**Newsletter Date: 17 March 2016**

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EMAIL MESSAGE

**Thought for the Week**

Determination, with an optimistic attitude, is the key factor for success.  *Dalai Lama*

**Readings for the Weekend Fifth Sunday of Lent**

To enter yet

|  |  |
| --- | --- |
| John\_Lyons.jpg | From the Principal  |

G’day All!

# Lifting the Spirit Series

For the Principal’s article we are trying to ensure that it is incorporated in the newsletter and not submitted as a pdf to you to show ‘in full’ on the page. Headings here need to stand out and be aligned as shown if this is at all possible?

### ‘How Your Mind works!’

## Have you Met ‘Mr(s) Triumph’\* &

## ‘Mr(s) Defeat’\*?

Our mind is a Thought Factory! Our mind is a very busy factory, producing countless thoughts each day (estimated at around 60 thousand+ per day).

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| --- | --- |
| Production in our Thought Factory is under the charge of two Managers, one of whom we’ll call ‘Mr(s) Triumph’ and the other ‘Mr(s) Defeat’ | Manager sign.jpg |

|  |  |
| --- | --- |
| Diploma.jpg | Mr Triumph\* is in charge of manufacturing positive Thoughts. He\* specialises in producing reasons *why we can*, *why we’re capable* and *why we will*! |

The other manager, Mr Defeat\*, produces negative, put down Thoughts.

He\* is our expert in developing reasons *why we can’t*, *why we’re weak* and *why we are inadequate*!

His particular speciality is the *‘why-I-will fail’* chain of Thoughts.

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| Both Mr Triumph and Mr Defeat are intensely obedient. They snap to attention immediately. All you need do to signal to either manager is to give the slightest beck-and-call. | Tree Branch.jpg |

If the signal you give is positive, Mr Triumph will step forward and go to work. Likewise, a negative signal brings Mr Defeat forward.

|  |  |
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| The End is Here.jpg | To experience how these two managers work on your behalf, try an experiment:Tell yourself, *“Today will be a lousy day”*. This will signal Mr Defeat into action and he’ll happily manufacture some facts to prove you are right. For example, he’ll suggest to you that *it’s too hot* or *it’s too cold*, or *that things are sure to to go badly for you today*, or that *I think you may get sick* or that *your friend/ husband/ wife will be hard to get on with today*. |

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| Mr Defeat is tremendously efficient. In just a few moments he’ll have you convinced. It is a bad day! And before you know it, it will be a heck of a bad day!But tell yourself, *“Today will be a good day”*, and Mr Triumph will be signalled to come forward and get into action on your behalf. He’ll tell you things like *this is a wonderful day*; *it’s good to be alive*; *today will be a great opportunity to get … achieved or finished*! And then it turns out to be a heck of a good day! | Sunny Face.jpg |

Now the more work you give either of these managers the stronger and more skilled each becomes.

If Mr Defeat is given more work to do, he adds more negative ideas and takes up more space in your mind. Eventually, he will take over your entire thought-manufacturing division, and virtually all thought will be of a negative nature.

The only wise thing to do is to fire Mr Defeat.

You don’t need him.

You don’t want him around telling you that *“you can’t”*, that *“you’re not up to it”*, that *“you’ll fail”*, and so on.

Mr Defeat won’t help you get where you want to go, so boot him out.

|  |  |
| --- | --- |
| Seek to use Mr Triumph 100 percent of the time. When any thought enters your mind, ask Mr Triumph to go to work for you. He’ll show you how you can succeed! | Cave Man.jpg |

After all, your mind is a Thought Factory.

Step One: Believe in yourself.

Step Two: Believe you can succeed.

Belief, strong belief, triggers the mind to figuring ways and means and the ‘how-to’!

“Whether you think you can, or you think you can’t – you are right!” (Henry Ford)

Best Wishes,

john\_lyons signature.jpg

John Lyons – Principal

(\*Footnote: As robust as it is, the English language has not been able to keep up with our expanding consciousness and so gets itself into all sorts of awkward positions when it comes to gender. With advance apologies to the ladies, therefore, this anecdote uses the male form ‘Mr’!)

SPIRITUAL

# Reflection

Lesley Fraser.jpg

Today marks the feast of Saint Patrick. Some facts about Saint Patrick include:

|  |  |  |
| --- | --- | --- |
| St Patrick.jpg | **Name:****Birth:****Major Life Events:****Died:** | Maewyn Succatcirca 387, ScotlandKidnapped Sold into slavery in IrelandRecalled his father’s faithPrayedEscaped slaveryStudied for priesthoodOrdained a priestOrdained Bishop PatriciusConverted Irelandcirca 461, County Down(Downpatrick) |

Patrick was a bishop who taught the Irish people to love Christ. Ever since, the Irish have spread the gospel throughout the world. Patrick was a humble, pious, gentle man, whose love and total devotion to and trust in God should be a shining example to each of us. He feared nothing, not even death, so complete was his trust in God, and of the importance of his mission.

Let us pray that we too may be missionaries:

Eternal God,

As you sent Saint Patrick to teach the Gospel

To the people of Ireland,

So may we bring peace and joy to others.

Through Christ our Lord. Amen

(The prayer is from Liturgy Brisbane, 2015, p.39)

Lesley Fraser – Assistant Principal (Mission)

# Mission Matters

#### Thank You

Thank you to David Mather Tiling (David and Bridget Mather) for sponsoring our students at the Zonta International Women’s Day Bruncheon on Sunday 6 March.

Lesley Fraser – Assistant Principal (Mission)

PASTORAL

# Uniform – Term Two

Now that the end of Term 1 is upon us, I would like to take this opportunity to encourage all parents and students to ensure that uniforms are prepared for the beginning of Term 2.

All boys are required to wear ties during Term 2 and Term 3 as part of the College’s winter uniform. As boys will be wearing ties, and will be required to have their buttons done up, I ask all parents to ensure that their son has a shirt with a neck size large enough for the top button to be used. College ties can be purchased from the College Office for $27 and our uniform suppliers.

Girls may wear stockings during Term 2 and Term 3. Girls may also wear stockings for official College functions.

We have a smart looking uniform that, worn correctly, reflects well upon both the bearer and the College.

Mark Green – Assistant Principal (Welfare)

# Year 7 News

Please note this article is from our Principal. Trying not to put it in as a pdf (to show in full), so need to try and ensure creative formatting used to get the message across.

Learning Investigators.jpg

## Years 7 & 8 (Term 2 – 2016)

At HSC, groups exist for Students interested in particular Sporting endeavours. These groups seek to provide interested and motivated Students with opportunities to excel in their chosen sport(s).

Likewise, at HSC there are groups which seek outstanding mastery across the Arts and which exist to support interested and motivated Students to strive for excellence in various forms of cultural activities.

Further still, at HSC there are groups which seek to make an outstanding contribution to society through various forms of community service.

In like manner, ‘Learning Investigators’ **[= Guided Independent Extension Learning]** is intended for those Students of HSC – in Years 8 and 7 – who aim for excellence in academic pursuits.

|  |  |  |
| --- | --- | --- |
| Many people.jpg | The ‘Learning Investigators’ Program is intended for Students of HSC who can demonstrate and are committed to demonstrating the capacity, motivation, drive and positive attitudes necessary to consistently strive for the highest standards in their Learning. | Target.jpg |

Just as particular Students harbour the motivation and commitment to strive for excellence in various Cultural, Service, and Sporting activities, there are Students who are especially committed to realising Academic Excellence.

For further information click the link below:

Year 7and 8 News Learning Investigators.pdf (please show as a button)

John Lyons – Principal

# Year 8 News

Lorelle Adamson.jpg

With continued media coverage of serious cases of bullying, both in schools and on social media, it was timely to address this ever-current issue at last week’s Year Level Assembly. Students were shown the short video *Bullying – Stop It* which can be viewed using the link below.

[https://www.youtube.com/watch?v=FYVvE4tr2BI](https://webmail.hsc.qld.edu.au/owa/redir.aspx?C=49713218a5634750ae33dccdca93390f&URL=https%3a%2f%2fwww.youtube.com%2fwatch%3fv%3dFYVvE4tr2BI) (only show as a button link not a thumbnail)

The video has a great Christian message in regards to bullying and, as a year level, students spent time considering the ‘Bullying Self-Test’. Students were asked to consider the following questions:

* Do you exclude, ridicule or punish others because of something they have done?
* Do you gossip about others, even if what you are saying is true?
* Do you hold a grudge against someone else?
* Do you wish to cause harm to another?
* Do you secretly envy another?

This is a perfect opportunity to open the conversation and discuss bullying with your student. Feel free to contact me at the College if you or your student needs to discuss the issue of bullying further.

It is always pleasing to see the Year 8 students wearing the College uniform correctly and with pride and respect. Keep up the good work. Thank you to the parents also for supporting the College uniform guidelines by writing a note to excuse your student for not wearing the uniform when appropriate. Your assistance has been greatly appreciated.

I would also like to remind caregivers that students are now in the last week of assessment for Term 1 and I wish all Year 8 students the best of luck with the remainder of their exams.

Lorelle Adamson – Dean of Students (Year 8)

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John Lyons – Principal

# Year 10 News

## Prepare

Term 1 is short and quickly coming to a close. As we move into the school holidays, some students begin to relax a bit too early. Instead, the end of the term is a good time to put in the last ‘push’ and finish things off – including exams and assignments – to the very best of your ability. After all, a break is right around the corner. OK, it’s been a new year, you’ve had new classes, blah, blah… Even if you have been slack, there may be opportunities to finish your first term as a Year 10 student better than you are right this minute. Consider some options:

* Did you complete all required homework? If not, is the teacher willing to accept last minute efforts to improve your application grades?
* Have you been in line with uniform standards? If not, you can make a commitment to starting things off better by following the rules for the last two weeks. Then, moving into next term, you will be ready to start the next term successfully.
* Did you lose supplies? Make a list so you can have plenty of time to replenish supplies during the break.

Please avoid frustration for both you, and your parents, by following uniform requirements in the Student Diary. Don’t be swayed by anyone else you see doing the wrong thing – eventually they will be ‘wearing’ the consequences of their choices.

Take personal responsibility. By following the simple rules and guidelines regarding uniform expectations, you will be creating the foundation for positive interactions between you and your teachers and peers.

Brigette Abbey – Dean of Students (Year 10)

ADMINISTRATION

**Getting to know our Front Office Team**

Debbie Seay.jpg

Meet **Linda Robinson**!  Linda is the Administration Assistant for Curriculum.  Linda is responsible for recording data in programs relating to Student Subjects and Student Details and liaises with education authorities such as the Qld Curriculum & Assessment Authority to enable issuing of certificates to our Senior students.

|  |  |
| --- | --- |
| One of Linda’s other duties also involves maintaining **Parent Lounge**, the College’s online portal where parents can see their student’s particulars such as Student Reports, Attendance, Timetable and Assessment Calendars (to name but a few of the reports accessible via Parent Lounge). Linda has included more details about Parent Lounge later in the newsletter. | Linda Robinson.jpg |

# Parent Lounge Portal

Linda Robinson.jpg

Parents of students at Holy Spirit College have online access to their student’s ‘profile’ via a web portal called Parent Lounge. Parent Lounge is accessed through the ‘Parents & Community’ tab via our College website [www.hsc.qld.edu.au](http://www.hsc.qld.edu.au).

Parent Lounge aims to provide parents with information that can be easily accessed online such as:

|  |  |
| --- | --- |
| 🗸 Academic Reports🗸 Attendance Records🗸 Email class teachers | 🗸 Timetable information 🗸 School Fee Statements🗸 Assessment Calendars |

To access Parent Lounge, you will need:

* **User Name** – This is your Parent Account number located on your School Fee Statement.
* **Password** – If you have forgotten your password, this can be reset by clicking on the ‘Forgot Password’ link on the Parent Lounge login screen.

Information found in Parent Lounge pertains to your student only and is not visible to anyone else.

Please contact me at the College office if you require any assistance with Parent Lounge.

Linda Robinson – Administration Assistant (Curriculum)

CURRICULUM

# Assessment Calendar Changes

Assessment Calendar Additions.jpg

# Curriculum News

Diane Wallwork.jpg

## Year 7 and Year 10 Subjects in Term 2

Year 7 and 10 students will complete rotations and elective subjects in Term 1 and move to new subjects at the start of Term 2.

### Year 7

Year 7 students will complete the first rotation of their Arts, Technologies, Languages and Business subjects this term. They complete three rotation subjects each term so, by the end of the year, they will have experienced all of the strands of The Arts (Music, Drama, Dance, Media, Visual Art), Digital Technologies (Interactive Multimedia), Design Technologies (Graphics, Wood and Metalwork, Plastics and Electronics) as well as Business and Languages. These term-length rotation subjects ensure they are fully informed about the nature of each of these subjects before they choose their Year 8 semester electives. The process of choosing electives for Year 8 occurs in Term 3 and further information will follow closer to that time. Term 4 rotations, yet to be experienced at the time, are taken into consideration.

Students will receive a new timetable before the end of this term indicating their rotation subjects for Term 2. The stationery requirements for these new subjects should be purchased over the holidays. This information is in the Stationery Booklet received at the end of last year and can also be found on the College Website under the Students Tab and Stationery List link.

### Year 10

Year 10 students are continuing with their Transition Program which is unique to Year 10 and to Holy Spirit College. Students have the opportunity to experience a number of term-length subjects in Semester 1 so they can test their plans for Senior studies and, ultimately, their future careers. This provides a safety net for students who may have doubts about their future subjects and may be assisted by experiencing learning in those subjects again or for the first time. Term 2 is especially significant for Year 10 students who undertake intensive careers training to help them determine their strengths and match these with possible career choices. The extensive program involves the Year 10 Retreat, TOPS (Tapping our Potential Sessions), *Pathways through Senior @ HSC Subject Expo and Parent Information Evening* and culminates in subject selection for Semester 2 Year 10 and Senior studies. Further information on the full nine-stage process of preparing Year 10 students for Senior studies is in the Year 10 Subject Selection Handbook (received in 2015) and will also be passed on to families as the time arrives for each of the steps.

Diane Wallwork – Deputy Principal (Curriculum)

# Languages Department News

Karen Hurford.jpg

## Employment Opportunities

Studying a language on its own is not likely to help students to find a job, but combining a foreign language with the career of your choice will be an immense asset in the workplace.

Continuing with Japanese right through to the senior level will open up extra job opportunities you may never have thought of.  Take a look at some of these career paths:

|  |  |
| --- | --- |
| **Airline Services** | The last couple of times I have flown between Australia and Japan, the Japanese-speaking staff has all been foreign (not Japanese nationals).  On asking, I was told most airlines are actively seeking Japanese-speaking pilots, flight attendants and ground staff. |
| **Foreign Affairs** | People with a degree in languages are highly sought after as recruits for the Department of Foreign Affairs.  The duties assigned to the position will vary from organising aid in emergencies to high-level negotiations with foreign government officials. |
| **Hotel Management** | Places like Sydney, Cairns and the Gold Coast, which cater a great number of Japanese visitors, hold Japanese speakers in high regard.  There are also many opportunities for employment with Japanese hotel chains overseas. |
| **Nursing** | Nurses who can speak another language are invaluable and, here in Queensland, nurses who can speak Japanese are highly valued in places such as Cairns, the Gold Coast and the Whitsundays which host record numbers of Japanese visitors. |
| **Publishing** | Most publishing houses, both on-line and printed, require people who can edit and proofread effectively – additionally, you are likely to be snapped-up if you can draft and edit letters in a foreign language.  There are also opportunities for editing and publishing gaming software in multiple languages. |
| **Subtitles and Voice-overs** | With the worldwide boom in “anime” and “manga” people who can work comfortably in both Japanese and English are in high demand in the television and movie industries.  Japanese speakers are being recruited to write subtitles or doing voice-overs for commercials, movies, documentaries and Television dramas. |
| **Advertising** | As a speaker of Japanese, you could be taking a new product or idea to an international level.  Careers in advertising combine a love of language with creativity and learning about the ability of persuasion. |
| **Events Management** | From Wedding Planners to Government-sponsored multi-cultural festivals, knowledge of other cultures and the ability to communicate in another language is a huge asset.  Not only multi-national businesses, but also world sports bodies such as the Olympics need employees who can comfortably speak another language to organise, coordinate and accommodate people from over 200 countries – whether they are athletes, journalists, physiotherapists or spectators. |
| **Import-Export specialists** | These are the people who ensure customs and quarantine regulations are met, help businesses with insurance, and the payment of tax and duties.  With a huge number of Japanese companies doing business in Australia, Japanese language skills are essential. |
| **Physiotherapy and Sports Medicine** | Australian-trained physiotherapists are held in very high esteem overseas. Japanese sports teams want the best for their athletes and are seeking out people with Japanese language skills. With Australian sports teams now employing Japanese athletes, having Japanese language skills alongside the appropriate medical qualifications is a huge asset. |

Karen Hurford – Languages Coordinator

# Careers News

Paula Smith.jpg

There have been some interesting and exciting changes to the way QTAC makes university offers to students. QTAC is the Queensland Tertiary Admissions Centre and this organization manages all university applications and offers.

In September of each year, Year 12 students make their application and then have a very long wait before offers are made in January. QTAC have made some important changes which will affect this year’s Year 12 students. Some of the changes include:

* Students will start receiving offers as early as 12pm, 18 November 2016, the day they finish school.
* From this year onwards, if a student applies for a non-competitive course, there’s no need for them to wait until January for their offer. They could receive their offer within days of applying.
* Offers for competitive courses will still be made on major offer rounds. The first being 16 January 2017.
* For any questions about changes to QTAC offers, email [go.enquiries@qtac.edu.au](https://webmail.hsc.qld.edu.au/owa/redir.aspx?C=1aa2573711ec4bc698bb37b5e0ccb959&URL=mailto%3ago.enquiries%40qtac.edu.au).

So this means that some students will know whether they have a university offer as soon as they finish school in November. Others will have to wait, but it makes that very long wait for some students much shorter and enables them to make arrangements with regards to accommodation, part-time jobs and study arrangements.

Stay tuned for further developments as they are released by QTAC.

Have a great week.

Paula Smith – Director of Learning Pathways & Careers

## Mater Hospital’s Student Information Evening

If you are in Year 11 or year 12 and interested in a career in health, come along to the Mater Hospital’s Student Information Evening.

**Tentative Date: Tuesday 3 May 2016, 5:30pm – 7:30pm**

HSC NEWS & EVENTS

# Computers for Zimbabwe

Natasha McCallum.jpg

Holy Spirit College Mackay donated over 100 computers, screens and a supply of network switches to the Sarina Rotary Club’s *IT to Zim Project*, and will be sending more in the near future.

The *IT to Zim Project* is a part of the Rotary Australia World Community Service (RAWCS) supported by the Sarina Rotary Club and the Rotary Club of Harare Dawn. This project aims to provide information technology equipment to three schools in Zimbabwe – Howard High School, Dalny High School and Sacred Heart High School.

Dalny High School is a rural day school situated in a community where the mine has closed. This school has an enrolment of 585 students and the two computers available at the school are used for administrative purposes. Dalny High School said, “Students have only seen computers from a distance.”

Howard High School located in Mashonaland Central and has a student population of 900 students. The school offers computers to only 80 students out of the 900. Howard High School said, “Our dream is that every student must have the ability to work with computers. We would want every student to be computer literate.”

Sacred Heart High School is a day school, with an enrolment of 487 pupils, and is situated in a small town, 100km from Zimbabwe’s capital city, Harare. Sacred Heart High School said, “The school caters for a poor community of unskilled parents. The few computers currently accessible to the pupils are extremely old and completely inadequate for their needs. Computers will go a long way towards improving their computer literacy, which is central to current day education, as well as to commerce and industry into which they will enter when they leave school.”

Holy Spirit College IT Manager, Natalie Field, said “We are very happy to see this de-commissioned equipment being used by communities in need.”

Mr Roy Roberts, Community Service Director of the Sarina Rotary Club said “It is understood that the computers are all up and running which will undoubtedly provide a much improved future to the students. We must thank our International Director, Jefrey Mtombo, who saw the need to help these students whilst visiting family in Zimbabwe. He was instrumental in coordinating this project with members of the Sarina Rotary Club and the Rotary Club of Harare Dawn.”

Dalney High School 01.jpg

CAPTION: Top & Bottom: Holy Spirit College Mackay are proud to donate used computers to the students at Dalney High School, Zimbabwe, where “students have only seen computers from a distance".

Dalney High School 02.jpg

|  |  |  |
| --- | --- | --- |
| Howard High School 01.jpg | CAPTION: Students from Howard High School are experiencing the benefits of computers donated to them by Holy Spirit College Mackay. | Howard High School 02.jpg |

Natasha McCallum – Media & Publicity Officer

# National Youth Science Forum

Kathy Ryan.jpg

The National Youth Science Forum.jpg

Kathy Ryan – Dean of Science

# Cultural Events

Jessica Welsh.jpg

## Choral Fest

On Monday night, our Choir students participated in the annual *KMEIA Choral Festival*, held at the Mackay Entertainment and Convention Centre. The students rehearsed repertoire throughout the term for the performance and workshopped the pieces with guest conductor, Anthony Young, during the Sunday rehearsal. Students performed their pieces with other high school and community choir members within the region. We even had our very own HSC teacher, Belinda Rooney, accompany the choir with her beautiful flute playing. For the finale, all the primary school, high school and community choral members gathered together to sing ‘How Can I Keep From Singing’. With 600 voices singing together, it truly made for a memorable finale. Well done to all our students who participated and gave up their own time on the weekend and Monday evening to represent the College at such a fantastic event.

Choral Fest Gallery

## Parent Week

From 21-24 March, we will be holding our first Cultural Groups Parent Week. This is an opportunity for parents to come along to rehearsals and/or meetings to observe your student while they are participating in a Cultural Group (or to join in yourself). You are welcome to attend any of the groups/meetings as per the Cultural Groups Timetable below. We look forward to seeing you there.

## Sydney Tour

A reminder to all students, who are participating the Sydney Cultural Tour, that the deposit is due to the travel agent tomorrow, Friday 18 March 2016.

If you have any questions regarding the Sydney Cultural Tour, please do not hesitate to contact me via the College office or by email: Jessica\_Welsh@hsc.qld.edu.au.

## Cultural Groups Timetable

|  |  |  |  |
| --- | --- | --- | --- |
| **Group** | **Rehearsal Time** | **Venue** | **Tutor/Support Teacher** |
| Drum Corps | Monday 7:15am – 8:15am | Music Room(Room 35) | Mr Nic De Brueys/Mr Watson |
| Digital DJs | Monday3:15pm – 4:15pm | FBC Foyer | Mr Daniel Wood/ Miss Jessica Welsh |
| Band | Monday 3:15pm – 4:30pm | Music Room (Room 35) | Mr Nic De Brueys/ Miss Jessica Welsh |
| Choir | Tuesday 7:15am – 8:15am | Marist Centre – at the front of the Emmanuel Primary School Hall | Mrs Vanessa Dale/ Miss Jessica Welsh |
| Art Therapy (ArtOfficials) | Wednesday 3:00pm – 4:00pm | Room 17 | Mrs Janet Oliver |
| Dance Troupe | Thursday First Recess | PAC | Miss Madison Reck/ Mrs Christine van der Linden |
| Cultural Committee | Thursday Week BSecond Recess | Music Room(Room 35) | Shania Muscat/ Miss Jessica Welsh |

Jessica Welsh – Dean of Arts & Cultural Events