At our staff meeting on Monday, the P-12 teaching staff spent time working on our Vision for Learning and Teaching and Learning Framework. I am inspired by our teachers’ dedication to their students and enthusiasm for students’ learning. I would like to thank Mrs Nella Rizzo, Mr Rob Canning and Sr Lee Veriga who are leading this process. These important professional conversations where we explore the latest research on teaching and learning, seek to understand our learners and their context. The vision for our future is essential in our quest to offer an education that will Teach, Challenge and Transform.

Mr Nathan Mulhearn shared with me the concept he has been exploring with students – a FAIL is First Attempt in Learning. Wouldn’t it be great if we could convince our learners that risk taking in learning and challenging themselves is brave and great learning happens when we fail (perhaps a few times) first.

Dr Robert Wicks an American psychologist believes that building resilience and a positive outlook for individuals and communities occurs when we take the time to be grateful and hopeful.

There is much to be grateful about and hopeful for at St Francis College. I am very grateful to the teachers and students who worked hard on Saturday at the Confro/Netball fundraiser at Bunnings. I am hopeful that the students realise that this community has faith in what they are trying to achieve for themselves and for St Francis College.

Congratulations to Mr John Roberts and PCRP (year 3) who presented ‘Too many Elephants In this House’ by Ursula Dubosarsky and Andrew Joyner as Readers’ Theatre to the Prep - 6 assembly. I was so grateful to be at this assembly to see the dedication of our staff, Mr John Roberts and Mrs Jo Mortimer, who worked with PCRP to produce amazing performances with beautiful sets and props. I was also proud of and grateful for the respect the children showed as listeners and viewers of this story. The prep - 6 assembly was part of a nationwide gathering of people hearing this story simultaneously. I hope the rest of the nation enjoyed the story as much as we Franciscans did.

We are proud of the St Francis players who were part of the successful combined Catholic Schools team who played for the curtain raiser for Saturday’s Reds Game and grateful you had this opportunity. Well done Cris Afamasaga, Ben Kepu, Lorenzo Ainuu, Whetu Kiwi Kiwi and Danny Misa.

Mission Australia is conducting a research project, the Youth Survey 2014, which aims to identify both the values and issues of concern to young people. The online survey for 15-18 year olds aims to gain information from the perspective of young people about education, employment values and concerns, sources of advice and support and community participation. The results of the survey are used to plan activities and programs tailored to our needs in our area. Participation in the survey is voluntary and completely anonymous. We would like to invite 15-18 year old students to participate in the first instance by asking parents to complete a permission form that will be sent home with students next week. Any questions about the survey can be directed to Cathy Whannell secondary APRE at the College.
Under 8’s Day Is coming
Friday 30 May

Enrol Now!
Enrolment Interviews Commencing May 2014

Come and join us for our Prep Open Morning
Friday 6 June 9.30am - 10.30am
Or contact us for a personal tour

SCHOOL REPORTS WILL BE SENT HOME END OF TERM 2
Have you updated your information at the College?

New address - New phone numbers - New email address

We will be sending out Reports at the end of Term 2 and ask all families to have updates to us by NO LATER than Friday 6 June.

Newsletters are now being emailed home ... are you receiving yours?

NAME/S:

STUDENT/S:

ADDRESS:

PHONE:

EMAIL:

PLEASE RETURN THIS NOTIFICATION AS SOON AS POSSIBLE ... THANK YOU!
**National Simultaneous Storytime:** On Wednesday we celebrated with other schools and libraries throughout Australia by sharing in a reading of the book, *Too many Elephants in this House*. The year 3 students in pcRP donned elephant masks and acted out the story in a Readers’ Theatre. Their performance enthralled the audience of P-6 students and the actors had fun acting out the story.

In conjunction with NSS we are running a competition in the library. Mrs Mortimer has creatively constructed a house and hidden elephants in and around it. Students have to count how many elephants have been hidden in the display.

**Chess Competition:** Our Term 2 P-6 chess challenge is well under way. Games are played in the library at second break and will continue until we have 6 players in the finals. To reach the finals, players need to win 4 games. So far Jacob, Natasha and Pailin have made it to the finals.

**Premier’s Reading Challenge:** Many of our classes are again participating in this annual event. This is not a competition but a challenge asking students to read (or listen to) a certain number of books. Prep to 4 need to experience 20 books and years 5 and 6, 15 books to complete the challenge. Reading record sheets will be given out this week and I will be encouraging the children and talking to them about the challenge during their library times. PRC will finish on 5 September.

**John Roberts**  
Teacher/Librarian

---

**SPORTS BOARD – PRIMARY**

**Beenleigh District Trials:** (11 & 12 year olds ONLY)

**Rugby Union** - Children must have a sound knowledge of the game and be familiar with the rules of Rugby Union. A reasonable skill level is required. It is preferred that children attending these trials have had experience in a club competition, but this is not essential.

**Date of Trial:** Thursday 22nd May

**Time:** 3.30pm to 5.00pm. A parent or adult responsible for the child should be in attendance and must be at the venue prior to the set concluding time.

**Venue:** St Francis College Oval

**See Mr Sione for more info and forms**

---

**Are you a parent of a child with type 1 diabetes?**

Every day, thousands of Australian children suffer the effects of type 1 diabetes and families struggle with illness management and children’s behavioural and emotional adjustment. Positive Parenting for Healthy Living is an adaptation of the successful Triple P- Positive Parenting Program offering practical ideas and support for parents of children with type 1 diabetes. This innovative group program is designed to help parents manage their child’s illness, assist children in coping with their illness and emotions, and prevent and manage difficult child behaviour.

Over the next few months and for a limited time only, parents of 2-10 year old children with type 1 diabetes are able to access Positive Parenting for Healthy Living Triple P as part of a University of Queensland research project. Parents will be able to attend the program free of charge, and will be asked to complete 2 sets of assessment measures (questionnaire and family observation) over a 6 month period, as part of the study. Contact Aditi Lohan on (07) 3346 7689 or email diabetes.healthyliving@uq.edu.au, or visit [https://exp.psy.uq.edu.au/t1diabetes](https://exp.psy.uq.edu.au/t1diabetes) for more information.
Positive Behaviour Learning

“The only person you are destined to become is the person who you decide to be” — Ralph Waldo Emerson

Our School Rules:
- Hands and feet to yourself
- Walk, don’t run
- Hands up to speak and move
- Do what the teacher says considerately
- Speak to please

Rule of the Week: Do what the teacher says considerately

Cooperative Rule: Stay with the group

CONGRATULATIONS TO OUR STUDENTS OF THE WEEK!

<table>
<thead>
<tr>
<th>YEAR LEVEL</th>
<th>PC</th>
<th>STUDENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>PREPS</td>
<td>PCRD</td>
<td>Manaia Lovett, Andrei Ciuhurezu &amp; Sophia Butler</td>
</tr>
<tr>
<td></td>
<td>PCNK</td>
<td></td>
</tr>
<tr>
<td></td>
<td>PCRC</td>
<td>Lilly Whiteman, Charis Baldry, Shiloh Denman &amp; Christian Nguyen</td>
</tr>
<tr>
<td>ONE</td>
<td>PCJO</td>
<td>Maison Milne &amp; Chelsea Gintrac</td>
</tr>
<tr>
<td></td>
<td>PCBC</td>
<td></td>
</tr>
<tr>
<td></td>
<td>PCMD/LB</td>
<td>Kafia, Simone, Blane &amp; Koebie</td>
</tr>
<tr>
<td>TWO</td>
<td>PCJS</td>
<td>Kyla</td>
</tr>
<tr>
<td></td>
<td>PCSG</td>
<td>Geneva Tito, Alva Kedra, Hassan Al Shamari &amp; Sakura Townsend</td>
</tr>
<tr>
<td>2/3</td>
<td>PCJW</td>
<td></td>
</tr>
<tr>
<td>THREE</td>
<td>PCSP</td>
<td>Jessica &amp; David Baldry</td>
</tr>
<tr>
<td></td>
<td>PCR</td>
<td></td>
</tr>
<tr>
<td>FOUR</td>
<td>PCJH</td>
<td>Jackson McLeay-Kiely &amp; Dominic Jones</td>
</tr>
<tr>
<td></td>
<td>PCMG</td>
<td></td>
</tr>
<tr>
<td>4/5</td>
<td>PCLG</td>
<td>Steven Lee &amp; Aisha Sheriff</td>
</tr>
<tr>
<td></td>
<td>PCNM</td>
<td>Dominik Kedra &amp; James Weis</td>
</tr>
<tr>
<td>FIVE</td>
<td>PCBLC</td>
<td>Chanelle Rukundo, Hayden Fraser &amp; Cooper Jepson</td>
</tr>
<tr>
<td>SIX</td>
<td>PCKA</td>
<td></td>
</tr>
<tr>
<td></td>
<td>PCJL</td>
<td>Jarrah MacKenzie &amp; Wilson Heri</td>
</tr>
</tbody>
</table>

PLACES FOR YEAR 7 AND YEAR 8 ARE NOW AVAILABLE
BE QUICK TO SECURE YOUR CHILD’S SPOT!
CONTACT THE COLLEGE ON 3489 4800
FOR DETAILS, APPOINTMENT AND ORGANISE
A TOUR OF OUR WONDERFUL COLLEGE

ENROL NOW FOR 2015

STUDENTS WITH DISABILITIES TRAVEL REBATE Semester 1, 2014

Does your child have a verified disability that requires transport assistance to and from school?
Has your school’s learning support teacher assessed your child’s travel capability rating as ‘semi-independent’ or more dependent?

Visit our website to see if you qualify for financial assistance
to help with the cost of transport and apply at
www.schooltransport.com.au
by 31 May 2014.
Late applications cannot be accepted.
**Positive Behaviour for Learning Years 7-12**

As part of Positive Behaviour Support we are teaching appropriate behaviours to students each week. These behaviours follow our school rules:

- **Respect Self**
- **Respect Others**
- **Respect the Environment**

This week’s focus is on **Arriving to school and class on time**. The behaviours we are asking the students to demonstrate are:

**Arrive at school on time**

**SCHOOL STARTS AT 8.45am with Pastoral Care Class where rolls are taken and daily notices are given.**

- **MONDAY, WEDNESDAY, THURSDAY AND FRIDAY Period 1 starts at 9.00am**
- **TUESDAYS: PERIOD 1 STARTS AT 8.45am**

If you are late, make sure you sign in at the office. Remember: you must provide a **note with an explanation for your lateness**! Once you have signed in, go straight to class, knock on the door and wait for your teacher’s instructions. Remember to be prepared with your equipment on hand.

**When knocking on the door:**

- Say “I apologise for being late Miss/Sir but.......”
- Let your teacher know that you have signed in at the office.
- Without disturbing the class start your work.

In Middle and Senior years (7 to 12) students who continuously display these behaviours are awarded with a **GOTCHA!** One GOTCHA is selected each Friday at year assemblies and the student is rewarded with a voucher.

---

**GOTCHA WINNERS FOR WEEK 4**

- **Year 7:** Jasmine Pottstock-Burns
- **Year 8:** Shivdeep Singh
- **Year 9:** Logan Thompson
- **Year 10:** Katelynne Silva
- **Year 11:** Veng Sou
- **Year 12:** Dorrycie Prakash

**Congratulations and keep up the good work!**
NEWS FROM THE SPORTS DESK!

7-12 FAMILY GROUP CROSS COUNTRY

The Secondary Family Group Cross Country was held last Friday. Congratulations to all students who participated to the best of their ability.

Congratulations once again to YARAAY who take the shield. They took out a number of age groups and had the highest number of participation points. In the end they had a wonderful victory. YARAAY ARE THE 2014 FAMILY GROUP CROSS COUNTRY CHAMPIONS! Great work YARAAY!

<table>
<thead>
<tr>
<th>AGE GROUP</th>
<th>FIRST</th>
<th>SECOND</th>
<th>THIRD</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 GIRLS</td>
<td>Kaitlyn Vandoornum</td>
<td>Naomi Matagisala</td>
<td>Sharnece Deen</td>
</tr>
<tr>
<td>12 BOYS</td>
<td>Noah Wust</td>
<td>Moroni Cecil</td>
<td>Rohaan Rapana-Kumar</td>
</tr>
<tr>
<td>13 GIRLS</td>
<td>Chloe Byrant</td>
<td>Elissa Matta</td>
<td>Caitlyn Holden</td>
</tr>
<tr>
<td>13 BOYS</td>
<td>Daniel Iasuba</td>
<td>Jacob Haua</td>
<td>Darian Kaptich</td>
</tr>
<tr>
<td>14 GIRLS</td>
<td>Jessica Maksoud</td>
<td>Ngatni Alapaki</td>
<td>Helen Cecil</td>
</tr>
<tr>
<td>14 BOYS</td>
<td>Henryk Pajaczkowski</td>
<td>Leul Zenebe</td>
<td>Nathaniel Tafola</td>
</tr>
<tr>
<td>15 GIRLS</td>
<td>Lisa Makaohi</td>
<td>Arihia Matagisala</td>
<td>Chineste Migisha</td>
</tr>
<tr>
<td>15 BOYS</td>
<td>DM Masonga</td>
<td>Daniel Estevez</td>
<td>Peter Lian</td>
</tr>
<tr>
<td>16 GIRLS</td>
<td>Jemma Pfuhl</td>
<td>Borany Meas</td>
<td>Sarah Bakker</td>
</tr>
<tr>
<td>16 BOYS</td>
<td>Bill Sam</td>
<td>Prosper Niyimapye</td>
<td>Jake Opitz</td>
</tr>
<tr>
<td>OPEN GIRLS</td>
<td>Sandra Makaohi</td>
<td>Mikayla Abson</td>
<td>Ethel Jenkins</td>
</tr>
<tr>
<td>OPEN BOYS</td>
<td>Nick Scarponi</td>
<td>Simon Eremugo</td>
<td>Tich Ruvengo</td>
</tr>
</tbody>
</table>

A special congratulations to the students listed, who came a place in their age group! The top 7 runners will represent SFC at the SECA Cross Country which will be held at Limestone Park in Ipswich on Friday 30 May. Congratulations to the students who have made the team. Please check the sports noticeboard for the team. Permission forms need to be returned ASAP to the sports office.

OVERALL POINTS
2013 FAMILY GROUP CROSS COUNTRY SHIELD

1<sup>st</sup> YARAAY 347
2<sup>nd</sup> KURRAWA 296
3<sup>rd</sup> WIIMULLI 175
4<sup>th</sup> JAGUN 130

Keep an eye on the sports noticeboard for upcoming events and information.

**Miss Allam**
Sport & HPE Co-ordinator
Healthy ways for kids manage their emotions.

Emotionally intelligent children, like their parents, know a range of healthy ways to manage their feelings.

1. **Breathe deeply**
   The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight). Count to 3 quietly while breathing in through your nose, and count to 5 while breathing out. Breathe slowly and deeply. You may even feel a little sleepy, which indicates deep (and low) breathing.

2. **Find a favourite relaxation exercise**
   There are many instant relaxation exercises you can use to change your emotional state. My favourite way to manage nerves and tension is to tense my body for 3 seconds and then relax. Repeat this a number of times and you can’t help but feel calmer. You can isolate part of your body such as your shoulders and arms to release the tension around your neck. There are plenty of quick techniques you can use to relax.

3. **Use a positive reappraisal**
   Emotions are caused not by an event, but by the way we look at an event. To one person, giving a wedding speech is a chance to strut their stuff (so they feel excited), while to someone else it is nothing but a nightmare (so they feel anxious). Change the way you view something and you’ll better be able to manage your emotional response. This is a challenge, not a problem. It is a catch-all reappraisal. The more specific the reappraisal the more effective it will be.

more on page 2


parentingideas.com.au
... healthy ways for kids manage their emotions ...

deal with negative feelings

5 Exercise
Exercise releases endorphins, nature's feel-good chemical, which will move your mood to a better state. The paradox is that we often don't feel like exercising when that's exactly what we really need. Don't let those feelings stop you. Going for a run, walking the dog or even a playing a game outside with the kids is the very thing you need to feel better.

6 Distract yourself
A healthy distraction, such as phoning a friend, reading a novel or watching a comedy is a way many people use to manage difficult emotions. It's a highly recommended strategy for natural worries! It's amazing how much better a situation will seem after giving your mind a short break from it.

7 Have constructive habits and hobbies
One of the tenets of good emotional health is that a person needs hobbies and interests that lift them up and make life enjoyable. Single-tracked lives – all work and no play – are recipes for emotional disaster. If you can relate to this, then I suggest you take the time to find a hobby or interest that lifts you up. The same, of course, holds for kids. All work and no play makes … well, it's hard to hold it together if you are feeling stressed all the time.

It's important that as parents and teachers we practice good emotional management techniques ourselves so we are better placed to pass them on to kids. The upside is that we'll feel better, make better decisions and be more effective as parents and teachers as well.

This tip is an excerpt from "15 right ways to manage emotions", a special report available at ParentingIdeasClub.com.au

Michael Grose

FROM THE CAREERS DESK

NATIONAL CAREERS AND EMPLOYMENT EXPO
All students in Year 11 and 12 will attend the National Careers and Employment Expo. Students will have the opportunity to discuss future options with representatives from a wide range of educational institutions, training providers and employer groups.
Date: Friday 23 May, 9.00 am – 12.30 pm
Venue: Brisbane Convention and Exhibition Centre, South Bank.
Free admission

UPCOMING INFORMATION SESSIONS
DFR Brisbane holds regular Information Sessions; these sessions are designed to provide an in-depth look at the career opportunities available in the Navy, Army and Air Force. They are all being held at Defence Force Recruiting Brisbane, Level 11, 410 Ann Street, Fortitude Valley.

Defence Undergraduate Sponsorship – Engineering Careers - Tuesday 27 May, 6.00 pm,
Defence Undergraduate Sponsorship – Health Careers - Thursday 29 May, 6.00 pm.

One Year Roles - Monday 2 June, 6.00 pm
Australian Defence Force Academy - Tuesday 3 June, 6.00 pm
Please register your interest by calling 3016 2307 or via email at strout@dfrc.com.au.

QUIT CREATIVE SHORT COURSES
June include:
• Introduction to Social Media
• Social Media Marketing Tools for Business
• Fashion Illustration for Beginners
• Stepping Off a Cliff: Starting Your First Novel

Early bird discounts apply, and registrations close two weeks prior to course commencement. Enrol or find out more now.

JOBS OF THE FUTURE
In the future many of you will have jobs that have not even been thought of yet. A Canadian career newsletter (Career Wise) recently published an article, ‘Jobs in 2030’, which lists possible future jobs. The following are excerpts from the article. Read the whole article at http://click.ydoo.com/toolbar_view/3759/8/839?e=W1VOSV4FVRV0 to learn about other possible 2030 jobs.

Garbage Designer: Environmental damage and the build-up of landfill sites (places where garbage is dumped) have made recycling a norm. A new form of recycling that will likely become popular in 2030 is ‘up-cycling’. Up-cycling is the practice of turning waste into better quality products; for example, old toothbrushes into bracelets or old magazines into woven place mats or pots for plants. Garbage designers will need a strong background in materials science and engineering. An interest in industrial design will also be ideal.

Carbon Capture Technician: Do you enjoy working with your hands, being outdoors and have an interest in making our world more environmentally friendly? If so, a future as a carbon capture technician may be for you! A background in engineering and experience in the mining or oil and gas industries will be very helpful for this role. The technical aspects of building and maintaining carbon capture systems will also attract heating, ventilation, and air conditioning tradespeople to this field. Working in carbon capture will require strong problem-solving skills, an enthusiasm for working with complex machinery and an eye for the small details.

Simplicity Expert: Today’s world is complex, so it’s easy to start thinking that systems and jobs will get more complicated in the future. The simplicity experts of 2030 will be interested in looking at how business can simplify and streamline their operations. The simplicity expert is there to reduce fifteen administrative steps to three, or four interviews to one or three days of work to a half hour. Part designer, part math whiz and part sociologist, the best simplicity experts will need an understanding of how humans work to come up with new and creative methods of working. A degree in social science would provide a good background for this job because knowing how people work and the conditions that enable success will be vital.

SHOULD I DO A DUAL DEGREE AT UNIVERSITY?
A dual or double degree enables you to study two degrees at the same time. This is becoming an increasingly popular option with approximately 10% of students in Australian universities opting to study a dual degree. The following are some of the advantages of a dual program.

Dual degrees:
• can be completed in a shorter time than it would take to complete them one after the other e.g. most dual B Engineering/B Science degrees take five years to complete instead of seven years if these degrees are completed separately.
• provide you with a broader range of skills.
• may give you a competitive edge in the job market as you have more to offer an employer. It could also indicate to an employer that you are committed and have a strong work ethic.
• give you an opportunity to try two study areas. This is especially useful when you are uncertain about the career you most wish to pursue.

The disadvantages of a dual degree are that they cost more and take longer to complete. Students undertaking a dual degree need to have good time management skills and the ability to switch between different modes of study.

Whether you decide to undertake a single or a dual degree, it is important to research your choice thoroughly to ensure you understand what you will be studying. Also, it is important to have a good knowledge of the employment outcomes of your studies.


SCHEMES FOR MEDICAL STUDENTS
The following schemes are Commonwealth Government initiatives to address doctor shortages in specific areas in Australia.

• Medical Rural Bonded Scholarship Scheme – This scholarship provides one hundred additional Commonwealth Supported Places each year for first year medical students. It is valued at $25,000 a year. Upon completion of their studies, students are required to work for six years in a rural or remote area. An information booklet can be downloaded at http://www.health.gov.au/internet/main/publishing.nsf/Content/work-st-mrb.

• Bonded Medical Places Scheme – There is no scholarship associated with this scheme. However, it does provide funding for additional Commonwealth supported medical school places each year (25% of places come under this scheme). Recipients are required to work in medical skill shortage areas for a period equal to the length of their medical course. An information booklet can be downloaded at http://www.health.gov.au/bmpscheme.

ONLINE RESOURCES FOR YEAR 12 PARENTS
Transitioning from high school to university can be a challenging journey for students and their parents. Several universities provide resources for parents to support them and their children through the transition. Some examples are:

Australian Catholic University - ‘Parents’ information’ http://www.acu.edu.au/study_at_acu/future_students/parents_information
James Cook University - ‘Parents and partners’ http://wwwpublic.jcu.edu.au/parents-partners/

Griffith University - ‘Parents http://www.griffith.edu.au/future-students/Parents
Queensland University of Technology - ‘Are you the parent of a school student’ http://www.qut.edu.au/study/undergraduate-study/are-you-the-parent-of-a-school-student
University of Southern Queensland - ‘Information for families and friends’ http://www.usq.edu.au/future-students/families
University of the Sunshine Coast - ‘Information for parents and partners’ http://www.usc.edu.au/study/study-at-usc/information-for-parents-and-partners/

Jeanette Maxwell
Careers/RTO Manager