From the Principal

QCS

Congratulations to our Year 12 students for their efforts in completing the QCS test this week. Students, I hope you have been able to say you have done your best and the months of preparation and planning have made a difference.

The QCS, which stands for Queensland Core Skills Test, is a test that all Queensland students who wish to receive a university entrance score called an Overall Position (OP) needs to sit. It tests how well students have understood 49 skills, which are common across the whole curriculum from Year 1 to 12. It is held over two days and comprises two multiple-choice papers, a writing task and a short answer paper.

A question that’s often asked is how OPs are calculated and what role the QCS plays in this. This is not an easy question to answer briefly but it is well worth exploring.

An OP is a combination of QCS results and students’ normal school results. To be eligible for an OP students need to have done five “Authority” subjects. These are subjects which are determined by the Queensland Studies Authority and which comprise the vast majority of our Year 11 and 12 subject offering.

The results of the QCS test are then used to determine two things; first the average QCS result of all students within the subject group and second, the range from the top result to the bottom result for that subject. This is called the “spread”. All students in the subject are then ranked against each other according to their results. This ranking is slightly different for groups of 14 or more to groups smaller than this. The subject achievement ‘spread’ for this subject group is then compared against the QCS ‘spread’ and are statistically fitted into each other. This generates a “Within Subject Measure” for each student. This process is repeated for all of the Authority subjects the student does and the average for the student is determined. This is their ‘Within School Measure’ or WSM. Every student is then again rescaled against the whole Year 12 QCS result spread. The result is an Out School Measure (OSM) - a score that can be used to compare all students in the state. These scores are essentially ranked and then divided into 25 percentile units. Students whose scores are in the top unit are awarded an OP 1, those in the bottom are awarded an OP 25 and everyone else in between.

Such a system on the surface seems like a student’s OP result is actually more dependent on the results of the class and the year level than on the individual achievement of the student. This is not the case however. To illustrate let’s take two scenarios;

Lilli is a high achieving student in a very able group of students. When the QCS results came in Lilli did well but so did most of the class. As a result the distance from the top...
Withdrawal of Students

Just a reminder that if you are planning to leave the College you are required to give a FULL term’s written notice to the Principal. Unfortunately, failure to provide this notice will result in a full term’s fees being charged in lieu of notice.

We would urge you to advise us in writing prior to the start of Term 4 of your intentions to withdraw from the College at the end of the year. Thank you.

Odette Perkins

New newsletter format

We understand how busy parents are and have heard from many that they don’t have time to read through the newsletter but would like to stay informed and still see articles relating to their children. Complaints about current format include that the whole document has to be downloaded in order to get to the part that most interests the reader.

As of next term we will be trialling a new newsletter format that will be more user friendly. The paper version will be simpler and more download friendly with minimal photos.

There will be a news section on the front page of the College website that will be updated every week with all the events and news stories that would normally appear the paper version. You will be able to read the first few words of the article and then click on it if you want to read the whole thing. We also plan to have tags down the side that will take you directly to articles from different sections of the College. For example, if you are only interested in Secondary News, you can click on this tag and only Secondary articles will come up. We hope you enjoy the time saving features of this new format.

Important Reminder - No Nut Policy

Please remember that GCCC is a NO NUTS SCHOOL. This means that nuts, nut products and products with nuts in them cannot be brought onto the school grounds. This rule must be adhered to at all times, including after hours. Recently a student found a cashew nut on the ground and this could have had dire consequences for a student with a nut allergy.

Bert and Lilli both achieved the same OP. This is because even though Lilli’s results were only a little bit higher than the class average this average was nonetheless quite high. Bert had to achieve much higher results compared to his classmates in order to arrive at the same position on the scale as Lilli.

Hopefully I have been able to give you some insight into the OP process in this brief article. If you would like to know more please visit the QSA website at www.qsa.qld.edu.au

Mike Curtis

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Mike Curtis

Our very own Granny Smith

Prep White Teacher Mrs Lin Smith has embraced her new title of ‘Granny Smith’ with delight.

On Sunday 26 August, Mrs Smith’s daughter gave birth to a healthy little girl named, Alenna Ruby Matthews (7lb 10oz, 52 cm long).
Prep to Year 3 Athletics Carnival

In the absence of Mrs Bryers and as P-2 Coordinator, I would just like to say what a brilliant P-3 Athletics carnival we had on Friday 31 August. We were blessed with beautiful weather and safety. Thank you so much to all those who came and contributed to make this such a wonderful day for the children and families of our College community.

Having been to seven such events, I know that it would be easy to show up and enjoy the day without realising the huge efforts that go in to planning and making such a day work. Just in my experience, over the years we have grown from a Prep to Year 7 Athletics Carnival to two separate Lower and Upper Primary Carnivals. We’ve gone from bringing in a company to run our tabloid events to building up our own equipment with Mrs Stott’s brilliant team of workers planning and running a very professional tabloid event. I know you would all agree that there is a great balance of healthy competition and maximum participation.

Thank you to those who are truly gifted at building team spirit. The costuming, decorations, war cries, cheering, wrestling between sharks and frogs, pats on backs, running with your children, wiping away tears….you are all amazing!

Thanks to the P and F for the sausage sizzle. They just seem to take event upon event in their stride! There’s nothing like the smell (and taste) of sausages and onions sizzling on the BBQ when you’ve built up an appetite from athletics!

What GREAT kids we have at GCCC! Students will be able to see photos of themselves on the TV in the library window on Monday.

I was particularly happy to hear the announcement that SINAI won the competition on the day but I must say that at the P-3 Athletics Carnival the winning is not really all that important …….or is that just me because we won this time?

Lesley-ann Rosenberg
4G Excursion to the Sciencentre in Brisbane

In pictures...

In words...

It was a fast, action packed day in which we did many different activities. The excitement level was high as we explored the Body Zone, Action Stations and Going Places. During our final session, with some hands on experiments, we used some chemical reactions to blow up balloons and pop the caps on plastic containers. Believe it or not, we even saw a toad with five legs!

Mark Bowman

Les Jeux Olympiques/The Olympic games.

Our Primary LOTE classes enjoyed a couple of weeks focusing on the 2012 Olympic games. There were so many wonderful themes to highlight and discuss and questions to answer like; “Why are the announcements always in French? First!”

Our Year 3s created a display about the various sports and kept a medal tally. France did us proud in the first week coming 4th and finally settled into 7th place, but overall it was the spirit of the game that held our focus. It’s inspiring to see athletes coming together from various cultural backgrounds and to celebrate their achievements.

Students learnt about some of the country’s flags and anthems. Year 4 students are a bit more knowledgeable and ask what is one’s nationality. The Prep classes had the most fun though, as always. Not only did they have a feel of gymnastics using different coloured ribbons, but ran around with their very own Olympic torch.

Nadine Hammill
What glorious weather, Spring has well and truly arrived and the garden is bursting with colour and delicious vegetables. Preppies and Year 2s got down and dirty last week spreading mulch under fruit trees and around our pineapples. There were lots of seeds to examine and plant; bok choy, celery and lettuce for future plantings.

Classes examined their seed experiments from last fortnight and discovered that the seeds they planted too deeply were not growing very well at all having used all their stored energy to reach the light. The bean seeds that were planted 2cm deep were growing the best, having developed good root systems and strong healthy growth.

Cooks made some orange and poppy seed muffins which were devoured in record time! Our first bunch of bananas was also enjoyed fresh from the garden. The last of our broccoli were harvested along with more tasty sugar snap peas. We are looking forward to harvesting our potatoes in the weeks to come; plants are just beginning to die back now. We have been intrigued to see our broad beans grow. These are beginning to develop pods of tasty beans and it is great to see the kids so interested in how these beans grow differently to other string beans.

It has been a battle keeping up the watering to our adopt a garden beds. With such dry weather our poor flowers are suffering, hopefully some rain is not too far away to give everything a good soak and wash away the dust!

Unfortunately Kitchen Garden had to be cancelled this week for the Year 1 and 3s as I was unwell. Hopefully I will be fighting fit and back in the garden next week.

Until next time......

Mandy Ward
Science Week

Science Week bounced off on Monday with Mrs Horrigan’s bouncy putty balls. Prizes were given out to the students who created the bounciest putty and to the student who created the most viscose putty.

On Tuesday Mr Cloney electrified those present with his electrical circuits activities.

On Wednesday the Year 11 and 12 Chemistry students participated in an all day water testing excursion to Coochin Creek and the University of the Sunshine Coast.

On Thursday Mr Hall performed his really ‘cool’ dry ice experiments which had all those present enthralled.

Finally, we ended Science Week with an even ‘cooler’ demonstration than Mr Hall’s dry ice experiments (sorry Mr Hall!). I’m talking really ‘cool’ like minus 196 degrees Celsius cool with the “Liquid Nitrogen Show”. Students observed what happens when you put a ping-pong ball, a flower, a tennis ball and balloon filled with air into liquid nitrogen. These demonstrations literally ‘shattered’ all their previous misconceptions about how really cold something can get. The banana hammer was a crowd favourite. I would like to especially thank the teachers and all the students who helped make Science Week such a success this year.

Fenton Doolan

Blue Light Disco

Jo Wolfe, Alison Souter and Beerwah Police have organised a blue light disco for all the local children on 14 September. As there are limited out of school activities for the growing number of children in Beerwah and the surrounding suburbs, we all thought that the youth needed a controlled environment so that they can have fun and enjoy themselves while their parents felt reassured of their safety. Hence the police involvement in this project.

Date: Friday 14 September.
Venue: Beerwah Community Hall, next to the Library.
Time: 6.30pm – 9.00pm.
Age: 7-12 years
Entrance Fee: $6.00 each which gives you a free ticket into the raffle draw. Refreshments available.
Enquiries: Beerwah Police Station 07 5436 5222.
Year 10 applications for next year.

Year 10 students can apply for a range of courses in 2013 as part of their Year 11 studies. However, applications for some of these courses are about to close. Students who would like to be considered for the following courses need to see Mrs Ferris urgently if they have not already completed the application process:

- Brisbane North Institute of TAFE Schools Program (purple booklet).
- Skills Tech at Brackenridge for Construction, Electrical, Mechanical, Diesel, Auto Electrical.
- Sunshine Coast Technical Trade Training Centre for Construction, Infrastructure, Resources, Electrical, Conservation and University Level Engineering.
- Sunshine Coast TAFE Schools Program particularly the on-line Cert III Health Courses.

Headstart applications can be started now. Timetable information for the applications are released on the USC website at the beginning of next term. Applications close 26 October. If you need help with these applications anytime now would be a good time to see Mrs Ferris!

Distance Education applications will be processed for existing and continuing students in fourth term.

QTAC applications

Year 12 students should be considering their QTAC applications now. If you would like to review the wonderful presentation by Dianne Read last month you can go to our Moodle Page and follow the links. QTAC applications should be in by the end of September but if you need help to complete the application please see a staff member before or straight after the school holidays. Please note that applications to some Creative Industry courses may close early and may involve an audition or portfolio.

Future Pathways goes high tech!

Students have started accessing Moodle for our College based activities such as lesson plans and assessment information. Moodle is a website (moodle.gccc.qld.edu.au) that can be accessed at school or at home. Students log on with their College log on details. Future Pathways now has a Moodle page. Any information of assistance to parents or students that come to Future Pathways staff will be posted on the Moodle page. Ask your child to show you Moodle and our Future Pathways pages. Look for the following:

- School holiday workshops for career experiences.
- Current Defence Force Recruiting Newsletter.
- Upcoming Aviation Expo and Gap Year Information Evening.
- Some fascinating news articles about the world of work in 2012.
- Current newsletter from Energy Skills Qld about jobs and training in the Electrical and Gas industries.
- Scholarships for Women in male dominated skill shortage fields like architecture, geology, engineering etc.

For all this and lots more original fliers and information for students and parents visit our Moodle web page.

Considering a gap year?

You can access career and study information and speak to representatives from Sunshine Coast TAFE, Latitude Global Volunteering, Uni of the Sunshine Coast, Sunshine Coast Youth Partnership and Volunteering Sunshine Coast about your Gap Year option at:

- Sunshine Coast TAFE Maroochydore Campus
- Thursday 13th September 5 – 7pm
- To register contact Queensland Youth Industry Links 54434322

See our Moodle Page for more information.

School Holiday Programs at Channel 7 studios Brisbane

Students, do you want to be a TV star? Would you like to read prime time news? Improve your confidence, speaking voice and communication skills? Media Potential is running School Holiday Programs at Channel 7 studios, Mt Coot-tha on September 24 and 25 for students aged between 13 – 17. Call 35113455 or see the flier on our Moodle page.

joan.ferris@gccc.qld.edu.au and cheryl.costin@gccc.qld.edu.au
Library News

Book Fair thanks

A very special thank you to those who visited the Book Fair and purchased items. A huge selection of titles were available and the excitement throughout the week was electric. Students came back as many times as they could to buy books and posters. Thanks to their enthusiasm we sold approximately 533 books and were once again able to receive a fantastic commission to buy more library resources. Many thanks to the following parents who gave of their time so willingly to help make Book Fair such a wonderful success; Keesha Tait, Annoeska Korczynski, Jo Wolfe, Ramona Woods, Denise Giles, Britt Holley, and Kym Hind. Special thanks also to Mrs Murray and Mrs Hopson.

Book Week

There were many champion readers at GCCC last week as Book Week was celebrated across the College. Students completed a range of Book Week activities including voting for the winning CBCA titles, a colouring competition, reading rotations and a Superheroes Reading Challenge. The following students and classes were awarded special prizes for their costumes at the parade:

Prep – Year 2
Best dressed class: Year 1G (Mrs Hay)
Best dressed teachers: Mrs Childs and Mrs McWilliam (AKA Thing 1 and 2)
Best behaved class: Prep M (Mrs Dodwell/Mrs Lindsay)

Year 3 – Year 6
Best dressed class: Year 3M (Mr Costin)
Best dressed teacher: Mrs Lowther
Best behaved class: Year 4M (Miss Parker)

Premier’s Reading Challenge

The reading period for the Premier’s Reading Challenge has now finished. Please ensure all Reading Record Forms are signed by class teachers and then returned to the library. Thank you to those who have participated in the Challenge. Certificates will be given out to students who completed the Challenge in Term 4.

MS Readathon

The reading period for the MS Readathon has now finished. For those involved please ensure you finalise your details. Thank you for helping to contribute to such a worthwhile cause.

See you in the library,
Vanessa McKellar

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 3.05pm to 4.05pm

Please note new times for Homework Club.
**Ryan qualifies for State Champs**

Four talented GCCC athletes represented the Glasshouse District at the Sunshine Coast Regional Athletics Championships this week. The top athletes from all over the Sunshine Coast were competing in this competition so our students can be very proud of their performances.

Ryan Sauer had a gruelling day at the Champs competing in five different events throughout the day. Ryan was chosen to compete in the multi event competition where students compete in 100m, long jump, shot put and 800m and he also competed in the high jump event. Ryan had a forty point lead going into the 800m event and managed to hold out a quick running opponent to seal victory by only four points to become the 12 year boys Multi Event Champion. Ryan also excelled in the shot put event and threw a massive 10.25m put to gain second place and qualify for the State Champs in that event also. Ryan also finished 6th in the high jump with a jump of 1.33m.

Ten year old Tara Fissenden put the shot really well and smashed her previous best to set a new personal best record when she threw 6.88m to finish strongly in fourth place. She just missed out on qualifying for the state team in which the first three placegetters are selected. Tara is young and we look forward to more great performances in the future.

Will Cupitt also had a busy day running in the 100m, 200m and 800m events. He progressed to the finals of both the 100m and 200m which was fantastic and finished 5th and 6th respectively in the finals. His run of the day however was in the 800m race. After competing all day he ran a very gutsy race to finish 5th in a very fast race. Using every ounce of energy, Will smashed his best time recording 2m 30s and ended the day very proud of himself.

Tomas Lunt has been training hard and his efforts were rewarded with two very solid performances. Tom jumped 4.03m in the long jump and finished in 6th with only 25cm separating the first six placegetters. He also competed in the discus and threw 20.90m to finish in a very creditable 9th place.

Unfortunately Ryan Einsporn was unable to compete due to illness.

We are proud to have these students compete at this level and they were great ambassadors for our College.

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**Netball Players Progressing**

The GCCC Netball teams to play at the Mission Foods Primary Schools Cup have been selected and the girls are starting to train together as a team.

Four girls from the teams have also been selected in the Caloundra Representative Development Squad to train until a further selection of teams is made in January.

This opportunity gives the girls access to additional top level coaching once their regular club season has finished. Congratulations to Tegan Gisler, Hannah Johnson, Caitlyn Smith and Tenaia Owens on their selection.

Samantha Ruhl also trialled well and was selected in the 15 year representative squad.
What an awesome day it was on Friday when the Prep to Year 3 students had their Athletics Carnival! The day began with a bang as enthusiastic team members busied themselves decorating the team tents with all sorts of props. No longer do a few coloured streamers identify the tents, life sized sharks, tiger tails and footprints, crocodiles and beware of the shark signs adorned the house tents. Everyone was dressed in house colours and the war cries reflected the enthusiasm which could be heard throughout the College. This made judging a winner for cheering a very difficult task!

The students began the morning running two sprint races with some very close races. Every child received a ribbon which they wore with pride. Long jump, high jump and the infamous tug o’ war also kept children busy and showcased their jumping skills to the crowds of enthusiastic parents. The biggest roar of the morning came as the children cheered on their parents in the finale of the tug o’ war competition.

Children were glad to replenish their energy supplies with delicious sausages cooked by the P and F who did a great job keeping everyone fed and supplied with drinks. After this break children joined their multi-aged house team of about 14 students and began the tabloid games competing against other house teams. Some of these events were competitive and some were just for fun. Excellent examples of cooperation and team work could be seen all over the oval. Children were flinging chickens, digging for treasure, crawling through tunnels, avoiding giant gym balls whilst carrying cups of water, building towers and racing in obstacle courses and relays.

At the end of the morning students still had just enough energy for one more rousing war cry challenge and then the winning house was announced. For the first time in many years Sinai became our Athletics Champions by just 10 points from Zion and Ararat who were only another 10 points behind.

This was a fantastic day of fun and competition and we are very grateful to the many parents who helped at events and took teams on the day encouraging them and keeping them together.

Wendy Stott
**Interschool Sports Report**

**Futsal**
The Futsal girls played well against Caloundra City Private and Caloundra Christian College. They came away with two wins. Three goals to one in both games. The goals were scored by Amalee, Julie, Hannah and Holly. Everyone played as a team and did some great passes, kicks, tackles and last minute saves. Bek was strong in defence and Pallas, Anna and Nicola did well up the line.

**AFL**
Every week the AFL team has made some big improvements. Last time the teams met, we dominated play however couldn’t convert on the scoreboard. This week the boys really turned up to play. We started the game by kicking four straight goals to nothing before the opposition scored and worked their way back into the game. Hard work in the backline from Jesse Snelling, Korby and Jordan Shuttleworth minimized their scoring opportunities. Our midfield once again was well served by skillful players, D’Jay King and Lucas Tidy. Our most potent forward was Jake Hoeksema, who kicked several goals including the last one right on the siren.

**Futsal**
The Futsal boys demonstrated some excellent soccer skills in both attack and defence. They were unfortunately beaten by Caloundra Christian College but regrouped to beat a spirited Caloundra City Private side. Jacob Wrigley managed to score three goals over the two games and Jake Williamson and Luke Hesse also contributed to the scoreboard. Luke, Jake and Sean played really well in defence and overall the boys gave a good account of themselves both on and off the field.

**Cricket**
It is great to see the students progressing well with their cricket skills. It was again another successful afternoon for GCCC and they clearly were the standout school with their talent, encouragement and participation. Each student was given the opportunity to shine, with stand out batters being Jordan Wright and Thomas Dwan, and star bowlers and fielders Matthew Wright, and Isabelle Westaway.

**Basketball**
Our GCCC girls 8/9 basketball team played at the Beerwah High courts in the beautiful winter sunshine last week. The skills and team play is consistently getting better each week and the results are showing. We are up against tough competition with CCC and this time only narrowly lost by 4 points, we played a hard, long match and it came down goals in the last minute. We won our games against CCPS. Well done to Dakotah Davis who was able to get a lot of rebounds both in attack and defence.

**Independent Schools District Athletics Individual Achievements**
Our athletics team did a great job representing the College a few weeks ago at the Independent Schools District Carnival. We are excited to announce the individuals who through determination, placements and participation achieved outstanding results for age champion. We had many top 6 finishers –

- 4th 17 year girls – Rebekah White
- 3rd 14 year boys – Jesse Snelling
- 3rd 15 year boys – Glen Morris
- 2nd 17 year boys – Jared Moore
- 1st 14 year girls - Andrea Little (pictured right)

We congratulate the above athletes and wish them all the best at the upcoming Regional Athletics competition.

**Nippers Fun & Fitness**
Second sign on is 9 September at Caloundra Surf Club from 10am to 1pm. All details are on website: www.caloundrasurfclub.com.au

**Early Morning Training Sessions**
Tuesday and Thursday early morning training has finished for this term and will resume next term with swimming. Have a great break and stay fit!!

*Christine Scott*
Australian All Star Cheerleading Federation Qld State Championship

On Sunday 26 August the GCCC cheerleaders went to Boondall to compete in the AASCF Qld State Championships. This is the first time we have competed at this event and it was nice to have a shorter drive than previous competitions (at Logan). The students were energized by the venue and the professionalism of the event. The warm up area included a 20m inflatable tumbling run and the cheerleaders excitedly cart wheeled and flipped their way from one end to the other.

Our routines were again performed with precision and skill. We had no fumbles or falls and the kids had a great time.

The Primary team won 2nd in their division and the Secondary team won 2nd in their division. Thanks again to Emily Scott who learnt the routine in about five minutes to stand in for one of our team members who was unfortunately injured at netball. No-one would have been any the wiser.

We welcomed our first boys into Cheerleading (Mitchell Fraser and Nathan Whysall), their Level 2 stunt group got many oohs and aahs from the crowd as they threw Ruby Sharpe VERY VERY high into the air. The early morning practices over the last few months has paid off and they won 2nd in their division against very experienced teams. Watching the pure joy and exhilaration radiate from Ruby’s face as she gets thrown high in the air is beautiful; it brings a smile to my face every time I watch. Our other stunt teams (Level 1 under 11’s, Level 2 Primary and Level 1 Secondary) did really well, performing routines with no errors, falls or wobbles. The girls smiled their way through each routine. We just need to master the ‘cheer faces’ and poses and we will come home with many more trophies. Each competition is bringing more confidence and the girls are constantly improving. We are up against clubs who practice for six hours upwards per week, so for our twenty minute practices twice a week we are AWESOME!

I was really proud of every team member; the girls and boys have learnt much harder skills and are learning to perform with more confidence. Our cheerleading talent pool is continually growing and it is exciting to watch its skills develop. Thank you to our cheer parents who are so supportive. Their enthusiasm and cheering is wonderful and I could hear some of our mums and dads all the way down the front of the stage. Well done!

Christine Scott

Tonnes of titles at Lifeline Caboolture Bookfest these school holidays

The Lifeline Caboolture Bookfest is open from Saturday September 22 until Monday September 24 from 8.30am to 4pm daily over the September school holidays. The event will see around 130 tables stocked to the brim with over 40 tonnes of hardcovers and paperbacks of all genres, styles and authors for sale from as little as $2 each.

The Lifeline Caboolture Bookfest is being held at the Caboolture Centenary Lakes Indoor Basketball Courts, Morayfield Rd, Caboolture.

All the funds raised at the Bookfest help support Lifeline and other UnitingCare Community services. For more information on our services, please visit www.ucommunity.org.au. For more information about the Caboolture Bookfest please phone Debbie on 0438 150 702 or visit www.facebook.com.au/LifelineBookfest or www.lifelinebookfest.com
Hi everyone! Dads, I hope you enjoyed the lovely gifts your children gave you last Sunday on Fathers’ Day. A big thank you to all the volunteers who helped run the Fathers’ Day stall and an especially big thank you to Bonnie Harding for coordinating and running the stall. Without those volunteers we would not be able to run these sort of events so your presence is much appreciated.

If anyone thinks that occasionally they may have some spare time to help out on days such as these and events such as the athletics carnivals, please feel free to contact the P and F and register your interest. A big thanks to those who helped man the BBQ for the junior athletics carnival on Friday as well. What a great day! Congratulations to Sinai for winning!

Don’t forget if you have some ideas as to how you would like us to spend the money raised by Funfest and other events the P and F run, then please send us an email. So far we have only received two responses!

Coming up in early November is our first Brisbane shopping trip! We are hoping to visit a toy store, some clothing warehouses and other exciting stores. It’s a great way to get some Christmas presents. Watch this space for more information and start saving your pennies now.

Have an awesome couple of weeks! Cheers!

Alaina Westaway  pandf@gccc.qld.edu.au
**International ADHD Awareness Week Workshop**

- **Just Naughty?**
- Let’s Get Specific Workshop Series. These two and a half hour workshops have been designed to examine areas of behaviour in greater depth. Three workshops are being held at the Goodlife Community Centre at Buderim. Dates are 19/9/12, 6/11/12 and 28/11/12. Topics include: Discipline; Frustration, Anger and Aggression; and Preparing Ahead.

To register online visit www.everydaywithadhd.com.au

Cost $44 per person; $66 per couple; $33 per concession

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**Family Fun Event**

- **Family Tickets 50% OFF the normal entry price to Aussie World**

Enjoy the Carnivale atmosphere of Aussie World and support your rescue helicopter! Tickets include unlimited rides at Aussie World as well as:

- *Scooby Doo Show*
- *Stilt Walkers* *Jugglers* *Acrobats* *Roving Magicians* *Face Painters* *Balloon Sculpturist* *Roving Characters* *Fire Performers* *Balloon Monsters* *Roving Ring Master MC and more!*

Limited tickets so please book and pay online now at www.actionrescue.com.au or Ph. 07-5458 8700.

**Saturday 15 September 5.30pm-10.00pm**

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**STRATEGIES TO PREVENT ADOLESCENT ALCOHOL-RELATED HARM**

FREE Session with UQ psychologists doing research in this area

The University of Queensland’s Centre for Youth Substance Abuse Research offers parents a FREE individualised session with a registered psychologist to discuss practical strategies to prevent adolescent alcohol-related harm, tailored to meet their family’s needs. This session is valued at over $200 (according to Australian Psychology Society’s recommended rates), but is provided FREE as part of the Project SHIELD research program. This is a great opportunity for parents of 13-17-year-olds, as the session can occur over the phone or at home, at a time convenient for you. Research indicates that most teenagers will be exposed to risky situations involving alcohol consumption at some point, regardless of whether they choose to drink or not. Many parents feel that they have no control over whether their adolescent drinks, but recent research suggests that parents have more influence than they might expect. Project SHIELD is a prevention/early intervention strategy, so teenagers do not need to have experimented with alcohol for parents to benefit from the program.

Project SHIELD is funded by the National Health and Medical Research Council and has clearance from the UQ Research Ethics Committee.

If you would like more information, please contact Dayna Smith by phone: 1800 302 234 or email: projectshield@uq.edu.au

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**Hinterland Relay for Life Car Rally**

Sunday 16 September. Sign on from 9.30am. Cost is $15 per car. First prize is a family pass to Australia Zoo and second prize is a family pass to Underwater World.

Go to www.relayforlife.org.au for more information.
Are your expectations harmful or healthy?

There is no doubt that many parents underestimate the impact of their expectations on kids. It’s quite natural to want your kids to do and perform at their best, however not every child will respond positively to parent expectations.

If they are too high, or at least higher than their capability, then many kids just give up. It’s better than trying and failing, which can seem like letting down their parents. Alternatively, they may make excuses for not taking part in an activity, game or sport.

Some children will try to meet abnormally high parent expectations, but their efforts may well come at the cost of anxiety and, in some cases, depression due to excessive pressure. It’s hard to always perform at your absolute best all the time. In fact, high achievers in most fields of endeavour know when to coast and when they really need to apply themselves.

Birth order also plays a part in parental expectations. As adult approval is a high driver for eldests, they are more highly influenced by parent expectations than children in any other position. They are also more likely to be perfectionists, which makes them more prone to suffer when parental expectations are excessive. Many first borns become risk-averse sticking to the safe and achievable, which is a great stress-reduction strategy.

Expectations are most helpful when they are realistic and in line with children’s age, abilities and their interests. Sometimes we can expect just too much from our kids, for all the right reasons.

Better to have positive, yet achievable expectations rather than expectations that are too high or too low. Getting the balance right will hopefully motivate kids to achieve without them feeling overwhelmed, worried or overly-anxious.

How do you use expectations?

So how do your expectations of kids’ behaviour and achievement rate? Are they too low, too high or just about right? Do they reflect your own ambitions, or your children’s interests and abilities?

Want a simple answer? Ask yourself how your kids would answer these questions. I suspect it will be different for each child, but then again worry, stress and anxiety is different for every child. And it’s what your child thinks and feels that’s paramount here.