From the Principal

A sincere welcome back to Term 3. We trust all our families had time to refresh and relax.

A huge thank you and congratulations is due to Mrs Gabby Holden and Mrs Andrea Maunder, our Festival Convenors, and the Festival Committee, Jarred Maunder, Leanne Roser and Jasson Roser. They did an outstanding job of planning and staging our Genesis Festival last Saturday. We not only acknowledge their hard work and huge time commitment, but also the many unseen hours given by the stall convenors and other volunteers. It was a wonderful community event that saw a terrific turn out on the day. Thank you sincerely parents, friends and staff for your support of this bi-annual event.

I often wonder if it is just my age, or because of the profession I have chosen to work in, that causes me to agonise over the issue of why it appears that we no longer hold people accountable for their actions. And why some feel they are not accountable if they give a plausible excuse.

Recently, there have been two very well publicised situations at the national level that have highlighted this issue for me. One was the furore over the ABC, Q&A program giving audience to a questionable character and the other was the revelations that came out of the ABC’s program The Killing Season which uncovered the part played by the current Leader of the Opposition in supporting Mr Rudd when Ms Gillard was deposed as Prime Minister. His actions appeared to be in contrast to what he told journalists at the time.

In my opinion these were significant errors of judgement, but in the big scheme of things they were not catastrophic. However, it was in the attempted justifications that I find the erosion of some fundamental principles that are the most worrying. In this school and dare I say all Genesis homes, we talk about honesty and integrity. One of my favourite sayings when students land in my office is “It is not what you have done or said which is of most concern to me, it is how you are going to respond.” It starts with facing the consequences without anger or resentment. In these circumstances my next favourite saying is “A measure of who you are as a person is how you respond after we have dealt with this.”

None of us are perfect and we all make mistakes but can we and our leaders do a better job of modelling appropriate responses and behaviours to our children? I think we can. More importantly I think we have to if we want to avoid a generation who have no regard for the consequences of their choices or behaviours. While an extreme case, the recent house trashing at a party at the Gold Coast was a clear demonstration of what out of control teenagers are capable of doing when there is total disregard for the consequences. How often has it happened in recent years that even our law enforcement officers turn up and they are set upon despite being there to protect people or property? In certain quarters our police officers are shown zero respect by children under the age of ten.
As parents we have to fulfill a number of roles whilst on our parenting journey. As our children grow and mature we drift in and out of these different roles, however, no matter what the circumstances, we are their parents. There are three different sets of helpful skills that we can practice and use together to influence our children’s behaviour. While their titles are reasonably self-explanatory, we are seldom one or the other, we would usually drift in between them in a single day depending on the circumstances or the age of the child.

Firstly, the role of trainer/coach. You are their primary life coach and you are going to be focused on teaching them the skills they need to be successful in life. Effective coaches get to know their athletes, they know where they are at and they start with what they can do. They know there is no gain without pain, they know when to push and when to back off. They take into account their developmental age and ability, they set realistic expectations offering encouragement, support and reward for achieving certain behaviours. Learning how to break a large, difficult task into smaller, more manageable and achievable steps. Instead of focusing on immediate results and trying for perfection, good coaches have a futures perspective. Finally, all good coaches know and understand that children will struggle and that they need to struggle. They will experience some discomfort and unpleasant feelings and that is okay because it is a necessary part of growing into a responsible adult.

Secondly, the role of problem solver, not to be confused with the indulgent parent. In this role we work with our children to anticipate future obstacles or problems, so we focus on strategies and goal setting. If we have a child that is a procrastinator with school tasks for example, we put in place routines to ensure they have an allocated time to do homework or assignments. This is very different to assuming responsibility for the problem.

The problem solving parent does not roll over and give in. They teach their children the art of negotiation. For example; “If you want me to drop you off at Chermside at 11.00am, I am happy to do that so long as your room is tidy by the time we are ready to leave.” The problem solver talks about their expectations and these are clear and consistent. They also predict the development and societal challenges and are prepared to talk about them honestly. For example; “If you have not already been offered drugs or alcohol, you will be. How are you going to handle it?” The problem solving parent style is proactive, sympathetic and understanding but recognises that to be a functional adult, children need to face up to the challenges and own the problems they get themselves into.

Finally, the enforcer or limit setter role. This is a role many of us struggle with and probably have always backed away from. It is tough and gets tougher as children get older if we have not practised it. While there may be some room for negotiation, the limit setter parent sets limits and rules and follows through without justifying, defending actions or over explaining. The classic scenarios are expected household chores or the homework issue. So, if the dishwasher gets packed straight after tea, or homework gets done before TV or social media games then the limit setter parent does not nag, bribe or threaten to get compliance, they expect compliance and hold their children accountable when they don’t comply. James Lehman writer of “The Total Transformation Program” says “You’re not there to prevent your kid from doing things, you’re there to deal with what he does and hold him accountable.” So if the dishwasher is not packed or the homework not done there needs to be an appropriate consequence otherwise your child learns that your words and limits are meaningless.

In the cases I opened this article with the culture of accountability has all but vanished. In the home and at school we cannot allow that to happen. Experience tells us that the more we hold our children accountable for their behaviour, the more they will learn. They will soon discover that blaming others or finding excuses does not get them out of their responsibilities. Sadly, they don’t always have wonderful role models to emulate in some sports stars, media icons or national leaders, but again, that is not an excuse.

Brian Barker
Principal

Acknowledgements: Empowering Parents: Why Consequences Aren’t Enough; Coaching Your Child to Better Behaviour.
Dear Parents,

Prep to Year 2 Athletics Carnival
We had a wonderful day of some good spirited competition and fun activities at our Prep to Year 2 Athletics Carnival last week. The sausage and poppers provided by the P&F were enjoyed again this year as were the treats for the grown-ups. We thank the P&F for their contributions to our Primary Carnivals in this way.

Canberra Tour – Week 2
As you are reading this, our intrepid Year 6 travellers will be in Canberra enjoying all our nation’s capital has to offer – a visit to Questacon – National Science and Technology Centre, Government House, Parliament House, the Royal Mint, the Australian War Memorial, the CSIRO and a wonderful day’s skiing at Blue Cow. An addition, this year, to the already busy itinerary is a visit to the Japanese Embassy. Our students are in very capable hands with the Canberra team. Remember to access the blog so you can enjoy every day with your children by logging on as follows:


Grandparents’ Day – Week 6
Please be reminded that Grandparents’ Day is scheduled this year for Friday, 28 August. Invitations should have arrived home this week. If you are in conversations with grandparents, please inform them of this date so that they can be marking their diaries.

Annual Camps
This term, we stage a number of year level camps, commencing with the Year 6 Canberra Tour. Year 5 attend Camp Somerset in Week 9, Year 4, Camp Mudjimba in Week 8 and Year 3 will be attending Camp Warrawee, Joyner on 12 and 13 September. So the Year 3 students are now looking forward to an exciting sleepover and a two day program at Camp this year.

Maths Competition
On Thursday, 30 July 2015 selected students from Years 3 and 4 will be participating in the Australian Mathematics Competition. This competition is an annual event and is sponsored by the Commonwealth Bank. The test has 25 multiple-choice questions and five questions that require whole number answers. Students have been exposed to the type of questions during problem solving sessions so they are familiar with the test format and questioning. We wish the students all the best and look forward to celebrating their results with them once they are made available. A letter has gone home to parents of the selected students.

Congratulations Student Leaders
Last Wednesday, a further nine Year 6 leaders were inducted in a special service. They join the existing 17 leaders making a total group of 26 leaders across a range of leadership domains. Newly inducted student leaders are: Jaimiee Day, Zara McCarthy, Lily Nicholson, Luke Rose, Ethan Rosenberg, Skyla Tomich, Franz Wentzel, Thomas Warren and Lucy Winn.
These students will now undergo our Leadership Program conducted by Mr Chris Kotterer.
This training has proven invaluable in setting our Year 6 students on the correct course for their future education. Servant/Leadership is the theme of the Year 6 cohort’s year at the College.

STUDENT ACHIEVEMENTS

Congratulations to the following students for their recent achievements.

State Cross Country Championships
Congratulations to all nine Genesis students, five from Primary, who competed at the State Cross Country Championships at Runaway Bay Sports Super Centre on Sunday and Monday 19 & 20 July. In very trying, windy conditions and on a tough course, the Genesis students gave it their all and acquitted themselves well.

Congratulations to: Tayden Tomich (10yr girls) who finished as strong as she started placing 1st in her age group. Cooper Carwell (10yr boys) who finished 28th after recovering from an early fall. Gabby Martin (11yr girls) who had a great start and held on for 13th. Harrison Turner (11yr boys) who toughed the wind and a race for the line to finish 5th. Tayden and Harrison will now move on to compete for Queensland at the National Cross Country Championships. Well done students!

Regional Softball
Congratulations to Adie Kruger, Abbie Ruiz and Zara McCarthy who represented the District at the Metropolitan North Regional Softball Championships on Monday 20 July. Well done girls!

Regional Union
Congratulations to Franz Wentzel who represented Pine Rivers District at the Metropolitan North Regional Union Championships on Wednesday 22 July. Great effort and achievement!

Brisbane Metropolitan School League Championships
Congratulations to the Genesis U11 boys League team who won the Pine Rivers District...
Competition and played last Friday in the first round of the Brisbane Metro League finals.

Other Student Achievements

Congratulations to Kasey Galloway, a Year 5 student. Kasey recently competed at the US Open Martial Arts Tournament with the following results: 1st in Extreme MA Musical – US Open Title, 2nd in Extreme Form, 2nd in Creative Form, 4th in Continuous Sparring and was a finalist in Point Sparring. Well done, Kasey!

Congratulations to Adam Hole, a Year 1 student. Adam competed at the South East Qld Titles for BMX, walking away with three 1st placings and four 2nd placings. Well done Adam!

Congratulations to Chloé Rixon, a Year 4 student. Chloe recently competed at the Australian Dancesport Championships in Canberra. Chloe competed in the Junior Division where competitors under 16 years dance six Latin and six Ballroom dances with points calculated to determine Gold, Silver and Bronze. Chloe came away with Gold. Well done Chloe!

We also congratulate the families of our students for their achievements. Dedication and commitment to particular sporting or other interests often involves major commitment from parents too who provide encouragement for their children to persist and remain dedicated.

David Wylie
Head of School - Primary

WEEKLY ACADEMIC SUPPORT FOR YEAR 7 TO 12 STUDENTS

Academic assistance sessions on Wednesdays from 3.15pm to 4.30pm in L5 in the library will commence next week. The final session for the term will be held Wednesday 2 September 2015. During the session, four teachers will be available to assist; two with Maths/Science and two with English/SOSE/Arts literacy, writing and research work. Students may attend provided they are in genuine need of specific teacher assistance with research/assignments, study or homework. Please note that once signed in, a student must stay for the full session i.e. until 4.30pm or until collected by a parent from the library. It is also essential that students bring writing equipment and class work with them. Completion of the signed tear-off slip (below) or a note from a parent/guardian is appreciated.

Student’s Name: ________________________________ Year Level: ________

Requires help with conceptual understanding for:

- Research/Assignment
- Exam preparation
- Homework

Attendance:

- this session only
- all sessions this term

Parent/guardian’s signature: __________________________ Date: ____________
Habit of Mind:

"The future is not some place we are going to but one we are creating. The paths are not to be found, but made, and the activity of making them changes both the maker and the destination."  John Schaar, Political Scientist, University of Santa Clara

The Habit of Mind this week is Creating, Imagining and Innovating, the focus of which is generating novel, original, clever or ingenious products, solutions, and techniques. Think of the TV show, Shark Tank. Many of the contestants demonstrated this habit, starting with a vision in mind and working backwards, taking risks, looking at things in different ways and pushing boundaries to achieve their goal. By becoming contestants they opened themselves to criticism, seeking feedback.

Children who do this:
• Try to solve problems in a new and inventive way.
• Examine problems from many angles and think of alternatives.
• Think of where they want to end up and work backwards.
• Take risks and push themselves.
• Work on tasks because they enjoy it not because they might get a reward.
• Are open to criticism – they want to know what other people think.
• Know that being creative is something you work at, not something you are born with.

Beginning of Term 3

Whilst our students were enjoying their last few days of the semester break, teaching staff returned to school, devoting the week to professional learning and planning for the term.

Dr Tina Doe facilitated two professional learning days, guiding teachers as they reviewed how to teach complex reasoning processes (higher order thinking skills) and create resources to support this teaching.

Units of work were examined to ensure that tasks were embedded in a meaningful context and required students to use complex reasoning processes. Teachers identified which thinking skills/processes would be emphasized to encourage the thoughtful application of the knowledge and skills being taught. Assessment tasks were also looked at to ensure they would answer the question: "What will students do to show they understand the content and complex reasoning process chosen for them to learn?"

Ideas were shared across year levels and across subject areas. This auditing process will be conducted for all units of work.

Primary School

Year 6 Visit to Canberra

To support the curriculum in a first-hand way, our Year 6 students are visiting Canberra this week.

The Year 6 Curriculum examines the journey of Australia from a colonial realm to the development of Australia as a nation. Students look at the factors that led to Federation and experiences of democracy and citizenship over time. They learn about the significance of Australia’s British heritage, the Westminster system, and other models that influenced the development of Australia’s system of government. The curriculum provides a study of the key institutions of Australia’s democratic government, including state/territory and federal parliaments, and the court system and how state/territory and federal laws are initiated and passed through parliament. Students examine what it means to be an Australian citizen and reflect on the rights and responsibilities that being a citizen entails. They also explore the obligations that people have as global citizens.

Students are visiting such places as Parliament House, Government House, the Australian War Memorial, the Electoral Education Centre and the Royal Australian Mint. Of course, amidst all this a little “down time” is needed and a visit to the snowfields at Perisher Valley is eagerly anticipated.

Undoubtedly this trip is the highlight of the year for these students, one in which life-long memories will be made.

Prep to Year 3 Learning Journal Viewing

A reminder for all Prep-3 parents that the Learning Journal viewings will be held this week on Wednesday 29 July (2:15-3:00pm) and Thursday 30 July (8:00-8:30am). This is a wonderful opportunity for students to share what they have been learning at school and parents are encouraged to come along. The focus will be on work covered during Term 2.

Secondary School

Reporting and Parent/Teacher interviews

It is hoped that parents and students have had an opportunity to discuss student reports, which were emailed home before the holidays for Years 7 to 10 students and at the end of the holidays for Years 11 and 12 students. Student reports are an important feedback tool as they highlight areas of strength and also possible areas of improvement. The Parent/Teacher interviews offer students and parents further opportunities to liaise with classroom teachers to discuss student progress.

Parent teacher interviews are on 29 July from 3.30-8pm and on 30 July from 3.30 to 6.30pm in the main auditorium. Parents are required to log on to the College website to book an interview time. Log in details have been emailed to parents.

Subject scope and student selection information sessions

Term 3 always heralds the start of planning for the following year, especially in terms of subjects that will be offered, adjustments to national and state curriculum demands, and student subject selections.

There are a number of steps involved for Year 10 students when selecting subjects. The first step was the Year 10 Subject Expo which was held in the afternoon on Tuesday 22 July. Teachers of all subjects were available to discuss subject content,
answer questions and offer advice. Many parents chose to attend with their child which was greatly appreciated. Following this, an information evening was held on Monday 27 July where subject prerequisites were expanded on, the online process explained, specific subject/course information provided and further questions answered. The final step in the process will involve individual SET Plan interviews on 26 and 27 August with students where their online choices will be discussed, matched to their career choices or interests and finalised. Film TV and New Media is a new senior subject on offer that will be taught in a specially designed area in our newly constructed Performing Arts building. Economics will also be listed in the subject scope; however, it will only be offered in 2016 if it is selected by enough students.

On the evenings of 3 and 13 August respectively, the Year 7 into 8 and Year 6 into 7 Information Evenings will be held. During these sessions subject content and programs will be discussed and the online selection tool explained. For the first time, and as a result of student entitlements outlined in the national curriculum documents, The Arts (Media Arts, Visual Arts, Music, Dance and Drama) will be a core elective and Technologies, comprising Digital Technologies and Design and Technologies, will be a core subject in Years 7 and 8. Students in Year 7 will be expected to select two semester long subjects from The Arts scope (as detailed above) and students in Year 8, one Arts subject which will last for the full year. The Year 7 Year Level Coordinator, Miss Cate White will discuss the changes in detail with students during Personal Development, and prior to the parent information evening.

The Rite Journey – Year 9

As we move into Term 3, The Rite Journey classes will continue to explore the areas of friendship and communication. This leads nicely into the topic of Relationships, and students will be provided with many opportunities to discuss issues related to society’s understanding of gender roles. From here, Year 9 students will begin to engage with the concepts of stillness, solitude and silence as they begin to prepare for the Survival Camp and duo experience in Term 4. Term 3 will also see students undertaking a short self-defence course with Krav Maga and participating in a ‘Real Talk’ seminar.

Secondary:

Once again, the College will be hosting the Junior Gifted and Talented Conference, presented by international speaker, Ms Julie Arliss. This year students in Years 8 and 9 LEEP will be discussing topics such as:

- The science of genetic engineering?
- What makes you, you?
- Is there life after death or death after life?
- A debate: Is free will an illusion?

Selected students in Years 4 to 10 will be attending the Brisbane Writers Festival during Book week in September, which exposes students to a variety of national and international authors and is always a fantastic day.

Over 25 students from Years 7 to 11 are participating in the Write A Book in Day Competition on the 15th August which requires teams of students to write, illustrate, and print a complete book in 12 hours. The competition is a fundraiser for the Kids Cancer Council and students are busily collecting sponsorships. If you are interested in sponsoring a team or teams, which is tax deductible, please contact Nichola Welsh at n.welsh@genesis.qld.edu.au.

A group of middle school students are participating in the Tournament of Minds (TOM) Competition this year. TOM aims to:

- Provide the stimulation of real, open-ended challenges
- Develop creative problem solving approaches and techniques
- Foster cooperative learning and team work
- Promote knowledge and appreciation of self and others
- Encourage experimentation and risk taking
- Expand and reward creative and divergent thinking
- Stimulate a spirit of inquiry and a love of learning
- Develop enterprise
- Celebrate excellence

Primary:

This term is a short one; however, there are many exciting things planned for Primary LEEP. The Robotic Group are still building the basic robots and will hopefully start programming next week. Once programming begins, problem solving challenges will be set.

The NATA Young Scientist of the Year competition is underway and I am excited to hear what the students are investigating or designing for their projects.

Term 3 will see a selected group of students from Year 4 included into Philosophy. These students will be introduced to Philosophy by taking a closer look at Aesop and how fables relate to values held by our community and school. The Year 5 Philosophy group will be comparing the philosophical theories of Socrates, Plato and Aristotle to develop skills to question their thought process and reflect on their way of thinking.

The Year 6 Philosophy students are stepping up this term and investigating Consequentialism and Deontology as philosophical theories through which to measure their decision making processes, focusing on social media.

Kate Mitchell, Di Todd, Janet Barker, Nichola Welsh, and Michelle Connors (Curriculum Team)
Dear Parents

I would especially like to welcome Sora Furuta to Genesis this term. He is a student from our sister school, Minokamo Junior High, Japan and will be spending Term 3 in 10B.

He is staying with the Warner family as he completes this 3rd Semester for the year. Samuel Stead was a member of the Queensland 17 and Under Indoor Cricket team at the recent National Championships. Sam was a key player in this team becoming National Champions. In addition to this national title, Sam received the honour of being selected in the Australian 17 and Under side to contest the Junior World Series in Sept/Oct this year. It just goes to show that the years of hard work and training have paid off.

Congratulations Sam!

Darcy Miller was a member of the QLD Ice Hockey team and was awarded MVP. The Qld team also won the National Bronze Medal. Well Done Darcy!

Class/Teacher Changes

Students in Year 7 automatically change their elective subjects with the term based rotation. Year 10 students also take on a new set of electives with the normal semester rotation.

There are also a number of other class changes. Miss White will now teach Mr Mills’ Year 7Y Humanities class. Due to this staffing change for 7Y Humanities class there is little point having Parent/Teacher interviews. Please note that these will therefore not show up on the booking list.

Electronic Letters and On-line Permission slips

Use of electronic letters and electronic permission slips are now becoming the normal and the most efficient way to ensure the correspondence is reaching parents at home via their email accounts. To complete Permission Slips go to the College website; all permission slips will be available through the Parent and Student Information button on the home page of our website. Letters also contain a direct link such as - http://www.genesis.qld.edu.au to assist you.

Student Reception – Opening Earlier

Student Reception will now be open from 8:10am but still close at 4:00pm. By opening 5 minutes earlier, students should be able to ensure they are in class on time. An additional school bell has been configured and will sound at 8:35am. Students who are not inside their Form class room at this time will need to present to Student Reception to be signed in as late. Your assistance in having your children at school early enough to be in class at 8:30am is appreciated. After all - being punctual is an important life lesson.

Fundraising – Free Dress Day Term 2

With the Free Dress Day at the end of Term 2, the Secondary School raised $858.05 for the Makunda Christian School Science Lab Project. Thank you to all who embraced this opportunity to make a difference in the greater community.

Hospitality News

Starting in Week 2, the Senior Hospitality students will be running the Coffee Shop from the side roller door of the new kitchen four times a week. The Coffee Shop will be progressively rolled out to customers with drinks and food changing from week to week. Please support the students as they learn the ropes of coffee making. The Coffee Shop opening times are as follows:

- Monday: Break 2
- Thursday: Before school (7:30am – 8:00am) PARENTS WELCOME
- Thursday: Break 2
- Friday: Break 2

The planned Term 3 roll out for increasing the opening hours is as follows: Week 2 and 3 – staff only; Week 4 and 5 – staff and Year 12; Week 6 and 7 – staff, Year 12, Year 11 and Year 10.

Debating News

The Debating finals started last week and Genesis had three teams entered into Round 1. Year 8 and Year 9 competed however the Year 11 team were unable to compete due to Camp.

Unfortunately, the Year 9 team was beaten and is now out of the competition. However, they beat over half the teams in the competition to make it this far. Congratulations David Setter, Isaac Caintens, Ryan Hopkinson, Chanelle Tamihana and Hannah Stewart on a fine effort this year. The Year 8 team defeated St Peter’s last week and are now onto Round 2 this week. It was a great debate to watch. Please congratulate– Hayley McDonnell, Kianna Dunn, Myran Wetere, Bianca Stone and Jake Martin.

Library News

During August 22-28 Genesis will be celebrating the Children’s Book Council of Australia’s National Book Week. This year’s theme is ”Books light up the world”. See the official website: http://cbca.org.au/bookweek.htm The Library will be asking parents and students to volunteer to help with the sale of books, especially on Grandparent’s Day - Friday, 28 August. Mrs Joy Payne - HOD Library Services
World Team Challenge

After previous trips to Vietnam and Cambodia, in November this year the 2015 Genesis World Challenge Team will be heading to Costa Rica and Nicaragua for the adventure of a lifetime! Late last term the team had a training weekend to prepare for the upcoming trip.

As we arrived for our highly anticipated training expedition little did we know how much our patience and endurance would be tested throughout these two days. After we split into our two teams, Year 10/11 and 12, we learned a little bit more about each other while getting to know our instructors (who are awesome!) We sent a few people from each team to buy the food we would survive off for the next 18 hours. Armed with an abundance of lettuce and a precious chocolate bar for dessert, we set off up the mountainside to a clearing. Until our dinner (and a star-gazing session where some of us saw shooting stars for the first time) of rice, beans, a few carrot pieces and tomato chunks (which we proudly prepared and cooked on our Trangia), we set up our tents, were taught how to pack a backpack properly and just what exactly what a Trangia was (a little portable camp cooker with lots of parts). After dinner and chocolate around the fire, we retired into our tents with as many layers as we could fit on, yet still woke up with freezing fingers and noses. The next morning’s breakfast was Weet-bix with long life milk and honey. The day two hike with our heavy packs was up an infamous slope where we needed to rest every 20 metres. Stopping for lunch at a beautiful spot atop the mountain, we then happily tramped down the mountain, swapping jokes and riddles the whole way down. The rest of the day was spent learning how to cross a river as a team (always look for a bridge), and some basic first aid. All in all, our World Challenge Training Expedition was an amazing experience where we learned heaps about surviving thriving in a developing country, got to know each other better and had a splendid adventure over the two days we had together. Bring on Costa Rica and Nicaragua! (Carolina Strijdom – Year 11)

Colours Policy and the Co-Curricular Presentation Evening

At a recent Colours Assembly, a number of students were awarded their first, Half and Full Colours. As promised, the Colours Policy can be viewed by clicking the URL below:


This policy also details the embellishments that students can apply for and have embroidered on their blazer as approved by the Colours Committee. These application forms are available at Secondary Student Reception. It is the responsibility of students to track their points and apply for points, especially as the College does not get informed by progressions through the club or school sport systems. Please note that an 80% attendance rate at games and training is required to receive a colour point for that activity.

The final Colours Presentation will be on Wednesday 4 November at a Co-Curricular Presentation Evening. This evening will contain some of the awards and presentations made at the Middle School and Senior Presentation evenings and will assist in shortening the Senior Presentation Evening. It will also provide an opportunity for a greater level of equity in the awards presented across the College. Further details about this evening will be provided closer to the date.

Parent/Teacher Interviews – Book via PTO

Parent/Teacher interviews are today and tomorrow, 29 and 30 July. We typically have very high attendance rate at these evenings where parents take advantage of this opportunity to speak with the teachers of their children for 10 minute timeslots. I am often asked about students attending – I encourage students to be a part of this provided you as parents feel comfortable with this. Having your children involved in this direct feedback is a significant learning opportunity and one that is encouraged.

SPORT NEWS - Secondary Sports Report

**Aqua Fun Run Results**

Well done to the competitors in the Genesis Aquathon held at the Festival last weekend. A full set of results will be available on the College website on the P&F page under Correspondence and emailed to competitors.

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<thead>
<tr>
<th>U7s Girls</th>
<th>Megan Allen</th>
<th>Mia Croucamp</th>
<th>Olivia Tailby</th>
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<tbody>
<tr>
<td>U7s Boys</td>
<td>Joe Harris</td>
<td>Billy Harris</td>
<td>Heath Maloney</td>
</tr>
<tr>
<td>8-9 Girls</td>
<td>Tayden Tomich</td>
<td>Brogan Tomich</td>
<td>Rachel Pert</td>
</tr>
<tr>
<td>8-9 Boys</td>
<td>Blake Turner</td>
<td>Gus Croucamp</td>
<td>Ben Clark</td>
</tr>
<tr>
<td>10-12s Girls</td>
<td>Gabby Martin</td>
<td>Lara Pert</td>
<td>Catalina Pinzon</td>
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<tr>
<td>10-12s Boys</td>
<td>Harrison Turner</td>
<td>Riley Bushell</td>
<td>Patrick Clarke</td>
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<tr>
<td>13-17 Girls</td>
<td>Bree Thistlethwait</td>
<td>Isabelle Matthews</td>
<td>Annabelle Harris</td>
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<tr>
<td>13-17 Boys</td>
<td>Elliot Schultz</td>
<td>Dean Cane</td>
<td>Nic Minessi</td>
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<td>Open</td>
<td>Angus Martin</td>
<td>Damian Bushell</td>
<td>Lloyd Tailby</td>
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Queensland Cross Country Championships

The State Cross Country Championships were held last weekend and Genesis was well represented in both the Primary and Secondary divisions. From the Pine Rivers district Genesis had 8 of 11 runners at the state’s top level. We would like to congratulate the following Secondary runners for their outstanding achievements in Cross Country;

Dean Cane – 21st in the U16 males
Annabelle Harris – 18th in the U14 females
Bree Thistlethwait – 7th in the U15 females

Cara Jardine – 3rd in the U15 females and gaining a place in the State Cross Country team to run at Nationals later this year.

Lara Pert – 21st in the U13 females
Fun Run
For all our weekend warriors and serious runners, The Lakes College is holding a Fun Run on August 16. With distances of 2km (Primary) and 5km (Secondary) and loads of prizes to be won. Go to www.tlcfunrun.org.au for further details.

Cycle Epic 2015
The Cycle Epic is an endurance mountain biking race with distances to challenge the beginner through to the experienced. The event is held on Sunday 13 September at Spicers Hidden Vale Grandchester. If you are wanting to compete in this challenge go to www.cycleepic.com for all the information. Genesis has entered a team name so when you sign up please do so under the Genesis team using the team code GCC, in doing so we can win some great school prizes and aim to take out the overall Schools Trophy.

Young Athletes Travel Subsidy
The new travel subsidy will provide an allocation of funding associated with the costs of competing at State, National and International competitions. Eligible athletes and officials will be able to apply for assistance for attendance at one eligible event at each of the three tiers, once every two calendar years. Please see the attached fact sheet for more details.

The following funding is available for each tier of competition:
- $200 for State or State School events
- $400 for National or National School events
- $600 for International events.

For further information head to www.qld.gov.au/youth/sport-recreation-leisure/young-athletes-travel-subsidy/index.html Verification will play a major part in the allocation of these funds so please be prepared with appropriate documentation to provide to the officials when applying for these funds.

Upcoming events
Aug 3-5; Pine Rivers District Athletics Carnival (Primary and Secondary)
Aug 17; CSSA Athletics Carnival
Aug 24; BCS Football (Soccer) for girls
Aug 25 – 27; Met North Athletics Carnival
Aug 28; BCS Football (Soccer) for boys
All correspondence for the above sporting events can be found on the College website prior to the event.

Ben Innes
Head of Sport

Angus R Martin
Head of School – Secondary

Europe Study Tour 2017
2017 Senior Students with an interest in History, Geography and Legal Studies
Student and Parent Information Night
Wednesday 19 August 7.00pm
Main Admin Staff Room
RSVP by Friday 14 August to Mrs Haywood via email: j.haywood@genesis.qld.edu.au

Conducted by
Student Horizons
The Educational Guidance Centre

Genesis CHRISTIAN COLLEGE
Managing Anxiety...

As a psychologist, one of the most common issues I see in people who present for counselling is anxiety. Let’s face it – we all feel nervous or worried at times. In fact, sometimes anxiety can even be helpful! Anxiety can help us to avoid dangerous situations, and give us the extra boost of motivation we need to stay focused and perform our best. In a school setting this could mean studying for exams, finishing an assignment, or preparing for an upcoming presentation.

Historically, anxiety served a very important purpose in acting as a protective alarm system to aid us in responding to potential threats and dangers. The human brain is hardwired to respond to potential threats in two ways: firstly through preparation, and secondly through reaction. The preparation component includes fear and worry, which help us to prepare for threats that we may encounter in the future. Essentially this type of fear lets us know that we are not in danger (yet!), but that we need to prepare for what may lie ahead. The reaction stage, on the other hand, helps us respond to more immediate threats. The panic that typically comes when we are in reaction mode is more intense and short-lived than general worry, and helps us in responding quickly to danger. In the reaction stage we experience a flood of adrenaline, whereby our brain provides the body with a rush of energy such that we can either face the danger head on, or quickly get away from it. This is often referred to as the “fight or flight” response.

While our environment today is very different to that of our ancestors our body’s response system still serves a very useful function. Imagine your child was crossing the street, and suddenly an out-of-control car sped towards them. If your child did not experience any fear, it is likely that they would be hit. Thankfully, the anxiety system means that your child would experience a rush of panic accompanied by a surge of adrenaline, and would most probably run out of the car’s path. Evidently, while anxiety is not a pleasant emotion it is essential for our survival and is ultimately designed to protect us.

The problem comes when we experience anxiety in the absence of any real threat, or, when the anxiety we feel is out of proportion to the danger that we face. For many people feelings of anxiety can become intense and overwhelming. In some cases the anxiety can feel uncontrollable, and starts to interfere with everyday activities such as going to school, socialising, or being in public spaces. When the anxiety no longer serves a helpful function, it may be a sign that the person is experiencing an anxiety disorder. Today, anxiety disorders are very common. Research shows that one in three Australian females, and one if five Australian males will experience an anxiety condition at some stage in their life. In fact, anxiety is the most common mental health issue faced by Australians and affects over two million of us every year.

Sometimes individuals will be born with a genetic predisposition that places them at increased risk of developing an anxiety disorder. This is probably the case if there is a first-degree relative who has suffered from anxiety in the past. Thankfully, a genetic predisposition does not mean that an anxiety disorder is inevitable. Anxiety involves complex interactions between our genetics, physiology, thoughts, and behaviours. Thus, while we cannot change our genetics we can reduce our risk of anxiety by intervening at the level of our thoughts and behaviour. Changes in either of these areas can make a huge difference to the level of anxiety we experience in everyday life.

So what does this practically mean, and how can we go about reducing our levels of anxiety? The following are my three top tips for preventing and managing anxiety:

**Avoid Avoidance.** Avoidance can involve a rapid downward spiral, and almost always plays a role in the development of anxiety. It is completely normal that we would want to avoid situations, but that can result in anxiety. As a pastoral care team we often see students who procrastinate on starting assignments, withdraw as a response to conflict, or avoid coming to school altogether. While avoidance initially relieves anxiety, in the long term it only makes it worse. Each time we avoid a situation we subconsciously learn that escaping makes us feel better. This means that the next time we face the same scenario we will be even less confident in our ability to manage, and the anxiety we experience will be more intense. On the contrary, facing feared situations teaches us that we are competent and have the capacity to cope. Our confidence increases over time and we will experience less anxiety with each time that we face a similar circumstance.

**Reflect on Reflecting.** Anxiety involves fear and worry about the future, which logically results in us thinking about things a lot more than we usually would. Anxious thoughts are often repetitive, negative, and unhelpful – they can even be irrational. Such thought patterns are likely to increase our levels of anxiety, and will often result in physiological responses such as sweating or rapid heartbeat which act to reinforce our fear. As humans we are the only animals on the planet that have the ability to think about our own thoughts (psychologists call this metacognition). Take this skill and reflect as to whether each thought is true, accurate, or helpful. If it’s not, stop and develop a new thought that is.

**Breathe, Breathe, Breathe.** The physiological symptoms of anxiety can be particularly unpleasant. These can include shortness of breath, shaking, sweating, an increased heart rate and butterflies, just to name a few. Research shows that relieving these physiological symptoms can have a big impact in terms of calming our thoughts and decreasing our levels of fear and panic. Something as simple as taking ten deep breaths is enough to make a difference. If you have more time our pastoral care team highly recommends using an app like ‘The Smiling Mind.’ This app has several short calming exercises suitable for children and adults alike!

Remember, that anxiety is common and there is help available. If you or your child experiences difficulties with anxiety – you are not alone! Further help can be provided by the pastoral care team who can be accessed through your child’s teacher or year level coordinator. For adults, we recommend contacting Beyond Blue for advice, support and referral on 1300 224 636.

Jennifer Younger (College Counsellor)
**CAREERS & VET**

QUT Career & Study Pathways

Panel Discussions

In Term 3 QUT Precincts presents Career and Study Pathways panel discussions for middle and senior students. These events are invaluable for students, parents and teachers alike who are seeking information on a career within the arts, with a focus on the visual arts, film and TV and fashion.

Career and Study Pathways events are FREE, however bookings are essential. For more information and to make an individual booking visit their Education page on our website: [http://www.artmuseum.qut.edu.au/](http://www.artmuseum.qut.edu.au/)

**Speakers:**

Charles Robb (Artist, Lecturer and Visual Arts Study Area Coordinator, QUT)

Amy-Clare McCarthy (Curator – watch Amy-Clare talk about her career and study pathways in her ART/WORK episode)

Sam Cranstoun (Artist – watch Sam talk about his career and study pathways in his ART/WORK episode)

Mairi Cameron (Freelance Director/Film Department Coordinator-SAE Creative Media Institute)

**Program:**

Redcliffe City Art Gallery Tuesday 21 July, 6pm [ART]

Caboolture Regional Art Gallery Wednesday 22 July, 6pm [ART]

Pine Rivers Art Gallery Thursday 23 July, 6pm [ART]

The Loft, QUT Creative Industries Precinct, Kelvin Grove Wednesday 5 August, 6pm [ART and ART/WORK Launch]

The Shed 2 (Z5-101), QUT Creative Industries Precinct, Kelvin Grove Wednesday 19 August, 6pm [FASHION]

**FINANCE OFFICE**

**2015 FEE ACCOUNTS**

For all fee enquiries, please contact the Finance Office on 3882 9018 or by email at finance@genesis.qld.edu.au

**PAYSMSART ACCOUNTS**

The next monthly PaySmart payment will be deducted on **Tuesday 18 August 2015**.

The next fortnightly PaySmart payment will be deducted on **Friday 31 July 2015**.

Please ensure that, on the day prior, your nominated account has sufficient funds to cover your direct debit. If your payment is rejected due to insufficient funds, you may be charged a Dishonour Fee by your financial institution and by PaySmart. The current Dishonour Fee for PaySmart is $15.00.

If you are needing to make any changes with PaySmart, including change of account details, could we please ask that you do so via the College Finance Office. Please do not call PaySmart directly.

**TERM ACCOUNTS**

Term fees were emailed home last week and are due for payment in full by **Wednesday 5 August**. Please note that term accounts can be paid by BPAY (our preferred method), EFTPOS, credit card (Visa or Mastercard), cash or cheque.

**Thank You**

Finance Office

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**COMMUNITY NEWS**

**TAE KWON DO CLASSES**

Tae Kwon Do classes held at Genesis every Tuesday from 3:20 to 4:15pm. All ages are welcome, please phone Daisy or Damian on 3886 0967 or 0438 860 967. Sign up for two months and receive a free uniform. All classes are supervised by an instructor with a Blue Card

**FAMILY FUN**

Moreton Bay Regional Council is proud to present the Caboolture Family Fun Day for 2015. This free event held on Monday 11 August at Centenary Lakes, Caboolture, offers residents a cheaper alternative to heading into the Ekka. This year, the theme is Safari, with Dora the Explorer the special guest!

Dress up in your best safari inspired outfit to be in the chance to win a family pass to Australia Zoo! There will be FREE rides, activities, stage shows and fireworks. For more information visit, [www.moretonbay.qld.gov.au/caboolturefamilyfunday/](http://www.moretonbay.qld.gov.au/caboolturefamilyfunday/)

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Millies
Genesis Festival 2015 Wrap Up

July 25 was finally here and although the skies looked a little ominous to begin with, the rain stayed away and by lunch time we were enjoying a glorious Queensland winter's day for our Genesis Festival 2015.

We started our day with the Aqua Fun Run, with around 100 entrants. It was a competitive field and everyone had an absolute ball. Thanks to Mr Martin and his enthusiastic band of helpers it was a wonderful success.

Once the Festival was in full swing it was time for the class performances. The children and teachers did a fantastic job singing, dancing and entertaining the audience. They had worked hard to get their item ready and did a wonderful job on the day.

It was wonderful to wander around the oval and see the happy smiling faces of the children and families enjoying the fruits of our labour over the last few months. Whether it was the screams of excitement in the spooky house, the mmm’s as they enjoyed their Dagwood dog, Nachos or South African curry or the cheers of victory as they won at side show alley. We loved seeing everyone having such a great time.

The list of Thank yous from an event such as this is as varied as it is lengthy.

Firstly to my Co-Convenor, Mrs Andrea Maunder, whom simply I could not have done this without. She wholeheartedly supported me, made me laugh and kept me sane, when I needed it most.

To the Festival Team - Jarred Maunder, Leanne Roser, Jasson Roser and Deb McCarthy for all of their help in the lead up, on the day and in the round up. It was an honour to work with a team that were so incredibly hardworking, supportive and most importantly fun to spend ALLOT of time with on the Festival 2015 journey. I would also like to acknowledge the support and hard work our children, Bailey, Gabby, Nikki, Eddie, Eli and Lelani and our partners and extended families did in the back ground.

Thank you to the children and families of Genesis for all your support! Whether it was enthusiastically donating items for bring weeks, answering the call for volunteers, making 100’s of lolly necklaces, wrapping hundreds of toys, cooking kilos and kilos of Curry or Nacho mince, cakes, bakes or sweets. Thank you for manning the stalls, putting up 50 tents, placing out 600 chairs and 200 tables and then 12 hours later packing them all away again.

Thank you to all our Stall Convenors, we appreciate it can be a daunting task to take this role on and we applaud your courage and commitment. We simply could not have done it without your help.

Thank you to the school administration staff, Mrs Cross, Mrs Flower, Mrs Polkinghorne, Mrs Ball, and Mrs Shimizu, we called upon them again and again and every request was met with a smile and a question of "What can we do next to help?" In particular, Mrs Maunder and I would like to thank Mrs Shimizu, her unwavering support and quiet guidance was constant and invaluable. Thank you to the teaching staff for supporting us, encouraging the children to be enthusiastic about bring weeks, organising performance items and volunteering in the set up and on the day. In particular Ms White and Mr Hollands for their hard work making the spooky house the best yet and Mrs Hogan and Mrs Beckett for organising and manning the Genesis Cafe. There were many, many students who helped out throughout the festival preparation, setup, on the day and in packing up. We appreciate you sharing your time, hearts and hands with us.

Thank you to the Management team Mr Barker, Mr Martin, Mr Wylie and Mr Bedville we appreciated your support, your willingness to assist us at every turn and your steady guidance.

A massive THANK YOU must go to the gentlemen on the Grounds and Facilities team, and their fearless leader Mr Kevin Dekker. Their assistance was both monumental and integral to the success we enjoyed on the day. Once again each request was met with a smile and the question "What’s next?"

We were so fortunate to have local community and businesses support for our 2015 Genesis Festival. We would like to thank our major Sponsors, Outback Steakhouse, Cornerstone Consulting, Exquisite Smiles, Ray White Warner, Cashmere IGA, Moreton Bay Regional Council, and Cold Rock Warner! We ask our families to support them in return. There were many, many donations and deals done for us within our local community and I sincerely thank them all.

I sincerely hope that I haven’t missed anyone in my thank you round up. Please accept my apology in advance if I have.

I have had so many comments of congratulations and job well done for a wonderful festival in the past few days and from the whole Genesis Festival Team 2015 I say, it was genuinely our pleasure. See you in 2017!

Kind Regards
Gabby Holden

Genesis Festival Raffle -
1st - Lisa Bouter
2nd - Erin Bridges
3rd - Michelle Soliman
4th - K. Bush

Pick a Box Winners below -
Entertainment Book - Juls Byster
Signed Michael Hussey Framed Photograph - Dishni Brown
The Coffee Club Pack - Arlene Maunder
Albany Creek Tavern Vouchers - Karen Tilke
Bike Voucher - R Fleming
Warner Pool Care Pack - Dee Lanyon
Warner Tavern Voucher - Brian Barker
Warner Tavern Voucher - Megan Beverstock
SASI Spa Voucher - Jenna Toweel
2 x Sizzler Breakfast Vouchers - Julie Jameson
Beauty Di’mour Hot Stone Massage - Kerri Grimston
Australia Zoo Child Pass - Michelle McDonald
Outback Steakhouse Gift Pack - Tim Lanyon
Hyperbowl Family Pass - Jorja Carne
2 x AussieWorld single entry - Angela Carter
2 x Wantima Golf Voucher - Daniel Brown
Aspley 10 Pin Bowl Family Pass - Karen Tilke
Lupino’s Hair Care Products - Megan Beverstock
Lyll Deer Sanctuary Family Pass - Jenna Toweel
Voluptuous Vee’s Voucher - Kristy Clarkson
Netball Hoop - Eden
Top Shots Fun Park Vouchers - Sue Riches
Underwater World Sealife Family Ticket - Jayn Millard
Millie’s Handbag & Gift Voucher - Zoe Allen
Jadin Chemist Gift Tin - Warwick Murphy
Lone Pine Family Pass - Debra Petterson
Freedom Foods Basket - Emily Carne, Sandi Galli, Arlene Maunder, Kennedy, Jaimee Thompson

2015 I say, it was genuinely our pleasure. See you in 2017!
Sausage and Popper Days
The sausage and popper days held at the end of Term 2 (Year 3 - 6) and beginning of Term 3 (Prep - 2) were again a fantastic success. Thanks to the coordination of Mrs Tanya Baxter these events run very smoothly. With the support of students and parents the P&F were able to raise approx $4,400 in our fundraising efforts to give back to our school community at the end of the year.
Once again, sincere thanks is extended to the many Parent Volunteers, for helping cook sausages, serving, setting up and packing down on the day and delivering home-bakes. Genesis staff, in particular the PE Teachers, Maintenance staff, Genesis Primary Admin staff and Management staff also contributed greatly to the success of both events. As always, Genesis students’ manners were outstanding and this makes preparing special days for them so rewarding.
Woolworths Earn and Learn
Once again we are participating in the Woolworths Earn and Learn promotion. This is a fantastic opportunity for the school to redeem prizes just for doing our normal everyday shopping.
In previous years we have been awarded many thousands of dollars of prizes with our classrooms benefiting with educational equipment.
Participating is as easy as 1, 2, 3!
1. Shop at Woolworths and you’ll get 1 Earn & Learn Sticker for every $10 you spend.
2. Stick them on a Woolworths Earn & Learn Sticker Sheet. You can pick one up from local Woolies store or download one.
3. Once you’ve filled your Sticker Sheet, pop it into a Collection Box at Genesis Primary reception or in the Genesis box at Woolworths Warner Village.
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Donation made to you and also to Genesis P&F for all new loans settled.

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