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2012 Term Dates

Term 1:
- Monday 23rd January to Thursday 29th March

Term 2:
- Tuesday 17th April to Thursday 21st June

Term 3:
- Tuesday 17th July to Thursday 20th September

Term 4:
- Tuesday 9th October to Thursday 29th November - 12 noon

Dates To Remember

Year 6 Canberra Trip
16-21 September
Follow us on our blog:
http://ccpscanberratrip.blogspot.com

Year 7 Kenilworth Camp
18-29 September

From the Principal

"You never know when a moment and a few sincere words can have an impact on life." (Zig Ziglar)

There's no doubt how busy we are these days, particularly with family, children, work and all the other activities that seem to consume our time - day in, day out. It's not surprising then, that we sometimes overlook small warning signs that signal that someone we know is not well, or is troubled emotionally, or may be suffering from depression.

Most of us fall into the trap of the 'passing pleasantries" outside our door, in the shopping centre or walking by an acquaintance or colleague. The exchange usually goes something like this:
"How are you?"
"Well thanks and you?"

Unfortunately we don't always stop to even listen to the response. Before too long, we have moved onto the very next 'to do' task on our list and the conversation is forgotten. Sadly, all too many of our conversations, end up being like this, and the opportunity to touch someone else emotionally, in a real and meaningful way, has passed. Too often though, we can express regret later, "If only, I had stopped and listened." "If only I had taken more time to make sure that they were okay."

Yes, everybody can have a bad day - but sometimes it's more than just a bad day, it's prolonged and debilitating - it's what we call depression. R.E.M.'s lyrics speak of these emotions and 'holding on' when all seems lost:

"When your day is long and the night
The night is yours alone
When you're sure you've had enough of this life, well hang on
Don't let yourself go
Everybody cries and everybody hurts sometimes.....
Sometimes everything is wrong.....

(Lyrics by R.E.M. and drummer, Bill Berry, 1992)

About six percent of Australians are diagnosed with depressive
End of Term 3
Thursday 20th September

PLEASE NOTE
Vacation Care is closed
Monday 1st October
Queens Birthday Public Holiday

Junior Athletics
Carnival Pics

Caloundra Bulk Billing Surgery

68 Bulcock Street
5438 1488

Best wishes Miss Burr

Best wishes Miss Burr for your upcoming wedding

illness every year and surprisingly close to 20 percent of Australians are affected at some stage by depression. Some people manage to hide their depression from family and friends for years before they seek medical help. Many sufferers are so good at concealing their illness that they are able to smile and appear quite happy when out in public.

It’s not always easy to know how to help someone who may be experiencing depression. It can be hard to know what to say or do. Here are some tips from ‘Beyondblue’ – the national initiative to help those suffering from depression and anxiety:

• talk to the person about how they’re feeling;
• listen to what they’re saying - sometimes, when a person wants to talk, they’re not always seeking advice, but just need to talk about their concerns;
• make it clear they have your full attention and you are listening properly - you may like to save any suggestions for a later discussion;
• maintain eye contact and sit in a relaxed position - positive body language will help you both feel more comfortable;
• use open-ended questions such as 'So tell me about...?' which require more than a ‘yes’ or ‘no’ answer. (This is often a good way of starting a conversation);
• if your conversation becomes difficult or the person you’re talking to gets angry: stay calm; be firm, fair and consistent; admit if you are wrong and don’t lose control;
• often, just spending time with the person lets them know you care and can help you understand what they’re going through;
• encourage the person to seek professional help from their family doctor or a mental health worker; and
• take good care of yourself too, because supporting someone with depression can be demanding, so make sure you take some 'time out' to look after yourself.

Helping someone else can be a simple as listening to them tell his or her story. Finding time to listen to other people can be a challenge but it is one of the most important things we can do in life, that is, to reach out to others. There’s no need to give advice. There’s no need to offer our own story, because the conversation twists and becomes more about our own story than the person who needs our understanding.

Rachel Naomi Remen, M.D., author of "Kitchen Table Wisdom", makes the point that when we interrupt someone, even if what we are saying is to let them know that we understand, we move the focus of attention to ourselves. She suggests that when we listen without speaking, people know we care. Seems contradictory doesn’t it? Yet as a doctor who works with terminally ill patients, Remen has found that a loving silence often has far more power to heal and to connect than the most well intentioned words.

How far that little candle throws his beams!
So shines a good deed in a weary world.
(William Shakespeare, Merchant of Venice)

So, take a little extra time to have those important conversations with people we know, with people in our own family who we love or with a complete stranger who has no one else to confide in or share his or her burden. Just by listening and showing we care, we can make a difference to someone else’s life, and sometimes that difference might be life itself.

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.
(Leo Buscaglia, American author)

Don’t ever hesitate to ask, “Are you okay?” Just ask.

Karon Graham
Principal

Principal’s Acknowledgements:
Congratulations to all young students who competed with gusto last Friday in the Prep to Year 3 Athletics Carnival. All students ran, jumped and threw with determination and great spirit. Well done to all students. Special thanks to all teachers, especially Mrs Murphy who organised the carnival and Maddison Hoskin for her assistance and to all Year 6 House Captains, your help was very much appreciated. A great day was had by all and it was wonderful to see so many parents and friends at the carnival.

Congratulations to Mikayla Coleman, (Year 8) who performed at the highest level in Taekwondo reaching the National level and in a tightly contested competition came away with the Silver Medal last weekend. A fabulous effort, Mikayla.

Last Monday I watched our Years 11 and 12 Drama students perform a powerful play that they had written and crafted around the theme of family breakdown. The students’ insights into some of the emotions and issues surrounding family breakdown, performed in a political theatre scenario, was very moving. Special thanks also to Ms Burton for her ability to bring out the very best in our drama students.

We wish Miss Nicola Burr all the very best for her forthcoming marriage and I know the whole school community joins with me in wishing Miss Burr great happiness in her marriage. Miss Burr will return next term as Mrs Staff. All the best Miss Burr.

Senior School News

by Amanda Stuart, Head of Senior School.

Currently, and continuing into the last week of this term students are receiving feedback and results on their latest assessment tasks. This is a vital time for students to consider what they need to do to plan their study and determine their priorities for Term 4. It is critical that students ask their teachers for feedback and to clarify anything they are not sure of and seek guidance where necessary. Unless this initiative is taken by the student it is unlikely that any significant improvement in results will be seen. Research confirms formative assessment should highlight area of understanding, so feedback to students is critical as part of the learning process. Sadler (1989, 77) argues that formative assessment is "specifically intended to provide feedback on performance to improve and accelerate learning.”

Awarding a result is not, except in the widest sense, giving feedback. Equally, making comments on student work is not, in isolation, providing feedback. Feedback is a term that requires careful definition for it to represent a useful contribution to learning and for this the student must be firstly present to receive feedback and secondly motivated to, begin, continue or stop behaviours that are counterproductive to learning.

**Absenteeism**
The School has an obligation to keep accurate attendance records and to follow up on any unexplained absences. In Year 11 and 12 it is important that the school is able to substantiate, that there has been sufficient course coverage and academic rigour and that the
assessment submitted is authentic. If all assessment is completed at home, authenticity may become an issue. Excuses for absenteeism are limited only to illness and extreme personal circumstances. An alarming number of our senior students are regularly arriving late or signing out early with parent permission. Parents are advised the Queensland Studies Authority requires 55 hours per semester per subject. If the student does not meet the minimum requirement the School is not able to substantiate adequate course coverage.

End of Term Progress Reports
Term Three reports will be available through Parent Lounge from Wednesday the 19th September. Please ensure that you check that you are able to log in and that you have your password details before the end of term. Please contact Ms Desley Grant, preferably by email dgrant@ccs.qld.edu.au by Monday the 17th September if you have issues with accessing Parent Lounge.

RYDA Program
On Wednesday October 17 (Term 4 Week 2) our Year 11 students will participate in the Rotary Youth Driver Awareness (RYDA) safety program, held at Corbould Park Racecourse, Pierce Av, Caloundra.

The RYDA Program is a road safety education program aimed at reducing death and injury amongst young people on Australian roads. The program targets 16 to 17 year olds who are at the stage of their lives where they start to drive or ride in a vehicle driven by their peers. Peer pressure from passengers has a major effect on the way young people behave behind the wheel and by addressing students as both drivers and passengers the program aims to change the environment in the car rather than focusing solely on the driver. The program is not a learn-to-drive program.

RYDA is a one-day event held at a non-school site which coordinates the efforts of local road safety experts, driving instructors, the Police, recovering survivors of road crashes, drug and alcohol educators and motoring services personnel. Mrs Tralau will be accompanying our Year 11 and 12 students to this workshop and I thank her for the organisation of this event.

We congratulate all our senior students who have made some wonderful achievements this term in sporting, cultural and academic areas. Special congratulations to Stephanie Lunn, (Year 12) who has received a Certificate of Completion for the USC Headstart program and Andrew Barbelet (Year 11) who has received a USC Headstart Scholarship.

Junior School News

by Mrs Gabrielle Frisby, Head of Junior School

Prep to Year 3 Athletics Carnival
Last Friday, the students from Prep to Year 3 had a fantastic day participating in their Athletics Carnival. Thank you to Mrs Murphy, Maddison Hoskins, staff, parents and the Year Six student leaders for their organisation, assistance and support, all of which contributed to a very successful and enjoyable event.
Junior School Assembly

Thank you to all who attended our Junior School Assembly yesterday. A special thank you to Mrs Thomas and PrepLT for their entertaining singing and dancing and Miss Hirst and IJH for their wonderful recorder presentation. Congratulations to Daryl Pontin (Year 6) and Emily Sanders (Year 3) who were announced the winners of the ‘Cartoon a Book’ Competition and received a Cartoon Dave T-shirt. Congratulations also to Lara Dreyzin-Howell (Year 2) and Imogen Plowman (Prep) who were awarded the runner-up prizes for the Cartoon competition as well as all the students who received Merit Certificates.

The next Junior School Assembly will be held at 2.30pm on Wednesday 24th October (Week 3 of Term 4). Students from the Year 6 classes will be making a presentation about their trip to Canberra and Merit Certificates will be awarded to selected students from each class.

All parents, grandparents and friends are encouraged to join the students from the Junior School at this assembly.

Year 6 Canberra Trip

Next week Mrs Butler, Mr Maguire and the Year 6 students will be in Canberra on their long awaited trip. The students are very excited about the adventures that lay ahead. If you would like to track their trip and view the highlights of each day, please view the blog which you will find at http://ccpscanberratrip.blogspot.com

I would also like to this opportunity to acknowledge the Australian Government for the support that their PACER program provides for students. The Australian Government recognises the importance of all young Australians being able to visit the National Capital as a part of their civics and citizenship education. To assist parents in meeting the costs of the excursion, the Australian Government is contributing funding of $60 per eligible student under the Parliament and Civics Education Rebate (PACER) program toward the travel expenses incurred. The contribution will be paid directly to the school on completion of the excursion and has been deducted from the overall cost of the Canberra trip.

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School Band News

A number of Junior School students have expressed interest in joining the School Band. Mrs Karen White the Junior School Music Teacher takes band practice each Friday morning from 7.30am. The School has a number of instruments that can be hired at a cost of $45/term which covers the cleaning and tuning of the instruments on their return. At the moment we have two trumpets and one saxophone available for hire. If you are interested in joining the School Band in Term Four or have any questions please contact Mrs White kwhite@ccs.qld.edu.au or Administration on 54375800.

Prep to Year 6 Culminating Events

Today has seen the commencement of culminating events for the Junior School classes for this term with the Year 2 class presenting an excellent presentation encompassing their Term 3 learning experiences. It is most rewarding to observe the children grow in skill and confidence with public speaking.

Parents, grandparents and friends are most welcome to attend these culminating events and the date and time for the remaining classes is as follows:

PrepFS – Tuesday 18th September – 2.15pm
Prep LT – Wednesday 19th September – 9am
Year 1/2KC – Monday 17th September – 2pm
Year 1 – Monday 17th September – 2pm
Year 3 – Tuesday 18th September – 2pm
Year 4 – Wednesday 19th September – 2pm
Year 5 - Wednesday 19th September – 2pm
Year 6 – Friday 12th October – 2pm (Term 4)

Kindergarten and Prep News
City Stars Kindergarten is pleased to announce the appointment of a Kindergarten assistant to commence in Term 4, 2012. With this appointment we are now able to open enrolments again for 2012. If you are interested in your child commencing Kindergarten in Term 4, 2012 or Term 1, 2013 please contact Administration on 54375800.

We are finalising interviews for Prep for 2013 and I have also begun confirming enrolments for the Kindergarten class of 2013. To commence Prep your child needs to turn 5 by 30th of June, 2013 and to begin Kindergarten a child needs to be 4 by 30th of June, 2013. If you have not yet organised an interview for Prep or completed an enrolment form for Kindergarten, please contact Administration as soon as possible, as places are limited.

CLASS NEWS
from 4KR
The amazing students in 4KR participate in engaging Literacy Group activities daily over four days. These independent activities involve experiences of grammar, spelling, reading and comprehension. These provide students with an opportunity to utilise their higher order thinking skills of evaluating, creating and analysing. Students are in mixed ability groups and produce interesting and informative work. Literacy activities that students in 4KR like are:

**Spelling activities**: Number codes - Kelsey, Tara. **Class surveys** - Eloise. **Magazine hunt** - Molly. **Creating a rap song** - Sian, Jack. **Creating a song** - Jackson M.

**Comprehension activities**: Brain bank task cards and reading - Tayla, Thomas, Talysha, Sara, Shoshanna.


**Grammar** - **Everyday Grammar Text** - Taj

**Acrostic Poem** 'Laura- from Starfishers to the Rescue’ by Teagan.

Lovely
Understanding
Responsible
Amazingly talented

**Rap song** using weekly spelling words by Molly.

_I am a youngster, I am a youngster I am a... I am a... YOUNGSTER!
I go down a tube to the UNIVERSE
To see a youthful Doctor
Yeah, I said a DOCTOR!
I sail my yacht to the end of the UNIVERSE..._

Library News

**Cartoon Competition Winners:**
Congratulations to Daryl Pontin (Year 6) and Emily Sanders (Year 3) for winning the Cartoon Dave T Shirts, and to Lara Dreyzin-Howell (Year 2) and Imogen Plowman (Prep) for being runners up and winning book prizes. Thank you to all who entered the competition. There were some very creative entries.

School Holiday fun at your local library: Sunshine Coast Council Library and Gallery Services have a fantastic line-up to keep the kids entertained during the school holidays. Most events are free, but require bookings, so be sure to get in early.

To view dates, times and to make a booking, view the library or gallery website, or click the branch names.

Or phone the library on 1300 LIBRARY (5427 279)

Caloundra Library Events

1st Job Survival Guide - Applying for a new position, acing the interview and keeping your confidence high when job searching
Snow Globe Mini Worlds - Create a fantastical scene inside a jam jar. BYO small figurine or choose one of ours
Dream Creatures - Create your own dream creature softie. Some sewing skills required.
Dream Catchers Dream big – create your own dream catcher
Story Time Craft Dream big – create one of a kind ‘stained glass window’ ornaments
Ani-Movie Workshop - Create stop motion movies using Lego, plasticine, figurines and your imagination.
Magic Mastery - Make your own magic wand, see a mini magic show and then learn some magic tricks.
Picture Yourself - Bring a photo of yourself or a friend (looking at the camera) and put yourself in the picture!
Treasure Boxes - Create your very own treasure box to store your trinkets and treasures
Story Time and Craft - Play dough fun for five years and under.
What can you make?
Avatar Creators - Create your virtual self and decorate your school bag with custom ID tags

Mother’s holiday tip of the week: Go to the local large appliance store and ask for an empty fridge box. The kids will have heaps of fun over the holidays, turning it into a plane, train, car, boat or a house with doors, windows and curtains. There’s no rules, they can paint anything they want on it, it’s their creation. It’s amazing how a box can occupy young children’s creative minds for hours and hours.

I’d like to wish all our students and families a safe and happy holiday. See you next term. Happy reading till then.

Sport News

OZTAG Competition
The Oztag competition started its first round of games this week. Congratulations to the Junior Oztag players who competed on Monday afternoon. Our boys Under 7 Team drew 4-4 and our girls Under 9 team lost 8-9. I was extremely proud of their effort and skills displayed on the field. Well done to all.

On Wednesday evening the Under 12 and 14 mixed Oztag teams kicked off their 10 week season. The Under 12’s took to the field first and despite their loss the team spirit shone through. However, it was the Under 14’s who played exceptionally well, managing to score a try in the last 30 seconds to walk away with an 8-7 win. Well done to all players. We have a great season ahead of us.

Interschool Sports Competition
Final Week
BOYS AFL
Game 1 City (28) vs GHCCC (3) WIN
Game 2 City (23) vs CCC (0) WIN

GIRLS BASKETBALL
Game 1 City (14) vs GHCCC (42) LOSS
Game 2 City (10) vs CCC (6) WIN

GIRLS TOUCH FOOTBALL
Game 1 City (2) vs GHCCC (5) LOSS
Game 2 City (0) vs CCC (4) LOSS

BOYS FUTSAL
Game 1 City (0) vs GHCCC (1) LOSS
Game 2 City (1) vs CCC (6) LOSS

GIRLS FUTSAL
Game 1 City (1) vs GHCCC (1) LOSS
Game 2 City (1) vs CCC (0) WIN

VOLLEYBALL
GIRLS – 1ST
BOYS – 2ND

MIXED CRICKET
This game is a continuous game that plays out over three weeks, and our students did a fantastic job, playing with determination.

Parents & Friends Association Meetings

Next meeting tomorrow (Friday 14th September) 8.45am in the library. Come and have a cuppa with friends.

Email: pandf@ccs.qld.edu.au

Excellence Integrity Learning Excellence Integrity Learning Excellence Integrity Learning Excellence Integrity Learning

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