Dear Parents, Students, Staff and Friends of the College.

We have had an exciting fortnight. The West Coast Eagles came to visit and talk about resilience, the Year 5’s participated in a WALLA Rugby Tournament, Year 6 students have been learning about the Constitution and Year 1 students went on an excursion to Kings Park.

Year 3 and 4 students are busy preparing their Easter item for our College Sunday Service on March 22nd at 9.30am in the High School Auditorium.

**Continuing with Building Resilience**

Resilient children share four basic skill sets - **independence, problem-solving, optimism and social connection.**

From a resilience perspective, parents need to coach children through some of their more challenging moments and reviewing what they may have learned for next time. Avoid solving all their problems for them.

You can promote a lasting sense of resilience in your children by:

**Having a positive attitude yourself.** Your attitude as a parent impacts on their ability to bounce back from some of the difficulties they face. Make sure you model a ‘you can do it’ attitude for your child when he meets some of life’s curved balls.

**Look for teachable moments.** Many children’s learning opportunities are disguised as problems. Make the most of these opportunities so that children can grow and learn from some of the challenges they face.

**Make children active participants in the family.** Active participation in a family develops the self-help, problem-solving and independence skills of children that are necessary for resilience.

**Build children’s coping skills.** There are plenty of strategies you can pass on to children to help them cope when life doesn’t go their way, including acceptance, getting away for a while and normalisation.

Promoting resilience in children is a not a single event but a continuous process that requires adults to be supportive and empathetic when things don’t go their way. It also requires you as a parent to have an understanding of resilience, so you have faith in yourself, and your child’s ability to cope.

In Scripture, those the Lord used encountered multiple obstacles, failures and opportunities to quit. However deep within their souls was a resolve to follow through where the Lord was leading them. Not doing God’s will was not an option. Thus, Moses chose the harder path of being a slave with his people rather than the easier route of enjoying the riches of Egypt. Esther stood with her people, exposed a traitor and challenged the king at the risk of being put to death. Resilience speaks loudly with its quiet perseverance. God blesses a life engaged in life.

“As you know, we count as blessed those who have persevered. You have heard of Job’s perseverance and have seen what the Lord finally brought about. The Lord is full of compassion and mercy” (James 5:11).

Maryann Malzer
Primary Principal
CONGRATULATIONS

to the recipients of a
PRINCIPAL'S AWARD

handed out at our last assembly

10 Gold Commendations:

Zaine Alisa 3.1
Savanna Asling 4.2
Mica’ Bezuidenhout 4.2
Riley Browne 4.2
Callun De Clerck 4.2
Jennifer Mullan 4.2
Tayliah Taylor 4.2
Hannah Watson 6.1

KEEP CALM
‘COZ
…….
THE EAGLES
ROCK OUR SCHOOL
On Thursday, 26th Feb, Yr. 6.1 held their amazing Federation Assembly in QBC’s massive auditorium. The show took the audience back in time to when Federation was established in the early 1900’s. The reaction of the audience was overwhelming; there was clapping and laughter and you could see the awe on their faces as they watched the assembly unfold. Mr Robinson, 5.1 teacher praised 6.1 by saying, ‘AMAZING! Well done!’ Mrs S said, “Super cool assembly! It was so informative and ran so smoothly!”

6.1 had worked tirelessly to organise their costumes, practice their skits and lines. As Tylah stated, “I really enjoyed it, everyone worked really well together, costumes were fantastic and no-one forgot their lines.” Chaye commented, “I felt really good about the play.” (Yr. 6.1)
FREE DRESS DAY for Bali Orphanages

All students are invited to participate in the Free Dress Day on **Friday, 27th March**. For a gold coin donation.

Funds raised will be sent to Widhya Asih an orphanage in Bali we support as a school and church community.

Donations can be given to your class teacher on Free Dress Day.

Please remember free dress is expected to be modest and sensible.

College Sunday

**Date:** Sunday, 22nd March

**Time:** 9.30am - 10.30am

**Venue:** High School Auditorium

College Sunday is a compulsory school event. We look forward to sharing this morning with you as we dedicate our college community to the Lord.

If you are unable to attend, please advise your class teacher in writing.

Morning tea will be served after the service. Please bring a plate to share:

- KG - Yr.2, sweet plate
- Yr.3 - Yr.6, savories

We wish Dylan and Erin Classen the best of luck as they prepare for their international squash tournaments in April. They will be playing in:

- The Australian Junior Open held in Sydney from 3rd - 7th April 2015.
- The New Zealand Junior Open held in Timaru from 10th - 12th April 2015.
- The Oceania Junior Open held in Invercargill from 17th - 20th April 2015.

Dylan is ranked number 3 in the boys u/11 in Western Australia and number 3 in the boys u/11 Australian National Ranking.

Erin is ranked number 1 in both the girls u/11 and girls u/13 in Western Australia. She is ranked number 1 in the girls u/11 Australian National Rankings.

We love celebrating our students’ achievements both in and out of school, and we’d love to hear about them. If you would like to share any of your child’s achievements in the newsletter, whether academic, sporting or otherwise, please email us at: ltruter@qbc.wa.edu.au

If possible, please include a photo.
**Winter Uniforms**

*New students* who have not had a winter uniform fitting will receive a letter in the mail. If you do not receive a letter please contact me at the Uniform Shop.

*Students* who started in Term 4 of 2014, please contact me by ringing the school office or email aroberts@qbc.wa.edu.au

*Current students* - it is now time to try on your winter uniforms. Winter uniforms will be available to purchase from 26th March 2015 provided our winter stock has arrived. Our sincere apologies if some stock is not available.

Many Thanks
Angela Roberts
Uniform Co-ordinator

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**Opening Hours**

**TUESDAYS**

- 8.00am - 12.00pm  
  *(All Students & Parents)*
- 12.00pm - 12.30pm  
  *(High School Students only)*
- 1.30pm - 3.30pm  
  *(All Students & Parents)*

*For uniform fittings, please come in after 8.30am and before 3.00pm*

**THURSDAYS**

- 8.00am - 12.00pm  
  *(All Students & Parents)*

*For uniform fittings, please come in after 8.30am*

- 12.00pm - 12.30pm  
  *(High School Students only)*

*Closes at 12.30*

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**IMPORTANT**

Please be advised that there may be some price changes as from 1st March 2015. Whilst some uniform items may still reflect the old pricing, the computer will charge at the new price. We apologise for any inconvenience caused. Angela Roberts (Uniform Coordinator)
Notices

We ask, for safety reasons, that students not use the grounds of other schools as a shortcut or thoroughfare when walking to and from school.

Extended Holidays
If you are planning on taking an extended holiday break (over and above the published term holidays), please submit requests in writing to the Principal of the College.
These can be dropped off in the Student Office or emailed directly to: admin@qbc.wa.edu.au

Absentees
Please contact Student Services on 9305 8882 by no later than 9.00am in the event of unexpected absences or sickness that necessitates your child being away from the College for the day or for any length of time.
A written note should accompany your child and be handed to his/her Teacher on his/her return. A medical certificate may be required to explain prolonged absences.

Leaving the School Grounds
Students may not leave the school grounds before, during or after school to go to the shops, McDonalds, etc. and then return to the school.
This is regarded as serious breach of safety and infringements or send-outs will be issued!

STUDENTS on MEDICATION
If you need us to administer any medication to your child while at school, please complete and sign a Medication Form, available from the Student Office.

Keeping our Community Safe

Important notice for Parents
The safety of children travelling to, from and around school is an issue of concern to the school community. Motorists, please be patient & vigilant in the traffic! Students are also reminded to pay attention to the Traffic Warden and adhere to the guidelines for crossing the road safely. The children’s crossing and the warden designated to manage this crossing, play a vital role in keeping our children safe and it is of utmost importance that our students and motorists respect the Traffic Warden and adhere to the specific guidelines when using this crossing.
Sport Report:

The Year Fives enjoyed a day of Rugby at Ridgewood Reserve on the 10th March, hosted by the Western Force. We would like to thank the Western Force for hosting a wonderful day of friendly competition between Peter Moyes, Lake Joondalup Baptist College and Quinns Baptist College. Students showed excellent participation and good skill on the day, a reflection of the hard work put into coaching them by the Western Force and Mr Robinson.

The Primary School had a visit from Rick the ‘Rock’ and Bradd Dalziell from the West Coast Eagles on Thursday 5th March, and students and teachers alike were in stitches at the humour provided by Rick! Thank you for visiting guys, we learnt a lot about a healthy lifestyle and how to be resilient each day. The Year Sixes look forward to seeing you on the 1st April for their skills session.
Relationships Australia is a community based, not-for-profit organisation with no religious affiliation. They are committed to enhancing the lives of communities, families and individuals and supporting positive and respectful relationships through their diverse range of counselling, mediation, community education and professional development services.

Relationships Australia has a reputation for exceptional relationship education programs, ranging from one-night seminars to eight-week courses.

Short Courses and Workshops:

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<tr>
<th>Dad's Raising Girls</th>
<th>Mum's Raising Boys (up to 12 years)</th>
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<td>Find out how to build a rewarding father-daughter relationship. As the primary male role model in a young girl’s life, Dads play an important role in the development of their self-concept and self esteem. This can often affect how they relate to others as they get older, particularly to boys and men.</td>
<td>Mums, who are usually their son’s primary female role model, play a vital part in developing their son’s identity, including their ability to be nurturing.</td>
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<td>Joondalup - Wednesday, 22nd April</td>
<td>West Leederville</td>
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<tr>
<td>6.30pm - 9.00pm / $25 per person</td>
<td>Wednesday, 22nd April</td>
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<tr>
<th>Dad’s raising Teenage Boys</th>
<th>Fathering After Separation</th>
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<td>Raising teenage boys can be challenging but there can also be exceptional times of fun and closeness. This workshop is designed to assist fathers and father figures navigate their way through the teen years to help build positive relationships and strong, positive young men for the future.</td>
<td>It’s important for fathers to distinguish between their parenting role and their relationship break-up. This seminar, held in a male-friendly environment, suggests helpful ways to keep in touch with your child to build skills and to recognise strengths and weaknesses.</td>
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<tr>
<td>West Leederville - Monday, 30th March</td>
<td>West Leederville</td>
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<tr>
<td>6.30pm - 9.00pm / $25 per person</td>
<td>Thursday, 26th March</td>
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<td></td>
<td>6.30pm - 9.00pm</td>
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<td>$25 per person</td>
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Click here for more information

(08) 9489 6322
Community

CLARKSON LIBRARY OPEN DAY
Celebrating 10 years in the Community

- Storytime: 10.00
- Face Painting: 10.30 - 12.30
- Harbourside Choir: 11.00
- Cake Cutting: 11.00
- Balloon Twister: 11.00 - 12.00
- Chocolate Demonstration: 12.00 - 2.00
- Bunnings - Plant a Seedling: 12.00 - 2.00
- Musical Trio: 1.00

- Book Art Workshop (see staff to make a booking)
- Book Cubby (kids publish their own book)
- Kids’ Craft & Activities
- Healthy Communities Fruit & Veg Stall
- Community Displays

LOTS OF ALL DAY ACTIVITIES

SATURDAY 21 MARCH
Sundays - 9.30am
QBC Primary Auditorium
Pastors: Andrew & Danelle Hamilton
Phone: 0400 044 236

**Quinns Youth**
All high school students welcome
7.30pm to 9.30pm
In the Primary Auditorium* (*unless otherwise notified)

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**Stranger Danger**

... keeping our children safe ...

We cannot stress enough the importance of having regular discussions with your children on the issue of “stranger danger”.

Whilst we do run “stranger danger” programs at school, we would still urge you to continually reinforce the importance of being aware and vigilant, at all times, of any suspicious activities in your area and around the College.

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**QUINNS BAPTIST COLLEGE**

Cnr. Anchorage Drive & Salerno Drive, Mindarie

(Postal: PO Box 72  Quinns Rocks WA 6030)