From the Principal

Do you ever wonder why some people are so lucky? I recently read an article about some incredibly lucky lottery winners. Hard to believe, but Texan Joan Ginther, has actually won four jackpots since 1993 for the amazing, grand total of US$20.4 million. Experts say that the odds of one person winning four lottery jackpots are unbelievably difficult - more than 200 million to 1. Joan Ginther isn't the only one to get so lucky; Ernest Pullen won US$1 million in June of 2010 and then won another $2 million in September. Doesn't seem fair does it?

Of course being lucky in winning money does not necessarily guarantee being lucky in anything else and I have heard of some sad tales about people winning lottery, only to have a series of misfortunes befall them or their family. Being lucky in love or lucky in your work or in sport of course is a little different from winning money on a lottery ticket or a scratchie.

I am very sure that neither Cadel Evans, winner of the Tour de France nor James Magnussen, amazing winner of the 100 metre freestyle FINA world championship would be thinking that their recent wins, were 'just lucky'- far from it I suspect. There is an element of luck in small decisions at a particular point in time but on the whole, to be successful in anything, there has to be a great deal of effort, preparation, commitment and perseverance. I don't think there was much room to even think in that length of time?

As Thomas Jefferson said:

"I'm a great believer in luck, and I find the harder I work, the more I have of it."

In his research into why some people are lucky and others unlucky, Professor Richard Wiseman has distilled his research down to four basic principles which explains how some people create their own good fortune. Professor Wiseman shares the following principles in his book, "The Luck Factor":

Principle One: Maximise Chance Opportunities

Lucky people are skilled at creating, noticing and acting upon chance opportunities. They do this in various ways, including networking, adopting a relaxed attitude to life and by being open to new experiences.

2011 Term Dates

Term 1:
• Monday 24th January to Friday 1st April

Term 2:
• Tuesday 19th April to Thursday 16th June

Term 3:
• Tuesday 12th July to Friday 16th September

Term 4:
• Tuesday 4th October to Friday 25th November

Dates To Remember

Parent Information Evening
Years 10 and 11
9th August

Open Day
All welcome
9am-12.30pm
10th August

Open Day
All welcome
17th August

Last chance to order group photos for School Captains, House Captains, Junior School Leaders or School Choir. Photos can be viewed and orders placed at Reception. Please order by Wed 10th August

ZUMBA at CCPS

Come join the fun!
Thursdays 3.30pm – 4.30pm
$5 student $10 adults
All welcome - Pay as you go
Contact office for booking.

DOUBLE POINTS TILL SUNDAY AT WOOLIES

 Principle Two: Listening to Lucky Hunches
Lucky people make effective decisions by listening to their intuition and gut feelings. In addition, they take steps to actively boost their intuitive abilities by, for example, meditating and clearing their mind of other thoughts.

 Principle Three: Expect Good Fortune
Lucky people are certain that the future is going to be full of good fortune. These expectations become self-fulfilling prophecies by helping lucky people persist in the face of failure, and shape their interactions with others in a positive way.

 Principle Four: Turn Bad Luck to Good
Lucky people employ various psychological techniques to cope with, and often even thrive upon, the ill fortune that comes their way. For example, they spontaneously imagine how things could have been worse, do not dwell on ill fortune, and take control of the situation.

Surprisingly, it seems, luck is more about your attitude to life than it is about divine forces conspiring to bring either good or bad fortune. Yes I know this is contrary to many people’s perception but on the whole, it’s my belief that we make our own luck even when it seems the odds are stacked against us.

Best selling author of, “The Winner’s Bible”, Dr Kerry Spackman believes that those people with an absolute and resolute self belief, will be and usually are the people who succeed most in life. While it might be that there was a serendipitous moment where everything seemed to fall in place, it is usually the culmination of consistent and persistent effort, hard work and belief in yourself that brings ultimate success.

This is an important message for our young people, who from time to time doubt their own ability and may question why they are not doing as well as they would like to or maybe not achieving their goals. A good positive attitude and a healthy perspective about life and its shortcomings and the resilience to keep moving forward in the face of adversity or setbacks, will ultimately lead young people to a more successful future. As parents and teachers we can help this process by encouraging, inspiring and motivating our young people to always work to the best of their ability and to persevere, even if they don’t succeed at first (or second or third).

As William James, American psychologist and philosopher wrote:

“The greatest revolution of our generation is the discovery that human beings, by changing the inner attitudes in their minds, can change the outer aspects of their lives.”

In essence, James is saying that we can not only change the outer aspect of our lives but we can also change our luck. Stay positive, think big and believe in yourself, no matter what - even when you don’t win the lottery – darn!

Karon Graham
Principal

STOP PRESS:
UPCOMING OPEN DAYS: Wednesday, 10th August, 9am-10am Kindy and Prep, Whole School Tours, 10.30am - 12.30pm.
Wednesday 17th August, 10.30am-12.30pm

Principals Acknowledgements:
Congratulations to our Year 11 students who attended their Semi Formal last night at the Crowne Plaza. They all looked stunning and had a wonderful time. Thank you to all parents and staff who attended and to Glenda Bertram for her beautiful decorating skills. Thanks also to Gerard Maguire for organising this event. A great time was had by all.
Plans for our new environmentally friendly kindergarten are now in place and the builder will commence construction at the beginning of September. Evans Harch Builders were the successful tender company and Evans Harch have built two of the buildings at CCPS: the impressive Dame Elisabeth Murdoch Library and the Frazer Technology Building.

The new kindergarten will be part of Caloundra City Private School and as such will be the very first step in the academic program for children entering the school. This beautiful new building which incorporates its own permaculture garden, fully enclosed play area and outstanding teaching spaces, will be known as "City Stars Kindergarten".

The new kindergarten will be up and running for the start of 2012. Appointment of a qualified teacher and teacher’s aide will be made later this year.

Until next time.

Roy Henzell
Board Chair

Year 12 students wishing to undertake tertiary study in 2012 can apply now. The latest edition of the QTAC Guide has been distributed to all Year 12 students and is available for purchase at most newsagencies. QTAC’s role is to provide and operate a centralised tertiary application system and to publish comprehensive information for prospective applicants. QTAC currently receives and processes applications for admission to the majority of undergraduate courses offered by universities in Queensland, Bond University, the Australian Maritime College in Tasmania, and to some courses at universities in Northern New South Wales. It also processes applications for selected courses for Queensland Institutes of TAFE, Southbank Institute of Technology.

Earlier this week Year 12 students received instructions to make an online QTAC application as well as instructions on how to receive the best possible outcomes using the preference system. It is essential that preferences are ordered carefully. For example, if January is the major offer round for your first preference, and December is the major offer round for your second preference, you will not be considered for a place in your second
preference as offers for it are released prior to your application being assessed for your first preference. With this in mind, students have been instructed to order their preferences using the following plan:

1 and 2 Ideal Courses - These are the courses you would really like to study even if your chances of gaining entry are not good.

3 and 4 Realistic Courses - These are courses that are less competitive and may be used to upgrade to your ideal course once you have started.

5 and 6 Foot-in-the- door courses - These courses are the ones you would do if you miss out on your other preferences. They should be courses that have been quite easy to get into in the past.

Key dates
Monday 1st August – application open for 2012 admissions
Friday 30th September - due date for on-time applications.
Tuesday 20th December – due date to apply or submit documentation for January offer round
Thursday 5th January - Final date to change or add preferences for January offer round.
Thursday 12th January – offers released via online service.

Congratulations to Year 12 student, Kelsie Carranza for officially becoming an Australian Citizen last week. Pictured below is Kelsie with her mother, Julie.

Ten Hints for Creating Resilient Families
Resilience is the fine art of being able to bungy jump through life. The pitfalls are still there but it is as if you have an elasticised rope around your middle that helps you to bounce back from hard times

1. Promote Belonging
Resilience is the happy knack of being able to bungy jump through the pitfalls of life. It is the strongest antidote we know of for self-harm, depression and drug abuse and it’s built on our sense of belonging.

2. Have some mooch time
We live in a world that suffers from attention deficit disorder. We rush children from activity to activity, from lesson to lesson and from one organised event to another. Then we wonder why, when there is a lull that they say "I'm bored". Be a counter-revolutionary. Find some time each week just to be at home without anything structured happening.
3. Rediscover some family rituals
It doesn't matter whether it is the family walk after dinner, the Sunday roast, the Friday night pizza or the Saturday morning clean up, rituals are highly protective. The best rituals often cost nothing. These are the activities you hope that later on your children will reminisce and say "Mum always made sure we did" or "Dad always made sure we did."

4. Spontaneity and curiosity
Spontaneity and curiosity are the building blocks of good mental health. You cannot tell someone how to have better mental health and you can't give it to them by getting them to read a book. So the really hard message here is that if you want to raise your children to have mentally healthy lives you are going to have to have a good time yourself. If you want your children to succeed, you need to show them that success is worth having.

5. Love kids for their differences
When families function well, people are allowed to be different and to be loved for those differences. We all know that children take on different roles. A father of three said "it's as if they have a planning meeting once a year and say, 'you be the good kid, I'll be the sick kid and the other one can be the trouble-maker!' And then just when you think you've got it figured out they change roles again". Having children who are strongly individual and who have a sense of who they are is a sign of good parenting. The problem may, of course be that they will then express their independent spirit in ways that you don't like. The ideal is a mix between someone who preserves their own uniqueness and is able to work with others without becoming dictated to by them. Someone who has their own independent nature but is comfortable enough with themselves to allow inter-dependence.

6. It is clear who is in charge
Families do not work well as democracies. In fact they seem to work best as benevolent dictatorships in which the parent or parents consult a lot with their children but at the end of the day, the parent has the final say. Some parents fear that if they take charge they will lose the friendship of their children, but often the reverse is true. In families where parents fail to take their own role seriously, children may feel that to express their independence.

7. Consistency
Consistency is the ideal. Having parents who agree on rules and standards and who convey the same sorts of messages and who value compassion over coercion, clearly has the best outcome in terms of children's well being. It is also important that parents not be open to manipulation and work together as a team.

Life, however, is not always so simple and we all know from sad and sour experience that parents cannot always be consistent. Sometimes parents have different value systems or can't come to a consistent way to handle particular areas. In these situations, a second possibility is for one parent to take charge of a particular area. This is not the most desirable solution but it is better than having parents in conflict over management issues or worse, undermining one another. In single parent families or where parents are separated the same principle applies.

8. Teach the skills of Self-esteem
Families that work well seem to praise one another a lot. Compliments are made, positive efforts are commented on. Optimism is in the air. Even in these families, teenagers still shrug and say, "yeah Mum" or "yeah Dad" whenever a compliment is made.

Teaching the skills of self-praise is useful. One way of doing this is to ask questions extensively about any achievement or accomplishment. Asking questions that like "how did you do that?" "How come you did so well at that test?" "What did you do?" and "have you been doing homework behind my back?"

9. Know how to Argue
Families that work well know how to argue. It seems strange to say this because we all have the sense those families that work well don't have conflicts.

The family is really where we learn to resolve disputes fairly. The way that parents teach children to resolve differences of opinion with their brothers and sisters provides the basis for sharing, negotiating and problem solving in the world beyond the family. While differences of opinion should be allowed to be expressed, children also need to learn that they will not be able to win at all costs.
10. Parents are reliably unpredictable
With young children it is important to provide consistency and predictability.

This allows them to feel sure of you. After a while though, a bit of predictability can go a long way. To many children, most parents are about as predictable as a washing machine cycle. It is important to have structure and consistency but it is also useful to act in ways that your children wouldn’t expect. This keeps them interested in learning from you or least wondering what you are up to.

Perhaps the most important feature of parents in healthy families is that they realise that all of the above is desirable but not always possible and so they look at how to promote good functioning while not wasting energy on blaming themselves for the times when things don’t quite work out as they had planned.

Prep Camp
This week our Prep children enjoyed a day full of fun camp activities at the Currimundi Recreation Facility. The activities the children were engaged in included: beach games, kite making and orienteering. The children returned exhausted but most excited after their adventure. See picture below.

Open Day
On 10th August and the 17th August our school will be showcased during our Open Days. On 10th August an additional session will be run at 9am which will focus on Kindergarten and Prep in 2012. For those unable to make a morning session, there will be a night time session held on Wednesday 24th August at 6.30pm in the library. During the evening session some of our staff will talk about the Prep program and a typical day in Prep.

Pyjama Foundation Pyjama Day
On Thursday, 8th September Junior School students are encouraged to wear a pyjama shirt or dressing gown over the top of their formal school uniform to raise money for underprivileged children. Students will wear their garments only in the classroom and then take them off for Morning Tea and Lunch Time. Please support this charity by donating a gold coin.

Japanese Connection
Last Saturday morning we farewelled ten delightful Year 6 children from Seigakuin in Japan. Thank you so much to the families who hosted these children. They had a life changing experience and by all reports the exchange was a huge success.

This weekend we have a group of students from Keio Kobetsu Shido who arrive as part of a two week program. These students are aged between 11 and 16 and will be based at our school for their classes and some integration. They come from a very prestigious school and thank you to the two CCPS families who are hosting two of these students.

Library and I.T. News
According to a study in the journal Research in Social Stratification and Mobility, children growing up in homes with a large library of books will go farther in academia. The findings, reported by sociologists at the University of Nevada, came from data collected in the World Inequality Study of 73,000 people in over 27 countries.

It turns out that children who grow up surrounded by books are 20 percent more likely to finish college than those who do not. More specifically, according to the study, living in a home with a library of 500 books garners
Of course, there's definitely an income stratification component to the finding—probably in all countries. But, it's still nice to know that reading is fundamental. I'd just like to see how the Internet and e-books will impact this finding down the road.

Quote of the week: ‘Any book that helps a child to form a habit of reading, to make reading one of his deep and continuing needs, is good for him.’ - Maya Angelou

Sport News

Independent Schools Athletic Trials
Reminder - Trials will be held Thursday and Friday 11 and 12th August at the University of Sunshine Coast. Students invited to represent CCPS need to return their permission slips if they have not already done so. Athletics training is being held on the oval every Wednesday afternoon from 3.30pm to 4.30pm.

Soccer Results:

U7 Maroons (9) defeated Nambour Bobcats (0)
The Maroons took to the field in their last away game of the season and met a very determined opposition in the Bobcats. The Bobcats defended every attacking play that came their way and the game was ten minutes old before the Maroons put first points on the board with a great goal by Joshua Barlow. From here, the Maroons found their rhythm and went to the half time break up 3 Nil. The relentless Maroons attack left our goalies Charlie Tramacchi & Joshua Barlow, and fullbacks Ryan Brodie & Alex Roper with quiet periods, but they enthusiastically celebrated each Maroon goal scored by their team mates. This week’s goal scorers were Hamish Carmichael (4), Charlie Whiting (2), Joshua Barlow (1), Lachie Noyes (1) & Jordan Doughty (1). Once again, great support in attack and defence came from Tyler Johnson, Sam Boulton & Kane Butcher.

Congratulations to Ryan Brodie for receiving this week’s Encouragement Award. Good luck to the Maroons, this week in your match against the Siena Dragons.

U/10 Ospreys (2) lost to Chancellor Cobras (4)
Goal Scorers - Tyrone Honeysett, Patrick Brennand. Encouragement Award - Great Team Effort.
The U/10’s played what many judged to be their best game of the year, combining strong defence and multiple attacking opportunities to take the game right up to a strong opposition. The effort was more meritorious due to the Ospreys being reduced to only 8 players for much of the match. Well done lads!!

Parents & Friends Association Meetings

Next meeting Monday 8th August at 6.30pm in the library.
All welcome.

Email: pandf@ccs.qld.edu.au

Senior School Leaders News

Last evening staff, board members and parents joined our Year 11 students at their Semi Formal at the Crowne Plaza. The evening was a wonderful spectacle and it signifies the emergence of these students as young adults and
the soon emergence of this cohort as our School Leaders. We know everyone had a wonderful evening and thanks must go to those that made this night possible.

As discussed on our Senior School Assembly this week we urge all students and their families to participate in the Coles and Woolworths promotions for school resources. We can receive a fantastic variety of things and it would be fantastic to see our school raise as much as we possibly can.

As we now get into the ‘crunch time’ of the year we wish all students the best of luck with their assessment.

We wish everyone a fantastic week.

Until Next Time,
Rhiannon, Alex, Olivia, Jake
Caloundra City Private School Captains

Woolies and Coles - save your doekets!

Both Woolworths and Coles are currently running promotions which provide schools with points and vouchers that can be used to purchase sporting equipment and other school resources.

So wherever you do your grocery shopping, PLEASE keep the doekets (if you shop at Woolies) OR keep the vouchers (if you shop at Coles) and bring them to school. We can receive lots of great, free resources for our school.

There’s no limit to the number of points or vouchers we can collect, so your participation will really make a difference. The more points we earn, the more resources we can order! You can drop your doekets or vouchers off with your classroom teacher, at the library or administration. If you’d prefer, just tear off the bottom part of the docket, all we need is the total and the code at the bottom.

Last year the school received nearly $5000 worth of fantastic sporting equipment from the Coles promotion!

Help wanted: At present there are only two Mums counting and collecting the doekets for this promotion. They would very much appreciate some help for half and hour to an hour a week. Please email Tanya Lawler on lawler@tpg.com.au if you can help.

WOOLIES TALLY AT THE END OF WEEK 2 = 946 POINTS!
COLES TALLY AT THE END OF WEEK 2 = 1000 POINTS!

Year 1FS tells 'The Three Little Pigs'

What better way to learn about character descriptions than to actually BE the characters!

1FS retold the story of the Three Little Pigs using costumes and props.

Our use of adjectives such as big, bad, nasty, horrible, cruel, scary, vicious, strong, determined wolf. Smart, committed, trustworthy, caring, helpful, kind pigs to describe each of the characters was fantastic and it lead to a discussion on why it is important to be a kind and caring person. Oh what fun!