Dear Parents, Friends and Guardians

ANZAC Day – Thursday, 25 April

Tomorrow our school will be closed as we take the time to remember those men and women who have served our country in many theatres of war over the last 100 years. Our children have been invited to join in the local ANZAC Day commemoration and ceremony which is taking place at Burleigh Heads. It would be fantastic to see as many of our children as possible come along and join the Marymount contingent as we enter the march to the local cenotaph near the Bowls Club and then join in the ceremony of remembrance with our Returned Service Men and Women. If you can be a part of this special day please bring your children to the top end of James St by 8.30am so that we can form up with the children and staff from our College. Our children will need to be in full dress uniform (school hat essential). If you wish to have water handy for them during the speeches this would be great. There will be staff on hand to escort the children and supervise them whilst at the Cenotaph and during the ceremony. At the completion of the service (approx. 10.15am) we will keep the children with us until you come to physically collect them; this ensures that they are all safely collected. Thank you for your anticipated support of this important community event. Please note that if it is raining the parade and service will still proceed and the children would be encouraged to bring raincoats or the like to keep them dry.

School starting hours and Early Arrivals

We are continuing to have a number of children arriving at school well outside our school starting time and this is creating a very dangerous situation. Our school officially commences at 8.35am with teacher supervision beginning at 8.10am. Unfortunately there are children arriving as early as 7.15am. This means that the children are here often sitting in secluded places and unsupervised for almost an hour before staff may be on site to cater for things which may happen such as children hurting themselves. We do have staff members on our school site from 6.30am as is the case with our groundsmen, but they have specific duties to do and cannot be held responsible for your children’s safety. Our school does have external people wandering through from time to time during these early hours and we are very vigilant in trying to stop this happening but it can still happen. For some of our early arrivals to have to face this type of situation is very daunting and I would strongly urge our parents to adhere to our supervision times and not bring your children to school before these times. Our school has a wonderful Outside School Hours Care unit which can cater for early arrivals in a safe and caring environment. There is a cost attached with this service but it is not exorbitant and government subsidies are available. Thank you for your expected assistance with this crucial safety matter.

Interschool Sport Kicks Off (hopefully)

This Friday should see the first round of interschool sport for our children in Years Five to Seven. Unfortunately last week’s expected start was cancelled due to the conditions of many of our ovals across the southern region of the Gold Coast as well as our own. So if all goes well and any heavy rain stays away we should be right to kick off for the Winter Sports rounds which run for the whole term. We have all of our staff plus extras from our classes involved in either coaching, managing or organising our external sports and all as co-ordinating activities for those who aren’t involved with one of the team sports played. I would like to thank our staff for taking on these roles and wish both them and the children well for the season ahead. The weekly draws should hopefully be on our school website by Thursday afternoon each week. This can be difficult as sometimes we don’t get our draws until late in the week. If sport is to be cancelled we would like to be able to do this by Thursday afternoon so that parents and children can alter plans if need be. This will also be displayed on our website by 7.30 – 8.00am on Friday morning.

Marymount Combined Schools Fete Meeting – 6.00pm, Monday, 29 April.

Please be advised that our next meeting for our Fete is to be held at the above time in our Staff room. If you have any concerns / ideas and you can’t make the meeting please feel free to contact our Fete Co-Ordinator, Tracey Dean, on 5568 100 or mobile 0403 834 883. Our meeting stick closely to an hour duration and should be finished by 7.00am.

Playground Space & After School Use

I would like to remind our parents that our Adventure Playground spaces are not to be used by our children after school hours. These spaces are to be left free for our Outside School Hours Care children and supervisory staff. I have reminded the children about this at our school assembly. Often children are playing on these structures whilst unsupervised and this can be quite dangerous. Please assist us with this important safety matter.

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Continued over...
**New Traffic Control Measures**

The gates to the school ovals off the main car park will be locked from 2.45 until 3.15pm. This is to stop any traffic either entering or leaving the school and College grounds via this entrance. This is seen as an important safety measure for children and families from both schools. The idea is to free up the bus and car traffic flow through this main car park until the majority of our children have crossed over to the school bus area or have been picked up. I would like to ask for your patience as this new system is adopted. The gates will also be closed at the end of each day (early evening) and re-opened just before 7.00am each morning. Parents are still able to park in this area.

Thanks for reading, enjoy the rest of the week and hopefully I might see you at the local ANZAC service tomorrow.

Lest we forget

**Greg Casey**

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**From our Acting Assistant Principal - Religious Education**

Kevin Yates

**ANZAC Assembly**

At assembly today, Year 6M lead our school in observance of ANZAC Day. During the assembly, students shared stories of family members and their experiences of war and their medals earned during service. Symbols such as the flags of Australia and New Zealand accompanied a wreath on the sacred space.

6M created an incredibly prayerful and respectful atmosphere and provided a valuable experience for our students. Special mention must be made of Trinity from 6M who played the Last Post and Reveille on the trumpet. I’m sure those who have served Australia would have been impressed by the leadership of the Year 6 students and especially impressed by Trinity who played an extremely difficult piece in front of a very large audience.

Thanks to Year 6M and their teacher Mary Petersen for leading such an important assembly.

We look forward to seeing many students and families at the ANZAC march in Burleigh tomorrow. Please assemble at the top of James St by 9am to march to the service. Parents and families are more than welcome to join us. Students should wear their school uniform and a hat. Parents will need to collect children from our seating area at the conclusion of the ANZAC service.

**Woolworths Earn and Learn**

Many thanks to those families who have already sent in Earn and Learn stickers and sheets. Just by shopping at Woolworths, you can help our school claim valuable resources. For every $10 spent, collect the earn & Learn points stickers and return these to school. You can also find collection boxes at Woolworths at Burleigh Stockland, both Robina Woolworths and at Mudgeeraba. You can place stickers, completed sheets and dockets into these boxes for us to redeem points. many thanks for your ongoing support.

**Project Compassion – Please Return**

Please return any remaining Project Compassion boxes so that funds can be collated and sent to Caritas. Thank you again for your support of this important fundraising initiative.

Have a great ANZAC Day and all the best for the week ahead.

Kevin Yates

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Mr Wilkins, the Senior Music Teacher, is looking for expressions of interest in a vocal program and guitar program to be run before school on a Wednesday and Thursday morning respectively from 7:30-8:30.

The cost per session will be $10 of which Parents you will be invoiced for, based on your child's attendance, at the end of each term. The classes will be smaller more specialised group tuition in both vocal and introductory guitar. Numbers will be limited and go to those interested from Years 7 down to year 4 and will look to commence Week 4/5.

For more information don't hesitate to contact Mr Wilkins at mwilkins@bne.catholic.edu.au

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**PATRON PARENTS EVENTS**

0M - 26 April - 9am Coffee at Zarraffa’s, Stockland

3P - 30 April - 9am Coffee at Coffee Club, Stockland

1P - 2 May - 9am Coffee at Zarraffa's, Stockland

0R - 2 May - 9am Coffee Club, Stocklands (Gen Sly & Liz)

1Y - 3 May - 7pm Dinner at Justin Lane

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*They shall grow not old,*  
*as we that are left grow old;*  
*Age shall not weary them,*  
*Nor the years condemn.*  
*At the going down of the sun*  
*and in the morning*  
*We will remember them.*
SCHOOL PHOTOS

Class, Single and Band photos – Tuesday 30 April
Class and Family Photos - Wednesday 1 May

- A Photo Order envelope has been given to every student (separate order for each child in the family).
- To order your photo packs, simply order 1, 2, 3 or more units in any combination and pay according to the number of unit prices on the order form.
- The completed order and payment to be bought back ON PHOTO DAY
- Family photo order forms are available from Student Reception.
- Family photo orders are to be in the separate yellow order envelope and brought in with the class photo order envelope on Tuesday April 30.
- Please ensure your child is wearing white dress uniform and is on time to school on these days.

Uniform Price Increases

Athletic shorts $28
Athletic singlets $30
Girls bathers $40
Lycra swimming caps $14
Footy socks $10
Boys Ruggers $34
Girls shorts $34
Girls tights $10.00
Medium backpacks $55

Uniform/Bookshop 5520 8410

BOOK CLUB ORDERS DUE MAY 7.
PLEASE NO CASH OR CHEQUES CAN BE ACCEPTED.

Thoughts from your School Counsellor

I trust that you have enjoyed the welcome Easter holiday break. Today I would like to share with you the Insights article on “Helping kids be brave”. Michael Grose from Parenting Ideas cautions us against using the following unhelpful practices. 1) Fixing our children’s problems – tends to increase their anxiety whilst preventing them from developing their own capabilities. 2) By allowing our children to avoid fearful situations we inadvertently validate their fears. 3) Having a ‘get over it’ attitude (one coming from impatience and stress) rather than empowering children with comments like “You can do this!” This week’s article provides five helpful parenting practices for children who are anxious. Whilst Michael takes a strengths-based approach he also recognises that some children need extra assistance from time to time.

Best wishes for the week ahead

Mary Sanders
msanders@bne.catholic.edu.au

Car Parking

We are still having issues with parking in the main car park. The areas marked in red are no parking or stopping areas at any time. The inner road to the bus area is particularly dangerous, as buses have trouble getting in and out when parents park here. I have also watched as children run across the road to waiting cars. The GC City Council has informed us that they will be making regular visits to fine people parking in these areas. This is out of our control, as the entire car park area is controlled by City Council and Main Roads.

School Photos

Next Tuesday and Wednesday we have school photos. Please ensure children are in formal uniform on their photo day. Children who have older siblings in the College can have photos taken with them. College students will be asked to come down to the Doyle area after Morning Tea on Wednesday 1 May.

Winter Sport Competition Years 5-7

This Friday (weather permitting) our Year 5 – 7 children compete in Round 2 of our Inter-school Winter Sport Competition. Children will compete in Rugby League, AFL, Soccer, and Netball. A copy of the draw is on the website at http://www.mps.qld.edu.au/News/WinterSportDraw. Please feel free to come and support our teams whenever you can.

Thanks

Have a great week

Tony Barron
The new Tuckshop Menu was sent home this week. Please ask your child to collect one from the tuckshop if you have not received one. The daily specials are proving popular in particular the fish and chips on Friday. Don’t forget for only an extra $2 added to your daily special you will receive a flavoured milk and piece of fruit. Fruit is of great quality at this time of the year so please encourage your child to add a piece to their lunch order. I have added a cup of grapes for only 20c and they taste great.

Our garden is producing wonderful fresh salad and veggie items. Chicken salad cups, sandwiches etc. taste great when made fresh each day!!

State of Origin is only around the corner, so we will be getting organised for our footy fever sausage sizzles and prizes to be won! Stay tuned for more information. GO THE BLUES!!

Roster for next week....

Monday 29 April..........Sharon Bartlet
Tuesday 30 April...........Lisa and Karen
Wednesday 1 May.........Kerry Wasson and Leonore Murphy
Thursday 2 May...........Sharni Hamilton
Friday 3 May................Chistaine and Luciana (the Brazillian connection!)

Thank you to all our tuckshop volunteers, you are greatly appreciated by the staff and students of Marymount Primary.

Have a great week!

Vicki Turner

Little League Baseball
Congratulation to Matthew Hughes. Matthew played in the Queensland Commissioners Team at the Little League Baseball State Titles in Brisbane. The carnival was played over the last 4 days of the school holidays. Well done Matthew.

Queensland All Schools Cross Country
The Queensland All Schools Cross Country carnival will be held on Saturday 4 May at St Paul’s School, Bald Hills.

For further information and entry details please see the following link. http://www.qldathletics.org.au/

District Cross Country is to be held on Tuesday 7 May.
Catholic Cross Country is to be held on Thursday 30 May.

Cross Country training for all District and Catholic competitors is still Monday and Thursday at 7.45am and Tuesday at 3.00pm.

Paul Hill

Tennis coaching has commenced for this term.

Held each day Monday to Friday.
You can join anytime during the term.
Beginner and development ½ classes. Squad training one hour sessions. Private lessons. Further information please call
John: 0417 634 524
Trish 0439 722 369 or 5536 3463.

Places still available for Term 2
Currently around 11% of children have problems coping with anxiety. Around 3% experience some form of depression.

As reported on the Kidspot website, Macquarie University psychology lecturer Dr Carolyn Schniering has stated that anxiety problems are the most common emotional disorders that children experience.

It’s important to understand that anxiety is not something to be afraid of. As Dr Schniering says, “It’s a normal emotion and an important part of how we engage with the world.”

Experiencing some anxiousness in new social situations or some specific situations such as around water is quite normal and, in some regards, healthy. It’s not healthy when anxiousness stops kids doing things they want or are able to do or interferes excessively with their school or pre-school experiences.

Genetics plays a part

Macquarie University research shows that children who display high levels of anxiety from a young age, and who have a parent who is excessively anxious or depressed, are seven to 11 times more likely to develop long-term anxiety.

This finding supports my experience that anxious parents beget anxious kids. But it’s not that simple.

Some children are simply more prone to experiencing excessive anxiousness than others. These kids are typically classified as worriers, shy types and more sensitive souls who wear their hearts on their sleeves. (I’ve parented one of these types and I learned first-hand that some situations they experienced needed to be handled with some parental care and attention!)

I want to stress that these children are not necessarily going to experience debilitating anxiety. However, they do benefit from a parenting style that is sympathetic while empowering them to tackle their fears.

It’s worth noting that if you yourself are overly anxious or experiencing depression, then self-care needs to be your first priority before you can assist your kids.

When should I worry?

Dr Schniering says, “As a rule of thumb, parents should be more concerned if the fears or worries they experience become excessive and their child is unable to deal with every day life.”

I would also add that when children become overwhelmed by their fears it may be time to seek professional help. A first port of call may be a General Practitioner or your child’s school. (Our research shows that parents are more likely to seek help from their child’s school than their GP; however, my experience has been that local doctors often have a good handle on these issues as well as knowledge of local providers.)

Helpful parenting practices

Before looking at helpful practises, let’s quickly list some practices that are unhelpful for parenting anxious kids:

- **Fixing kids’ problems.**
  - Jumping in too soon only increases anxiety and doesn’t enable kids to build their capabilities.

- **Allowing avoidance.**
  - Letting kids escape new or fearful situations validates their fears.

- **A ‘get over it’ attitude.**
  - There’s a difference between “You can do this!” and “For goodness sake, get over it!” The latter often comes from parent impatience and stress.
Okay, now for the helpful parenting practices for kids who are anxious. These include:

1. **Skilling towards bravery.** Help kids face their fears by skilling them, e.g. *Look around for a friendly face when you go to scouts*. You need to put on your coaching hat to build skills and self-confidence, which defeats anxiety.

2. **Scaffolding towards bravery.** Rather than avoidance allow kids to face their fears in stages, e.g. *Let’s go to the party for an hour then I’ll pick you up*. By breaking things down into smaller stages kids feel that they are more in control. Lack of control is behind a great deal of anxiousness in adults, as well as kids.

3. **Be empathetic, not sympathetic.** There is a difference. Empathy shows you understand how they feel; sympathy can be maudlin, leading you to pay excessive attention to the fear as well as letting them off the hook. Kids need a supportive adult who says, not necessarily in these words, “I know how you feel but I also know you can do this.”

4. **Creating opportunities for independence.** Competency is the enemy of anxiety. Building children’s self-help skills and their independence outside of the home has a snowball effect on how they feel about situations that they usually fear.

5. **Model bravery.** Okay, you knew I was going to mention this. But if you want kids to be brave *then you go first*. Your calmness, patience and willingness to methodically work your way through new situations will have a calming effect on kids. (Good leadership is basically about staying calm in stressful situations.) Modelling also shows them how fears of new and unknown social situations, and even specific fears such as going to the dentist, can be handled positively.

It’s worth noting that most kids grow out of their anxiety given attentive brave parenting.

As a general parenting strategy I recommend that you take a strength-based approach (which is what I’m banging on about all the time) and focus on building children’s strengths and assets to help them overcome fears. At the same time recognise that some children may need extra assistance from time to time as a result of their anxiety.

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**Get your 10 ways to promote Good Mental Health & Well-being in Kids poster at**


Subscribe to Happy Kids, the FREE Parentingideas weekly guide while you are there.
This is our combined school’s major fundraiser for 2013. We would like to see as many families getting involved and contributing in some way to help to make this our most successful fete ever!

**ART UNION**
We will be conducting an Art Union as our major fundraising activity.

We have already had some generous donations to get us started, but we still need significant donations to ensure that the art union’s prizes are substantial enough to secure ticket sales.

**STALL CONVENORS REQUIRED:**
- Plant Stall
- Chocolate Toss
- Fairy Floss
- Money Tree & Raffle
- Cent Auction – to coordinate donations and ticket sales

The Fete Coordinator can provide you with details and will assist you in starting up your stall.

**VOLUNTEERS WANTED**
- To help in stalls or with activities
- To assist with Set-up and Take Down

The generous volunteers that took part in our last fete contributed to the outstanding success of the fete and to the amazing school & community spirit that was generated.

If you are able to help out this year for 1 or 2 hours or all day - any time that you can offer will be welcome.

Please call now and register your interest!

**LIKE Marymount Spring Fete**
www.facebook.com/marymountfete

**RIDES**
There are going to be plenty of new and exciting rides for all ages. Ride passes will be on sale prior to the event.

**NEW IDEAS**
We will be finalising the list of stalls soon so it’s not too late to offer any suggestions or new ideas. We would love to hear from you!

**CALL FOR SPONSORSHIP**
We need sponsorship for this big event and if you can support the Fete by providing any level of sponsorship this would contribute greatly to ensuring a successful day. Sponsors will be given various levels of advertising, beginning with advertising in our Fete Newsletters and the Fete programs on the day. For full details contact Tracey Dean on 5586 1000, mobile 0403 834 883 or email tdean@bne.catholic.edu.au
I am delighted to announce a partnership between Future State Greats - an organisation dedicated to financially assisting and supporting young athletes in the Queensland School Sport system and; Queensland Running, Queensland’s premier cross country organisation.

At the same time, it is also my very great pleasure to extend an invitation to every school aged athlete, whether in the state school or private school systems, to compete in this year’s Queensland All Schools Cross Country Championship.

The championship caters for competition from five (5) years through to 19 years and importantly, offers strong competition in preparation for the Queensland School Sport District and Regional Championships and ultimately, Queensland team selections for the School Sport Australia National Cross Country Championships held later this year.

All profits from our partnership with Queensland Running will allow Future State Greats to administer its “Elite” and “Aspirations4Kids in Sport” programs. In this financial year alone, Future State Greats has provided over $20,000 to ensure that disadvantaged and disabled school students throughout Queensland participate in school sport. In addition, we have provided 24 Future State Great Elite Bursaries across the 12 sporting regions throughout Queensland to outstanding young athletes such as Joanna Hills from Miles who is the 2012 National Under 15 Girls Cross Country Champion.

This is a tremendous championship and I encourage all cross country runners, parents, coaches and teachers to join us at St Paul’s School, Bald Hills on Saturday 4 May for the 2013 Queensland All Schools Cross Country Championship. It is an event not to be missed!

Yours in sport

Ian Healy
CHAIRMAN
FUTURE STATE GREATS

For more information on FUTURE STATE GREATS, go to www.futurestategreat.com.au

For details on Queensland Running’s 2013 Cross Country Program, go to www.queenslandrunning.com.au
QUEENSLAND ALL SCHOOLS CROSS COUNTRY CHAMPIONSHIPS

SATURDAY 4 MAY 2013
St Paul’s School, Attunga Street, BALD HILLS

SCHOOLS BASED INDIVIDUAL & TEAMS COMPETITION
FEATURING
INDIVIDUAL AND TEAMS MEDALS PLUS PRIZES AND PRIZE MONEY
FOR SUCCESSFUL PARTICIPATING SCHOOLS

The picturesque venue at St Paul’s School, Bald Hills provides a true cross country course of undulating terrain. There are no water crossings or sharp turns on the course which has been designed to provide fair and equitable competition. Off-street parking is available at the venue. This was the course for the extremely successful Australian Schools Cross Country Championship hosted by Metropolitan North in 2010.

This is a great competition in the lead-up to the District and Regional Competitions prior to the Queensland School Sport State Cross Country Championships from which the Queensland School Sport Team to compete in the School Sport Australia Cross Country Championships in Hobart, will be selected.

ENTRIES CLOSE TUESDAY 30 APRIL 2013

JOINTLY CONDUCTED BY
QUEENSLAND RUNNING AND
FUTURE STATE GREATS (FORMERLY
THE QUEENSLAND SCHOOL SPORT FOUNDATION)
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NB: Event Timetable subject to change based on number of entries. Please check website prior to Championship to confirm start times.
1. ENTRY AGE
For the purpose of these Championships, Event entry age is taken as at 31 December 2013.
Competitors shall not, under any circumstances, be eligible to ‘run up’ in age groups. All Competitors must compete in their own age groups and Teams must be made up of runners in the same age group.

2. ENTRY FORMS
An Entry Form accompanies this Notice of Race. The Entry Form also appears on the website at www.queenslandrunning.com.au. Please indicate clearly on the Form by marking the appropriate box, the event to which the entry or entries apply.
Entries received by fax, email or online will be regarded as exempt from the late entry fee provided the appropriate entry fees are received no later than Wednesday 1 May 2013.

3. ENTRY FEES
Entry fees for these Championships shall be $5.00 per student for 5 - 9 years and $10.00 per student of 10 - 19 years. Cheques or Money Orders shall be made payable to ‘The Queensland All Schools Cross Country Championships’ or ‘Queensland Running’. Payment may also be made online at www.queenslandrunning.com.au. Receipts and/or tax invoices for entry fees shall be available on the day of the Championship, if required.

4. LATE ENTRY FEES
Late entry fees will be accepted until 60 minutes before the starting time of the event if accompanied by the appropriate late entry fee.

5. CLOSING DATE
Entries for the Future State Greats 2013 Queensland All Schools Cross Country Championship will close on Tuesday 30 April 2013. A late entry fee as in (4) above may apply to all entries received after that date.

6. COURSES
The responsibility rests with the runners to familiarise themselves with the respective course for their age group. Maps of the course will be displayed in prominent positions at the competition area. EACH COURSE WILL BE MARKED WITH VARIOUS COLOURED FLAGS.
(a) At all times keep white flags on the right.
(b) At all times keep red flags on the left.
(c) Yellow flags and arrows indicate turns and must be rounded correctly.
(d) At all times follow the directions of course marshals.

7. PROTESTS AND MEDAL PRESENTATION
Medal presentation to individual placegetters and teams will take place at the Victory Ceremony area approximately 30 minutes after the completion of each race. All placegetters are requested to remain adjacent to this area for presentation. A call will be made on the Public Address System to alert runners of presentations.
Protests will only be accepted up to 20 minutes after the official race start time. Protests must be made in the first instance orally to the Referee. Any subsequent appeal against a decision by the Referee must be in writing and must be made within the time-limit mentioned above. Supplies of protest forms are available at the Start/Finish area.

8. MEDALS
Medals will be awarded to the first three (3) individual placegetters in each Championship Event. There will also be a Team’s Championship in each event/age group with medallions being awarded to the first three (3) Schools Teams to finish. Teams consist of three (3) runners. Teams Medals shall differ from Individual Place Medals.

9. PRIZE MONEY & PRIZE VOUCHERS
Prize money and redeemable vouchers for sports equipment will be awarded to the most successful schools competing at the 2013 Championships. The most successful schools shall be those schools who collect the greatest number of Team and Individual Medals. Team Medals shall count as One (1) Medal. In the event of a tie, the tie shall be decided by a count back based on the highest number of Gold Medals, both Team and Individual won on the day. In addition, prizes will be awarded to the schools lodging the greatest number of entries by the official closing date.
Full details of major prize awards will be available on the Queensland Running website - www.queenslandrunning.com.au - on Friday 12 April 2013.

10. TEAM SCORING
The method of scoring shall be by scoring the least number of points according to the positions in which the first three (3) runners from each school finish. Three (3) runners constitute a team and it is not necessary to pre-nominate the three runners who make up a school team.
Runners must be from the same school. If there are more than three (3) runners in any event from any school, then the fourth runner from that school to finish shall be the first runner from that school’s No. 2 team, and so on.
The team having the lowest aggregate shall be declared the winners. If two or more competitors tie for any place, the points for the places concerned shall be aggregated and divided equally among the competitors so tying. In case of a tie on points, the team whose last scoring member finished nearest to first place shall be the winning team. In calculating team points, all runners in the race in question shall be awarded points in accordance with their finishing position regardless of whether their school has finished sufficient runners to constitute a team.

11. CERTIFICATE OF PARTICIPATION
All runners shall receive a Certificate of Participation.

12. INDEMNITY & INDIVIDUAL RESPONSIBILITY
It shall be the sole responsibility of the individual or their legal guardian, coach or teacher, to decide whether they start or continue in an event. Future State Greats, Queensland Running, its parent body the State Athletic Clubs Association Inc., their officials and/or sponsors accept no responsibility whatsoever for any injury, accident or loss sustained by any competitor whilst competing in or attending the Championship. Lodgement of an entry with the appropriate entry fee acknowledges acceptance of these conditions.

13. INSURANCE
Queensland Running holds comprehensive Public Risk and Public Liability Insurance as well as Professional Indemnity and Participation Insurance.

14. EVENT CANCELLATION OR POSTPONEMENT
The Organisers of the Championships reserve the right to postpone or cancel the event in the case of inclement weather or other factors affecting the good conduct of the Championships. In the event of cancellation or postponement, all entrants will be entitled to a full refund of entry fees. Any cancellation or postponement will be advised by public advertisement on Radio 4KQ or on the organisers’ website: www.queenslandrunning.com.au
Should entrants need to contact the Championship organisers on the day, please phone 0439 000 227 or 0403 292 646.

SUPPORTING QUEENSLAND SCHOOL SPORT BETWEEN 50 CENTS AND $1.00 FROM EVERY ENTRY WILL BE DONATED TO FUTURE STATE GREATS PLUS 50 PER CENT OF THE PROFITS
HOST FAMILIES REQUIRED

for students of
Mikunigaoka High School
from Osaka, JAPAN
attending
Marymount College

28 July - 10 August, 2013

This is a worthwhile opportunity for your family to learn about
Japanese culture, while sharing with your Japanese student the
lifestyle of an Australian family.

- Families are asked to provide all meals and a friendly home for their student
- They will travel to and from school each day the same way as arranged for your own children
- Payment to host families will be paid to assist with some of the expenses involved when hosting your student

Yes, I would like to host a Japanese student, but...

Will the student speak any English?
Yes. However, as their English skills may be limited, we would ask that you speak clearly and slowly (but not in a patronising way) when communicating with them.

Will I have to cook Japanese food for the student?
No. Your Japanese student is here to experience an Australian lifestyle. This includes spending mealtimes with your family, and eating what you and your family normally eat.

Is it OK if the parent/s work fulltime?
Yes. During these times (e.g. after school), your Japanese student can spend time with your own children. Families who live near each other are encouraged to share transport, or other activities outside of school.

Do we need Blue Cards?
Yes. If your family hosts an overseas student for 10 or more days, it is necessary for all family members over the age of 18 to have a current Blue Card. Please contact the school office to obtain blue card application form.

If you would like to host a Japanese student this year, please contact:
Kanae Aki (Japanese Teacher – kaki@marymount.qld.edu.au)
to obtain a Host Family Application Form

Please contact Yoko if you need information about this program.
Yoko Sugimoto (ISS - Study Tour Organiser)
3870-9114 / operations@griffithiss.com.au

THANK YOU