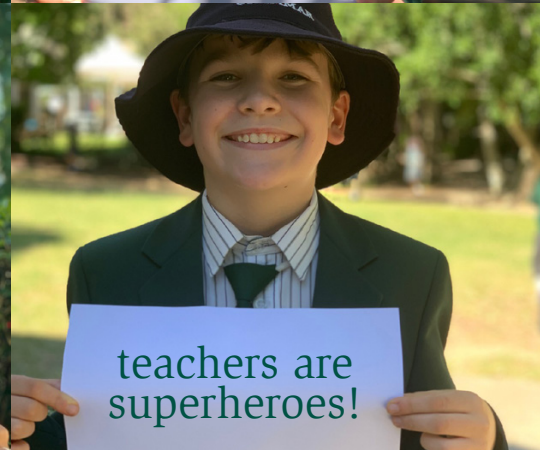




CONNECT WITH KINDNESS







Mrs Maria Woods | Principal
Sunshine Coast Grammar School


NO ACT OF
kindness
 no matter how small
IS EVER
wasted
 AESOP

Do not let kindness
and truth leave you;
Bind them around your
neck, Write them on the
tablet of your heart.
Proverbs 3:3

As the Grammar family 'Grammily' reconnects over the coming months, we must take the time to acknowledge and recognise a time in our history where our lives and way of living, working, learning and connection has changed.

The collective success depends on every individual action. The individual attitude and action matters; it makes a difference.

Our Connect with Kindness campaign has been a call to arms. A summons to every member of our community to be united in our care and support for one another. Every individual has the capacity to demonstrate the social value of kindness in words, simple gestures and looking beyond self to others.

Our call to arms has required each of us to **Act, Reflect** and then **Move**. It's that simple.

The challenge this term for our students and for each of us has been to undertake an act of kindness, not because you have to, but because it is a choice to reach out to another. In each kind gesture our students have reflected a sense of joy and genuinely feeling good about making someone else feel good. We are changed by the experience and we are moved - we move forward - we cannot go back to not doing, it's addictive to feel this good and it costs very little - just a thought for someone else, a gesture that took no time at all, but was significant to another. So we are changed and just as we practise music or sports to further develop skills, practising kindness is a habit worth cultivating.

It is that simple.

This call to arms is not just applicable for Term 2. It's a global movement and it's good for one's health. There is research, science and psychology behind the social value of choosing kindness.

Kindness is chemical. Research on the science behind why kindness boosts feeling good centres around oxytocin and dopamine. Acts of kindness release dopamine, a chemical messenger in the brain that can give one a feeling of euphoria. The great outcomes for us are that simple acts of kindness boost wellbeing. We need this campaign to become part of our DNA - the way we are at Grammar - it's not a single act of kindness, but repeated acts as common practice. We are building up each other and the community at the same time.



A very tangible call to arms has been our involvement in the national school toilet project. Our school accepted the challenge that all our spaces and facilities matter and that our amenities for students should be places that are welcoming for students. If students are seeking refuge in a bathroom, we want them to see and read words of encouragement, kindness and support - to know they are not alone and that help is at hand.



CONNECT WITH KINDNESS

Be mindful.
Be grateful.
Be positive.
Be true.
Be kind.

As students across Queensland headed back to the classroom after a period of isolation and remote learning due to the COVID-19 pandemic, students at Sunshine Coast Grammar School have rallied together to launch a community-building campaign titled 'Connect with Kindness'.

While students have returned to campus, it can feel as though we are starting the school year again and in some ways we are. We are hitting the reset button and teachers are working with students to give their best to be their best.

This is apparent in how they turn up every day from presentation to attitude; these attitudes and thoughts translate into words, behaviours and actions. These are all a reflection of our values – that comes from our hearts.

We are coming together again but must remain apart. So how do we reconnect? We have seen the very best of humanity and regrettably the most challenging. What will set us apart; however, is how we connect as a community, through kindness.

In launching the Connect with Kindness campaign, Sunshine Coast Grammar students are shining the spotlight on kindness as a key ingredient that creates and strengthens connections between

people. This really matters. The need for quality connections is essential for mental, spiritual and physical health and wellbeing.

We are well aware of the impact social isolation and disconnection from peer groups and social networks creates. When we give to another through the gift of kindness, we signal to the recipient and ourselves that we are connected.

Social commentator Hugh Mackay encourages us all to build connections. In his book, 'Advance Australia.....Where?' he writes: 'Our relationships with each other are the source of our life's meaning. Our sense of personal identity exists in the context of these relationships. We are born to communicate, to join, to connect, to share. When we deny those impulses, we diminish ourselves.'

Given the many challenges facing us, what can an individual hope to achieve? Every step we take, every move we make, helps shape the kind of society we will become. Example counts.

Our 2020 campaign 'Connect with Kindness' is a tangible opportunity to reconnect with the gift of self to others as our community comes together but remains apart.

'The effect you have on others is the most valuable currency there is.'
Jim Carrey.



National Reconciliation Week ran from 26 May – 3 June and we were fortunate to welcome Kerry Neill from Triballink to share his knowledge and a musical performance with students.

Reconciliation Week is a time for all Australians to learn about our shared histories, cultures and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia.

This year's theme – In this together – resonated in many ways, but it reminded us whether in a crisis or in reconciliation we are all #InThisTogether.

Reconciliation must live in the hearts, minds and actions of all Australians as we move forward, creating a nation strengthened by respectful relationships between the wider Australian community, and Aboriginal and Torres Strait Islander peoples.

#NRW2020

#InThisTogether2020

Introducing SchoolTV

Today parents face a multitude of modern day challenges in raising happy, well and resilient young people. Whilst there is a great deal of information available, this can often be confusing and overwhelming for parents looking for guidance.

SchoolTV addresses this as a new online resource designed to empower you as parents with credible and sound information with realistic, practical, ongoing support strategies.

A world first, SchoolTV is a wellbeing platform featuring Dr Michael Carr-Gregg. It addresses the modern day realities faced by schools and parents who increasingly need clear, relevant and fact-based information around raising safe, happy and resilient young people.

All SchoolTV topics are divided into series. The number of topics relating to a series will differ and over time new topics will be added. We

encourage parents to take time to explore each series and topic.

SchoolTV can be accessed via GECO.

'The wellbeing of today's youth has never been more challenging.'

Depression, Anxiety, Cyberbullying, Drugs, Alcohol...
Some of the challenges faced by today's parents.



SchoolTV is a new resource designed to inform and support parents on major issues with contributions from Australia's leading experts.

NATIONAL VOLUNTEERS WEEK

As we celebrated National Volunteers Week, we took the opportunity to acknowledge the generous contribution of all the Grammar volunteers in our community. This year's Volunteers Week theme of "Changing Communities. Changing Lives." was a great reminder for us to look inwards at what we can all do to make a change for the better in the lives of others.



KRISSY STAPLETON
*Member of
Grammar P&F*

Volunteering fosters a sense of community

Krissy has actively volunteered across a range of activities including helping with literacy lessons, being a Class Coordinator, putting her hand up to be a manager and coach for soccer teams, cooking for Grammar Helping Hands, helping with Year 9 Mock Job Interviews, and for the last two years, being an integral member of the Grammar P&F.

WHY DO YOU BELIEVE IT IS IMPORTANT TO VOLUNTEER?

Volunteering allows an institution to offer a greater range of experiences, opportunities and resources. In the school setting in particular, it allows such things as smaller and more individually targeted literacy lessons, greater communication between the school and parents, and a bigger opportunity for activities to be planned and implemented, such as stalls, fetes and parent gatherings.

with the rest of my family who are also actively involved. I have recently been involved in supporting a couple of local youth-based charities and offering support when and how I can. I think it's important to recognise how privileged I am to live and work in a place like this and to lend a hand where possible – however I can,' said Mr Princehorn.

'Our community depends so much on the value that volunteering adds and the Sunshine Coast would be a very different place without the support from the many charities and volunteers that assist those in need, our environment and the animals who call it home.'

'For me the most amazing thing about volunteering in the local community has been the opportunity to meet what I would regard as being some of the most brilliant, humble and unsung heroes of our community

This all helps with building a sense of community.

WHAT BENEFITS DO YOU RECEIVE FROM VOLUNTEERING IN THE COMMUNITY?

The benefits of being a volunteer for me are huge. Over the years I have been able to get to know and develop friendships with a large number of the parent base at school. It has also given me an outlet away from the home, to keep my mind active. It also gives me a great sense of pride and enjoyment that I can help out in some small way.

WHAT QUALITIES DO YOU BELIEVE ARE IMPORTANT WHEN VOLUNTEERING AND WHAT LESSONS HAVE YOU LEARNT?

Being open to try your hand at anything and just give your best are probably the best qualities to have when being a volunteer. My favourite thing about being a volunteer in a school setting is being able to watch the children around you grow up and become young adults. The children I sat with in literacy lessons 11 years ago, still greet me today, and I find something very special in that. The lesson I have learnt is that, with a few of us giving a little of our time and effort, big things can happen.

– people who selflessly put themselves out there each day to make the world a better place for others. They are truly inspiring. I have had the privilege of seeing people shaping their communities and making real change in some pretty diverse settings including Timor Leste. We can all learn so much from these people,' said Mr Princehorn.

'It's always a great day when I hear about our Grammar students taking on volunteering opportunities beyond the school. It's a reminder to me that above all else we help develop caring students at Grammar. My own children have started their volunteering journey and have made great friends, have heaps of fun, and are making helping others a part of their lives too. I think that volunteering is the one thing that connects us all regardless of our age or background. There is something out there for everyone.'



BEN PRINCEHORN
*Coordinator of
Community Services*

"No one can help everyone, but everyone can help someone."

In recent years Sunshine Coast Grammar School has partnered with The Shack Community Centre where their motto is 'A Part of the Solution', which Mr Princehorn believes best sums up what is most important in volunteering. 'To see that you are a part of something bigger than yourself, a part of a team and ultimately a part of making a change for the better. Volunteering is ultimately about service above self, but it's also about enjoying that experience and taking the opportunity to try something new.'

Apart from the tremendous work Mr Princehorn does at the school with our Grammar Helping Hands program, he also volunteers as a patrolling member of the Met Caloundra Surf Club and assists with the junior program. 'It's been a fantastic experience being involved with such a great organisation and to enjoy the volunteering experience



CRAIG ANGEL
Dean of Primary
Years 3-6

Volunteers share knowledge and skills

'We make a living by what we get, but we make a life by what we give.'
– Winston Churchill

Volunteers contribute to creating a close-knit community with many networks developed and strengthened through the volunteering process.

We have many unsung heroes in our Grammar community who often go out of their way to contribute to their local community.

Our Dean of Primary Years 3-6, Mr Craig Angel, is a long-serving active member of the Mooloolaba Surf Life Saving Club who believes that without volunteers many services would simply not exist.

WHAT BENEFITS DO YOU RECEIVE FROM VOLUNTEERING IN THE COMMUNITY?

As a volunteer, I not only get satisfaction from the service we provide on the beach and in emergency situations, but also in the friendships that we develop as part of the surf lifesaving movement. My family and I have established many friendships as a result of our involvement in surf lifesaving.

WHAT QUALITIES DO YOU BELIEVE ARE IMPORTANT WHEN VOLUNTEERING?

A commitment to serve the cause you are volunteering for to the best of your ability.

WHAT IS YOUR FAVOURITE MEMORY CREATED THROUGH VOLUNTEERING?

My favourite memory is looking across the beach and seeing my family and I contributing to such an iconic organisation and a cause we value so much as part of our lifestyle in Queensland.



ALLANA CANTY
School Psychologist

Volunteering has health benefits

Research has demonstrated a strong correlation between volunteering and mental health. These benefits are often reciprocal between those in the position to give and those receiving support.

In recent years, Allana has been fortunate to be involved with a number of international volunteering programs. One of these projects is El Hongo, "The Mushroom", a volunteer-run restaurant, where profits go directly towards sponsoring a community art program in the "real" Playa del Carmen, Mexico.

El Hongo volunteers work at the restaurant, clean and restore unpaved roads and damaged buildings, paint murals, provide emotional and wellbeing support to local families, and educate and inspire youth through skill development programs aimed at building their confidence and self-efficacy for employment in the future.

While Allana donned the hat of a chef, the overalls of a plumber, and the paintbrush of an artist, her predominant role was that of offering wellbeing support to disadvantaged youth. She swapped the Freudian style couch for a hammock with many youths, and swung in the breeze whilst chatting through various highs and lows that coloured their history.

'Providing wellbeing support to disadvantaged communities also has clear benefits for the receiver, who would otherwise not have access to mental health services,' said Allana.

WHAT BENEFITS DO YOU RECEIVE FROM VOLUNTEERING?

Volunteering within less fortunate communities is extraordinarily grounding and enriches my practice as a clinical psychologist. The lives I have been welcomed



Thank you to all of our Grammar volunteers for inspiring tomorrow's leaders

into, and privileged to be a part of, have nurtured by humility and compassion. Further to this, I cherish the reminder of the common threads in wellbeing that connect humans globally and the heart-warming satisfaction of seeing lives prosper with a little support and direction.

WHAT QUALITIES DO YOU BELIEVE ARE IMPORTANT WHEN VOLUNTEERING?

Adaptability in your personal practice. Flexibility to social, community and environmental climates and cultures. Resilience, both emotionally and physically... all through which, empathy is my guide.

WHAT IS YOUR FAVOURITE MEMORY THROUGH VOLUNTEERING?

I think about my paint footprints that trail down an unpaved road, next to mine, are those of an 11-year-old orphan. They tell the story of a walk during which I learned of unspeakable trauma, normalised in a community in which his experiences were commonplace. I remember looking into eyes full of warmth, hope and playfulness, a reminder that support is cherished, and that your history doesn't have to be a prophecy of your future.

A LITTLE MESSAGE ABOUT A BIG FEELING: **HOPE**



ALLANA CANTY
School Psychologist

Change is the only constant in this life. When we learn to ground ourselves in the present, we can come back to our constant and pervasive inner compassion. In this place, we can release our worry, our desire to control, and our resistance to change. In turn, we reconnect with peacefulness and hope.

Teaching our young persons the skill of mindfulness and the voice of hope has the power to improve comfort and even thrive within the flux around us. Mindfulness allows us to be comfortable in the here and now. Hope allows us to see that change is inevitable and our challenges are transient.

Change, although confronting and challenging, is a natural forward movement of life that allows us all to grow in resilience and compassion. I encourage you to reflect on your part within this change. Enrich your kindness by being the person who reaches out first. Practise your voice of compassion for the young person who seeks validation of the challenges they face. Listen to your wise mind that is content in the present moment. Connect with 'hope', for it is our guide.



Thank you to our community for sharing your heartfelt images with us, as we collectively took the opportunity to pay our respects to those who had fallen before us to 'light up the dawn' on Saturday 25 April as part of national wide Anzac Day commemorations.



Your thoughts... REMOTE LEARNING



Our children loved remote learning. It gave them structure and normality to their day, with the highlight seeing their teacher and friends. Awesome job!

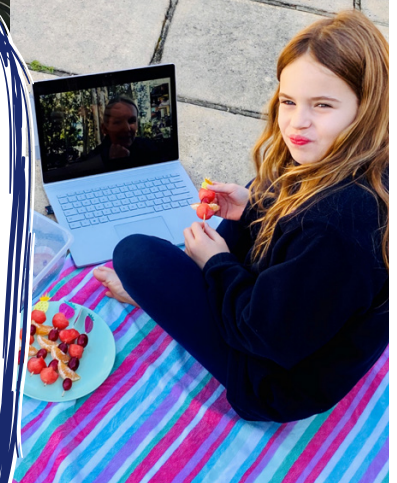


Thank you for everything everyone has done. Cannot begin to imagine the effort you all have put into making this possible.

Throughout the remote learning period our daughter adapted easily to the changes and continued to enjoy school in its altered state, and educationally she also continued to grow and thrive.

All the teachers and support teachers have done a wonderful job in supporting and also protecting students as best as possible, their hand washing skills are now excellent!

Thank you to you and your team for everything you did, and continue to do, we really appreciate you all.



We have such an awesome school, and awesome school community. So blessed to be part of Grammar.



RayWhite



The right advice...

Dan Smith
0438 120 776
dan.smith@raywhite.com

If you're thinking of buying or selling talk to a local who knows their market.

Growing LITTLE LEARNERS

We sometimes think of gardening as an adult activity, when in fact the activity itself can provide a wonderful opportunity for children to have fun and gain important knowledge, concepts and skills.

The recent health pandemic required many of us to stay home and allowed us to spend more time getting back to basics, and in some homes enjoy the simple act of gardening with our children.

This unstructured, play based learning can have many benefits such as developing confidence, resilience and the development of problem solving and critical thinking skills.

Offering children the chance to be involved in nature play, particularly in their own backyards, provides an opportunity for parents and caregivers to allow time and space for this wonderful learning to take place.



...play based learning can have many benefits such as developing confidence, resilience and the development of problem solving and critical thinking skills.

While many of our children have returned to the centre over the past couple of weeks, educators at Grammar ELC have taken the opportunity for children to do some gardening outdoors at the centre and truly explore our rainforest backyard through our existing bush kindy program.

The garden was planted with the main objective of encouraging care for our environment and learning about where our food comes from.

Children are born curious. They love to learn about new concepts and approach the natural world with wonder and awe. Allowing them space to naturally discover the world around them, take on new projects and learn about sustainability taps into this natural sense of wonder, and instils in them the importance of caring for their environment.

Any outdoor space is the perfect breeding ground for learning and one of the key benefits has been the positive attitude children have had towards being involved in caring for the garden and wanting to try some of the home grown produce.

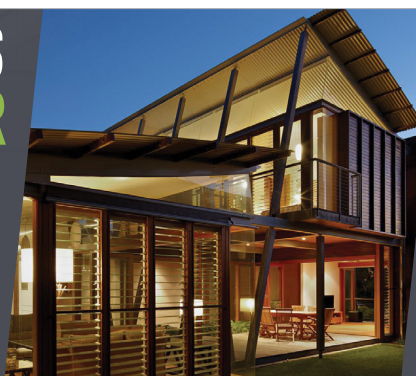
We often find that through play based projects such as these children become so immersed in the activity, and so full of spontaneous joy creating and exploring, that their little minds will happily forge connections to extend their learning beyond the school classroom.



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NATIONAL SIMULTANEOUS STORYTIME

Grammar joined many libraries, schools, childcare centres, family homes and book stores across the nation in celebrating National Simultaneous Storytime.

Every year a picture book, written and illustrated by an Australian author and illustrator, is read simultaneously around the country. Now in its 20th successful year, it is a colourful, vibrant, fun event that aims to promote the value of reading and literacy, using an Australian children's book that explores age-appropriate themes, and addresses key learning areas of the National Curriculum for Kindy to Year 6.

This year our Principal, Mrs Woods, read to our little learners at Grammar Early Learning Centre while Primary staff took the opportunity to share Whitney and Britney Chicken Divas, written and illustrated by Lucinda Gifford, with their class.



Connecting through Chess during isolation

Building a skill set through Chess to overcome life's challenges.

Chess is often used as a metaphor for life, but what about the skills it develops? How valuable can they be when applied to one's life?

**Life IS LIKE A
game of chess,
CHANGING
with EVERY MOVE**

A fitting quote to reflect our changing landscape as we navigate our way through the COVID-19 pandemic. It is encouraged in a chess game to take your time, think carefully about your moves and consider what lies before you whilst maintaining calm, and staying composed and emotionally resilient. This is a magnificent skill set to carry through life and in challenging times.

So how has Grammar Chess Club managed to stay connected?

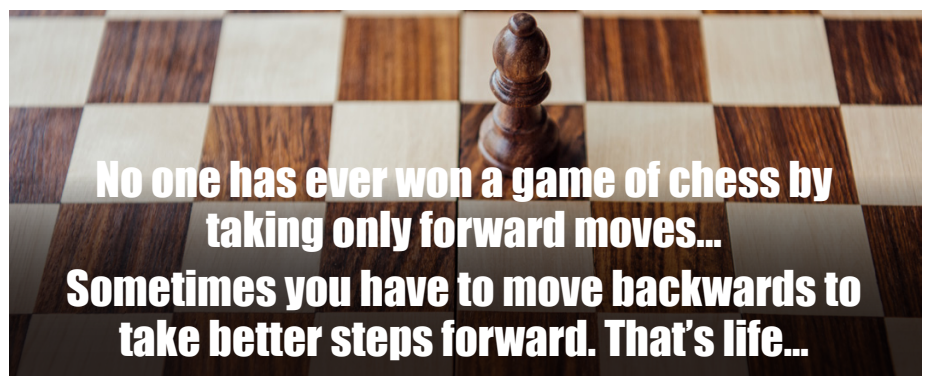
Like most extracurricular activities, our chess players have had to reinvent themselves to stay connected.

Grammar Chess Club students moved to an online option to continue to develop their skills, strategic thinking and problem solving. The students were issued with an SCGS Gold Membership chesskid.com account in the final weeks of Term 1. This has allowed students to engage in lessons, solve puzzles, play games against each other and participate in SCGS online tournaments.

Students have been encouraged to play games with their family or join our regular online Wednesday tournaments. Chess Club students have been acknowledged for solving the most puzzles or completing the most lessons during the week.

Chess Club communicates via the Chess Club GECO page.

**Rachelle Brutnell
TIC Chess**



YEAR 10 PHOTOGRAPHY COMPETITION

The Year 10 Photography Competition was conducted during the last two weeks of remote learning.

Students were encouraged to walk away from the computers for a while and get outside to take a photo. We were mindful of the students spending a lot of time on Zoom and wanted to provide an opportunity for them to have some 'downtime' and explore their creativity.

There were two sections – Colours of Nature and Perfect Pets.

Dr Corcoran convened a sub-committee to select our final five images in each section, and the voting was open to students and form teachers in Year 10.

Colours of Nature



Perfect Pets



Primary Kindness Assembly

By Pastor Jon Taylor

Our recent Primary Kindness Assembly followed the theme, 'Connecting with Kindness.'

Two Year 3 students played scissors /paper/rock to win a crunchie chocolate bar. The winner of the chocolate bar (Holly) then shared it with the other student (Pippa) by breaking it in half. Though slightly scripted, a key point was made; any small act of kindness brings joy, gratitude and connection.

To that end, I then shared, Proverbs 16:24, 'Gracious words are like a honeycomb, bringing sweetness to the soul and health to the body.'

I remember well my old school prayer which goes like this: 'Help me this day o Lord to try to think in a kind way, act in a kind way and speak in a kind way, so I can leave my school this day knowing I have shown kindness to others. Amen.' The order of 'Think, Act and Speak' is very pertinent as our thoughts will determine our choices (actions and words).

May we all indeed choose to think before we act and think before we speak? Let's be kind to those who are unkind because they may need it the most. 'Love your enemies,' Jesus said - a most difficult and challenging teaching, but Jesus demonstrated this time and time again with all the people he came across. May each of us take care with our words so we can connect with others with kindness.

NEW Science Centre *opens* in time for students to start *Term 2*

By Chris Smith, Head of Science

The highly anticipated Science Centre was completed in time for students returning to the classroom in Term 2. The addition of this new building will allow every science lesson to be held in a custom built laboratory space.

Head of Science, Mr Chris Smith, is delighted with the completion of the new precinct, which certainly has a university quality feel and finish.

The new labs feature increased floor space, LED lighting for a full length 4.8m whiteboard, interactive touch 84" LED screens that connect wirelessly to any device, increased gas sensors and safety features. The labs also include industry standard safety features such as emergency showers and eye washes. One lab (L9) features large windows to make learning transparent and showcase science teaching and learning at Grammar.

The additional labs and classrooms will allow for an expected increase in demand in science based learning as Grammar continues to build on reputation and results.

Prior to the new construction, the school had renovated all six existing labs, on a rotational basis, so that all nine labs are now effectively under six years old – this shows in the embedded technology (wireless projection, powered sound) and the industry standard learning spaces.

As with any construction project, there was some disruption, but we persevered during Term 1 and are now seeing the many benefits of this project. These benefits extend to the General Learning Area spaces upstairs being able to better meet the demand as the Secondary School sees a period of growth. These rooms will allow the facilitation of groups, be they year levels, house groups or even assessment.





We first discussed starting a Garden Club when it was Week 1 Term 2. Not many students were at school at this time and we wanted to do something to make a difference.

We were sitting in the eating area, then we looked at the garden beds and wondered if we could turn that area into something special.

We asked Mr Clegg if we could start a Garden Club and he gave us loads of help. At lunch that day we went to the library and looked for books and researched about gardening.

Then we made a list of all the things we needed and made some posters.

As a team we started to weed the garden beds, added compost, and planted some flowers and other seedlings that our parents kindly bought for us.

There was a worm farm container in the shed and we worked out how to put it together. Indi brought in worms and then we just did little projects around the garden.

The Garden Club made us all happy at this uncertain time and the flowers brightened everyone's day.



SPREADING KINDNESS

Humans are wired to connect with one another. This recent break in physical connection has seen us looking for different ways to connect. During remote learning Primary School classes spent time looking at ways they can connect with kindness even though they were not physically connected.

The challenge was set, to spread kindness both within the virtual and physical world. Classes "Zoomed with kindness" creating individual videos, poems and letters of appreciation that celebrated friends' strengths and brought a smile to the face of many. Students set goals to help within the home environment and brainstormed ways to spread kindness in the wider community. Small, handmade gifts of kindness were delivered via email, to the neighbour's doorstep, broadcast across Zoom and delivered via snail mail.

As our return to physical school became a reality, our youngest students were welcomed back by the Prep fairies and our parents were nurtured with care packs reminding them it was now safe to take a moment and breathe, the return to reality is here.

Here at school, as we have welcomed more students back, the creation of a Kindness Tree began, where students planted ideas for ways to spread kindness at school, home and beyond. With the return of all Primary School students, messages of kindness were chalked on the pathways and we danced our way into the second half of Term Two. It did not take long for students to make kindness pledges and create our Primary School friendship chain as a symbol of our unity as a community. Our theme for Term Three is – Let us connect with kindness for together we are stronger.

Overjoyed to be back at School

Zoe from 3AC presented a beautiful poem written by Stephanie Mulrooney titled Back to School Today, which summed up what many were feeling this week heading back to the classroom. If you missed the LIVE stream, we've included the poem below - enjoy!

I wake up with anticipation
tickling on my skin,
Excitement builds inside me, it's
so hard to hold it in!
I look at my reflection and I grin
from ear to ear,
The day that I've been waiting
for... yes finally, it's here!

It's time to read and write again,
To think and laugh and play,
I've missed my friends so very
much since we have been away.
I think of all the fun we have,
the silly jokes we share.
I cannot wait to see them all,
I can't wait to be there!

So why do I feel butterflies deep
down within my core?
Why do I feel nervous, and
reluctant and unsure?
What if I've forgotten all the
things I'm meant to do?
What if things are not the same
as what I thought I knew?

I enter the familiar grounds, the
memories returning.

Happy thoughts of special times
of friendship and learning.

There's a bustle in the playground
as the children dash around,

Oh, how I've missed that cheerful
noise, it's such a joyous sound!

I turn to see my teacher smiling at
the classroom door

I know at once that there's no
need to worry anymore.

A giant grin lights up my face,
I think it's fair to say,

That I'm overjoyed to be back
at school today!

”

*We've
missed you,
GLAD TO
HAVE YOU
BACK*



SUNSHINE COAST
GRAMMAR SCHOOL

PARENTS,
Thank you
for
WORKING
WITH US

To our
partners in
REMOTE
LEARNING,
OUR PARENTS
Thank you

*We've
missed you,
GLAD TO
HAVE YOU
BACK*

*We've
missed you,
GLAD TO
HAVE YOU
BACK*

Things were
NOT THE SAME
WITHOUT
YOU,
it's great
to HAVE
YOU BACK!

WELCOME
BACK
to all of our
GRAMMAR
STUDENTS



A HELPING HAND

Students have continued to show servant leadership in our community during difficult times, packing and delivering care packs for patients at the Sunshine Coast University Hospital through Wishlist.

These packs are being picked up by health staff who have identified patients and families needing a helping hand. From those facing homelessness, struggling to make ends meet or those isolated in the community, these care packs are being well received and making a real difference to others.

Foundation DAY

This year marks 24 years since the sod was first turned on site here at Sunshine Coast Grammar School. While we are living in unprecedented times, we must stop to reflect on how far we have come and the great opportunities that lie ahead for our school.

Congratulations to our 10, 15 and 20 year staff members, along with our Life Long Learners who we acknowledged this term as part of our Foundation Day celebrations!



SUPPORTING OUR HEALTH WORKERS

Our Coordinator of Community Services, Mr Ben Princehorn, with the support of our amazing Grammar community, recently delivered some Grammar Helping Hands meals and homemade jams to the team at Wishlist. These donations will go a long way to support our region's hard-working health professionals.



LAWN CARE SPECIALISTS

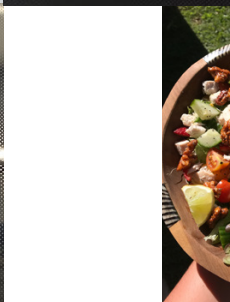
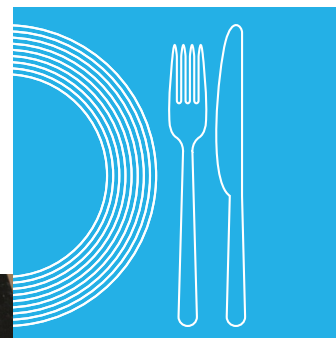
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Food Technology

During the period of remote learning, Years 8 and 9 Food Technology students were given the challenge of cooking meals at home for families and neighbours. There were some brilliant results, with students encouraged to send through their photos!

Janelle
Derrington,
Coordinator of
Food Technology
and Hospitality



A highlight was our very own Head Chef, Mrs Woods, sharing two of her fabulous treats via Zoom while the students were cooking with her at home – her very own special Mother's Day Sponge Cake and Chocolate Chip Ice Cream Cookies.



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CLICK & COLLECT**



FRENCHconnections

It was such a difficult end of Term One for our Senior French students, not only having their long-awaited school Tour to France cancelled, but also wondering how their host families and friends were fairing in France as daily reports reflected the gravity of the situation and the death toll rose. Looking back it seems quite remarkable that just a couple of months beforehand we were hesitating about the cancellation and eager to do what we could to find a solution. This is the first time in 20 years that our biannual tour to France has not taken place.

It is with some relief that messages and phone calls have been frequent in the interim period, as our close contacts in France were forced into lockdown from mid-March. One of ELO's founding members, Jean-Claude Lacassagne, has called several times to check we are all well and expressed such regret and disappointment when I spoke to him on the day our group were due to arrive in France. Aurillac is situated quite some distance from major cities and he assured me that the region has not been hit too badly by the crisis. It was also lovely to hear about the experiences of lockdown in Paris from Mia Levings, one of our alumni currently studying at university, and of course to hear that she was safe and well.

Fortunately, with so many avenues for connection, many of our families and students have been able to keep in contact with their host students and some have made plans to visit at a future time. My teaching counterpart in France organised for his students to send some heartfelt messages and his students were thrilled to receive our responses in return. Whilst future travel plans remain somewhat of an unknown, these relationships are a beautiful reminder that our French program is much more than the vocabulary and grammar we may learn in the classroom. From whole family FaceTime sessions between two countries on opposite sides of the world to the sharing of memories and jokes on social media, these small gestures of contact and connection are an important reminder that a little goes a long way ...in more ways than one.



Exchange Report Term 4 2019

When I was in Prep, my family hosted two French girls from Aurillac. From this stage, I have had a strong interest in the French culture and have loved hosting a further 16 people from Aurillac since then. I have always known that one day I would be lucky enough to spend some time in France. That time for me was in Term 4, 2019.

If I am being honest, the idea of spending such a long period of time on the other side of the world was daunting and I was quite sceptical if I even wanted to go. I am so proud and overjoyed; however, that I did take this wonderful opportunity, as I will never forget the memories that I made during my 11-week stay.

I was privileged enough to be taken care of by four different host families who made my stay possible and memorable. I have made some amazing connections with many people and I hope that these friendships will last a lifetime. Although I greatly missed my family, friends and school back in Australia, I absolutely loved going to Lycée Émile Duclaux. I found all of the subjects extremely interesting and the gorgeous campus, along with the three-course meal in the canteen each day, made school very appealing. Not only did I get to experience the French language, I was also lucky enough to be immersed in the French culture, through food, sport, music and travel. My favourite experience was going to Toulouse for a weekend getaway, where we watched a professional soccer match and visited a world-renowned space museum.

Overall, my exchange helped me become an independent person who is more open to new situations and experiences. I would strongly recommend that if you are learning a language, to consider doing an exchange in the future as it truly is a life-changing experience.

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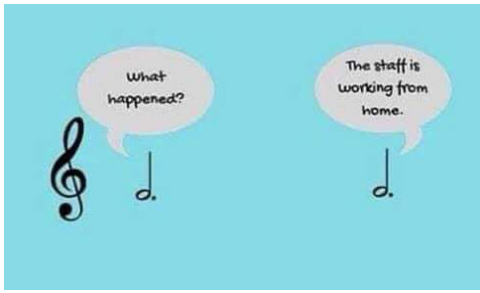
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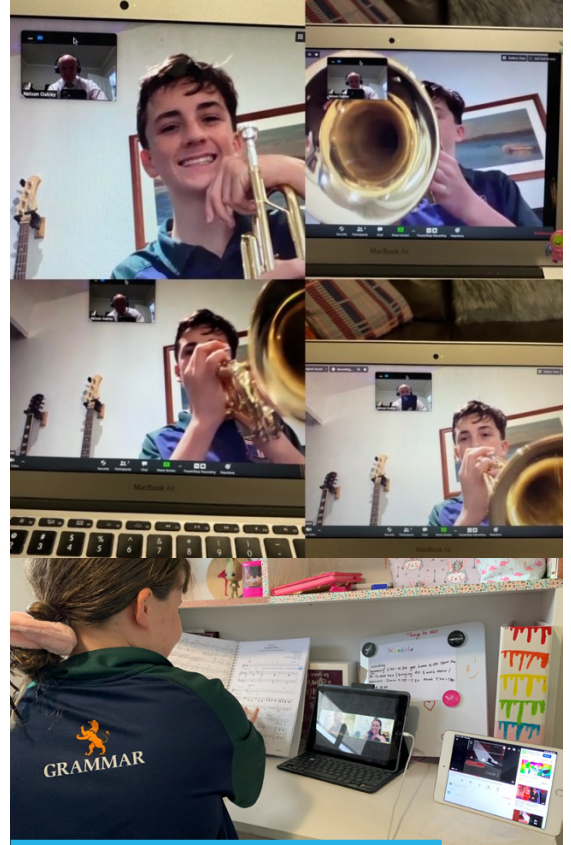
CAN'T STOP THE MUSIC!

Music lessons have continued without a hitch through the remote learning period, helping students to stay connected during isolation and online learning. Parents have enjoyed the pleasure of witnessing their child's Music lessons up close and personal, and this has created outstanding opportunity for the Music tutors to liaise even more closely with students and their families.

MUSIC CAPTAINS *Delight*

The Music Captains (Emily, Alesya, Liam and Ryan) have worked tirelessly to promote Music through the school and started a new concert series in the Primary School at lunch times.

The students have been treated to fantastic music performances during their recess and lunch breaks, and we look forward to presenting more performance opportunities to the students as the year unfolds.



Rehearsals continue no matter what

All Music rehearsals continued throughout Term 2 with students connecting with each other and their Director/s either remotely or at school in person once restrictions were eased. Physical distancing has enabled students to experience a different way of rehearsing and their musical skills have developed ten-fold as a result.



CLASSROOM Fun

For a short while, the Year 11 and 12s had the school to themselves and the Music Hangar was filled with the sound of music again. Students in classroom Music have enjoyed the practical component of our subject while they experimented with instruments and sounds to inform their composition task in Term 2.





OFF TO A *fly*ing START

CERTIFICATE in ENGINEERING and AVIATION

A full class of 21 students were excited to participate in the new Certificate in Engineering and Aviation pathway this year. The 'Skills Generation Build and Fly a Drone Project' was offered to students wanting to obtain knowledge and experience in a broad range of engineering disciplines.

We chatted to our Head of Design Technology, Mr Craig Ebnetter, about the introduction of this pathway.

1

WHAT HAS DRIVEN THE INTRODUCTION OF THIS NEW CERTIFICATE?

The Certificate II in Engineering Pathways is a new initiative at Grammar for Year 10 students to gain an industry-based skill set relevant to many trade occupations. Upon successful completion of the year long course, students will obtain a nationally recognised qualification and have the option of pursuing the Certificate III in Aviation (Remote Pilot) in Years 11 and 12.

2

WHAT WILL STUDENTS BE REQUIRED TO DO TO COMPLETE THE CERTIFICATE?

There are practical and theoretical components that each student must undertake with the theory assessed online. Students are completing units of work such as Working in a Team, Using Electric Welding Machines, Occupational Health and Safety in a Work Environment, and Pull-Apart and Reassemble Engineering Mechanisms. From a practical viewpoint, the students are required to mark out, construct and weld a metal project, design and construct their own project, and build, configure and fly a Drone. Students are able to keep this drone when they complete the course.

3

HOW WILL THIS HELP STUDENTS IN THE REAL WORLD ONCE COMPLETED? WHAT OPPORTUNITIES WILL IT PRESENT?

After completing the Certificate II in Engineering Pathways there are immediate opportunities for employment in the vocational, engineering, and technical fields and areas.

With this qualification, students may also be able to undertake further vocational training at Certificate III level and then follow a university pathway.

If the candidate follows the Grammar School pathway and completes Certificate III in Aviation, once again employment in the ever-expanding drone industry is a distinct possibility. There are avenues for employment for fully trained, licensed drone pilots in a wide range of fields including but not limited to the media, photography, real estate, builders, surveyors, farmers, surf lifesaving, surveillance, power line inspection, underwater investigation, law enforcement, and the military.

4

WHAT HAS THIS MEANT FOR YOU, HAVE YOU HAD TO UNDERGO TRAINING TO TEACH THIS COURSE?

I have been required to update my vocational qualifications by completing an upgraded Certificate IV in Training and Assessing qualification. I have also been required to demonstrate my industry currency in a theoretical and practical setting relevant to the Engineering Pathways certificate, and have spent many hours on a steep learning curve collaborating with our Partner, Skills Generation, to implement the qualification at Grammar. This year I'm in the process of completing a Certificate III in Aviation that includes 50 hours of online training and 5 hours logbook hours of drone flying before I undertake a flying exam.

5

WHAT ARE STUDENTS MOST EXCITED ABOUT WHEN ENROLLING IN THIS COURSE?

As soon as the students have demonstrated competency in the required industry-based skills, they are eager to start the drone aspect of the course where they will build the drone from scratch and then have the opportunity to fly it on the back oval of the school.



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ALUMNI Sharing their Passion



Grammar Alumni are connecting with current Year 10 to 12 students in a new initiative, the Grammar Pathways Zoom Series. The series has been a wonderful opportunity for past students to share their pathway and experiences related to their tertiary study, moving out of home, seeking employment upon graduation, and lifelong learning. Each week has featured a specific occupational field with a range of alumni contributing to the Zoom. To-date the Pathways Series has featured alumni from cluster areas including paramedics, medicine, nursing, psychology, business, trades, science and economics.

'I found it to be an inspiring session and has made my interest in studying in this area increase. It was also really nice to hear from three different points of view (in the middle of university study, just completing study, and in the workforce for a while). It gave good insight on what it's like to be studying and all the options that can be present after completing this course.' Year 11 Grammar student.

2018 Alumni *'It was fun! I was a little flat since we are studying online at the moment (due to the pandemic) so it gave me a chance to reflect and realise how much I had learned, and how much I like studying and that I am doing something I love. It has inspired me to keep pushing through. I also enjoyed listening to the other alumni working in the same field and to be able to connect with someone more experienced.'*

2016 Alumni *'I am always happy to contribute to Grammar, I loved speaking to Grammar students about my study. I always enjoyed guest speakers when I was at school, and I am happy to help wherever I can. They can contact me anytime to ask questions.'*

“ I am always happy to contribute to Grammar, I loved speaking to Grammar students about my study.





← WHERE ARE THEY NOW?

Olivia Evans, Class of 2018

Olivia had her sights firmly set on a career in the Australian Defence Force for some time before graduating from Sunshine Coast Grammar School in 2018. With an acute understanding of what the commitment to the Defence Force would require, Olivia decided to take a gap year after finishing school to travel, work and spend time with friends and family before dedicating the next decade to the Australian Army.

During her gap year, Olivia worked two jobs simultaneously while saving money for a European Trip later in the year. Throughout August, September and part of October, Olivia travelled extensively through the UK and Europe, which she admits is one of the best experiences of her life to date and cannot wait to tick some more destinations off her list.

This year she embarked on her journey with the Australian Defence Force Academy (ADFA) as an officer cadet as part of the Australian Army with her job role being a General Service Officer (GSO). Olivia will be able to choose the corps that she would like to join at the end of her training at the Royal Military College, Duntroon (RMC-D).

While completing her training, Olivia is currently studying a Bachelor of Arts – Majoring in Business and International Political Studies. She attributes her passion and choice of study in the business arena to the opportunity she had to complete a Diploma of Business whilst at Grammar.

Following the successful completion of her degree and single service training at the Australian Defence Force Academy, Olivia will then go on to complete her Officer Training at the Royal Military College, Duntroon, where she hopes to finish with a high ranking and ultimately become a Captain in ten years' time.

Olivia prides herself on the close relationships that has with her family, admitting that she is following in the footsteps of her father. Olivia's father inspired her to join ADFA after he served 20 years in the Australian Army, with numerous overseas active service postings throughout his career. Olivia's mother's active involvement in the Sunshine Coast business community has also encouraged her to pursue her love of business.

Olivia reflects fondly on her time at Grammar and in particular acknowledges her teachers who were supportive of her ambitions.



Tharushi Abeyratne, Class of 2018

Congratulations to our Class of 2018 Dux, Tharushi Abeyratne, on receiving an Academic Excellence Prize, the Harriet Marks Bursary, at The Women's College Academic Dinner in March.

Tharushi's cumulative university results from 2019 and the criteria of the particular Academic Excellence Prize combined solidified her as the worthy recipient.

Tharushi has continued to achieve outstanding results and we are incredibly proud of her achievements.



James Zhao, Class of 2008

James Zhao believes that opportunities are everywhere in life, you just need to grasp them firmly with two hands.

After graduating from Sunshine Coast Grammar School in 2008, James stayed local and took the opportunity to study a Bachelor of Sports and Exercise Science at the University of the Sunshine Coast. Upon graduation James quickly started his career as a strength and conditioning coach working with the Australian Paralympic Committee, Sporting Wheelies for disabled athletes, as well as with the University of the Sunshine Coast Rugby and Australian Rugby Union teams.

In 2015, James moved to Sydney and after some difficulty finding work as a performance coach, he took on a role as personal trainer with Virgin Active. To his surprise he enjoyed his new role and within his first year became the fastest growing personal trainer for Virgin in the Asia Pacific. He achieved the Club Star of the Year and worked as the Community Coordinator partnering with charities around Sydney city. James attributes his success at Virgin to being part of a great club atmosphere and ambitious culture.

At the start of 2016, as a side gig, James worked with colleagues and co-founded the Rugby Performance Academy, with the aim of improving the overall level of youth rugby in Sydney. James had the belief that high performance programming, coaching and support should be available to all, not just those who are

selected into representative sides.

At the end of 2017, James relocated to Beijing to start a new role as a personal trainer in a 10,000sq health club with six star facilities. The move was mainly to be closer to family who had raised him when he was young, but also given the vast growth of the fitness industry in China it seemed like a great opportunity.

Throughout his time in Beijing, James has been fortunate to be promoted to the fitness manager. He has coached celebrity singers and actors, choreographed a fitness music video and featured as a celebrity

coach in a couple of online shows.

Still based in Beijing, James has transitioned to a full-time content creator on a Chinese social media platform. In the past 12 months James has had the opportunity to travel to Egypt, Alaska, Baltimore, Hong Kong, Geneva, Thailand and Bali. He has also collaborated with brands such as Under Armour, Herschel, CK, LAB, Nike, Adidas, Lululemon, Beats by Dre and shot features in Cosmopolitan, Men's Health and Harper's Bazaar magazines in China.





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