Welcome

I recently came across this article, ‘The Resilience Tool Kit’, from Dane Jensen, chief operating officer of Performance Coaching Inc.

As a school we are building a culture of Courage, Persistence and Respect, but that last ‘R’ could quite easily be Resilience. Life throws us many challenges and the ones who make it are often the ones who do not give up. They bounce back from adversity.

As past chaplain to a local soccer club, as well as lessons learnt in my own journey of overcoming difficulty, I realise one of the most important character traits that we can teach our young people is resilience, the ability to not only bounce back but to bounce back higher than the last peak.

Many, unfortunately, give up but the ones who make it through are the ones who see the possibility in impossible situations. They just keep plugging away and finally the break comes. Adversity is a necessary part of growth and success... as long as we are not satisfied with the mediocrity and defeatism that adversity brings.

Our College Affirmation states that we are winners. Winning does not come easily, but those that learn the skill of resilience are in a prime position to win.

Excerpt from The Resilience Tool Kit: Four tips to improve mental fitness:

1. Perspective
   Consciously choose a “Three C” perspective.
   Research has identified that individuals who thrive under pressure choose to view setbacks with a sense of challenge (“this is a test”), focus on what they can control (“time to work on my dribbling”), and commit to making it happen. Those who fail to cope view the same situations as a threat (“there go my endorsements”), with a sense of helplessness (“the referees have it in for me”), and alienation (“what’s the point?”).
   Of course, some of us are naturally more optimistic. The key is to notice the perspective you are taking and, if it doesn’t focus on what you want, change it.

2. Energy Management
   Don’t waste the energy inherent in disappointment.
   Setbacks are inevitably marked by powerful emotions: Mr. Messi crying in the locker room, Mr. Murray crying on centre court. Dr. Peter Jensen, a sport psychologist who has helped athletes at eight Olympic Games, reminds athletes constantly that “beneath every emotion is the energy to transform.” What are you going to do with that energy? How will you put it to use so that you never feel like this again?

3. Imagery
   “Change the film” and look forward.
   Imagine the impact of experiencing a devastating setback like a World Cup defeat not just once, but many times. Every time we replay a setback in our mind, it’s as if it just happened: our body experiences the same physiological impact and emotions. Elite athletes don’t let that happen. They choose to have short memories. They consciously work to “change the film” in their head and focus on what they want rather than what they don’t want.

Here’s an easy way to bring this practice into your world: once a day, close your eyes and imagine an upcoming performance. This could be a big meeting, a presentation, a performance review – anything inherently stressful. Then, adjust your “film” to improve one aspect of your performance. Re-run this correct film two or three times in your mind. You’ll be amazed at how frequently these imagined gains translate into real life.

4. Focus
   Create and hold a compelling vision of the future.
   For World Cup athletes, basking in the adoration of your country while your anthem plays is a pretty compelling vision for the future.
   But what might this look like in your world? As a start, your own version of the podium is important – achievement plays a major role for all of us. Equally important is considering what the goals are that hold meaning for you, and how your day-to-day actions are connected to these goals.

Practice Makes Perfect

In the world of elite sport, it is commonly understood that resiliency is not an innate ability, but rather a set of skills that can be learned, practiced and mastered. Good coaches work on these skills as much as the physical ones.

Mr O dos Santos
Principal

‘..with God all things are possible.’ Matthew 19:26
It is Week 4 of the term, that means that assignments have started and there are tests scheduled over the next few days and weeks. It can be a time where all the good intentions of starting a new term disappear in the face of the pressure of completing work. It can be difficult to keep up with everything that the next few weeks can bring. This is the time that we need to remember the Core Values of the College – Courage, Persistence and Respect.

We need **Courage** to keep facing the challenges of study. We need **Persistence** to keep going through it all. And we need to **Respect** ourselves and our teachers enough to complete the tasks to the best of our ability.

So where do we find the time to do everything that needs to be done? Mr dos Santos has visited all of the classes to help students organise their diary and make the best use of their time. There is no need to give up all of the outside activities to make it through the term. There is still time for the sports training and sports matches. There is still time for the music practice. There is still time for Youth Group and time with friends and family. It is a matter of managing all of the time that we have left.

Every bit of time that we have is important and can be used. Charles Colton said: *Much may be done in those little shreds and patches of time which every day produces, and which most men throw away.*

It is important not to throw away those little bits of time such as the 20 minutes between activities, after music practice or before we have to leave home for sports training. Those bits of time can be used for revision, organising notes, tidying the desk before the next round of work starts.

The more we make use of our small pieces of time, the more pieces we seem to have and the more we do with them. That 10 or 20 minutes could mean the difference between being organised for the next day . . . or not. Completing last minute revision for that test . . . or not. Passing that test . . . or . . .

Make use of those **little shreds and patches of time** and see what a difference it can make!

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**Mrs M dos Santos**  
Deputy Curriculum

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**Student Services**

Thank you for your support in tidying up uniforms, hair and jewellery. We are proud and want to congratulate the majority of the student body for doing the right thing on time.

Some housekeeping:
- Hair, jewellery and uniform checks on Wednesday of Week 2 and 6
- 40 Hour Famine project during Week 4 (more information to follow)
- Formal assembly on 19 August
- Year 8 HPV vaccinations on 19 September

**How do the hair, jewellery and uniform checks work?**

On request, let me elaborate and provide more detail.

The reasoning behind it is to be clear, transparent, fair and consistent toward all students, parents and staff. We all need to know what to expect and when to expect it. That leaves us secure and informed. The purpose is not to burden parents or students but to provide an environment conducive to learning and experience.

- As mentioned before, we do these checks on Wednesdays of Week 2 and 6. Students are alerted through assemblies, newsletters and daily notices. We have followed the same procedure since Term 2, 2013 and therefore expect students to take some responsibility as they should be familiar with the culture by now.
- On the Wednesday we check all classes and issue infringements if hair, uniform and jewellery are not up to standard. Some students provide parental notes and we may give them an extension. All parents are emailed regarding hair infringements. Only a very small minority get picked up on the day.
- Students have another nine days to comply and their hair is checked on the Friday of the ninth.
- If hair is not to standard then a send-out is issued and parents are asked to collect their child from school (at this stage Years 9 to 11 only).

**Secondary Students School Shoes**

We realise school shoes can be expensive, however we do not want parents to invest in shoes that are unsafe or do not provide enough support. Please see examples on the following page.
Student Services cont.

<table>
<thead>
<tr>
<th>Appropriate</th>
<th>Inappropriate</th>
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<tr>
<td>(not enough support &amp;/or protection for certain electives)</td>
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Girls

Boys

Quote of the Week:
“Champions aren’t made in the gyms. Champions are made from something they have deep inside them - a desire, a dream, a vision”.
Muhammad Ali
American Boxer and three times World Heavyweight Champion.

Mr P Venter
Deputy Student Services

Year 11 Science

On Wednesday 30 July, the Year 11 Human Biology students conducted a scientific practical assessment that required them to dissect rats to observe the internal structure of a mammal, the reproductive system in particular.

During Semester Two of this year, the eight Human Biology students are learning about the survival of humans as a species. A core focus in this study is how as mammals, humans reproduce. As the rat reproductive system bears many similarities with the human system, this practical activity provided our students with a hands-on opportunity at viewing reproductive systems at a more meaningful level.

The students had to dissect several rats, two males and two females. One of the female rats was pregnant and had a number of foetuses present inside. The students were able to view how pregnancy progresses and the different structures involved in the process.

The whole experience was described by the class as being very interesting and a novel way at making sense of the content discussed in class.

Mr H Servina
Science Teacher
House Shirts

The College is currently taking orders for Faction sports shirts. Students will be able to wear them in all Physical Education classes that are held on campus and at Sports Carnivals. The shirt cost is $35 and must be pre-ordered with the Uniform Shop by Friday 15 August. Students can collect order forms from Secondary Student Services.

Mrs K Williamson
Head of Health and Physical Education

Backstage and Production

The Secondary Backstage and Production classes have been very busy this term building and painting the set for this year’s production *Bugsy*. Last year’s production *Rumpelstiltskin* was a great success and while still in its early stages, the students are already confident that *Bugsy* will be even bigger and better!

The students have a great time in the Backstage and Production classes, they work hard and have learned some new skills, like painting, how to hang wallpaper, set construction, how to use power tools, saws, and drills.

Keep a look out for these great sets at this year’s end of school production, *Bugsy*. Hope to see you all there!

Mr S Capener
Head of The Arts

Set Creation
*Rumpelstiltskin*
Food Science and Technology

On Friday of Week 1, the Year 11 Food Science and Technology class experienced a visit from dietician Amy Williams. Amy educated the class on how a raw food diet could benefit your health and lifestyle. Benefits of eating raw food include increased energy levels, a gentle digestion and assistance to achieving and maintaining ideal weight along with many other benefits.

It was not all theory as Amy allowed the class to make a selection of raw food recipes. The Zucchini spaghetti and green smoothies was something new to the learners. The Cacao Truffles and Nori rolls were the favourites. These recipes were a healthy, tasty and nutritious option to replace an unhealthy snack.

Amy Williams quoted: “You don’t have to strive to be 100% raw, increasing the amount of raw food in your diet by any portion will benefit your body.” With Amy’s passion for raw food she hopes to touch the tastebuds of many and improve their raw food diet.

Students from the Food Science and Technology class said they both thoroughly enjoyed the class and would be willing to try out and consume raw food products on a daily basis. They would also like to thank Mrs Williamson for organising the event and introducing them to a new world of food.

Santika R and Madison T
Year 11 Students

Year 7 English

The Year 7 students have been studying poetry in English. Recently, they wrote their own poems based on the poem, ‘Things I Know’ by Joyce Sutphen. Here is a lovely poem written by a student in 7C who was able to communicate her special connection to the things she knows. In the next newsletter we will have some poems from 7V.

Things I Know

I know how the cool water makes you smile, as you take your first step in.

I know the way the waves call you in, you never want to leave.

How people are laughing and smiling, how they paddle for the best waves

as they look at the sand ahead of them without looking back.

I know the way your parents call you from ashore but you don’t want to leave this awesome feeling of being free. I know how the shore breakers make their way up the sand.

The way you feel horrible, seaweed beneath your feet and rough sand that sends shivers up your spine.

I know the way salt from the water hits you in one big gush and how the smell stays up your nose for hours.

I know the way the waves crash against the rocks, I call it my home.

Chantelle
Year 7 Student

Pacer Rebate

Students from our school have recently undertaken an education tour of the national capital. Students were given the opportunity to participate in a variety of educational programs with a focus on Australia’s history, culture, heritage and democracy.

The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government is contributing funding of $240 per student under the Parliament and Civics Education Rebate program. The rebate is paid directly to the school upon completion of the excursion.

Mr S Price
Head of Year 10 and 11

Austin Cove Baptist College Newsletter Secondary School Thursday 14 August 2014
Year 10 Work Experience

During the last week of Term 2 our Year 10 students were out on Work Experience. They found opportunities in a wide variety of businesses ranging from schools to ALCOA, hairdressing, retail, veterinary clinics, local council, a theatre group, animal refuge, trades assistant and lots more. The feedback that we received from the employers was overwhelmingly positive.

They were impressed with the polite, cooperative manner in which students conducted themselves and their willingness to learn ‘on the job’. Our thanks go to you as parents for your efforts in helping your child find a place and congratulations to each student for a job well done!

Mr R Munro
Work Experience Coordinator

All high school students were introduced to Operation Christmas Child last term. They were very excited about the 500 boxes that will be filled for poor children all over the world. The next drive is for 500 ‘Something Special’. We are appealing to all our parents to give generously because our goal is attainable only if we work together as an awesome team.

Totals collected so far:
- Toothbrushes - Over 500
- Toys - Over 500
- Stationery - 50
- Facecloths and Soaps - 200

The items being collected are as follows:
- Week 3 and 4: Hairbrush and Comb
- Week 5 and 6: Hair Accessories / Bangle and Sunglasses

The Operation Christmas Child committee have arranged two fund raising events to be held at The Good Guys in Mandurah (Pinjarra Road) on Saturday 13 September and Saturday 1 November. Volunteers are required to assist with cooking and selling both days.

Anyone interested in assisting may contact Mrs Mouton or Mrs Botha via Secondary Reception.

A huge thank you to all our parents and friends.

The Operation Christmas Child Committee
Uniform Shop

The Uniform Shop will be open every morning during School Term from Monday to Friday 8:00am to 10:00am.

Should your child need a fitting, please call 9537 7177 to make an appointment or email uniforms@acbc.wa.edu.au.

Kiss and Drive

Please respect there is no parking or standing in the Kiss and Drive area.

As there is an increased amount of vehicles passing through the College grounds, it is imperative that the Kiss and Drive does not hold up traffic. If your child is not ready and waiting at the pickup point it will be necessary for parents/guardians to drive around the circuit until they are ready.

Smart Riders

Smart Rider Cards for Secondary Students can now be purchased from Secondary Reception. They can be printed with a photo and be used as Student ID.

The cost is $5.

The forms for the Smart Rider Cards can be collected from Secondary Reception.

Annual Report

The College Annual Report is available on our College website www.acbc.wa.edu.au. Printed copies of the Annual Report are also available from Reception.

Term Three Dates

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<td>5</td>
<td>19 Aug</td>
<td>Tue</td>
<td>Formal Assembly</td>
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<td>8</td>
<td>8 Sept</td>
<td>Mon</td>
<td>ACC Athletics Carnival</td>
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<td>9</td>
<td>16 Sept</td>
<td>Tue</td>
<td>Formal Assembly</td>
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<td>10</td>
<td>22 Sept</td>
<td>Mon</td>
<td>Free Dress Day Sausage Sizzle</td>
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<td></td>
<td>26 Sept</td>
<td>Fri</td>
<td><strong>Term 3 Ends</strong></td>
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*Dates may be Subject to Change*
Community Notices

**Austin Cove Baptist College provides advertisements as a community service. The inclusion of any advertisement is not necessarily an endorsement by the College.**

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**SAVE YOUR SEAT**

Register online for School Bus Services by 31 August 2014

If your child is commencing using School Bus Services in 2014 for the first time, or if you already use our services but are changing schools, you need to register. In the case of new enrolments, the 子 brand of the school you are eligible, pick up a brochure at your local school and to register online visit www.schoolbusnews.gov.au or call 1300 3649.

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**Basketball Players Wanted**

New basketball club based in Yunderup asking for players. Opportunities for kids’ years 1-12.

Season starts early October.

Registrations needed asap.

If you know of anyone that might be interested phone Kerrie on 0404 256 804 or email on wallabieswarren@westnet.com.au

Grab some friends and have some fun.

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**Term 3 @ “The Cove”**

**Theme:** Sing it Loud

**For:** Youth in Grades 7-11

**When:** Friday Nights

**Time:** 7:00pm to 9:00pm

**Where:** Austin Cove Baptist College

Inlet Blvd, South Yunderup

**Cost:** $3 per week

(unless otherwise stated)

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M: 0412 535 210
E: austin_youth@1church.net.au
W: 1church.net.au/accc