



Dear Parents, Friends and Guardians

World Youth Day Bound

On this coming Friday morning two of our teachers, Melanie Benson (Prep) and Sophie Allen (Year 1), will be flying out of Australia bound for Rio de Janeiro in Brazil to take part in the Catholic church's World Youth Day. This massive gathering of young Catholics is held every two years in various parts of the world and Brisbane Catholic Education is sending a group of just over twenty staff who are joining in with the Archdiocesan contingent who have people from almost all parishes. Archbishop Mark Coleridge is leading the Brisbane Pilgrimage group who will visit many of the significant religious and cultural destinations in Brazil. They will then join in for the celebrations as Pope Francis I leads a Eucharistic liturgy which will be watched by millions across the world.

This is an amazing opportunity for Melanie and Sophie to greatly enrich their faith lives whilst sharing their faith with people from all over the world. Our prayers and best wishes go with both ladies and we look forward to sharing in their experiences upon their return in early August.

One of our Associate Priests, Fr Lucius, is also heading off to be a part of the World Youth Day pilgrimage. Fr Lucius left as part of another tour group earlier this week and he will be meeting up with the Archdiocesan group in Brazil. Fr Lucius led many of our class Liturgies of the Word last term and he will be doing so again over the rest of the year so our children will benefit from this faith-enriching experience for him.

Athletics Track Day – Friday, 19 July

Our track day for our annual Athletics carnival is scheduled to be held this Friday on the College ovals. The outline of events for the day is included with this newsletter for your awareness. The carnival is for children who are turning eight to thirteen this year. At this stage the prospects of us actually holding the carnival look slim as both our ovals and the college ovals are water-logged. We will be making a call on this by tomorrow and posting any change on our school's website during the day. This will also give us the opportunity to let the children know so that they can pass the message on as well. If we do postpone the carnival, we have next Friday, 26 July, as our back-up day.

Class Placement for 2014

We are about to begin the process for formulating our classes for next year. Our process is a very thorough one which takes in many considerations and our decisions for placing children in certain grades are not made lightly. We have decided once again to consider feedback from parents should parents feel the need. As such I would ask for this input to be made over the next few weeks so that all details are in by Friday, 16 August. Please note that this information forms only one part of our process and often requests cannot be accommodated. It is our professional responsibility to place the children where we believe that their educational needs can be best met. Once our decision is made and the class lists are sent home we will not be changing them as one change may cause a knock-on effect for other placements. We have confidence that the system we use best meets our overall school needs as well. I would ask that parents not nominate respective teachers as our staffing (ie teacher placements) will change from what it is for this year. Any information for requests should only be on medical or specific educational grounds. We would look to send out our class lists on the Monday of our second last week and then hold our 'New classes for 2014' day on the last Tuesday of the year. I would like to point out again that once these lists are finalised and sent out no changes will be made.

Works Completed over the June Break

During our June holidays we had a number of maintenance issues carried out as well as our programmed cleaning and pesticide matters being attended to. Below is a list of most of these things which either our Groundsmen or commercial staff completed.

continued over...

Coming Events

Wednesday July 17
Whole School Assembly - 4R Ozanam Villa - 1M

Wednesday July 31
Whole School Assembly
5.30pm - Cyber Safety Evening

Friday July 19
School Athletics Carnival

Friday July 26
BACK UP DAY
School Athletics Carnival

Friday August 23
Prep - Yr 2 Athletics Carnival

Thursday August 29
G.C Eisteddfod Verse Speaking Competition

Friday August 30
GOLD COAST SHOW HOLIDAY



Mass Times

Children Mass
(Doyle Centre - children read at Mass)
5.30pm 1st Sunday each month

Children's Liturgy of the Word
(Doyle Centre - children are withdrawn for brief lesson)
10.00am 2nd & 4th Sundays;
5.30pm 3rd Sunday
8.30am each Sunday (school term)
at St Benedict's, Mudgeeraba

Parish Mass Times
Sat—5.00pm Miami;
6.00pm at Palm Beach;
6.15pm at Burleigh Heads;
Sun-7.00am at Palm Beach & Burleigh;
8.30am at Mudgeeraba & Miami;
10.00am at Doyle Centre;
5.30pm at Doyle Centre

From our Principal

continued

Our thanks is extended to Rena Harvey, our Office Manager, and John, Brad and David our grounds staff for organising and completing this work.

- Year 3 / 4 block stairs – Yellow strips repainted
- Frank Shine Walk + various stairs – Cleaned
- RCD switched tested/emergency lights/test and tag completed
- Student Furniture (new desks and chairs) moved into Year 3 / 4 block (10 Classrooms older wooden furniture moved into 5 other rooms and their old plastic furniture removed. All remaining furniture now in storage)
- Electronic Sign – to be completed when weather fines and ground dries
- Whole school carpet cleaned
- New carpet installed into Learning Enhancement Centre and 6 classrooms
- Projector/Whiteboard Service – whole school completed
- Prep Rooms – Vinyl machine polished.
- Pegasus Pesticides – completed midyear spray
- Fire Systems Qld – completed 12 monthly inspection of the Multi-Purpose Building
- Tuckshop – Munch Monitor installed ready for 8 July

Thanks for reading this week – good luck to the Queensland boys tonight for State of Origin III. My tip is Queensland by 10! Good luck to the Aussie Cricket team after a tough loss earlier this week they now head to Lords for another crack at the ‘Old Enemy’. Also about twelve of our lads are going around in the British Open Golf this weekend; hopefully another Aussie can lift the old Claret Jug trophy.

Enjoy the week ahead.

Yours in Christ

Greg Casey

Thoughts from your School Counsellor

In this week's INSIGHTS article (Resiliency Robbers) Michael Grose reminds us that "sometimes the manageable hardships that children experience.....are fabulous learning opportunities. They help kids to stretch and grow. Dealing with them effectively also teaches kids that they are capable of coping when they meet some of life's curve balls. And that is a huge lesson to learn at any age".

Best wishes for the week ahead

Mary Sanders

Primary Guidance Counsellor: msanders@bne.catholic.edu.au

CURRICULUM NEWS

Semster 1 Reports & Portfolios

We have received a number of positive comments regarding ther new format of our Semster One reports. Your feedback is welcome, so if you would like to let us know your thoughts please send them to me via Student Reception.

A reminder that Portfolios were due to be returned last Friday. Teachers can then continue to add to them for Semester Two.

Swell Sculpture Festival - Marymount Entry

This annual festival is held at Currumbin Beach in September. This year we were given the opportunity to take part in a group exhibit, 'Animals with Attitude'. Our Year Six and Seven students submitted designs to paint onto a 3D koala (a smaller version of the ones currently on display around the Gold Coast). The winning design was chosen by the Swell Sculpture Committee who commented on the high standard of work submitted by our talented students. The design chosen was created by Erin Buckby in Year Six. Erin will now supervise the painting of the koala which willl be completed by Erin and some of the other Year Six children. The koala will be on display from September 13th – 22nd at Currumbin.



Erin with her design for the koala to be painted by year six students.

Thanks

Diane Anderson

Following on from last week, another interesting speaker at the "Happiness and Its Causes" conference was Toni Powell. Toni presented a paper which offers hope to those who suffer from debilitating conditions such as depression. She offers practical ideas on how to manage our own brains so that we can gain satisfaction and fulfilment as we go about our daily lives. Her ideas are based on the acknowledgement that neural pathways are built by own thoughts, and that our brains are to some degree flexible, and therefore have the capacity to change.

Toni advocates that six words can change the course of one's life. These words below are worthy of consideration:
You find what you are looking for.

She then argues that engaging in the intentional practice of meditation is an anti-dote to depression and a fast-track to positive feelings. She makes the point that by consciously deciding to be grateful, our chances of being happy. It's not happiness that makes us grateful but rather the other way round; being grateful makes us happy. This is possible because we have the power to change entrenched negative thinking by rewiring the brain using the practice of gratitude. Powell argues that feeling grateful brings about positive emotions such as happiness, joy, wonder and awe, and the strength of these override negative emotions.

She outlines reasons why she believes gratitude can lead to happiness.

1. Gratitude forces a person to start thinking about other people, and thus become less self-focused. It forces us to actually notice kindness that is extended to us.
2. There is scientific evidence to show that gratitude practice reduces the stress hormone cortisol and increases the "feel good" hormone, DHEA.
3. Our brains default to the strongest neural pathways and thus the more engagement in thankful and positive thoughts, the more likelihood positive thoughts will emerge. Also, the more that the brain is wired to positive thoughts, the more that it will be natural for the brain to default to a positive take on events.
4. The more we consciously look for good or positive happenings, the more our brains become alert to the goodness that surrounds us. Again, our brains become wired to scanning for the good and not as wired to notice the more sinister or ugly.
5. Gratitude changes the "victim mentality" because it is not as easy to become self-absorbed. It teaches that we are not victims, but actually undeserving recipients of beauty and grace.

It also does not allow for the "sympathy game" but rather teaches that if we are empathetic to others we become less focused on our own needs and more focused on those of others.

Powell draws on the words of Dr John Medina (author of New York Bestseller "Brain Rules") whom she recently interviewed. Of conscious behaviour, Medina said:

Basically when we engage in pro-social behaviour (outward, other oriented focus) then our brains spiral upward to happiness. When we engage in antisocial behaviour (inward, self-oriented, selfish) then our brains spiral down into depression.

This brings Powell to a final tip to help overcome depression or negative states of mind. She states that when all else fails, simply engage in random acts of kindness. Perhaps whether we agree wholeheartedly with Toni Powell or not, we could give her tips a go and see what eventuates. At very least, it's worth consideration, as we keep in mind, Powell's thoughts:

You find what you are looking for.

Enjoy the rest of the week and scream loudly in maroon favour tonight!

Annette O'Shea



From our Assistant Principal -
Tony Barron

Cybersafety – Brett Lee

On Wednesday July 31st, Term 3, we have invited a cyber safety expert to speak to the children in Years 6 & 7, and also to parents at an evening session. Mr Brett Lee is an ex-police officer who is an expert in the field of cyber safety and speaking regarding the dangers of the internet and strategies for parents and children to help minimise risks.

If you have the internet on at home, or anyone in your family accesses the internet or social media then this session is a must for you to attend. We are looking at running the parent info session at 5:30pm in the Doyle Centre Theatrette. Please lock this into your diary. (Please note the time was incorrectly advertised last week as 6.30 on the front cover).

Tony Barron

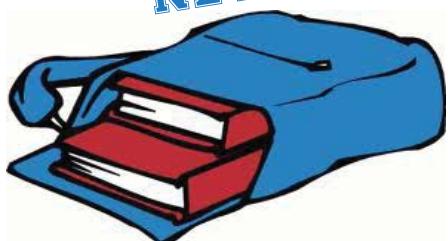
P & F News

Thank you to those parents who were able to come along to lend their support at Monday night's July P & F meeting.

I would like to take the opportunity to thank the students and families who participate in the Commonwealth Bank's School Banking program each Tuesday. Through the efforts of these students your P & F was able to contribute \$2,800 to the recently purchased (Term 1) Prep play equipment and \$16,500 to purchase the new LED sign for the pool yard. The sign is to be constructed as soon as the ground around the new placement dries out to allow the machinery in to set it up. The funds for these two contributions came from the commission that the Commonwealth Bank gives to the school for each banking deposit that is made. Banking is a great way to teach your children about saving, as well as helping to provide additional funds for your school. The P & F are also very pleased to support Thomas Dean-Johns and Liam O'Brien (two Year 6 boys) as they represent QLD in the upcoming AFL National Titles which are to be held in Darwin in August. The Dean-Johns and O'Brien families will receive financial assistance to go towards the cost of their involvement in the competition. The next meeting is on the 12 August at 7pm. Please feel free to come along.

All the best,
Anthony Touzell
President

UNIFORM/BOOKSHOP NEWS



Second hand girl's skirts and blouses available for free.
Anything not taken by 26 July 2013 will be sent to Vinnies. Please see Jenny at the Uniform/Bookshop.

New Price list will be issued in August. There will be price increases.
School bags are definitely going up in price.

SPECIAL - For 1 week only (ends 26/7/13)

Fleecy Track Jackets sizes 10 - 18 \$30

Fleecy Track Pants sizes 10 - 18 \$22

Sport Pants (to match Sport Jacket) \$30



Prep Reptiles & Crocodiles



Bookclub
orders close on Friday 26 July.
No cash or cheques please.



Fantastic start to Munch Monitors. We have 320 families signed up and using Munch Monitors. The feedback has been all good with everyone agreeing how simple and quick it is to use, and it has a great variety to choose from Munch Monitors ordering system offers. Any questions please come and see me at the tuckshop.

State of Origin sausage sizzles have been a great success with over 1300 snags barbequed to celebrate the games. A very BIG thank you to all volunteers for your help.

Roster for next week:

Monday 22 July.....Sharon Faire

Tuesday 23 July.....Lisa and Karen

Wednesday 24 July.....*******Helpers needed for this day please**

Thursday 25 July.....Pam and Toni

Friday 26 July.....Irene, Stacey and Luciana

Should the Athletics Carnival be cancelled the children will still receive their pre-ordered lunches.

GO THE MIGHTY BLUES!

GO QUEENSLAND!

Enjoy your week

Vicki Turner



SPORTS NEWS

Zone 4 Rugby League

Congratulations to Toby Sexton on his selection into the Zone 4 Gold Coast Rugby League team. The team played at the Zone 4 carnival in Ipswich during the holidays. The Gold Coast team went on to win the final 6 – 4 over Ipswich. Well done Toby and Congratulations to the whole team.

Tae Kwon Do

Congratulations to Erynn Abbott in grade 7. Erynn recently received her Junior Black Belt in Tae Kwon Do. Erynn trains under Master Instructor Steven Buck at Burleigh Heads Primary School. Well done Erynn.

Marymount Track and Ballgames Carnival

Our annual Track and Ballgames Carnival will be held this Friday 19 July, weather permitting!!!!

Children are invited to wear their house colours and participate in as many events as possible. House points are awarded for all events. Many events will also be used for selection for Catholic and District Athletics carnivals.

A back up day of Friday 26 July has been set down if the fields are too wet to go ahead this Friday.

Marymount Track and Ball Games Carnival 2013 Timetable

Time	8 & 9 yrs	10 & 11 yrs	12 & 13 yrs	Time	8 & 9 yrs	10 & 11 yrs	12 & 13 yrs
9.00 – 9.45	Hurdle	Relay	800m	9.45 – 10.30	Break	Sprints	Relays
10.30 – 11.15	Relay	Break	Sprints	11.15 – 12.00	Ball Games	200m	Break
12.00 – 12.45	Break	Ball Games	200m	12.45 – 1.30	Sprints	Break	Ball Games
1.30 – 2.15	Sprint Finals 11, 10, 9 & 8y		Break	2.15 – 2.30		Spectators	Sprint Final 12 & 13y

Paul Hill

BURLEIGH HEADS CATHOLIC PARISH

Parish Office Hours 9.00am to 5.00pm
Parish Manager: Mr Jim Littlefield
Parish Pastor: Fr Ken Howell

3 Sunlight Drive, Burleigh Waters (Postal PO Box 73, Burleigh Heads)
Parish Pastoral Team
Associate Pastors: Fr Huong Van Nguyen & Fr Lucius Edomodi

Phone: 5576 6317/5576 6466 FAX: 5576 7143
EMAIL: burleigh@bne.catholic.net.au
Pastoral Associates: Sr Patricia Tomlinson

INSIGHTS

by Michael Grose - No. 1 parenting educator



Resiliency Robbers

All parents have the best of intentions when raising kids. Wanting what is best for kids can cause parents to make decisions that are not always in their (children's) long-term best interests

If you buy the line that the promotion of resilience is in the best interests of kids then check out the following common parenting mistakes that reduce children's resilience.

Robber # 1:

Fight all their battles for them

Nothing wrong with going into bat when kids struggle or meet with difficulty inside or outside school but make sure this is the last resort, not the first option.

- ▶ **Resilience notion # 1:** Give kids the opportunity to develop their own resourcefulness.

Robber # 2:

Make their problem, your problem

Sometimes parents can take too much responsibility for issues that are really up to children to work out or decide. Here's a clue if you are wondering what I am talking about: a jumper is something a mother puts on her son when she is cold!

- ▶ **Resilience notion # 2:** Make their problem, their problem.

Robber # 3:

Give kids too much voice

In this era of giving children a voice it is easy to go overboard and allow them too much of a say in what happens to them. Kids often take the easy option to avoid hard or unpleasant situations.

- ▶ **Resilience notion # 3:** Make decisions for kids and expect them to adjust and cope.

Robber # 4:

Put unrealistic or relentless pressure on kids to perform

Expectations about success and achievement are important. Too low and kids will meet them. Too high and kids can give up. Too much and kids can experience anxiety.

- ▶ **Resilience notion # 4:** Keep expectations in line with children's abilities and don't put excessive pressure on them.

Robber # 5:

Let kids give in too easily

Resilient learners link success with effort. They don't give up because they don't like a teacher or when confronted with multi-step or more complex activities. Similarly they don't bail out of a sporting term half way through the season because the team is not winning or they are not enjoying it.

- ▶ **Resilience notion # 5:** Encourage kids to complete what they have started even if the results aren't perfect.



Robber # 6:

Neglect to develop independence

Don't wait until they are teenagers to develop the skills of independent living. Start early and promote a broad skill set so that they can look after themselves if you are not around.

- ▶ **Resilience notion # 6:** Don't routinely do for kids what they can do for themselves.

Robber # 7:

Rescue kids from challenging or stretch situations

There are many times kids are put in situations that are outside their comfort zones for a time. For instance, giving a talk, singing at the school concert or going on school camp may be challenges for some kids. They are all situations that kids usually cope with so show your confidence in them and skill them up rather than opt for avoidance.

- ▶ **Resilience notion # 7:** Overcoming challenges enables kids to grow and improve.

Sometimes the manageable hardships that children experience such as a friend moving away, not being invited to a party or completing a difficult school project are fabulous learning opportunities.

They help kids to stretch and grow. Dealing with them effectively also teaches kids that they are capable of coping when they meet some of life's curve balls.

And that is a huge lesson to learn at any age.



divorce and separation recovery workshop

Are you recently separated or divorced?

*Centacare is conducting a gentle
non-confrontational and supportive workshop
providing a wonderful opportunity for people who are
struggling to overcome one of life's challenges.*

*Commencing on Monday 5 August 2013
from 5.30pm—7.30pm
(and continuing each Monday for 7 weeks)*

*Centacare CFCs at
50 Fairway Drive,
Clear Island Waters Qld 4226*

Refreshments will be provided

**Cost is \$10 registration to be paid on the first night
then \$5– per week (total \$40)
To register please phone 07 5527 7211**