Dear Parents, Carers and friends of St Michael’s

This week, I want to share a reflection on the nature and dignity of having an informed moral conscience. This continual, internal battle between good and evil is at the heart of our:

- Lenten journey toward Easter, as we recognise our brokenness and sinfulness.
- St Michael's Charism, with St Michael often pictured as battling and overcoming evil in the form of Satan or a dragon. (Revelation 12: 7–9)
- 2016 motto of “Be gold, when it’s grey”.

One of my favourite writers on conscience is Cardinal John Henry Newman (pictured). Cardinal Newman (1801 – 1890) wrote in a famous letter, “Deep within our conscience we discover a law which we have not laid upon ourselves but which we must obey. Its voice, ever calling us to love and to do what is good and to avoid evil, sounds in our heart at the right moment. . . . For we have in our heart a law inscribed by God. . . . Our conscience is at our most secret core and sanctuary. There we are alone with God whose voice echoes in our depths.”

Our conscience is not used to make the simple decisions in life, eg. should I have an extra chocolate biscuit even though I probably shouldn’t? Instead, our conscience is that deepest part of who we are, keeping us awake at night mulling over the times when we have hurt or cheated others and have not been the people that our God has called us to be. Our conscience is at the deepest part of our true selves and when we go against our conscience we are troubled to the very core of our being.

Pope Francis talks about conscience as, “….our innate capacity to distinguish good from evil, to that “compass” deep within our hearts, which God has impressed upon all creation.” Our God calls each one of us to be true to the deepest values that have been inscribed upon our hearts, because it is against this that we will ultimately be judged.

I would like to congratulate Renee Jackson on winning the Carrara Lions Youth of the Year Public Speaking and overall awards at Saturday’s competition and wish Hannah Wood all the best as she competes in the Burleigh Lions Youth of the Year on Tuesday night. Both girls have worked very hard in preparing for these events. I would like to also thank Marie Roberts for once again stepping forward to support and train our students. If parents have good news stories about their children’s major achievements, even from outside events, please feel free to email the College at scarrara@stmichaels.qld.edu.au with a small outline of their achievement and a photo if possible, so that we can publicly congratulate them.

You may have seen in the media reports about Catholic school staff going on strike this Thursday 25 February 2016. Whilst not all staff are participating in the strike action, we do anticipate that our school will be significantly affected by this strike. Given the reduced number of staff who will be at school, we will be unable to run a normal program. If possible, I advise you to keep your children at home on that day. If you are unable to make alternative arrangements for the care of your children, then please send them to school as normal, and we will provide supervision throughout the day. I apologise for any inconvenience this may cause and hope that any disruption caused by industrial action will be kept to a minimum as negotiations proceed.

In closing, we note that this campaign of Protection Action is the legal right of Catholic school union members and it is our hope for a prompt resolution between our Catholic school employers and the Independent Education Union. We unreservedly respect the rights and decisions of Catholic school employees in relation to the conditions of the collaborative bargaining process for purpose of improvement to employee working conditions in the future. I thank all of our College families in advance for your support and understanding during this time.

Yours in Christ
Michael Nayler
Principal

Important Dates

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Student Diary/Planners

By now parents and carers would have had a look through our very professionally presented Student Planner, with the new striking cover depicting our Charism pillars and the Year of Integrity! May I take this opportunity to thank parents for your weekly check and signature in the Planner. It is especially important to remind our new Year 7 parents that students must have their planner checked and signed on a weekly basis. The Planner operates as an excellent communication tool between school and home. Every Monday, Pastoral teachers complete a planner check and the data gathered can result in either a Bronze Award for ‘commendations’ or Year Coordinator referral for ‘matters of concern’, as part of our College Awards model (Pg. 16).

The weekly communication between school and home proves invaluable once we arrive at Parent/Teacher days and also provides an ongoing record of progress data for work and learning habits of students. Each term, letters of ‘commendation’ or ‘matters of concern’ are sent to parents based on the data gathered by Pastoral teachers. This is done in order to consolidate the weekly communication between home and school hence rewarding positive learning habits and challenging poor or disorganised learning habits.

The Planner also has a particular purpose in our quest to develop responsible and self-directed learners in our community.

Parent/carer monitoring of digital devices

At the beginning of the school year, all students were spoken to by an expert presenter in regard to social media and digital cyber safety. It is a modern day reality that our students will be exposed to the pressures of social media and were therefore confronted with the many dangers of unsafe or inappropriate use, of social media using their digital devices. The College makes every effort to ensure that the school provided iPads and Laptops are used as a tool of learning enhancement. Hence, it is most important, as detailed in the College Acceptable Use Agreement of Digital Devices, that parents take responsibility for monitoring their child’s use of digital media.

The College has a zero tolerance towards the use of social media for negative purposes that impact on the wellbeing of any student. We will work in partnership with parents to ensure that educative processes are in place at all times. Hence it is most important that parents conduct regular checks with their child regarding the use of their digital devices and have expectations in place at home in regard to the use of their devices. To this end, you will be totally supported by the College.

Best wishes to all families for the coming week.

Assistant Principal Religious Education...

As we move further into the season of Lent, we are encouraged to reflect on this year’s theme of Mercy. Pope Francis has written about how this theme of Mercy is threaded through the scriptures. In his recent visit to Mexico, Pope Francis had this message for young people.

Dear young people,
Jesus said to his disciples: “Be careful not to practice your good works before men to be seen by them”… “When you give to the poor do not sound a trumpet before you”… “Your Father, who sees what is done in secret, will reward you”.
The Word of God gives us the right perspective in which to live Lent well. When we do something good, sometimes we are tempted to seek praise and to be rewarded: that’s human glory. But it’s a false reward because it makes us focus on what others think of us.
Jesus asks us to do good for the sake of good. He asks us to feel we are under the watchful gaze of our Heavenly Father at all times and to live in relationship with Him – not in relationship with the opinion of others.
Living in the presence of the Father gives us a much deeper joy than worldly glory can give us. May our attitude this Lent be one of living in secret where the Father sees us, loves us and waits for us. Naturally, exterior things are important too, but we must always choose to live in the presence of God.
Let us do what we can, in prayer, in sacrifice, and in acts of charity, humbly before God. This way we will be worthy of God the Father’s reward.

This message reminds all of us that perhaps during this season of Lent we should spend some time reflecting on some practices that are self – absorbed. The ‘selfie’ has its place, but so to do the quiet actions that benefit others more than ourselves. Selfpromotion sometimes needs to be replaced by humility, and thoughtfulness of the
Assessment Calendars
All Year Level assessment calendars will be available on the College website, under Current Students/Junior and Senior Assessment calendars. Parents and carers please use these calendars to assist your son or daughter with organisation and preparation for assessment tasks.

In the Senior school there are assessment blocks for Year 11 and 12. At the end of this term there are three scheduled days for common assessments. All students are expected to be at school on these days.

For the end of the semester an assessment block is scheduled where students attend only when they have scheduled examinations or other assessments. Failure to attend any examinations or assessments requires a medical certificate.

Learning & Teaching Framework
On Monday March 14, we are going to ‘launch’ our newly developed Learning & Teaching Framework. I invite ALL parents to be involved. Come along and discover how students learn and how their learning can be enhanced.

Year 12 Information Evening
Tuesday February 23
7pm in the MPC
All Year 12 parents/carers and students are invited to attend the information evening.

The purpose of the evening is to inform you of the Year 12 procedures and how to get the most out of the final year of your son or daughter’s senior phase of learning.

Year 11 Information Evening
Monday March 7
7pm in the MPC
All Year 11 parents/carers and students are invited to attend the information evening.

The purpose of the evening is to inform you of College expectations for Senior students and the processes that are required to be successful in Senior studies.

Kathryn Janovsky
Assistant Principal Curriculum
Assistant Principal Staff & Student Development...

YEAR 9 Learning Enhancement Activity Program (LEAP)

Term 1
Year 9s have started their journey towards NAPLAN which is being conducted on 10-12 May this year. All students have now undertaken an introductory lesson on test taking strategies. Students are focusing on improving their spelling, expanding their vocabulary, revisiting basic numeracy skills and practising reading strategies. This week Ms Richardson’s LEAP class was involved in engaging activities to enhance spelling accuracy. Who would have envisaged that a piece of string and a hula-hoop could be used to practise spelling?

After 6 weeks, all students will have experienced each class that is taught by the Year 9 LEAP teachers: Mrs Flanagan, Mr Levick, Ms O’Dea, Ms Richardson, Mrs Wickham and Mr Yabsley.

NAPLAN is not a test of content. Instead, it tests skills in literacy and numeracy that are developed over time through the school curriculum. Students are assessed using common national tests in reading, writing, language conventions (spelling, grammar and punctuation) and numeracy. At the Year 9 level it assists the College to determine any “gaps” in skills that need to be revisited prior to entry into the Senior school. The numeracy test may also be used to gauge which level of Mathematics is more suitable for students to study in their Senior course of study. It is important that students try their best in NAPLAN but not to become anxious about the testing regime.

Leonie Trueman
APSS

Japanese Exchange Students...

Dear Parents/Guardians,
I am writing to ask you to consider hosting a teenage female student from our sister school in Hakata, Japan.

The seventeen girls will arrive at school on Monday, March 7 and require a host family until Monday, March 21. During this time, they will attend school at St Michael’s each day, including a few excursions, which will leave from school. We would request that on the weekend the host families would treat the girls to some of the beautiful sights of the Gold Coast.

We ask that the girls be provided with an Australian style packed lunch each day please. In addition, it would be preferable if the girls could have their own room, or a decent space in their host sister’s room. Host families will receive $100 to assist with providing food for the student.

If you are interested in this fantastic cultural exchange experience, please do not hesitate to call me at school or e-mail me at codea@stmichaels.qld.edu.au.

I look forward to your positive response.

Colleen O’Dea
Japanese Teacher
What To Do With Worry?

I hope all new students and families are settling into the school year. I know from a few conversations that some students are finding it hard settling in. As a parent I know how tricky it can be to find that balance between protecting your child and encouraging and pushing them onwards.

It is important as parents to help distinguish between what is developmentally normal worry versus what is anxiety. Worry is usually characterised by mild distress which is due to a specific cause or topic which only lasts for a brief period and is not usually accompanied by physical symptoms.

Anxiety, on the other hand, refers to the feelings of nervousness or a state of apprehension about an upcoming event or a fearfulness that something bad might or will happen. Anxiety may not be attributed to a specific cause and it can significantly interfere with school or the young person’s social life. Anxious feelings are usually accompanied by physical sensations such as a racing heart, upset stomach, trouble sleeping, difficulty concentrating, restlessness, avoidance behaviour, trembling or shaking etc.

While anxiety is considered a natural reaction to a stressful situation, for some people anxious thoughts, feeling and symptoms can become so severe and upsetting that they interfere with daily life. If this is the case, seek professional help. The Counselling team is available to assist in helping monitor, check-in and make appropriate referrals for support.

What to do (and not do) when adolescents are anxious:
The goal isn’t to eliminate anxiety but to help your adolescent manage it. The goal is to help them tolerate their anxiety and function as well as they can, even when they are anxious.

• Don’t avoid things just because they make your adolescent anxious. It may make them feel better in the short term but it only reinforces it over the long-term. (e.g. Staying home from school when they have an upset stomach.)
• Express positive but realistic expectations. You can’t promise your child that they won’t fail a test or not make the team. But you can express confidence that they will be OK and will be able to manage it.
• Don’t ask leading questions. Encourage your adolescent to talk about his/her feelings but try not to ask leading questions. (e.g. “Aren’t you worried about that big test??” Instead ask open-ended questions “How are you feeling about the maths test?”)
• Try not to reinforce your adolescent’s fears. Watch your voice, tone and actions that might be unintentionally sending a message that he/she should be afraid of that situation.
• Talk/problem solve things through with your child. Talk through what might happen and how they would handle it. (“So, if you can’t find your class at school, who can you go to ask?”)
• Try to model healthy ways of handling anxiety. Let your teen see how you handle anxiety. (e.g. Let your child see you calmly managing (as much as possible) or tolerating stressful situations.)

Please let the Counselling team or Year Level Leaders know if your adolescent is experiencing some of these difficulties so we can assist.

Sources:
APS Tip Sheet, Anxiety
What to Do and (Not Do) When Children are Anxious by Clark Goldstein PhD

Snow Trip 2016...

For those students taking part in this year’s Snow Trip, it might be a good idea to start thinking about snow fitness. Search the internet for some easy routines to help you get to peak condition.

Reminder that we are now taking payments for the next instalment of $300. Payments can be made via direct deposit.
**Account name:** SMC Snow Trip
**Account number:** 721224600
**BSB number:** 637-000
Hinterland District Swimming
Good luck to all students who are representing the College today at the District Swimming Championships. There are approximately 30 students vying for a place at the South Coast Swimming Trials.

Hinterland District & South Coast Sport Trial Dates
Information is available for the following School Sport trials:

- South Coast Cricket 14 Years Boys’ : Monday February 29.
- HDSS Trials Open Boys’ & Girls’ Basketball & Football : Tuesday March 1.

AGCC Trials
Thank you to all students who braved the hot conditions last Thursday for our AGCC Inter-School Sport trials. All team lists will be completed by tomorrow. Students will need to check with their pastoral teacher to ensure they have been placed in the correct sport. Any other concerns please see Mrs Alexander. Round one of the competition begins next week.

Sports...

Tara Alexander
Sports Leader

HPE Department...

What's going on?
Year 7, 8 and 9 students have been given assessment tasks. Checkpoints and final submissions will take place over the next two weeks.
Year 12 students are required to submit their draft for their theoretical assessment in week 5.

Gym
Parents and students are reminded that the gym is open on a Tuesday and Thursday afternoon 3:00pm – 4:00pm.
Students are asked to bring a full change of clothes, a towel and water bottle to every gym session.

Healthy Hints
Get support !!! Enlist a workout buddy, join a walking group or take an exercise class. Having others around keeps you from skipping days or cutting corners, literally.

Clinton Daddy
HPE Faculty Leader

P&F News...

P&F Meeting Tuesday 1 March - All Welcome
Guest Speaker: Mrs Kathryn Janovsky, APC

Come along to hear how learning ‘takes flight’ at St Michael’s College for your children. Based on our Learning and Teaching framework, we aim to develop self-directed and responsible learners in a friendly learning Catholic community. This year we are launching our Learning and Teaching Framework as the culmination of the work of staff and students over the past three years. We would value your input into the framework. At the evening you will be stepped through the main aspects of our framework and be taken on the journey to assist your child in developing as a learner.
**QLD ACCOUNTING FORUM**

The Year 12 Accounting Class recently travelled to Brisbane to attend *The Accounting Student Forum* held at the QUT campus, Gardens Point. Many secondary schools attended the day which was organised by the Business Educators Association of Queensland. Students gained a wealth of information not only on specific topics but also business courses offered by QUT, and were provided with authentic motivational goals to begin their year.

Students were able to attend a variety of lectures on either:
- Electronic Business – Covering topics on the benefits of electronic business, trading opportunities, risks and controls and setting up an on-line business;
- Investing in Cash, Shares and Property – Covering investing strategies to adopt for the future and the role of Accountants in Financial Planning;
- Decision Making Using Accounting – Covering performance, financing, taxation, GST, Business law and e-Business;
- Accounting as a Career – Covering the exciting career opportunities available in accounting and business, both here in Australia and overseas.

Speakers included current lecturers from QUT and Accountants from ANZ, CPA Australia, Pitcher Partners, and Templetons.

Many thanks to Ms Richardson who accompanied the students.

**Resource Centre...**

Welcome to this Week’s Library News!

The book review group received their first free book for the year from ‘Spineout’ this week. ‘Spineout’ is a national online magazine for students where they can showcase their work whether it be poetry, short stories, book reviews or engineering projects. The exciting part for our students is seeing their work published online. If you would like your child to become involved in any of these activities, please ask them to see Mrs Flanagan in the library for details.

Our engineering teams will be meeting with me on Monday to decide upon what exciting projects they will be presenting for us on Open Morning. Watch this space to see their progress!

Unfortunately, due to a technical glitch, we are unable to provide a link to ‘Latest Reads’ at this point in time. The IT department are working on this and are confident this should be resolved in the next week or so.

I thought I might share ‘Book of the Week’ with parents in case you are looking for a good read. This week’s selection is ‘Sophie’s Choice’ by William Styron.

‘In this extraordinary novel, Stingo, an inexperienced twenty-two year old Southerner, takes us back to the summer of 1947, and a boarding house in a leafy Brooklyn suburb. There he meets Nathan, a fiery Jewish intellectual; and Sophie, a beautiful and fragile Polish Catholic. Stingo is drawn into the heart of their passionate and destructive relationship as witness, confidante and supplicant. Ultimately, he arrives at the dark core of Sophie’s past: her memories of pre-war Poland, the concentration camp and - the essence of her terrible secret - her choice.’

For those of you who have seen the movie, I’m sure you can only imagine how powerful the novel is.
It has been a very busy start to 2016 for the IT Helpdesk. We have rolled out new devices to students in Year 7, 10 and 11, while servicing all Year 12s and updating Year 8 and 9 iPads. At the end of last year we rolled out a new wireless network and made improvements to internet and network access. We have also seen rapid growth in the use of the new College LMS (Moodle) and our cloud based server OwnCloud.

We would like to ask parents to check their child’s device and ensure they are working as expected. Ensure they can access the internet from home, their email is working etc. If your child is experiencing any issues with their device they can visit the IT Helpdesk before school, at morning tea, lunch and after school for assistance.

We have had some issues with water damage recently and two devices have been written off. Could you please remind your child that water bottles should not be stored with a device, nor near the device in case of a leak or spill. Any device damaged by any liquid is a write off and the cost of replacement will be the responsibility of the parents. Another tip is not to carry or lift the device by the screen. This places stress on the hinges and may cause the screen to break.

On a lighter note the IT department will be starting Robotics and Photography clubs later this term. Keep an eye out in the notices for more information.

We will also be seeking interest from students who would like to attend a LAN party here at the College. Students will be able to play approved games with their friends across our network. More information on this initiative will be available soon.

It is a very exciting time for IT at SMC. If you have any questions please contact us at any time.

Mr Ben Edwards (eLearning Leader)  
Mr Brad Jerome (IT Coordinator)  
Mr Justin Robb (IT Coordinator)
CELEBRATING WOMEN IN TRADES DAY
To celebrate women in trades Busy At Work are hosting a free sausage sizzle to connect with successful trades people and meet industry mentors and teachers at Roma Street Parklands, Brisbane (Amphitheatre) on Tuesday 8 March between 11am – 2pm. To register your interest please email fit@ecaprenticeships.com.au or call (07) 3881-3166 and ask to speak to Heather, Sam or Kim.

PRESTIGE SERVICE TRAINING SCHOOL BASED TRAINEESHIPS
Cert III Hospitality
Zarraffa’s, Carrara
Fix Espresso Coffee Bar, Varsity Lakes
Dom Miguel’s, Southport Central
Busy Lounge, Dining and Bar, Surfers Paradise
Coolabah Café, Coomera
Fresh Flavas, Beenleigh

Cert III Business Admin
Advance Family Law, Runaway Bay
Fighting Fit Physiotherapy, Nerang
Willow Vale Gourmet Co, Coomera
Bub’s Baby Shop, Helensvale
Samsara Transport & Logistics, Surfers Paradise

Cert III Business Retail
Pizza Capers, Nerang
Discount Grocery Outlet, Ashmore
Angus & Coote, Robina
Endota Spa, Broadbeach

Cert III Business ICT
Business Greenhouse, Carrara

Cert III ICT
Currumbin Wildlife Sanctuary Social Media Department
Hirum Software Solutions, Arundel

PRESTIGE SERVICE TRAINING BUSINESS COURSE
PST are currently offering a diploma of business course to students in their Southport rooms. The cost of the course is $1,950 and will run over 12-18 months. The program is open to current year 11 students. For further information please contact Carmen Moana on 0439-134-293 or e-mail carmen@pst.edu.au

BUSY AT WORK SCHOOL BASED TRAINEESHIPS
Cert III Hospitality
Sizzler, Mermaid Beach

IGNITE EDUCATION HOSPITALITY SCHOOL BASED TRAINEESHIPS
Cert III Hospitality
Gold Coast Convention Centre
Grill’d, Coolangatta
Zarraffa’s, Pacific Fair & Palm Beach
Crema Espresso, Robina & The Pines
Coolangatta Surf Life Saving Club

Surfers Paradise Beach Café
Crust, Surfers Paradise & Broadbeach
Coffee Club, Coolangatta

REDMAKO SCHOOL BASED TRAINEESHIPS
Cert III Commercial Cookery
Toscani Café Bar and Restaurant, Robina
Royal Thai Hut, Pacific Pines

AURORA SCHOOL BASED TRAINEESHIPS
Cert III Commercial Cookery
New York New York, Hope Island

Cert III Hospitality
Fiery Deli, Burleigh Heads
New York New York, Hope Island
Raw Espresso, Southport
Wood Box Café, West Burleigh
Noodle Box, Robina Town Centre
Base Espresso, Broadbeach
Diva Tea & Coffee House, Marina Mirage
Joe’s Burger Bar, Hope Island
Michel’s Patisserie, Runaway Bay Shopping Centre
Subway, Burleigh Heads, Robina, Runaway Bay, Australia Fair, Coomera, Biggera Waters
Sunset Bar & Grill, Marina Mirage
Tall Ship Cruises, Main Beach
Tiffany’s Café & Cocktails, Hope Island
The Industrial Café, Nerang
Zarraffa’s, Hope Island, Runaway Bay

Cert III Business
Foodworks, Burleigh Heads
Julius Meinl Coffee, Main Beach
Resort News, Broadbeach Pacific Fair
Blooms The Chemist, The Pine Shopping Centre
Newsextra, Coomera
Bakers Delight, Arundel, Hope Island

Cert III Business Administration
Aurora Training Institute, Robina
Illusions Magic Show: Matt Hollywood, Sanctuary Cove
Subtle Burleigh Heads, Robina, Runaway Bay, Australia Fair, Coomera, Biggera Waters
Sunset Bar & Grill, Marina Mirage
Tall Ship Cruises, Main Beach
Tiffany’s Café & Cocktails, Hope Island
The Industrial Café, Nerang
Zarraffa’s, Runaway Bay
Donut King, Robina Town Centre

Cert III Business
Foodworks, Burleigh Heads
Julius Meinl Coffee, Main Beach
Resort News, Broadbeach Pacific Fair
Newsextra, Coomera

TUCKSHOP ROSTER

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<td>Vicki Boevink</td>
<td>Donna Clarke</td>
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<td>Jackie Hicks</td>
<td>Tracey Zimmerman</td>
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<td>Jenny Harding</td>
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<td>Sharon Kelly</td>
<td>Melissa</td>
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