Setting goals is the first step in turning the invisible into the visible.

Tony Robbins

The College’s Student Planner, adorned with the image of our statue of Banjo Paterson, is so much more than a diary. It contains important information about the College’s history and heritage, information about our staff, and the many opportunities available at the College. This is a new and exciting publication, and I hope that you find value in this publication and consider it both a wonderful tool for connecting with your child’s teachers, and one for your child to engage with and assist with personal organisation.

Equally as important is the vital information about Well-Being, Character Strengths and the hundreds of tips to improve our Well-Being and Resilience – I hope these may be of benefit to you as well. The science and research of Well-Being indicates that there are SIX equally important components to Well-Being that aid us to flourish, namely:

1. Positive Engagement – Focusing your energies on the bright side of life;
2. Meaning and Purpose – Having passion and reason for doing what you do;
3. Skills and Achievement – Building your capabilities to strive, thrive and flourish;
4. Relationships and Optimism – Focusing optimistically and believing you and others matter;
5. Strengths and Emotions – Being in charge of your emotions through your strengths; and
6. Exercise and Health – Having a healthy body and healthy mind.

PTO
When considering the element of Meaning and Purpose, we are challenged to find or build Meaning and Purpose through adopting a Growth Mindset. We can do this through understanding and developing Goal Setting as a regular part of our routines. In effect, our Goals ‘power our efforts to be our best possible self’.

The commencement of the year is a wonderful time to establish our Goals and to use these to direct our actions, our learning, our endeavours and our efforts. Goals should be **Inspirational, Specific, Measurable, Achievable, Realistic** and **Time-bound** (ISMART) and always stem from a Growth Mindset.

A Growth Mindset is when we believe that our achievements take place from growing our brain’s abilities by learning new approaches, concepts, ways of thinking and through sustained hard work. Neuroscience research informs that when we strive to learn new ways of doing things, our brain ‘re-wires’ itself, forms new neuropathways that improve our thinking processes and help us develop. Growth Mindsets are about **improving** our abilities, not **proving** them.

In contrast, when we develop the mindset that we are limited by our pre-ordained ability or how smart we are, and not the effort we put in, we are saying that our brain’s abilities are fixed and cannot grow or develop.

One of the greatest Growth Mindsets we can possess is believing in the power of Yet. In this principle, we acknowledge that *I have not become the person I want to be*; or, *I have not achieved the level of understanding in maths I want*; or, *I have not yet become the master musician I want*... **YET?** The word *yet* reminds us that it remains possible and leaves open the opportunity for growth, development and improvement. This is a powerful word and provides hope in the achievement of our Goals.

As your child now commences their school year, take the time to talk about their Goals and establish goals together. Make sure they are **Inspirational, Specific, Measurable, Achievable, Realistic** and **Time-bound**.

Use these as a way to plan the journey ahead, find a way to measure progress and, in doing so, recognise at various parts of the journey that while they may not have achieved their goal **YET**, with a genuine belief in their ability, they can do so - almost everything is possible and achievable.

For our Year 12 parents, it is important that your children examine their Levels of Achievement and utilise these as a guide in setting their stretched goals for the year. Without a knowledge of where they sit academically, how can they plan the way forward? Without a goal and a direction, we are indeed stumbling in the dark, a ship without a rudder and sails.

It is interesting that we need detailed plans to build a house and, yet, so many people go through the **building of a life** without setting goals or having a plan. This is a life habit, a Growth Mindset, and a way of living that supports Achievement, Well-Being and Resilience. In the words of Tony Robbins, “Setting goals is the first step in turning the invisible into the visible”.

So establish a genuine Growth Mindset, set your Goals and make the invisible, visible.

I wish you a wonderful week ahead!

*Brian Grimes*

*Principal*
The Lions Youth of the Year Competition commenced recently with five students entered in the first Club level round at the Ashmore, Helensvale and Runaway Bay Lions Clubs. The Lions Youth of the Year Competition is to encourage leadership and the qualities required to take an active and constructive role in the community.

The competition is based on the student’s Curriculum Vitae and an interview, highlighting areas of achievement in Leadership, Academics, Sport, Cultural, Community Service and General Knowledge, and representing 75% of the overall result. The other 25% is awarded to the presentation of a five minute prepared speech and two impromptu questions. Impromptu questions range from issues concerned with domestic violence, social media, “fake” news and mental health.

Congratulations to Year 12 students Erin Cronin and Rebecca Tannenbaum on winning the overall competition at their respective Club event. Erin and Rebecca will now compete in the Zone Final to be hosted by the Tamborine Mountain Lions Club on Saturday, 4 March. Rebecca also won the Public Speaking section of the Ashmore Club event.

We wish both Erin and Rebecca all the best for next Saturday.

I an Taylor
Director of Activities

Shave For A Cure

Shave For a Cure will be held on Wednesday, 15 March at 9.15am in the MPC.

Target: $16,000. We are nearly there! $2k to go so DONATE NOW!

We need your help to reach that magical total and support the research of the Leukaemia Foundation to help those affected by this terrible disease.

Donate today and collect a ticket that may see you with a pair of clippers in your hand, ready to make bald the head of our Principal or Board Chairman. Imagine that!

Now this prize is worth every dollar you donate to this very worthy cause! How many tickets can you have? Read on!

Every donation $5 or more gives you a ticket(s) in the draw for this once-in-a-lifetime opportunity.
Donate $5 and get 1 Ticket
Donate $20 and get 5 Tickets
Donate $50 and get 20 Tickets

Just follow these four easy steps:
1. Go to World’s Greatest Shave web page: https://worldsgreatestshave.com/
2. Click ‘SPONSOR’;
3. Type in BRIAN GRIMES or DAVID TANNER;
4. Leave us a donation and, if you like, your words of encouragement!

GIVE GENEROUSLY... EVERY DOLLAR COUNTS!
Thank you so much for helping to make a difference to someone else’s life.
A Night to Remember...

The A.B. Paterson College Formal is one of the most anticipated moments of Year 12, eagerly awaited for many years before the arrival of this very special night of nights.

Their cars, the walk down the red carpet, the entrance and the beautiful dancing all added to the incredible atmosphere. The pinnacle of our night was when the Year 12 Music class performed *The Climb* by Miley Cyrus, leaving us to marvel at their sonorous talents.

The Class of 2017 started their formal dance rehearsal during our Activity Week, practising the box-step waltz in anticipation of their evening. They arrived to see their Ballroom beautifully decorated with wisps of 007, James Bond and Casino Royale.
We had a number of photographers for our evening, but a special thanks to Greta Littlely who volunteered her time to take photos for us. Our Formal Event was certainly a Night to Remember, and will remain in our hearts as a fond memory for years to come.

Joanne Sheehy
Head of Senior School
On Wednesday and Thursday this week, our APS Swimming Team took to the pool at Somerset College. We had some great performances in the team and individual results. On both days, team spirit was high, but the Junior Team stood out with the rendition of *Jump and Jive* during the all age relay.

Each day, we saw individuals shine in the pool and exceptional performances were achieved. These students put in many hours of training, on top of their school commitments, and performed exceptionally in the most competitive schools’ competition on the Gold Coast.

**Individual Age Champions**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Place</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 Year Girls</td>
<td>3rd</td>
<td>Tayla Van Heerden</td>
</tr>
<tr>
<td>11 Year Girls</td>
<td>2nd</td>
<td>Aveline Rounsley</td>
</tr>
<tr>
<td>11 Year Boys</td>
<td>3rd</td>
<td>Angus Sheehan</td>
</tr>
<tr>
<td>14 Year Girls</td>
<td>3rd</td>
<td>Rianna Webster</td>
</tr>
<tr>
<td>14 Year Boys</td>
<td>3rd</td>
<td>Campbell Rounsley</td>
</tr>
<tr>
<td>15 Year Boys</td>
<td>3rd</td>
<td>Ryoma Kishida</td>
</tr>
<tr>
<td>16 Year Girls</td>
<td>1st</td>
<td>Tahlia Dilkes</td>
</tr>
<tr>
<td>16 Year Girls</td>
<td>3rd</td>
<td>Tahlia Dilkes</td>
</tr>
</tbody>
</table>

- Additional to being age champion, Tahlia was awarded the **Most Outstanding performance** 16+ years girls for her record-breaking performance in the 100m Freestyle.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Place</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open Girls</td>
<td>3rd</td>
<td>Rachel Hoch</td>
</tr>
<tr>
<td>Open Girls</td>
<td>2nd</td>
<td>Lauren Nolan</td>
</tr>
</tbody>
</table>

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**Senior Age Champions**

9 Year Girls 3rd Age Champion
Tayla Van Heerden

11 Year Boys 3rd Age Champion
Angus Sheehan

11 Year Girls 2nd Age Champion
Aveline Rounsley

16 Year Girls 1st Age Champion
Tahlia Dilkes
APS Swimming Carnivals

Age group awards

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 Year Girls</td>
<td>3rd Place</td>
</tr>
<tr>
<td>9 Year Boys</td>
<td>1st Place</td>
</tr>
<tr>
<td>11 Year Girls</td>
<td>2nd Place</td>
</tr>
<tr>
<td>11 Year Boys</td>
<td>2nd Place</td>
</tr>
<tr>
<td>Open Girls</td>
<td>1st place age - Lauren Nolan, Rachel Hoch, Jane Osborne (Swim Captain), Hannah Janetzki and Emily Read.</td>
</tr>
</tbody>
</table>

Overall Results

At the Senior Carnival, we placed 6th in the aggregate and 3rd on the percentage. This is a great result and a credit to our students and their commitment to training.

Last year at the Junior Carnival, we placed 8th overall and 7th on percentage. Last week, we improved to 5th place overall and 5th place on percentage. I would like to thank and congratulate all swimmers and the swim coaches who put together our school-based swimmers.

The results we have achieved would not be possible without the assistance of Peter Gee and Andy McLean, who work with our competitive swimmers, and Ric Cashman for his work developing the P-3 students over the recent years.

Now is a great time to talk to your swimming coach to reassess your goals and start preparing for the 2017 Inter-House Swimming Carnivals held in Term 3. College swimming squads continue as normal throughout the year.

Peter Gee – Swimming Coach/Pool Manager

Join the College Running Club

Running Club is held from Monday to Friday at 7am. Please meet coaches at the front of the Maths Centre. All levels of fitness welcome to attend. Parents are also welcome to attend.

Ian Taylor – Director of Activities
Can you support our College community by becoming a Sponsor for our Fun Fair?

In 2015, over 3000 people attended our very successful Fun Fair, held for the first time on the Hockey Field. Busy all day with a full car park, lots of stall interest, food to buy, rides, small farm animals and entertainment, there was something for the whole family. It was a great day!

This year, with more stalls already committed due to demand, the return of the popular Pig Races, and all of the above, we expect to see the same numbers, and more, enjoying what is a fun-filled day for our visitors and an excellent opportunity for businesses to advertise to the local community and potential customers in the making.

Sponsors are offered:

- Name recognition and promotion through our print and social media advertising
- Prominent display of your business name at the Fun fair
- Promotion of your business to our College community

There are four sponsorships available:

- Major Naming Rights
- Stage Sponsor
- Attraction Sponsor
- Pig Races Sponsorship (Hurry, this one has almost closed)

You can also donate prizes for our very popular Cent Auction, with acknowledgement in our event programme and company signage on display in the Cent Auction tent.

For further details, please read the full Sponsorship Opportunities flyer below.

Sponsorship Opportunities Flyer

If you are interested in one or more of these opportunities, you can register your interest at pandfevents@abpat.qld.edu.au or call Lisa Lang on 0418 982 285.
What a great start to the year! Our renovated rooms are now beautifully appointed, with new furniture, fixtures and colours.

The Year 2 choir were honoured to be invited to sing at the Years 4-6 awards assembly, and presented the poem *Old Man Platypus* for Banjo’s birthday.

We are excited to study the life cycle as part of our Science unit. Later this term, we will be visiting Paradise Country to experience hands-on activities with Australian fauna.

We are getting into the swing of working in different groups for Mathematics and Reading. The children have demonstrated maturity by moving sensibly between classrooms.

We are enjoying our new diaries, which include activities on mindfulness. This links in well with our Pastoral Care program.

*Steve Clacher, Debbie King, Kathleen Richardson, Heidi Hockey*

*Year 2 Teachers*

Friday, 17 February is Banjo Paterson’s birthday. For Junior School students and teachers, this is a special day, when we gather to remember the significant contribution made to Australia’s history and culture by Andrew Barton Paterson.

During the morning, students from Years 1 – 6 performed poems, and teachers and students alike enjoyed the experience of hearing some of our favourite tales of Australian life, so eloquently woven into verse by Banjo Paterson.

At the conclusion of the poetry recital, we all celebrated a uniquely Australian birthday - with damper, jam and cream.

*Karen Roman – Head of Junior School*
**Mums and Bubs Club in the Junior Library**

“Sharing stories, rhymes, singing, talking and playing with your child from birth builds a foundation for your child’s future development that can last a lifetime.”

First5forever.com.au (2016)

This week in the Junior Library, Shirley Roser and Melinda Parkinson welcomed mums and their bubs to the Mums and Bubs Club.

We shared a very fun morning reading and sharing stories, singing songs, and painting and drawing.

We had such an overwhelming response to our first Club, that we are now fully booked. Please email me at MParkinson@abpat.qld.edu.au and we can contact you when an opportunity arises.

Happy Reading!

*Melinda Parkinson – Teacher Librarian*

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**Uniform Shop Trading Hours**

<table>
<thead>
<tr>
<th>Days</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday to Friday</td>
<td>7.45am – 10am</td>
</tr>
<tr>
<td>Tuesday and Thursday</td>
<td>2pm – 4pm</td>
</tr>
</tbody>
</table>

For more information and uniform price lists visit our College website [https://www.abpat.qld.edu.au/page/uniform-shop](https://www.abpat.qld.edu.au/page/uniform-shop)

*Sue Kelly – Uniform Shop Convenor*

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**College Calendar of Events:**

To view upcoming events, visit [https://www.abpat.qld.edu.au/page/events](https://www.abpat.qld.edu.au/page/events)

**2017 Term Dates**

The start of the school year is a very exciting time for children, parents and teachers. After a long holiday break, it is exciting to see friends and catch up on the events of the holidays. For some children though, having such a long break can make it difficult to ease back into the new school year, with a new classroom, new routines and new procedures. Other children adapt to the new school year easily, but once the novelty wears off and reality sets in that this is not a temporary arrangement, they too can experience a variety of emotions in response to coming to school each day.

It is not unusual for children to feel upset when you say goodbye to them at drop off and, although it can be difficult, it is a normal stage of development. Tears, tantrums and clinging are all quite normal reactions to separation, varying in degree from child to child. With understanding, patience, and the use of effective strategies, it can be relieved and should fade quite quickly. There is a lot of advice to help parents when their child is experiencing separation distress, but understanding your child and using some common sense strategies to break the cycle at drop-off time is the best approach.

Simple strategies can include:

- Let your child’s teacher know that they are experiencing difficulties, so that they are aware.
- Inform your teacher of the strategies that you will be using with your child, so that these can be supported at school.
- Explain the drop-off procedure to your child beforehand, so he or she is completely aware of what will happen once you arrive at school.
- Tell your child that you will be back and agree on a place that you will pick them up from.
- When it is time to pick up your child, make sure you are on time and at the location you have arranged.
- Be organised at home and allow plenty of time to get ready in the mornings. This allows your child to start the day calmly.
- Establish before school and after school routines, so your child knows what to expect. Keep up-to-date with the communication from the school, so that you know of special events, the timing of specialist lessons, and which uniform your child should be wearing each day. This will also help you to discuss all the fun things your child has been, or will be, experiencing at school.

It is not helpful to linger and prolong goodbyes. Waiting around until the children go into class conveys the message that your child cannot cope without you. A short, reassuring hug and kiss encourages independence and allows them to get on with their school day. Speak to your child about this when you are explaining the drop-off procedure.

Make sure that you never sneak away when your child is not watching as this can make the situation much worse. Your child may feel confused and upset when they realise you are no longer there, and this will make it more difficult to drop them off the following day. Always say goodbye and confirm that you will pick them up at the nominated location in the afternoon. Do not sneak back to look through windows or doors to check if everything is all right. Your child’s teacher will contact you if they are concerned.

In most cases, children stop crying very soon after their parent has left.

Even though it can be difficult when your child is upset, try to appear relaxed, with a calm and confident expression when you are leaving. Your child will be very sensitive to your non-verbal cues and have a heightened focus on your tone and body language. If you look worried or upset, your child may think that school is not a safe place to be, which will upset them more.

If separation from one parent is the problem, then perhaps consider making short-term arrangements for the other parent, or another familiar adult, to assume drop-off responsibility. PTO
From the Junior School News Desk (Cont’d)

A short period with an alternative drop-off person can work to break the cycle for some children.

Set up a reward system with your child. This could be a chart with a sticker for each day your child separates from you without too much trouble. At the end of the week, your child could receive a reward. This does not have to be an expensive item – maybe just some special time with Mum or Dad, or a movie night on the weekend.

Children need to attend school regularly in order to have the opportunity to form the relationships necessary to help them overcome their separation distress. While it might seem easier to keep them home on occasion, this may also extend the amount of time a child takes to settle into the new environment. If you have tried these strategies and you are still concerned with the way in which your child separates from you at drop-off time, please contact their classroom teacher. Our teachers are experienced in dealing with children who are upset and helping them use strategies to overcome this. In most cases, separation distress is a temporary issue and one that can be resolved with the support of confident parents and teachers.

Belinda Farley  
Deputy Head of Junior School

A.B. Paterson College Swim Club State success!

There were golden smiles, golden PB times and a gold medal at the Qld Swimming State Sprint titles in Brisbane over the weekend, 18 & 19 February, at the Chandler Aquatic Centre.

Eight of the club’s swimmers qualified for the championship and participated with pride and courage. Great success for all with PBs, ranking improvements, and top 20 finishes. Cate Ellwood achieved a top 10 finish for butterfly. Gold medal performance and Queensland Champion went to Jonas Longhurst in breaststroke, and he achieved a top 10 finish in backstroke.

Jonas Longhurst and Swimming Coach, Andy McLean

All performances were the result of much hard work in training over many early mornings. A special thank you goes to Ric Cashman and Peter Gee, who have spent many mornings in training our swimmers. A huge thank you goes to Andy McLean, who has taken over the competitive swimmer training schedule and spent the weekend with the swimmers supporting and encouraging.

A weekend to celebrate our College Swim Club!
Parents & Friends News

Saturday, 25 March A.B. Paterson College Fun Fair

Preparations are underway for the upcoming Fun Fair. The rides have been booked and also a Petting Zoo and the fabulous Pig Races which are always fun. The Junior School classes are collecting donations for our Cent Auction, and I would like to thank all of those who have already donated wonderful items.

Stalls at the Fun Fair

We have a lot of stalls already booked but there are a few still available for rent – a 3 x 3 space is $95.00. There are limited powered sites so be quick. For bookings, please contact Trudi Teren on pandfevents@abpat.qld.edu.au

Fun Fair Sponsorship

An email has been sent out to all families outlining how you can help with the Fun Fair. Any support would be most appreciated.

P & F Upcoming Events in Term 1

<table>
<thead>
<tr>
<th>Term</th>
<th>Events</th>
</tr>
</thead>
<tbody>
<tr>
<td>Term 1</td>
<td>25 March - Fun Fair</td>
</tr>
<tr>
<td>Term 2</td>
<td>11 May – Mother’s Day Stall</td>
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<tr>
<td></td>
<td>12 May – Mother’s Day Staff &amp; Mother’s Day Breakfast</td>
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<tr>
<td></td>
<td>19 May – Fashion Fundraiser</td>
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<tr>
<td>Term 3</td>
<td>11 July – Trivia Night</td>
</tr>
<tr>
<td></td>
<td>30 August – Father’s Day Stall</td>
</tr>
<tr>
<td></td>
<td>31 August – Father’s Day Stall &amp; Father’s Day BBQ</td>
</tr>
</tbody>
</table>

P & F Upcoming Meetings:

Tuesday, 14 March
Tuesday, 9 May
Tuesday, 6 June

Lisa Lang – President
A.B. Paterson College Parents & Friends

College Noticeboard

School Banking Program

What a fabulous response we have had to the School Banking Program so far this Term. Each week we are getting more and more students who are learning good savings habits by banking regularly. Keep up the great work!

As some of you may have noticed, we are not using the Token System anymore and by next week, there will be no more tokens in your child’s yellow wallet.

Each time your child banks money, it will be recorded electronically. We are going to write the number of times they have banked on the back of the butt each week. This way we will have an accurate number of times they have banked rather than that not being the case with the tokens, as some children lose them or leave them at home.

When your child reaches 10 times that they have banked, they will be able to choose their reward.

If you have any questions, please call me on 0413 284 665.

More information is available in a flyer in Community Event Flyers.

This week’s ‘Lucky Banker’ is awarded to Eva Vu of Year 1B.
This week’s ‘Best Banking Class’ is awarded to Year 2K.

Helene Young
School Banking Co-Ordinator
College Noticeboard

Student Services Phone Number 55 614 137

To improve our service to parents, the College has reviewed the Student Services phone number to enable phone queries to be directed to the relevant area of the College.

Parents calling Students Services on 55 614 137 will notice that this number now has redirection options:

1. Student Absences;
2. Junior School enquiries;
3. Senior School enquiries; and
4. Sport and Co-curricular Activities.

Please note that Student Services also has an email address for reporting student absences at studentabsences@abpat.qld.edu.au

For all other enquiries, please use the 55 947 947 number (Reception).

The Tucker-bag Menu for Term 1

The Term 1 menu for the Tucker-bag and information for online ordering with Flexischools is available on our website.

Community Event Flyers

To view all event flyers advertised this week, visit the College website in Community Event Flyers

Check out the College Facebook Page!

Regular updates are being posted on the A.B. Paterson College Facebook page, so please visit our page at https://www.facebook.com/abpatersoncollege and ‘Like’ us so that can remain in contact.