From the Principal

“*You make a living by what you get, but you make a life by what you give.*” (Winston Churchill)

How much are you willing to give? Yes, a difficult question to answer, because most of us would say, “It depends”. It depends on lots of things doesn’t it? Immediately racing through my mind would be the following questions: Who is it for? What does it involve? What commitment is required? How much time or money? When and where?

Volunteering has long been a common ethic in Australia, with people giving their time without any expectation of compensation. While these volunteer activities may be performed with the core intention of helping others, research (like that found in “The Health Benefits of Volunteering” by the American National and Community Service) indicates that there is a common wisdom that those who give of themselves also receive. As Gaylla LeMaire quipped:

“Volunteers are paid in six figures... S-M-I-L-E-S.”

Indeed there is a growing body of evidence that shows that people feel a rush of happiness when they help others (Gilbert 2006; William and Lee 2007). Recent research relying on MRIs demonstrates that reward centres in the brain are activated when people help a charity. Oprah Winfrey has been known to comment that her favourite moments were in her ‘give-away shows’. She says that “every gift I’ve ever given has brought at least as much happiness to me as it has to the person I’ve given it to.”

Research reveals also that those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer. Significantly, volunteering also provides individuals with a sense of purpose and life satisfaction. What could be better than having a sense of purpose and a sense of well being by helping someone else less fortunate or in need of our
P and F Trivia Night
Friday 24th August
6pm - 11pm
2012 Major Fundraiser

Parent Information
Evening Year 10 parents
Wednesday 29th
6pm - 8pm in the library
All welcome.

Visiting Author/Cartoonist
Dave Hackett
Friday 24th Prep - Year 10

P and F Trivia Night
Our major fundraiser for the year. Friday 24th August 6pm - 11pm.

Osprey Under 6 Team

Caloundra Bulk Billing Surgery
68 Bulcock Street
5438 1488

assistance?

American research carried out by Liu and Aaker, (The Happiness of Giving: The Time-Ask Effect, Journal of Consumer Research. 35 ,October), reveals that the focus on time versus money lead to two distinct mindsets that impact consumers’ willingness to donate to charitable causes. Interestingly Liu and Aaker found that thoughts of spending time for a charity or a good cause, appear to activate an emotional mind-set, resulting in a real connection between personal happiness and charitable giving – and possibly, according to the researchers, infecting the desire to achieve meaning and happiness in life.

Volunteering has other benefits too. It can assist people in making new friends and contacts, it can increase and improve social and relationship skills, it increases self-confidence, it can provide improved job skills and knowledge and ultimately help in some peoples’ career pathway. Don’t underestimate the power of volunteering.

"Noah’s Ark was built by volunteers; the Titanic was built by professionals.”

"Mmmm, food for thought“..... Many large scale projects, like hosting the Olympic Games for example, are dependent upon thousands of volunteers and in many respects owe its very success and efficiency to the work of willing volunteers. Remember the devastating Queensland floods of 2011? The massive cleanup would not have been achieved so quickly without the battalion of volunteers who came forward to help without a moments’ hesitation.

At CCPS, all our Year 10 students are completing SAAVI - a Certificate II in Volunteering as part of the curriculum organised by Mr Pederson. This is a wonderful program and I applaud the students' efforts and Mr Pederson’s initiative.

When I look around our School I see the brigade of parents who have supported the School and volunteered in class rooms, in the tuckshop, in the library, in the Administration Office, in student banking and in the running of soccer and netball teams, cross country running, musicals and a host of annual school events, like fetes, art festivals, concerts, Carols by Candlelight and School Discos. To all of these parents, I say a huge, “Thank you.” Where would we be without you?

"Unselfish and noble actions are the most radiant pages in the biography of souls.” (David Thomas)

Our Parents’ and Friends’ Executive along with small group school families do an outstanding job and are first to volunteer generously of their time and energy. Without hesitation, some parents are always involved in the organisation of some of our biggest and most successful fund raisers. I wish I could clone all of you!

The Parents’ and Friends’ in particular raise over $20,000 every year which goes straight back into school facilities, educational resources for the classrooms, like books, board games, chess sets, and sports and playground equipment. Our students and teachers have been the beneficiaries of not only great resources but also valuable time, love and care from every single person who has volunteered time or money to our great School.

Thank you to this special group of parents. These parents represent:

“The broadest and maybe the most meaningful definition of volunteering: doing more than you have to because you want to, in a cause you consider good.” (Ivan Scheier)

Please support our Parents’ and Friends’ in the biggest fundraiser for the year - our upcoming Trivia Night, on Friday 24 August from 6.00pm. This night promises to be one of the best, the most entertaining and fun nights of the year! Don’t miss out; get your table of ten together today and come and enjoy a fabulous evening of: Trivia Rivalry.
Remember, you may not have the time to organise the event, but how could you afford not to support such an event, that improves every facet of your child’s educational opportunities? Think of the Trivia Night as an opportunity to volunteer in kind - giving the gift of time to benefit your sons and daughters.

"The world is hugged by the faithful arms of volunteers."
(Terri Guillemets)

Karon Graham
Principal

Principal’s Acknowledgements:

Open Day was a very successful day with over twenty people attending. One new student will be starting next week and the School has received a number of enrolments for 2013 as a result of Open Day. Thank you to all who came along and supported our School.

Congratulations to Year 11 student, Bronte Latham who won a 'Highly Commended' award at the 2012 Sunshine Coast Youth Eisteddfod for speech and drama last week. This was Bronte’s first time performing at an Eisteddfod and was standing in for a friend with only a weeks notice. A great achievement Bronte.

Congratulations to Year 6 student, Ashley Loughnan who achieved the honour of being the leading goal kicker in the Under 12 League after his final game last weekend. Well done Ashley.

(Pictured) Students from Aichi Kogyo School performing a dance.

Senior School News

by Amanda Stuart, Head of Senior School.

One of the many life skills that we encourage our students to learn is the ability to maintain a strong perception of well-being and positive self-image. Through promotion of well-being as well as problem solving and optimistic thinking, students feel a strong sense of belonging and have less anxiety about school.

Approximately one in five teenagers may develop depression in the course of their adolescence which may seriously affect their future opportunities. Increasing psychological resilience could minimise adolescent depression and associated risks.

Parents too can assist in promoting a strong sense of resilience and well-being in their children. Most teenagers appear moody at times and to prevent this from becoming a habit and to avoid it from spiralling into something more serious, parents must establish and maintain an honest connection with their child.

Teenagers need to know they can come and talk to you about anything, and that you won’t judge or try to manage the situation out of their
hands. Expressing your support regardless of the circumstances and being ready to listen as much as talk is vital. This doesn’t mean you shouldn’t discipline if the situation warrants it, but it is strongly recommended that this is done using compassion and respect at all times.

The earlier parents can establish good patterns of communication, the better the relationship with your child will be. It is possible to steer a teenager toward a particular outlook or attitude by always remaining positive in any situation. This is not a quick fix and it may take years to see the rewards, but most adolescents will eventually mirror the closest role model.

Over the last two weeks our Years 9 and 10 students have been excellent role models and ambassadors for our School by undertaking the responsibility of being buddies to our Japanese study tour group. This culminated in a farewell party where our students performed a traditional Japanese dance alongside their buddy. I congratulate all of our Year 9 and 10 buddies for conducting themselves with humility, integrity and good humour to ensure the success of this program.

Congratulations to all students who participated in the 40 Hour Famine. The school has raised much needed funds for those less fortunate. We look forward to further congratulating these students when the donations have been tallied.

This week in Year 11 English, Mrs Kate Wearmouth has been focusing on the life and achievements of Gandhi. She shared the following fantastic perspective for the students to reflect on:

Junior School News
by Mrs Gabrielle Frisby, Head of Junior School

Bookweek
Bookweek fever is about to begin and children are already talking about who they are going to be when they dress up for next week’s Book Parade. The book character parade will take place during Assembly on Tuesday the 21st August commencing at 8.30am. Students are encouraged to come dressed as a character from a book, so if you are in need of ideas, please visit the library. Students have been encouraged to create a costume from home as it is not a day when parents are expected to spend money on hiring or buying costumes. I look forward to seeing parents, grandparents and friends at this Bookweek
celebration.

**Cartoon Dave**
As part of Bookweek celebrations and by very popular demand, Cartoon Dave will be back on Friday the 24th August to provide students with a special session on cartoon drawing.

**Student Representative Council News**
The Student Representative Council have been working very hard over the last few weeks and as a result have been able to raise funds to assist the Jeans for Genes charity as well as the school. The Council raised $316.95 for the Jeans for Genes charity and $308.70 on Cupcake Day. Thank you to all the parents and students that supported these events. Due to the generosity of the Year 6 students and their families there were a number of unsold cupcakes. The SRC decided to freeze these and are now going to sell them for $1 at lunchtime this Friday the 17th August. Please send along $1 with your child if you would like to assist the SRC with this fundraising event.

**Junior School Assembly**
Thank you to Mr Dever and the Year 5 students for their performance of the very informative song on "Matter" that they presented during yesterday's Assembly and congratulations to all the students who received Merit Certificates for the great work they have been doing in class. The next Junior School Assembly will be held at 2.30pm on Wednesday the 29th August. Miss Scurfield's Prep class will be making a presentation 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.

**Class News**

**News from 1JH**
Thank you Miss Hirst and 1JH students.

**1JH's Awesome Olympics Study**
To begin the Term, 1JH have been eagerly watching the 2012 London Olympic Games and cheering on our athletes. The children were extremely excited about watching the opening ceremony and loved talking about the Queen and Mr Bean’s starring roles. In class we have been using the Olympics as the basis of our History studies. The students have been comparing the sports and traditions of the modern day Olympics to that of Ancient Olympic Games held in Greece. They have been fascinated by the torch relay and they have learned how it is traditionally lit by the Sun’s rays in Greece prior to the start of each Olympic Games. The children have made some amazing Olympic torches to use when we create our very own 1JH torch relay and mini Olympic Games during this week’s Fun Friday time to mark the end of our Olympic unit.

**Library News**

**It's Bookweek next week!**
Don't forget to dress-up as your favourite book character next Tuesday 21st August for our special Assembly. Children are encouraged to dress up creatively from materials found at home. Parents are not expected to spend money on hiring costumes for this event. If necessary there are very reasonably priced accessories at the Discount shops. Be imaginative but most of all...have fun!

All of the Children's Book Council of Australia's shortlisted books for 2012 are on display in the library. The winner in each category will be
announced next week.

**Scholastic Bookclub Issue 6**
Brochures were handed out to students this week. Please return any orders by Wednesday 29th August so that we receive your books before the end of term. Thank you for supporting our library by purchasing books for your children through Bookclub.

**Mother's Tip of the Week:** Teenagers will never put off till tomorrow what they can get their mums to do for them today.

**Sport News**

**Osprey Soccer Results**

**Under 6**
Caloundra City Ospreys 4 vs Nambour 1

A king size effort by the U6 boys in blistering cold conditions. After many goal attempts, **Patrick Carmichael** scored the first, giving the team high hopes. In the second half, the boys were on fire with two swift goals by **Jaxon Neale** and another by **Hunter Doughty**.

Great saves by goalies **Joshua Inigo** (first half) and joint effort **Patrick Carmichael** and **Austen Thomas** (second half). Congratulations to this week’s award recipients Encouragement, **Hunter Doughty** and Best & Fairest **Jaxon Neale**.

Well done to all players this season. As the 2012 season comes to a close, all parents and players would like to thank Coach Janene Inigo and Manager Letitia Thomas for their leadership and organisation.

The team looks forward to a friendly Rooball Carnival this weekend.

**Under 8**
U8 Ospreys (6) defeated Nambour Panthers (2)

Congratulations to the U8’s on finishing the season with a great win against the Panthers. The game plan of spreading out and looking for passing opportunities was stuck to the entire game, and whilst every goal attempt did not result in points on the board, it made for a great free flowing game. This week’s goals were scored by **Hamish Carmichael & Lachlan Noyes** with three each. Well done to this week’s on field players of **Hamish, Lachie, Charlie Tramacchi, Jordan Doughty, Poppy Niebling, Max Kurz, Ryan Brodie, Tyler Johnson** and **Joshua Barlow** for their dedicated attack and defence. Thank you to **Charlie Whiting** and **Bailey Towner** for their side line support.

Congratulations to **Charlie Tramacchi** for receiving this week’s Encouragement Award. Good luck to the U8’s who are playing in the End of Season Rooball Carnival this Saturday.

**Special thanks** to **Miss Hirst** for her excellent organisation and support of Soccer at CCPS and to Mrs Letitia Thomas’ ongoing assistance. Miss Hirst has done an outstanding job and special thanks also to Mrs Angela Brodie for her efforts in keeping the Soccer Club up and running.

**Parents & Friends Association Meetings**

Next meeting Friday 14th September 8.45am in the library. All welcome. Come and have a cuppa with friends.

Email: pandf@ccs.qld.edu.au
Parents and Friend's Association News

Trivia Night - Major Fundraiser for 2012
Please come and support our major fundraiser for the year on Friday 24th August from 6pm till 11pm. Lots of fun will be had by all at this school community function. We will draw our Mega Raffle on the night. $15 per person. Beer and wine available. Please bring a plate of supper for you table. (No BYO drinks)

Thanks to Trivia Night Sponsors
A huge thank-you to the following families and businesses who have sponsored the Trivia Night or donated prizes to the CCPS Annual Raffle. Your support is very much appreciated

Special thanks to Caloundra RSL Sponsor of the Trivia Entertainment
Sunstate Jewellers  www.facebook.com/SunstateJeweller
Pelican Waters Shopping Village
Coles, Pelican Waters
Skin Sanctuary, Moffat Beach
Caloundra City Private School Tuck shop
Skidaddle Indoor Play Centre
Stockland, Caloundra
4 Ingredients
Joybells Card and Gift Store
Optus Business Centre, Sunshine Coast
CCPS Board of Directors
Aussie World
Pelican Waters Golf Club
Crowne Plaza Pelican Waters
Maleny Dairies
Pelican Waters Pharmacy
Australian Country Living
Pelican Waters Tavern
Leading Edge Computers
Y's Clothing Company
Fit 4 Life Health Club
Bunnings, Caloundra
Pelican Waters Spa and Retreat
Mrs Hiskens for 26St Photography
CCPS P and F
Mobbs Family
Office National Caloundra
Bob Jane T-Mart
Watershed Premium Wines

Raffle books have now been distributed to all school families
Please support CCPS and the P and F by purchasing all the tickets then return the stubs complete with name and contact details to the office by Monday 20th August.

Additional books available at the Administration. Office  25 Prizes to Win!

Father's Day Stall 31/8/2012
Our Father's Day Stall will be held on Friday 31/8. Students will visit the stall in the Library in their class groups. A large selection of gifts has been ordered and will be priced between $3 and $10.

Student Banking News

Banking Tip of the Week:
Encourage your child to visualise their savings goal. Ask them to draw a picture or write a story about what they are saving for to get them excited about saving each week.

School banking helps develop some important behaviours such as:
- Creating regular savings habits
- Setting goals and saving to achieve them.
- Being responsible by completing their own deposit slip each week.

Nicole Hood, Student Banking Coordinator.

Excellence Integrity Learning Excellence Integrity Learning Excellence Integrity Learning

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