Message from the PRINCIPAL

Dear parents, carers and friends of St Michael's,

On Sunday, we received the sad news that Mr Andrew Colbey, one of our teachers, suffered a suspected heart attack during an AFL game and tragically couldn't be revived. Our community’s thoughts and prayers are with Mr Colbey’s family at this very difficult time. We have offered them our community's full support.

At our staff meetings and at our College assembly, we held a special prayer services for Mr Colbey. I would ask that you please keep Mr Colbey, his family and our entire St Michael’s community in your prayers. I am very grateful to our College’s Chaplain, Fr Nicolas Okafor, who has offered special prayers for Mr Colbey at World Youth Day in Poland.

Our College Counsellors, Dr Jeff Kemp and Mrs Heather Clark, as well as other counsellors from Brisbane Catholic Education have been made available for any of our students or staff members who may be struggling with this tragic event. Please do not hesitate to contact our College Counsellors if you are at all concerned about your child’s reaction to this sad news. To help support you in speaking with your child about the grieving process, Brisbane Catholic Education have provided an information sheet on dealing with grief. You should have received this with my email on Monday.

Our Director, Ms Pam Betts and South Services Centre Director, Mr Paul Allen have passed on their condolences to our St Michael’s community.

At this stage, it looks like Mr Colbey’s funeral will be on Monday morning. The venue and exact time is yet to be confirmed. This will mean that there will be no formal school on Monday as most of our staff and many of our students will want to attend Mr Colbey’s funeral. We will offer some limited supervision at school for students who are unable to stay at home or attend the funeral. I will send details for those families who will be requiring supervision at school that day once we are sure of all of the details.

I will advise parents and carers of the time, venue and possible transport arrangements as soon as I can. Students attending Mr Colbey’s funeral are asked to wear full school formal uniform. Please be aware that the College will not be able to provide supervision for students before or after the funeral and that parents and carers will need to make arrangements for this.

Some important events and info for families across Catholic Education Week:

- We wish our debating teams all the best for their finals on Wednesday. For anyone keen to support our teams, the debates are at 6pm this Wednesday at Aquinas College. We have two year 10 teams competing. Thanks to Mrs Livett and all who have supported our teams.
- The Bill Turner Cup QLD quarter final has been confirmed for 3.30pm this Thursday at the Sid Bigg Oval, Mudgeeraba Football Club. Hopefully this will be a great show of community spirit for our College. Our boys will be wearing black arm bands in memory of our wonderful colleague, Mr Colbey.
- Our Scientia Awards which were postponed on Monday, will now be held at 9.50am on Friday 29th July.

Yours in Christ
Mr Michael Nayler
**Message from the DEPUTY PRINCIPAL**

**Year 11 Leadership Day**

Last Friday, Mr Bernie Kelly in his usual brilliant and energetic fashion led our Year 11 students through our annual preparation for the next cohort of Student Leaders for 2017. The level of engagement from the students was outstanding and we are most confident that we will have a quality group of candidates for leadership. An integral feature of Bernie’s work is to inspire ‘family and unity’ within the cohort. With next year being our 32nd year, Bernie challenged the students to be the ‘writers and a very unique and inspiring Chapter 32’. We are most privileged to have the services of Bernie on an annual basis, as each year he leaves a very positive legacy and it is often the highlight of the year for many senior students.

**Year 10 Camp – Lake Ainsworth**

I had the pleasure to spend the day last Thursday at the Year 10 Camp. I was most proud to hear the camp staff refer to St Michael’s students as the best they have each year and that this particular group were exceptional. Our own teachers were unanimous in their praise of how well the Year 10’s united as a cohort and engaged with all the excellent activities. Special thanks to Mr Rick van den Driest (Events Coordinator) and Mr Martin Fairweather (Year 10 Leader) for their excellent organisation for what will be a memorable experience for the Year 10 students.

**College Evacuation Policy**

Last week we were very pleased with the way all staff and students responded to a second mandated Lockdown and Evacuation drill. It is most important that all members of the community are at all times well versed with procedures in case of an emergency. The fact that within 7 minutes, all community members were accounted for was a most impressive effort.

Best wishes to all families for the coming week.
Stephen Eisenhuth
Deputy Principal

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**Message from the ASSISTANT PRINCIPAL RELIGIOUS EDUCATION**

As I am going on Long Service leave for the next seven weeks, I would like to welcome Mrs Paula Lancaster to the role of Acting APRE during my absence.

Reflecting on the year so far, the most important message this year is that it is *The Year of Mercy* with a theme of *Merciful Like the Father*. Mother Theresa of Calcutta was a person who showed mercy, compassion and love to the poorest of the poor. She is a role model for the century. On September 4th 2016, Mother Theresa will be canonised and therefore recognised by the Catholic church as a saint. When asked to sum up what love really is, she said:

"Love is giving. God loved the world so much that he gave His Son. Jesus loved the world so much, loved you, loved me so much that he gave His life. And He wants us to love as He loved…… Love is a one-way street. It always moves away from self in the direction of the other. Love is the ultimate gift of ourselves to others. When we stop giving we stop loving, when we stop loving, we stop growing."

Mother Theresa used to give out what she called her “business card”. On it were the words:

- The fruit of silence is prayer
- The fruit of prayer is faith
- The fruit of faith is love
- The fruit of love is service
- The fruit of service is peace

Margaret Petherbridge
APRE

**QCS**

**Year 12 Countdown to QCS**

There are only 5 weeks to go before the Year 12 students will be sitting the QCS tests. They have been working very hard during LEAP to extend their numeracy and literacy skills and to practice the different types of test formats.

During Term 3 all students who intend to sit the QCS are also expected to engage with the Thursday afternoon practice sessions. This replaces the usual interschool sport that students have previously participated in. It is vitally important that all students are present on these occasions. Please do not allow your son or daughter to make alternative arrangements for Thursday. If they miss vital information there will be no other time to catch up and they will be damaging their chances for the best possible result.

If you have any questions about the QCS test and how it is used to calculate the OP please contact Mrs Mensah at the College.

Mrs Mensah
Learning Enhancement and Data Analysis Co-ordinator (Acting 2016)
So who are the SCIENCE STARS for the start of Term 3?

<table>
<thead>
<tr>
<th>NAME</th>
<th>CLASS</th>
<th>REASON</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thomas Marion</td>
<td>7.1</td>
<td>Working well in class and demonstrating an excellent work ethic.</td>
</tr>
<tr>
<td>Ella Temperton</td>
<td>7.2</td>
<td>Excellent effort and attitude in class work.</td>
</tr>
<tr>
<td>Caitlin Anderson</td>
<td>7.4</td>
<td>Caught up on missed work – very diligent effort.</td>
</tr>
<tr>
<td>Tayah Cooper</td>
<td>8.1</td>
<td>Excellent organisation and effort during EEI.</td>
</tr>
<tr>
<td>Kai Latter</td>
<td>8.2</td>
<td>Excellent organisation and effort during EEI.</td>
</tr>
<tr>
<td>Claire Muir-Smith</td>
<td>8.4</td>
<td>Constantly achieving high results in all assessment tasks.</td>
</tr>
<tr>
<td>Lachlan Hughes</td>
<td>8.5</td>
<td>Works consistently in class. Outstanding attitude and good manners.</td>
</tr>
<tr>
<td>Joseph Lancaster</td>
<td>9.1</td>
<td>Always showing outstanding effort and application to improve his results.</td>
</tr>
<tr>
<td>Jai Davidson</td>
<td>9.2</td>
<td>Constantly participating well in class.</td>
</tr>
<tr>
<td>Nathan Richards</td>
<td>9.4</td>
<td>Good class participation.</td>
</tr>
<tr>
<td>Oliviah Dickenson</td>
<td>9.5</td>
<td>Taking responsibility for her own learning. Asking questions in class.</td>
</tr>
<tr>
<td>Mitchell Roberts</td>
<td>10.1</td>
<td>Constantly worked well in all lessons to achieve good results.</td>
</tr>
<tr>
<td>Connor Harrison</td>
<td>10.4</td>
<td>Always putting 100% effort to achieving his best.</td>
</tr>
<tr>
<td>Robert Deguara</td>
<td>10.5</td>
<td>For being interested in class discussions and contributing good questions and answers.</td>
</tr>
<tr>
<td>Elijah Lorenzo</td>
<td>10.6</td>
<td>Worked hard for good results in Physics unit.</td>
</tr>
<tr>
<td>Harry Solano</td>
<td>11 Chemistry</td>
<td>For a consistent and diligent effort in Semester 1.</td>
</tr>
<tr>
<td>Matthew Ruygrok</td>
<td>11.2</td>
<td>Consistent application in class.</td>
</tr>
<tr>
<td>Clay Dingwall</td>
<td>12.2 Biology</td>
<td>Working consistently in class with a positive attitude.</td>
</tr>
<tr>
<td>Alanna Paton</td>
<td>12.3 Biology</td>
<td>Demonstrated resilience and working consistently.</td>
</tr>
<tr>
<td>Jake Herrmann</td>
<td>12 Physics</td>
<td>Always putting 100% effort into achieving his best.</td>
</tr>
</tbody>
</table>

Well done to all these students and those who are working at their best. Look out for more science stars later this term!

Julie Miles
Science Faculty Leader

Message from the COLLEGE COUNSELLOR

Parenting Today’s Teenager
Communication is the Key:
Keeping open lines of communication will help you stay connected with your teenager. Choose the right moment to communicate with your teenager remembering that it is best to resolve problems cooperatively with cool heads. Be conscious of your tone of voice, facial expressions, demeanour and body language. Don’t accuse, insult or talk down to your teenager. When in conversation give them your full attention, speak only 1 or 2 sentences at a time and listen with interest and affection. Ask questions, give your teenager feedback on what you have heard and praise your teenager for their thoughts and ability to explain things. Maintain a sense of humour and hope. Laugh with but not at your teenager and remain hopeful that like many parents before you have survived parenting through the teenage years and have gone on to have a positive mature relationship with their teenager as an adult.

The 5 Golden Rules of Talking to Adolescents:
• GIVE FULL ATTENTION - make eye contact and focus on their content and be playful.
• SOUND INTERESTED - tone must match content.
• ASK LOTS OF QUESTIONS - signals interest and engagement.
• FEEDBACK - reflect back in a paraphrase what you have heard.
• PRAISE - their ability to explain things.

Please do not hesitate to contact the College Counsellors if we can assist in ensuring the wellbeing of your teenager. Email: counsellor@stmichaels.qld.edu.au or phone 0434 425 776.

With best wishes
Jeff
Dr. J. Kemp J.P.(Qual), Churchill Fellow
College Counsellor
KOKODA CHALLENGE

Once again this year St Michael’s has been well represented in the Kokoda Challenge, fielding 2 teams in the 48km walk and 2 teams in the 96km walk. With students pushing their physical, mental and emotional limits, all in the name of the Kokoda spirit and raising much needed funding for the Kokoda Youth Foundation. All the participants should be very proud of their achievements. They represented our College Community with a great deal of courage, dedication and determination. Two of the participants have written a reflection on their experience in the event to give you an idea of what they went through.

Student Reflection, Matthew Bowen, 48km Kokoda Challenge

“My name is Matthew Bowen and I am one of the sixteen students who had the pleasure of participating in the Kokoda challenge in 2016. It is with great pride that I am reflecting on all aspects of the Kokoda challenge as it is such a wonderful and life changing event. The challenge fundraises money for teenagers who are a part of the Kokoda youth program to venture through the actual Kokoda track in Papua New Guinea, making some not so enjoyable lives, more enjoyable. Fundraising for the event made everyone feel extremely good about themselves as we knew it was for a good cause.

Team members have to display a great amount of courage throughout the course of the event as they are constantly challenged by the obstacles faced. Their courage is put to the test as they are required to push themselves to the limit. Endurance is another essential element required as both the 48km and 96km tracks involve a huge amount of physical and mental demand. Everyone participating must be ready to endure some extreme pain as it doesn’t matter which track you complete, there is always a struggle which feels awesome to overcome. Mateship is one of the most important aspects of the challenge as without it, the majority of people would not finish either tracks. From my own personal experience, team spirit is what got us all across the finish line. Things like a helping hand, sharing stories and encouraging words pushed us through for the 11 hours we trekked until reaching the finishing time.

Sacrifice is another huge component of this amazing event as sacrifices had to be made in preparation of the event. Mrs Laffranchi, my team leader, along with all the other team leaders competing in the event went out of their way to make sure their group was ready to compete in the event. This included the scheduling and completion of regular training sessions. The participant’s families also had to be on board as support crew members to meet everyone at the checkpoints during the event, supplying them with encouragement, food, drinks and for most people, a lot of injury attention. Everything linked to this event is all because of the sacrifice made by Australian diggers who held off a Japanese invasion in Papua New Guinea during the campaign of World War II. These men stopped Australia from being directly invaded, and left many unforgettable legacies and in the completion of this challenge, it causes people to realise how lucky they are to be offered the opportunity to participate in this event.”

Overall, the challenge was extremely beneficial to all participants as it helps us to build relationships with each other that will last forever. Although the extremely muddy track and vertical hills were tough to overcome, they are what lead to us having some great laughs and unforgettable experiences. I recommend anyone to get a group together and participate in this amazing event as the knowledge gained from it is beneficial to you in so many ways. I now live with a great sense of personal accomplishment and to have my best mates standing by me when achieving this was out of this world.

Student Reflection, William Leese, 96km Kokoda Challenge

“The Kokoda Challenge lives up to its motto of courage, endurance, mateship and sacrifice. Throughout my 2016 Kokoda experience I experienced each of these in the 96km event as part of the ‘great’ Mr May’s Men. Ever since we began training for the event back in early March, we always had a goal to finish under 24 hours. This goal was perhaps the reason we kept on going throughout the cold, wet and gusty early hours of the morning. As the hours and kilometres tallied up, so did the toll on our bodies. It truly isn’t an event you can complete solo, it is an event that you must finish with a group of mates who will encourage you when no one else will, a support crew who will stand by your side till the early hours of the morning and a team leader (hopefully as good as Mr May) who will give you the courage to keep moving when your own body simply won’t. We finished the event under the 24 hour target and in doing so achieved something we will never forget and as a team made memories that will last an entire lifetime.”
Message from the SPORTS FACULTY

QLD All Schools Oz Tag Championships
This weekend the College will be represented by an Open Boys team in the inaugural QLD All Schools OZ Tag Championships which are held at Kawana. The boys have been training leading up to the event since May and are hoping for a successful tournament. A big thank you to Andrew Pye who has been coaching the boys. Below is a picture of the majority of the team after receiving their team uniforms last Friday. The team consists of: Jack Taffs, Lachlan Jennings, Corey Pye, Jack Molloy, Nick Norton, Lachlan Evert, Andre Mateariki, Kyle Wilson, Daniel Ross, Braxton Tahi, Mitchell Busby, Mark Hohns, Joe Pank, Liam Neville, Quinn Monaghan and Richie Holland.

QLD School Sport Championships
This week the College will be represented by three students at the QLD School Sport Touch Championships. All the very best to Luke Cashman (Year 8), Keyshia Matenga (Year 9) and Nikiah Campbell (Year 9).

Bill Turner Cup Team
Good luck to the Bill Turner Cup team who will contest their QLD Quarter Final this Thursday at 3:30pm. The match will be at Sid Bigg Oval, Mudgeeraba Football Club. Good luck boys!

National School Sport AFL
All the best to Melita Watts (year 10) who this week competes in the National School Sport 16 years girls championships, as a member of the Queensland team. The girls are playing the tournament on the Sunshine Coast.

District Athletics Trials
Students who have been selected in the St Michaels College District Track & Field team should have received all relevant paperwork. The trials take place next Tuesday 2nd August and Wednesday 3rd August at Griffith University: Gold Coast Athletics Facility. Any students who wish to be nominated for “Other” events such as Hammer, Steeple, Hurdles, Pole Vault or 3km-5km events must see Mrs Alexander by this Wednesday.

Association of Gold Coast Colleges
The AGCC Inter-School Sport competition for semester two started last Thursday. I would like to make a special mention of our Year 7 Girls White Soccer team who during their game which they won, took the time throughout the match to help the opposition and give them some game advice. Well done girls.

AGCC Player Code of Conduct
- Play by the rules of the game.
- Play for fun.
- Never argue with the official or your teacher. If you disagree with an official’s decision, have your captain approach the official during the break.
- Control your temper. Any abuse towards another student, teacher or official is unacceptable. You may be sent from the playing field.
- Work equally hard for yourself and your team. Your team’s performance will benefit!
- Be a good sport! Cheer & acknowledge good play by both teams.
- Treat all players as you would like to be treated. Do not enter into bullying tactics or arguments. You may be removed from the field.
- Cooperate with your teacher, coach, teammates, officials and opponents to make sport an enjoyable experience for all!

Equipment for Thursday Sport:
- Football & Futsal (shin pads and long socks are compulsory).
- Rugby League (mouthguards are compulsory).
- Oz Tag (no pockets in socks, otherwise you will need to tape them).

Tara Alexander
Sports Program Leader
Message from the HPE FACULTY

What’s going on?
Year 7 HPE students will learn about nutrition (theory) conduct a beep test and take part in team challenges and team sports.
Year 8 HPE students will explore the dangers of drugs (theory), conduct fitness tests and participate in bat and ball sports.
Year 9 HPE students will unpack the principles of training (theory), conduct fitness tests and engage in team sports.
Year 10 HPE students will study energy systems (theory) and perform in team sports.

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
When walking, it is natural to make your strides longer when you walk faster, but the proper technique when walking at a faster pace is to do so without increasing your stride length.

Clinton Daddy
HPE Faculty Leader

GIRL’S AFL CARNIVAL

On Friday July 15, 27 young ladies from St Michael’s ventured up to sunny Ormeau for the AFL Queensland Gold Coast Youth’s 9-a-side competition for Girls.

We were fortunate enough to have 2 teams representing our school across 2 divisions, each division being made up of 10 teams. The Senior division was for year 10-12’s and the Junior division for years 7-9’s. Our Junior team consisted of all year 7’s except for Kiara Daddy from Year 9 whose booming right foot was much appreciated.

Both teams did a great job winning 2 out of their 5 games. The Seniors were very unlucky to miss out on a place in the Grand Final losing 2 of their games by under a goal.

Overall the girls had a fantastic experience with some bumps and bruises mixed in with plenty of smiles and stories.

In the Seniors, Melita Watts, Victoria Bachelard and Emily Spackman played well throughout the carnival. While in the Juniors Kiara Daddy, Chloe Heikkinen, Asta Combridge and Mia Gillings tried hard all day.

A big thank you goes to Mrs Mullaly for her assistance, coaching and impeccable scoring. We were both proud of the effort the girls put in and the way they conducted themselves on and off the field, they are a credit to our school.

Mr Andrew Colbey
TUCKSHOP ROSTER

<table>
<thead>
<tr>
<th>Monday July 25</th>
<th>Tuesday July 26</th>
<th>Wednesday July 27</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vicki Boevink</td>
<td>Donna Clarke</td>
<td>Kim Hunter-Smith</td>
</tr>
<tr>
<td>Jackie Hicks</td>
<td>Tracey Zimmerman</td>
<td>Dorothy Brazil</td>
</tr>
<tr>
<td>Kim Lewis</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Thursday July 28</th>
<th>Friday July 29</th>
<th>Monday August 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jenny Harding</td>
<td>Susan Bright</td>
<td>Selena Duff</td>
</tr>
<tr>
<td>Selena Duff</td>
<td>Deb Thompson</td>
<td></td>
</tr>
</tbody>
</table>
Message from STUDENT SERVICES

2017 DIRECT ENTRY APPLICATION - TAFE QUEENSLAND

The Direct Entry Application has arrived! All Year 12 students who are interested in securing an early place in a TAFE Diploma program, commencing Semester 1, 2017 are strongly encouraged to apply. To secure an early placement into any Diploma program students will need to apply online at www.studentrego.com (CODE-TAFE6).

Applications open online on 29 July 2016 and will close on 9 September 2016. Students are also encouraged to apply for a TAFE Queensland Scholarship. For more information or to apply for a Scholarship please visit http://www.scholarships.tafeqld.edu.au/.

APPLICATIONS FOR THE AUSTRALIAN DEFENCE FORCE GAP YEAR 2017 ARE NOW OPEN

A Gap Year in the Australian Defence Force is a great way to get a feel for an exciting career in the Navy, Army or Air Force, while gaining life skills, making new friends and developing leadership qualities you can take anywhere. Choose from a number of Gap Year roles.

Applications are only open for a limited time, until numbers have been filled, so don't miss out! Applicants must have completed Year 12 and be aged between 18 & 24 years old as of 1 April 2017 (Navy), 31 May 2017 (Army) or 7 April 2017 (Air Force).

For more information, contact the ADF at Robina on 5569 3900 or visit http://www.defencejobs.gov.au/education/gap-year

MEDEENTRY UMAT PREPARATION

Students interested in pursuing medicine and other health courses need to sit the UMAT on 27 July 2016. MedEntry is a government accredited Registered Training Organisations specialising in UMAT preparation. MedEntry offers discounts of 30% for groups, and numerous scholarships. For more information, please visit www.MedEntry.edu.au

Please note that Griffith University and Bond University no longer require students to sit the UMAT test.

REMINDER: UQ YOUNG SCHOLARS PROGRAM

Applications close Friday 12 August, 4:00pm

The University of Queensland is offering Year 11 students an exciting opportunity to participate in the Young Scholars Program (YSP). During their participation in the Program, UQ Young Scholars are challenged to think critically about today’s major global issues and are exposed to a wide range of potential study areas and career opportunities. They will engage in discussions and collaborative forums in group settings and enjoy a range of complementary social, sporting and cultural activities.

To review the program and information on applying please visit https://young-scholars.uq.edu.au/.

BRISBANE/QUEENSLAND OPEN DAYS - JULY 2016

Queensland University of Technology (QUT) Open Day is being held at Gardens Point Campus (City) on Sunday 31 July 2016 from 9am–3pm. Open Day is a great way to see QUT for yourself and find the answers to all your questions about courses, careers and uni life.

University of the Sunshine Coast (USC) Open Day is fast approaching and the information sessions are now open for registrations. Students and parents can get a taste of the programs available at USC and have their questions answered with free information sessions from the study area of their choice. Visit usc.edu.au for further details and course options.

University of Queensland (UQ) Open Day is being held on Sunday, 7 August at the St Lucia Campus from 9am-3pm, following with the Gatton Campus hosting an Open Day on Sunday, 21 August from 9.30am-3pm.

University of Southern Queensland (USQ) are holding three Open Days at various campus’ throughout Queensland. The Toowoomba campus will be Open for interested students on Sunday 7 August from 10am – 2pm. The following week the Ipswich campus will be Open between 10am – 1pm, and the Springfield Campus will be hosting an Open Day between 10am-2pm on Sunday 21 August. Visit usq.edu.au for more information.

Central Queensland University (CQU) is hosting an Open Day at the Brisbane Campus on Thursday 11 August from 3pm-6pm. Visit www.cqu.edu.au for more information.

Southern Cross University (SCU) invites students in Year 11 and 12 to attend the annual SCU Careers in Health Day on Tuesday 23 August 2016, from 9.45am – 2pm. Students will join SCU academic staff and students in eight different interactive laboratory workshops to explore study options and careers in Clinical Sciences, Midwifery, Nursing, Occupational Therapy, Pedorthics, Speech Pathology and Sport and Exercise Science. Registration is essential, please see Mr Esdale/Mrs David in Student Services for further information.

Southern Cross University (SCU) is opening the campus on Thursday, 25 August to any year 11 or 12 students who are interested in finding out more about careers in media, music, visual arts and creative writing. Students are invited to participate in four interactive workshops, join academic staff and current students to explore career and study options. Students interested in attending this free event should see Mr Esdale/Mrs David in Student Services.
SAVE THE DATE – Southern Cross University Gold Coast Campus (SCU) is hosting a parent information evening at 5pm on Thursday, 1 September, and invites all parents of Year 12 students to an insightful evening on the transition from high school to university. Guest speakers will cover information on the application and enrolment process, careers, student support, costs, scholarships and more. For registration and further details please contact Lucinda Crews, 07 5589 3015 or lucinda.crews@scu.edu.au

BOND UNIVERSITY

Bond University’s Scholarship Program is now accepting applications from any Year 12 Student who excel in their academic, community or sporting pursuits. Visit [http://www.bond.edu.au/scholarships](http://www.bond.edu.au/scholarships) to find out more about the scholarships available.

Bond University’s Student for a Semester Program is open now, and will close Friday, August 5. This program is the perfect chance for any ambitious year 11 or 12 students to gain an authentic and memorable university experience, as you study a Bond subject, meet current students, and get involved with university life. For an application form visit [www.bond.edu.au/student-for-a-semester](http://www.bond.edu.au/student-for-a-semester) or for more information please email Charlotte at sfs@bond.edu.au.

ASHMORE TAFE - TRADE TRAINING CENTRE

TAFE Gold Coast will open its doors at the Ashmore Trade Training Centre on Friday 5 August 2016. The open day will be held between 9.00am – 2.30pm, allowing you to see the facilities, and explore the trades and courses they have to offer. For more information on these courses please visit [www.tafegoldcoast.edu.au](http://www.tafegoldcoast.edu.au). Please RSVP by Wednesday 27 July.

TAFE GOLD COAST – MID YEAR INTAKE

TAFE Queensland Gold Coast is accepting Expressions of Interest for mid-year entry into various Schools Programs across a diverse range of study areas. This program allows you to fast track your career by completing a Certificate qualification and gaining points towards your QCE.

ACCREDITED SHORT COURSES

Gold Coast Institute of Technology are offering discounted hospitality short courses. The courses are listed below:

**Accredited Barista** – Wednesday 29 July 2016, 8am-5pm, $170 save $65

ROUTE 1 – UNITING SPORT WITH OPPORTUNITY

Are you a high school athlete interested in a prestigious sports scholarship to an American University? Route 1 Consultancy provide a service that can support you every step of the way, valuing both your academic and sporting career. Route 1 assess the level of the talent of each candidate and how that translates into the American University System. For a free consultation with no obligation visit [www.route1consultancy.com](http://www.route1consultancy.com)

2016 AVIATION CAREERS EXPO

The 2016 Aviation Careers Expo is back for its 16th year, offering aspiring aviation professionals the chance to get one step closer to their dream career in the sky. The expo is being held at Brisbane Airport on Saturday 20 August 2016 from 10am until 4pm. The event is free to attend however you must register to obtain a ticket for entry at [www.eventbrite.com.au](http://www.eventbrite.com.au) searching for ‘2016 Aviation Careers’. There are also cabin crew information sessions being held on Wednesday 20 July and 24 August from 6.30pm – 8.30pm. This is also free entry and you will need to register to receive a ticket, searching for ‘Brisbane Cabin Crew Careers Session’.

PRESTIGE SERVICE TRAINING SCHOOL BASED TRAINEESHIPS

**Cert III Hospitality:**
- The Coffee Club, Springwood
- The Press Café, Coomera Waters
- Zarraffa’s Coffee, Hope Island, Runaway Bay
- Crema Espresso, Q1 Building Surfers Paradise, Springfield Lakes
- Gloria Jeans, Varsity Lakes
- Burleigh Sports Club, Burleigh
- Presto’s Training Café, Coomera
- Little Elm Café, Ormeau
- Koffee Shack, Burleigh Heads
- Devon Pixies Teahouse, Logan Village
- Hoppy’s Handwash Café, Southport
- Good Bean Café, Southport
- Hudson’s Café, John Flynn Hospital - Tugun
- Currumbin Wildlife Sanctuary
- Royal Pines Resort, Benowa
- Coolibah Downs Private Estate, Mt Nathan
- Coomera Roadhouse Café, Coomera
- Willow Vale Gourmet Co, Coomera
- Mad About Life Risk Advice, Clear Island Waters
- Gold Coast Junior Rugby League Club, Mudgeeraba
- Turtle Beach Resort, Mermaid Beach

**Cert III Business Retail:**
- Boost Juice, Springfield
- Lenards Chicken, Logan Hyperdome
- Flagstone Pet & Produce, Flagstone
- Goldmark, Helensvale
- Pizza Capers, Ashmore
- Lucky Dragon Newsagency, Australia Fair, Southport
- Angus & Coote, Robina

**Cert III Business Tourism:**
- Currumbin Wildlife Sanctuary

**Cert III ICT:**
- Leading Edge IT Company, Arundel

BUSY AT WORK SCHOOL BASED TRAINEESHIPS

**Cert III Hospitality:**
- Gloria Jean’s Coffee, Surfers Paradise
- Hoppy’s Handwash Café, Southport
- Coomera Roadhouse Café, Coomera
- Currumbin Wildlife Sanctuary

**Cert III Business:**
- Ellison Properties, Loganholme
- Real Estate by Kylie, Burleigh Heads
- Access Air Conditioning, Carrara
- Strata Jem, Southport
- Hudson’s Café, John Flynn Hospital - Tugun
- Currumbin Wildlife Sanctuary
- Currumbin Wildlife Sanctuary
The Coolabah Tree Café, Stapylton
Good Bean Café, Southport
Don Miguel’s, Southport
Hoppy’s Handwash Café, Mermaid Beach & Southport

Cert III Business Administration:
Layter & Lach Accounting, Bundall

Cert III Business Retail:
Lucky Dragon Newsagency, Australia Fair
Wild Cards and Gifts, Pacific Fair

Cert III Business:
News Agency, West Helensvale

Cert III Retail Operations:
Noodle Box, Arundal, Pacific Pines, Southport, Biggera Waters, Benowa, Coolangatta, Arundal, Pacific Pines
Burgered, Arundal, Pacific Pines

Cert II Warehousing Operations:
Reece Plumbing, Nerang

IGNITE EDUCATION HOSPITALITY SCHOOL BASED TRAINEESHIPS

Cert III Hospitality:
Crema Espresso, Pacific Fair
Bumbles Café, Budds Beach
Blackboard Café, Varsity
BSKT, Mermaid
Koffee Shack, Burleigh Heads
Crema Espresso, Robina Town Centre, The Pines, Broadbeach
Latitude 28, Surfers Paradise
Surfers Beach Café, Surfers Paradise
Zarraffas, Tugan, Helensvale
Crust Pizza, Surfers Paradise
Alleygators Rugby, Currumbin

Cert III Business:
Account For It, Palm Beach

AUSTRALIAN RETAIL COLLEGE TRAINEESHIPS

Cert III Business:
Zarraffa’s, Burleigh
Pizza Hut, Helensvale
Baskin Robins, Mermaid Beach
Subway, Robina

REDMAKO SCHOOL BASED TRAINEESHIPS

Cert III Hospitality:
Michels Patisserie, Pacific Fair, Southport
Royal Thai Hut, Pacific Pines
Nandos, Mermaid Waters
Two Seasons Café, Broadbeach
Uncles Takeaways, Worongary
Dominos Pizza, Helensvale
Sunshine Grills, Nerang
Paris Café Fashion, Southport
Muffin Break, Australia Fair

Cert III Commercial Cookery:
Toscanis Café Bar and Restaurant, Robina
Royal Thai Hut, Pacific Pines

AUSTRALIAN RETAIL COLLEGE TRAINEESHIPS

Cert III Business:
Zarraffa’s, Burleigh
Pizza Hut, Helensvale
Baskin Robins, Mermaid Beach
Subway, Robina

AURORA SCHOOL BASED TRAINEESHIPS

Cert III Commercial Cookery:
Finders Keepers Bar, Burleigh Heads

Cert III Hospitality:
The Effect of Work and Family Conflict on Quality of Life of Parents and Children

What is this Information Sheet about?
This information sheet outlines information about a research project you are invited to take part in. The purpose of this statement is to explain all the steps, procedures and aspects related to this project. We hope this information helps and informs you in deciding whether or not you would like to take part in this research. Please read this information carefully. If you have any questions regarding this project, please feel free to contact any of the researchers associated with this project. When you understand the aims and procedures and have decided to take part in this study you will be asked to indicate consent for yourself to take part in this study.

What is the Research Project about?
The aim of this research is to investigate how work-family conflict affects your own Quality of Life (QoL) and that of your child. Balancing and meeting the demands of work and family roles can be a challenge for any parent. We are especially interested in how these challenges are faced by, and affect families with a child who have a chronic illness (e.g., diabetes, asthma & eczema) and if any differences exist between these parents and those of children without a chronic illness. The findings of this project will contribute and add to the little information present in this area, and may help determine if parenting interventions may help improve quality of life.

Who are the researchers?
This unfunded project is coordinated by Antonia Kish, who is a PhD Candidate. Associate Professor Peter Newcombe is a developmental psychologist with research interests in quality of life issues (e.g., physical, social, psychological well-being) in children with chronic conditions and child development. Dr Divna Haslam is a research fellow within the Parenting and Family Support Centre at UQ, whose research focuses on issues relating to the work-family interface and reducing stress and conflict in employed parents. She is the author of the Workplace Triple P Program, a parenting intervention aiming to reduce work-family conflict in working parents.

Why are you being asked to be in this research project?
You are invited to participate in this study because you are a parent working at least 2 days per week and are caring for a child aged between 5-12 years of age. Parents with a child with a chronic health condition (Type 1 diabetes, asthma or eczema) and parents of a child with no health concerns are invited to participate.

What are the alternatives to participating in this project?
There is no obligation to participate in this project. Your participation in this study is completely voluntary and you are free to withdraw from this study at any time without prejudice or penalty. If you wish to withdraw, simply stop completing the online questionnaire. Withdrawing from the study will not impact you in any way. If you do withdraw from the study, the materials that you have completed to that point will be deleted and will not be included in the study.

What do I need to do to participate in this research?
Once you have agreed to participate in this study, and have provided consent; you will be asked to complete a questionnaire. The instructions for how to go about completing it are outlined throughout the questionnaire itself. You can access this questionnaire online using the QR code or website link provided on the study advertisement. Paper copies of the questionnaire are available, in some circumstances. If this is the option you prefer, we ask the you contact me, Antonia Kish at the contact details below for further information. Your participation in this study will take approximately 20-30 minutes.

Is there likely to be a benefit to either myself or my child?
Though participation in this study is of no benefit to you or your child at present; it is hoped that you may benefit from reflecting on your current situation, while also helping us develop the basis of knowledge to know where future
interventions can be applied with parents who work and care for a chronically ill child in order to positively impact wellbeing.

**What are the possible risks and/or side effects of taking part in the research?**
Participation in this study should involve no physical or mental discomfort, and no risks beyond those of everyday living. If, however, you should find any question to be invasive or offensive, you are free to omit answering those items.

**Will I be reimbursed or compensated in any way for taking part in the research?**
You will have the option, at the conclusion of the questionnaire, to enter a draw to win 1 of 2 iPad Minis or a Coles & Myer Gift Card worth either $20 or $50.

**What are the possible discomforts and/or inconveniences for me?**
There are no elements of the current study that will cause any discomfort or inconvenience to you other than the time taken to complete the questionnaire.

**What will be done to make sure the information is confidential?**
All data collected in this study will be stored confidentially on a password-protected computer only accessible by the research team. Only members of the research team will have access to identified data. All data will be coded in a de-identified manner and subsequently analysed and reported in such a way that responses will not be able to be linked to any individual. The data you provide will only be used for the specific research purposes of this study.

**Will I be informed of the results when the research project is finished?**
If you wish to be kept informed about the outcomes of this study, we will be happy to send you a summary of the study’s results. Please provide us with your e-mail address at the conclusion of the questionnaire.

**Ethics Clearance**
This study adheres to the Guidelines of the ethical review process of The University of Queensland and the National Statement on Ethical Conduct in Human Research. Whilst you are free to discuss your participation in this study with project staff (as detailed below), if you would like to speak to an officer of the University not involved in the study, you may contact the Ethics Coordinator on 3365 3924.

Thank you for your participation in this study.

Sincerely,

Antonia Kish  
PhD Candidate,  
School of Psychology  
The University of Queensland  
Brisbane, QLD, 4072  
AUSTRALIA  
MOB:0402169932  
E-mail: antonia.kish@uqconnet.edu.au
CONSENT FORM

The Effect of Work and Family Conflict on Quality of Life of Parents and Children

Investigator: Antonia Kish, PhD Candidate
Supervisors: Assoc. Prof. Peter Newcombe; Dr. Divna Haslam

I have read the information sheet about the research and consent to participate in the study on the understanding:

☐ The general purpose, methods and demands of the study; specifically that I will be asked to complete a short questionnaire
☐ My participation in this study is voluntary and I am free to withdraw from the study or refuse to take part at any time without penalty, and that
☐ Taking part in this study does not involve any risks or discomfort
☐ That information I provide will be used for data in this research study only
☐ All information that I provide will be kept confidential. Confidentiality will only be breached when a person is deemed at risk for harm in order to ensure safety.
☐ That if information about this project is published or presented in any public form, I understand that the researcher will not reveal my identity
☐ I can, if I wish, go into the draw to win 1 of 2 iPad Minis or a Coles & Myer Gift Cards worth $20 or $50 by providing my email details at the conclusion of the questionnaire
☐ This project follows the guidelines of the National Statement on Ethical Conduct in Human Research (2007)

By checking the above boxes, I indicate my willingness to voluntarily take part in the study.
Effect of Work and Family Conflict on Quality of Life of Parents and Children

Would you like to be kept informed about the outcomes of this study?

☐ Yes, I would like to receive a summary of the study's results.

Please provide us with a current e-mail address, so can forward you a summary of the results:

My email: _________________________________________________

☐ No, I would not like to receive a summary of the study's results.

Would you like to go into the draw to win a Coles/Myer Gift Card and 1 of 2 iPad Minis?

☐ Yes, I would like to go into the draw to win a Coles/Myer Gift Card.

☐ Yes, I would like to go into the draw to win 1 of 2 iPad Minis.

Please provide us with a current e-mail address, so can get in contact with you, should you be the lucky winner (if same, write AS ABOVE)

My email: _________________________________________________

☐ No, I would not like to go into any of the prize draws.

We would appreciate it, if you should know of anyone suitable to complete this survey, to pass on the information regarding the study and how to access this questionnaire. Please know that if, in the process of completing this questionnaire you have any medical concerns or experience any psychological distress, you are encouraged to contact your personal General Practitioner or local medical service, after hours GP Helpline – such as HealthDirect on 1800 022 222 or Lifeline on 13 11 14 for any support or assistance that you may require.

Thank you for taking the time to complete this survey and for being interested in our research.