From the Principal

Oft expectation fails, and most oft where most it promises; and oft it hits where hope is coldest; and despair most sits.
(William Shakespeare’s: “All’s Well That Ends Well”, Act Two: Scene 1)

The lead up to the ultimate international sporting competition, the London Olympic Games, has been a juggernaut for athletes, who have pushed themselves to the limit in preparation for the Games. The pressure on elite athletes competing in the London Olympics is gargantuan by any measure. Meeting the expectations of the media, the entire country, and the crowd of wild supporters at the event, let alone their own expectations, is unbelievably daunting. Is it any wonder then that more elite athletes don’t choke at the critical moment?

Consider how James Magnussen felt after the humbling 4x100-metre freestyle relay result, when the team came fourth. Consider what emotions were raging through Emily Seebohm’s mind when she felt so much pressure to come first, that she broke down, cried and apologised for winning the silver medal in the 100-metre backstroke final. Most of us would be deliriously happy at getting to compete at such a high level of competition, let alone win a medal, but not so, our elite athletes. Let’s face it, the build up by the media doesn’t help the situation, it just piles on the pressure.

Believe it or not, there is a ‘science of choking’ as reported in the latest “Time Magazine”, (July 30 – August 6, 2012). Psychology professor at University of Chicago, Sian Beilock, explains in her 2010 book, “Choke: What the Secrets of the Brain Reveal About Getting It Right When You Have To”, that often when athletes choke, they can tell you exactly what was going through their mind and what they were doing at the time.

Surprisingly it seems that athletes can ‘over-think’ the race or competition and because of the stress and worry, the athlete’s brain becomes ‘too busy’. The science behind ‘choking’ suggests that the prefrontal cortex of the brain – the part that houses informational memory – is flooded with too many thoughts.

Athletes who are more relaxed and not stressed are more likely to be drawing on their motor cortex, which controls the planning and
execution of movements, according to Beilock. Winning athletes, who are 'in the zone' often can't tell you a thing about what was going through their mind or what was happening when they won the event. Basically it seems that if top athletes start thinking about the details of their techniques instead of letting muscle memory naturally take control, then they 'tend to mess up' according to the scientists.

So what can be done to calm the mind? According to Davis, a psychologist for the Canadian swimming team, reliving the failure through video, without discussion, triggered the same terrible emotions that the swimmers experienced in the 'failed' event. However, Davis found that when he used 'cognitive intervention', that requires the athletes to share their feelings about the race and discuss ways to correct their errors, that the athletes could then watch the video without reliving the stress of the race. The MRI showed that the athletes’ brains changed with the blood flow increasing in the motor areas and decreased in the prefrontal cortex. Davis reported that: "Watching the failure washed out the negative emotions." It was as if the athletes saw the failure in a different light. "Now I can discuss it with you, and it’s no big deal."

Maybe there's a lesson here for all of us. The more we build up our own expectations, stressing and worrying about an event or situation, the more difficult it becomes to find a way to move forward. Overanalysing a bad situation doesn’t bring about a better outcome and in fact can hinder us when we are next faced with a similar situation. The secret seems to be, to talk through the bad situation or failure objectively with someone ‘in the know’ and talk about how we might be able to handle the situation better in the future.

Students often repeat the same mistakes at school and rather than seeking the help of their teachers, stress and worry unnecessarily. Talking through past failures and finding better strategies with their teachers and parents, is one sure way to move forward and to improve on previous performances. The teachers are only too happy to help students who ask for help and to assist them in improving on their results. As Patricia Neal once said:

A master can tell you what he or she expects of you. A teacher, though, awakens your own expectations.

Sometimes it’s a simple case of we don’t know what we don’t know until we do something about it. Some of the greatest procrastinators of this world suffer because of the desire to be perfect in what they do or achieve. History reveals that in fact, it is through the mistakes we make and then correct that moves us towards a better outcome – not perfection – but something that approximates perfection. Being less stressed and not worrying about a problem will certainly improve our chances of success, if we seek guidance and counsel from the people around us who know more and have experienced more that we have.

Maybe we should all take a collective deep breath and take to heart the words of the well known song, “Don’t Worry, Be Happy”:

Don’t worry, be happy!...
In every life we have some trouble,
But when you worry, you make it double,
Don’t worry, be happy.
(Bobby McFerrin)

Maybe this is the solution we are looking for in our lives.

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Principal

Principal’s Acknowledgements:

Congratulations to Year 8 student, Mikayla Coleman who won Gold at the Queensland Taekwondo State Selections last weekend. Mikayla has been selected to represent Queensland at the National Championships in September. A fantastic achievement Mikayla.

Congratulations to Logan Hanckel from 6KB who is currently in Perisher participating in the Winter School and Australian School’s skiing competitions. Logan raced in the Giant Slalom at Perisher Ski Fields representing Caloundra City Private School in the Scots School Challenge. This was his first race of the season. It is a national race with over 300 competitors from schools all over Australia. Logan finished third, winning a Bronze Medal. A fantastic effort Logan.

Congratulations to all Year 11 students on the occasion of the Semi-Formal last night at the Crowne Plaza. It was an elegant event with outstanding evening wear, impeccable grooming and perfect dance moves. Many thanks to Mrs Weight and Ms Bertram for the organisation and decorations.

STOP PRESS: CCPS new website is launched today! The website interface has also been designed specifically to be read easily on your iPhone or Smartphone.

Senior School News

by Ms Amanda Stuart, Head of Senior School.

On Tuesday we held a Senior School information evening that was well attended. Many thanks to the parents and students that came and I hope you now have gained an insight into our subject offerings and the passion our specialist teachers have for their curriculum areas. Special thanks to our teachers who give of their time so willingly and to Deanna Bayliss who spoke about her wonderful achievements at CCPS.

As week four of Term 3 approaches and assessment tasks are being given out it is timely to remind students of our drafting policy which is in accordance with the Queensland Studies Authority Assessment Policy.

Drafting is a desirable element of all written and spoken task preparation. It is a mandatory requirement for students to draft their responses to all assessment tasks. Students should only submit the task to their teacher for drafting; however, when they are certain they have carefully edited the work themselves.

This means the student has:

- read over their own work, carefully checking for relevance to question...
The purpose of drafting is to provide constructive feedback, which will guide students in amending and preparing their final submission. It can also play an important part in authenticating a student's work.

It is important to note:

1. Comments provided by the teacher will not necessarily be exhaustive, that is, they may not cover every aspect of the task. They may be limited to the most obvious areas for improvement but will, nevertheless, be designed to assist students in improving the quality of their work.

2. The amount of feedback on a task may be in proportion to year level, student need, work program requirements and type of task.

3. Students may be asked to submit drafts with their final submission in order to prove authenticity of their work.

4. A teacher may model a sentence, a paragraph or a section of a task. The student should then use the model to inform the construction of his or her own task. It is not appropriate for a student to copy and submit the work of a teacher.

5. Teachers will not indicate the standard, on the draft or verbally. Providing feedback on a draft is not the same as marking or assessing a task.

6. In Year 11 and Year 12 Queensland Studies Authority policy may only permit the teacher to mark one draft. In lower Year levels it will be at the teachers’ discretion.

It is our intention to promote student independence and responsibility for learning through the drafting process. A teacher may assist you to construct a better Volkswagen but they cannot easily help you turn a Volkswagen into a Mercedes! It is unlikely that the drafting process will allow a student to improve from a C to an A. This kind of improvement occurs through the teaching and learning process and hard work and research on behalf of the student before the final submission of a draft.

Congratulations to all Houses on the wonderful Glee Inter-House Choral Competition. **Henzell House** won the competition by a whisker. A great time was had by all.

**Munns House - Glee 2012 Runners Up**

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**Munns House - Glee 2012 Runners Up**

**Junior School News**

*by Mrs Gabrielle Frisby, Head of Junior School*

**Junior School Assembly**

Yesterday’s Junior School Assembly was enjoyed by all who attended. Thank you to all the parents who were able to come along and share in the celebrations with the students. Thank you also to 4KR for sharing the great work they are doing in class. Congratulations to all the students who were awarded Merit Certificates as well as the new leaders.
mention the CCPS newsletter. 
http://8bits.com.au

Class Captains
Year 3 - Chelsea Kidd and Hugh Williams
Year 4 - Taj Stephenson and Teagan Osborn
Year 5 - Jordan Blacker and Lauren Settle.
Junior School Ford House Captain:
Gina Clarke

Student Representative Council Members:
Jana Cherry
Adam Peters
Chloe Southern
Claire Southern
Jamie Towner

Our next Junior Assembly will be held at 2.30pm on Wednesday the 15th August. The Year 5 class will be making a presentation. All parents, grandparents and friends are encouraged to join the students from the Junior School at these assemblies.

SCISSA Athletics
Congratulations to all the students from Years 3 to 6 who represented Caloundra City Private School at the Sunshine Coast Independent Schools Sporting Association’s Athletics Carnival today. They are wished every success for the events they are competing in.

Jeans for Genes Day
Tomorrow, Friday the 3rd August is Jeans for Genes Day. This fundraising event raises much needed funds for children’s medical research. Students are encouraged to donate a gold coin and wear their jeans to support this great cause. In addition to jeans, students must wear suitable clothing that includes a pair of closed in shoes, a hat and no singlets or midriff tops. Please support this great fundraising event.

Cupcake Day
The Student Representative Council is organising a Cupcake Day on Friday the 10th August to raise funds to assist in purchasing items that have been requested by students. The Year 6 classes are making and decorating cupcakes and will be selling them at lunchtime for $2. Please support the students in this endeavour.

Netball
Kawana Indoor Sports Centre is now accepting team nominations for the approaching Junior Indoor Netball competition, to be held on Monday afternoons. We are hoping to field teams in both the ‘12 & Under’ and the ‘10 & Under’ divisions. Although there was not enough interest to nominate a team in the Toowoomba competition, we are confident that this local competition will generate greater interest. For it to be possible to field teams, we will need two parent volunteers to coach the teams. If you are happy for your daughter to play in this competition, please return the Expression of Interest form to Miss Scurfield (in PrepFS) by Monday 6 August 2012. Team trials will be held on Tuesday 7 August and Tuesday 14 August, 3:30 – 4:30pm. Selected players will then be notified of their selection in the team. The competition will run for 12 weeks and will cost $84.00 per player.

Fi Scurfield – Netball Coordinator

Congratulations to Year 6 student, Logan Hanckel for winning bronze at the Australian Winter Schools Skiing Competitions at Perisher. Well done Logan!
Library and I.C.T. News

Scholastic Bookclub:
Orders need to be returned to your class teacher, library or the administration office by Friday 3rd August. Book orders should be delivered in approximately one week. Thank you to all who have supported our library by purchasing books through Bookclub.

Children's Book Council of Australia Bookweek:
August 20 - 24th - Dress up Assembly Tuesday 21st August. Cartoon Dave Hackett will be presenting to Prep - Year 10 on Friday 24th August. Cartoon Dave is a cartoonist, author and TV presenter and has written many books, both fiction and cartooning books. The students were entertained and engaged when he presented to them last year. We look forward to seeing more of what Cartoon Dave has to offer.

Mother’s tip of the week:
If the children are really naughty use a high-security playpen. Once they've settled down you can climb out.

Sport News

Ospreys play at home this Saturday
Under 6
Caloundra City Ospreys 7 vs Sienna Eels 6
The sun shone brightly for our Under 6 game at the beautiful grounds of Sienna.

A triumphant kick by Austen Thomas to score the first goal, soon followed by a swift kick from the corner by Tyson Tralau. In the second half, our Ospreys dominated the field with a huge boot by Hunter Donahue and again by Austen and Patrick Carmichael. Only a few runs by the opposition made it passed their offensive line.

Terrific attempts at goal by Joshua Inigo and Julian Hubner. Also great sportsmanship by Liam Donohue offering to play for Sienna for even teams. Excellent saves by goalies, first half Jaxon Neale and second half Tyson. Congratulations to this weeks Best & Fairest Award winner, Julian Hubner and Encouragement Award winner, Austen Thomas. Well done to all players.

Under 8
U8 Ospreys (3) defeated Palmwoods Jedis (0)
The Ospreys headed to the hinterland town of Palmwoods for the last away game of the 2012 season. Ospreys players were well marked by the Jedis, but kept the pressure on their goalie and defensive players and were rewarded with a great goal by Jordan Doughty. Our boys continued to attack and from a quick turn-a-round following a goal save by Hamish Carmichael, fantastic passing down the wing led to another Osprey’s goal from Charlie Whiting. We went to the half time break with a 2 nil lead. The Ospreys came back out in the second half and continued to pepper the Jedis goal with shots, but were denied by a determined goalie. Jordan Doughty sealed the match with his second goal of the day to give the Ospreys a 3 Nil win. A great team effort from Jordan, Charlie, Lachlan Noyes, Hamish Carmichael, Max Kurz, Tyler Johnson & Ryan Brodie.
Congratulations to **Ryan Brodie** on receiving this week’s Encouragement Award, and to **Jordan Doughty** who was voted Best on Field by Palmwoods. Good luck to the U8’s this week when they play the Stella Spiders at home.

**Parents & Friends Association Meetings**

Next meeting Friday 10th August, 8.45am in the library. All welcome. Come and have a cuppa with friends.

Email: pandf@ccs.qld.edu.au

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**Parents and Friend's Association News**

**Woolies Earn & Learn Points Tally as at 27/7/12 – 42,140**

Junior School – 1st 1/2KC 7740 stickers, 2nd 3GF 6180, 3rd 2NB 4740, 4th 1JH 4200

Senior School – 1st Ford 2130, 2nd Henzell 1080, 3rd Munns 990, 4th McLean 120

**Coles Sports for Schools Vouchers – 11,500**

**Pie Drive**

Thank you to the families who have supported our Pie Drive. Delivery date is 9/8 to students’ classrooms or homerooms. You may wish to send in an insulated bag for students to store them in until pick up.

**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 is back this term and we are seeing some regular bankers which is fantastic. Keep the savings coming!

**School Banking Tip for the week:**

Encourage your child to complete the deposit slip themselves. Remember your child is developing money management skills.

Congratulations to those students who last week received the prizes they had redeemed with their tokens.

Nicole Hood, Student Banking Co-ordinator.

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**Excellence Integrity Learning Excellence Integrity Learning Excellence Integrity Learning**

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