzy, sugary, caffeinated drinks available for kids. A certain soft drink company with global brand status has been doing this for years. But the range of caffeinated, high energy drinks that have been brought to market over the last five or six years make soft drinks look tame in comparison. The new breed of drinks attracting children’s attention, not to mention their pocket-money, are loaded with caffeine, sugar and protein at levels intended for high performance athletes.

Energy drinks are designed for an adult market. They’re only sold to children in Australia due to a loophole in the law. Many parents wouldn’t allow their children to drink coffee at home due to its caffeine content yet kids can walk into a shop and purchase any one of a dozen highly caffeinated drinks.

So what’s wrong with caffeinated drinks? Caffeine is a stimulant that speeds up parts of the body and the brain. It increases heart rate, blood pressure and body temperature. In high doses it causes changes to heart rhythm and hand tremors, which is exactly what happened to five Year 7 students from Quaker Hill, in Sydney’s west who reportedly suffered side effects including dizziness and nausea after consuming the drinks on the way to school recently.

Caffeinated drinks give kids an instant high, making them feel awake and alert but doctors are concerned about links between high consumption of caffeine and insomnia. Once in the system, caffeine stays around for hours, which causes sleeplessness and sleep disruption.

There are plenty of other adverse side effects for kids including, bed-wetting, difficulty concentrating and anxiety. There is consensus among health professionals and the sports science community that energy drinks should not be consumed by children and early teens.

There have been calls from health professionals in many western countries for governments to ban the sale of energy drinks to children and young people. The jury is still out regarding banning energy drinks however there’s certainly a role for parents to play regarding limiting children’s consumption.

Parental guidance for kids is essential about this issue. Parents shouldn’t leave it up to schools to educate kids or governments to legislate against energy drinks. Parents need to talk to their children and young people about the impact that energy drinks have on their bodies, letting them know why they are on the no go list. And they should make sure that highly caffeinated drinks don’t make their way into their shopping trolley and into the refrigerator at home.

Putting aside the adverse side effects that these drinks have on children’s health, including addiction, we don’t want to send a message to children and young people that drugs and artificial chemicals are necessary for them to perform at their best.

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